

Bean Recipes for the Crock Pot

Bean Recipe #1 - Bean Soup

Wash and rinse 2 ½ cups (1 pound) navy beans. Soak them in plenty of water overnight in the crock pot. Drain the water in the morning to strain out most of the farts. Put the beans back in the slow cooker and add:

6 cups of water

Minced garlic (I use a whole bulb. Most people would use a clove or two.)

½ of a large onion diced (or one small)

2 sliced ribs of celery, chopped

1/4 to ½ pound diced lean ham or a ham hock (optional)

2 to 4 sliced carrots (reserve for later!)

You can also add a chopped up potato. (reserve for later!)

Cook all day in the crock pot on high. About an hour before you want to eat, add the carrots and potatoes.

Use turkey and 2 T. liquid smoke and 2 T soy sauce to make this really low fat. To make it vegan, use just the liquid smoke and soy sauce. You can also use a mix of different beans, like white, navy, kidney, black and azuki beans.

Bean Recipe #2 - Black Beans

The basic recipe above works with black beans as well. Add another onion, 1T oregano, 1 t. cumin, 1 t. black pepper, 1/3 c. good oil and 1/3 to ½ c. soy sauce.

Bean Recipe #3 - Split Pea Soup

If you want to make split pea soup, do everything the same as the basic bean soup recipe, but you don't need to soak the peas overnight. It doesn't need to cook as long; maybe 4 hours or so.

Bean Recipe #4 - Chili Wisconsin Style

Soak 1 lb (2 ½ c.) dried kidney beans overnight. Drain and rinse. Put the beans in crock pot around 7 or 8:00 a.m. Add:

5 c. water

1 small onion diced

Minced garlic to taste (2 cloves or half bulb)

1 green pepper diced

4 t. to 6 t. chili powder or more

2 t. red hot peppers

Don't even think of adding cumin!
Cook all day in the crock pot on high.

At about 3:00, add 1 lb hamburger that has been browned with some onion.

Around 4:00 transfer the chili to a big pot on the stove and add 2 quarts tomatoes or 1 ½ qt. tomatoes and a 28 oz. bottle of tomato juice. Cook it down to thicken.

It's alright to let the beans cook all day while you're at work. When you get home, throw the meat into a big pot, brown it, throw in the chili and let it cook down.

You can substitute browned tofu for the hamburger. Saute it with some onion and garlic to give it a little flavor before you add the chili mixture to it.

You can use 2 or 3 cans of kidney beans in place of dried beans if you like. However, dried kidney beans taste better than canned and they have a nicer texture. With dried beans, you don't get the bad chemicals in the plastic used to line cans. If you use canned beans, you don't need to use the crock pot. Instead, start the meat in a big kettle with the onions and green peppers. Let it brown and then skim off most of the fat. Then add the other ingredients and simmer for an hour or more.

Bean Recipe #5 - My Best Refried Beans

Use the same basic bean soup recipe with the following measurements.

2 ½ c. pinto beans (soaked overnight, rinsed and drained)
Minced garlic (I use a whole bulb. Most people would use a clove or two.)
½ of a large onion diced (or one small)
1 chipotle in adobo sauce. Don't mash it. Two will be too hot!
4 c. water (6 cups is too soupy!)
½ c. green peppers optional

Cook in the crock pot all day. Mash the beans. Use the beans for nachos, burritos, rice and beans or as a side dish. I like the beans topped with a blob of Greek yoghurt and some salsa.