

# Bean Recipes from the Kitchen of Judy Mueller

## **Black Bean Brownies**

1 15 oz. can black beans or 1 ½ cups cooked,  
drained and rinsed

½ cup agave

½ cup water

¼ to ½ cup applesauce

3 tablespoons coconut oil

2 tablespoons ground flax seeds

2 teaspoon pure vanilla extract

1/3 cup carob powder

1 teaspoon baking soda (or alternative)

¾ cups whole wheat flour

### **Directions:**

Preheat oven to 350 degrees

- Place black beans and agave in a food processor or blender and puree until very smooth.
- Add the flax, vanilla carob powder and baking soda (or equivalent). Blend on pulse to combine the ingredients.
- Add the flour, scraping the sides as needed. Do not overmix.
- Pour into an 8" x 8" pan sprayed with cooking oil. Bake approximately 30 minutes or until a toothpick inserted in the center comes out clean.



Frost with: **Carob Sauce**

1 cup water

4 tablespoons raw tahini

4 tablespoons honey

¾ cup raw carob

½ teaspoon vanilla

1 pinch salt

### **Directions:**

- In a blender place the water, add the tahini, 1 tablespoon at a time, blending after each addition.
- Add the honey, 1 tablespoon at a time, blend after each addition.
- Add the carob ¼ cup at a time, blend after each addition.
- Add the vanilla and salt, blend.
- This sauce will keep for several weeks in the refrigerator.  
Yields 2 cups

## **Garbanzo Oat Waffles** (gluten free and delicious)

2 ¼ cups water

1 ½ cup rolled oats

1 cup soaked garbanzos (½ cup dry)

2 dates (or more for sweetness)

2 tablespoons raw sunflower seeds

2 teaspoons vanilla

½ teaspoon salt

### **Directions:**

Preheat waffle iron

Blend all the ingredients together

Coat the waffle iron with a nonstick spray

Bake in hot waffle iron for 8-10 minutes. Every waffle iron is a little different regarding the time required. No peeking for at least 8 minutes.

### **Navy Bean and Kale Soup**

2 medium garlic cloves  
5 cups water  
2 cups cubed potatoes  
3 cups cooked soaked navy beans  
3 cups finely chopped fresh kale (packed)  
(may chop in food processor or blender)  
1 ½ teaspoon's sea salt  
1 teaspoon cumin  
2 tablespoons nutritional yeast flakes

#### **Directions:**

Put in blender: some of the water from the recipe, onions and garlic cloves, pulse until onions and garlic are the consistency you like. Add the soaked navy beans and cook until tender (about an hour). Add the cubed potatoes and the seasonings until potatoes are tender (about ½ hour). Add the chopped kale and cook several minutes.

**Cook's Note:** If you want to use canned beans, cook the potatoes first and add the canned beans after the potatoes are tender; cook just long enough to heat the beans. Try to buy beans canned in a glass jar to eliminate contaminants.

Serve either soup with corn bread or corn muffins.

### **Lentil Soup or Stew**

1 ½ cups lentils (washed)  
10 cups water  
½ cup brown rice or pearly barley (washed)  
1 cup diced onions  
2 tablespoons lemon juice  
1 tablespoon organic tamari  
1 tablespoon onion powder  
1 tablespoon sea salt  
1 tablespoons chicken-style seasoning  
1 teaspoon garlic powder  
1 teaspoon dill weed  
2 teaspoons cumin  
1 cup fresh or frozen spinach  
15 ounce can diced tomatoes

#### **Directions:**

Place all ingredients in kettle except spinach and tomatoes. Bring to a boil, reduce heat, and simmer for 1 hour or until lentils are tender.

Add spinach and simmer 1 minute.

Add the tomatoes just before serving.

**Cook's Note:** Adding diced potatoes, carrots and mushrooms makes a delicious stew.

½ teaspoon of cinnamon is optional.

### **Easy Yeast Raised Corn Bread**

2 cups whole wheat, or half white and whole wheat  
2 cups cornmeal  
2 teaspoons salt  
½ cup sugar  
6 tablespoons coconut oil  
1 tablespoon active dry yeast  
2 cups warm water

#### **Directions:**

1. Sprinkle yeast on warm water, set aside
2. Mix flour, cornmeal, salt, sugar, and oil until crumbly.
3. Pour water-yeast mixture over the flour mixture all at once.
4. Stir gently, just long enough to mix, then pour into 8" x 8" square pan.
5. Set in warm place to rise. When it has doubled in bulk, bake at 350 degrees for 35-40 minutes.
6. Yield is 12 squares

**Cook's Note:** To make muffins, pour into sprayed muffin pan and bake 20-25 minutes depending on the size of the muffins.