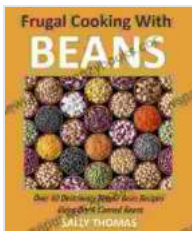


# Master Frugal Cooking with Beans: A Comprehensive Guide to Saving Money and Nourishing Your Body

Are you ready to embark on a culinary adventure that will save you money, nourish your body, and delight your taste buds? Look no further than the humble bean! This comprehensive guide to frugal cooking with beans will equip you with all the knowledge, tips, and recipes you need to create delicious, budget-friendly meals that will keep you feeling satisfied and healthy.



## Frugal Cooking With Beans: Over 40 Deliciously Simple Bean Recipes Using Dry & Canned Beans by Sally Thomas

★★★★☆ 4.5 out of 5

Language	: English
File size	: 5392 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 85 pages
Lending	: Enabled



## Why Beans?

Beans are an incredibly versatile, affordable, and nutritious food source. They are packed with fiber, protein, and essential vitamins and minerals. Plus, they are a great source of antioxidants, which can help protect your cells from damage.

Here are just a few of the benefits of eating beans:

- They are a budget-friendly way to get your protein and fiber.
- They are a good source of vitamins and minerals, including iron, folate, and potassium.
- They are high in fiber, which can help keep you feeling full and satisfied.
- They are a low-fat food that is also a good source of complex carbohydrates.
- They are a versatile food that can be used in a variety of dishes, from soups and stews to salads and tacos.

## **How to Cook Beans**

Cooking beans is easy! There are two main methods: soaking and then simmering, or using a pressure cooker.

### **Soaking and Simmering**

1. Rinse the beans and sort through them, removing any stones or debris.
2. Soak the beans in cold water for at least 8 hours, or overnight. This will help to reduce the cooking time and make the beans more digestible.
3. Drain the beans and rinse them again.
4. Add the beans to a large pot with fresh water. Bring to a boil, then reduce heat to low and simmer for 1-2 hours, or until the beans are tender.

5. Drain the beans and use them in your favorite recipes.

## **Pressure Cooking**

1. Rinse the beans and sort through them, removing any stones or debris.
2. Add the beans to a pressure cooker with water. The amount of water will vary depending on the type of bean and the pressure cooker you are using. Consult your pressure cooker's instructions for specific recommendations.
3. Cook the beans according to the manufacturer's instructions. This will typically take about 20-30 minutes.
4. Once the beans are cooked, release the pressure and drain the beans.
5. Use the beans in your favorite recipes.

## **Frugal Cooking with Beans Recipes**

Now that you know how to cook beans, it's time to get cooking! Here are a few of our favorite frugal cooking with beans recipes:

### **Three-Bean Chili**

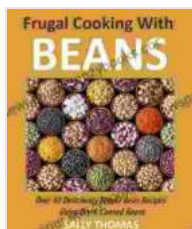
- Ingredients:
  - 1 pound dried kidney beans
  - 1 pound dried pinto beans
  - 1 pound dried black beans
  - 1 large onion, chopped

- 2 green bell peppers, chopped
- 1 red bell pepper, chopped
- 2 jalapenos, seeded and minced
- 3 cloves garlic, minced
- 1 (28-ounce) can tomato sauce
- 1 (15-ounce) can tomato paste
- 1 (15-ounce) can black beans, rinsed and drained
- 1 cup water
- 1 tablespoon chili powder
- 1 tablespoon ground cumin
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- Instructions:
  1. Rinse and sort the beans. Soak them in cold water for at least 8 hours, or overnight.
  2. Drain and rinse the beans again.
  3. Add the beans to a large pot with water. Bring to a boil, then reduce heat to low and simmer for 1-2 hours, or until the beans are tender.
  4. Drain the beans and set them aside.
  5. In a large pot or Dutch oven, brown the ground beef. Drain off any excess fat.

6. Add the onion, green peppers, red peppers, jalapenos, and garlic to the pot and cook until softened.
7. Stir in the tomato sauce, tomato paste, black beans, water, chili powder, cumin, salt, and pepper.
8. Bring to a boil, then reduce heat to low and simmer for 30 minutes, or until the chili has thickened.
9. Serve the chili hot with your favorite toppings, such as shredded cheese, sour cream, and onions.

## Lentil Soup

- Ingredients:
  - 1 pound dried lentils, sorted and rinsed
  - 1 large onion, chopped

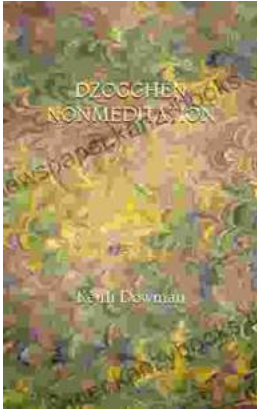


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