

Dried Great Northern Bean Recipes



White Bean Dip and Pita Chips



Jalapeno Baked Beans



White Bean Turkey Chili



Slow Cooker Baked Beans



Pasta e Fagioli



**Almond Bean & Apple Bean
Snicker Doodles**

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Dried Great Northern Bean Facts

- Great Northern beans are used to make baked beans, chili, vegetable dips, and soups.
- Dried beans taste fresher and are easier to season than canned beans.
- Canned beans can cost almost 3 times more than dried beans.
- The canned version is more convenient, but has 20 times more sodium than the dried beans.
- Instructions for preparing and storing dried beans are attached to this recipe flyer.

Great Northern Bean Measurements

- 1 pound of dried beans = 3 cups of dried beans = 6 - 7 cups of cooked beans.
- 1 2/3 - 2 cups of cooked beans = 1 can of canned (14 - 16 oz.) beans.

White Bean Dip with Pita Chips

You will need:

1 2/3 cups COOKED great Northern beans	2 cloves garlic	2 tbsp. lemon juice
1/3 cup olive oil, plus 4 tbsp.	salt and pepper to taste	1/4 cup parsley, loosely packed
6 pitas	1 tsp. dried oregano	salt and pepper to taste

Instructions:

- Preheat oven to 400 degrees F.
- Place beans, garlic, lemon juice, 1/3 cup olive oil, and parsley in the work bowl of a food processor.
- Pulse until mixture is coarsely chopped. Season with salt and pepper to taste.
- Transfer bean puree to a small bowl. Cut each pita in half and then into 8 wedges.
- Pour remaining oil over the pitas and then place wedges evenly on a baking sheet.
- Sprinkle with oregano, salt and pepper. Bake for 8 - 12 minutes or until toasted and golden in color.
- Serve pitas with bean puree.

Pasta e Fagioli

You will need:

1 2/3 cups COOKED great Northern beans	2 cups chicken broth	1 tbsp. olive oil
2 stalks celery, finely chopped	1 medium onion, chopped	2 cloves garlic, minced
1 tsp. Italian seasoning or 1/2 tsp. each oregano, basil	1 (14.5 oz) canned diced tomatoes, undrained	
3/4 cup elbow macaroni, cooked and drained		

Instructions:

- Heat oil in a 12-inch skillet over medium heat. Cook celery, carrots, onion, and garlic until tender.
- Stir in broth, Italian seasoning, and tomatoes in skillet. Heat to a boil.
- Reduce the heat to low and cook for 15 minutes or until vegetables are tender-crisp.
- Place half of the broth mixture into a blender or food processor. Add 1/2 cup cooked beans.
- Cover and blend until smooth. Pour the pureed mixture into the skillet.
- Add pasta and the rest of the beans and cook for 5 minutes.
- Cover and cook over medium heat until mixture is hot.

White Bean Turkey Chili

You will need:

3 cups COOKED great Northern beans	1 (16 oz.) package lean ground turkey meat	
1 large onion, chopped	1 (14.5 oz.) can diced tomatoes, undrained	
2 (11.5 oz. each) cans tomato-vegetable juice	1 tsp. chili powder	$\frac{1}{2}$ tsp. ground cumin
1 green bell pepper, chopped	non-stick cooking spray	green onion, sour cream (optional)

Instructions:

- Spray large saucepan with cooking spray. Add the ground turkey, onion, and green bell pepper.
- Cook and stir over medium heat or until turkey is crumbled and no longer pink.
- Stir in undrained tomatoes, beans, vegetable juice, chili powder, and cumin.
- Bring to a boil, stirring occasionally. Reduce to low heat; cover. Stir and simmer 15 minutes.

Slow Cooker Baked Beans

You will need:

5 cups COOKED great Northern beans	$\frac{1}{2}$ cup hickory barbecue sauce	$\frac{1}{2}$ cup ketchup
$\frac{1}{2}$ cup packed brown sugar	1 tsp. dry mustard	1 green bell pepper, diced
1 large onion, diced	4 oz. cooked ham, diced	

Instructions:

- Mix barbecue sauce, ketchup, brown sugar, and mustard together in a 4-quart crock pot.
- Stir beans, green bell pepper, onion, and ham into barbecue sauce mixture.
- Cook beans on low for 1 - 2 hours until thick. Check frequently.

Jalapeno Baked Beans

You will need:

1 lb. dried great Northern beans	1 lb. thick cut bacon, chopped	1 large onion, chopped
1 jalapeno, chopped	$\frac{1}{4}$ cup tomato paste	$\frac{1}{2}$ cup dark brown sugar
$\frac{1}{4}$ cup molasses	vegetable broth	$\frac{1}{4}$ tsp. cayenne pepper
salt to taste		

Instructions:

- Soak beans overnight in a plastic container covered with cold water and stored in fridge.
- The next day pre heat oven to 250 degrees F. Put large oven-safe pot over medium heat on stove top.
- Add in chopped uncooked bacon, onion, and jalapenos. Cook about 5 min. or until onions are soft.
- Stir in tomato paste, brown sugar, and molasses. Drain beans, keeping the liquid aside for later use.
- Add beans to pot. Add enough broth to bean liquid to total 4 cups and add to pot.
- Raise heat to high and bring to a boil. Add cayenne pepper, black pepper, and salt.
- Stir and cover pot with lid. Place in oven for 4 - 6 hours or until the beans are soft.

Almond Bean & Apple Bean Snicker Doodle Cookies

You will need:

$\frac{1}{2}$ cup COOKED pureed great Northern beans	1 stick butter	1 $\frac{1}{2}$ cups white sugar
$\frac{3}{4}$ tsp. baking soda	1 tsp. vanilla	2 eggs
3 to 3 $\frac{1}{2}$ cups flour	1 tsp. cream of tartar	
3 tsp. white sugar with 2 tsp. cinnamon		

Instructions:

- Cream the butter, beans, and sugar together until smooth. Add vanilla, eggs, and rest of ingredients.
- To make almond bean cookies add 2 tsp. almond extract.
- To make apple bean cookies add 1 - $\frac{1}{2}$ cups chopped apples.
- Roll the dough into balls the size of ping pong balls. Mix 3 tsp. of sugar with 2 tsp. of cinnamon.
- Roll balls into cinnamon-sugar mixture. Top with roasted slivered almonds or thinly sliced apples.
- Bake at 325 degrees F for 15 - 17 minutes. Do not over bake.

How to Prepare and Store Dried Great Northern Beans



Dried Great Northern Bean Measurements

- 1 pound of dried beans = 3 cups of dried beans = 6 - 7 cups of cooked beans.
- 1 2/3 - 2 cups of cooked beans = 1 can of canned (14 - 16 oz.) beans.

How to Cook Dried Great Northern Beans on the Stove Top

- Hand sort and wash beans before use. Place beans in a large pot on the stove top.
- Cover the beans with water 5 inches above the beans and soak overnight. The next day drain and rinse the beans.
- Put beans back in the pot and cover with water 3 inches above the beans.
- Cook on stove top over medium-low heat for 2 hours or until the beans are tender. Check frequently after 1 hour.

How to Cook Dried Great Northern Beans in a Crock Pot

- Hand sort and wash beans before use. Cover beans with water 5 inches above the beans and soak overnight.
- The next day drain and rinse the beans.
- Put beans in a crock pot and cover with water 3 inches above the beans.
- Cook on low for 8 - 10 hours, high 4 - 5 hours until beans are tender.
- Check frequently after a few hours.

How to Mash and Puree Cooked Beans

- Drain the completely cooked beans. Save some of the cooking liquid or use a broth.
- While beans are still warm, add a little liquid to the beans and mash with a masher, fork, blender, or mixer.
- Do not add too much water. Add salt to taste while mashing.
- Add other seasonings according to personal taste.

How to Refrigerate Cooked Beans

- Let the beans cool if they are still warm. Place the beans in the refrigerator in an airtight container.
- It is best to store the beans in the amount of 1 2/3 - 2 cups servings.
- Storing more than this at one time can cause the bottom beans to soften and squash under the excess weight.
- One (15 oz.) can of beans is equivalent to about 1 2/3 - 2 cups of cooked dried beans.
- Most recipes call for 1 (15 oz.) can of beans. Cooked beans will last about 3 days in the refrigerator.

How to Freeze Cooked Beans

- Let beans cool completely. Place 1 2/3 - 2 cup portions into labeled Ziploc bags. Lay bags flat in the freezer.
- When defrosting simply place a bag into hot water for 5 minutes or use a microwave oven.
- Frozen cooked beans will last about 4 months in the freezer. Write dates on Ziploc bags before freezing.