

More Bean Options from the kitchen of Judy Mueller

Phytochemical-Rich Soup

In a large pot put

1 cup dried kidney beans, soaked (soak overnight or use the quick method)
Cook beans for about an hour or until tender

Then, add to the pot:

1 medium onion (chopped)
2 medium zucchinis (chopped)
4 -5 cups cabbage or kale (shredded)
3 -4 stalks celery (sliced)
3-4 carrots (sliced)

Add salt and/or "no salt" seasonings to taste

Bring to a boil and simmer until vegetables are tender

Serve with whole grain bread and a salad

Bean Flour

The easiest way to bring bean flour into your kitchen is to purchase it already ground. Bob's Red Mill has a good variety and is readily available. You can grind your own Bean Flour with most flour mills, even a hand grain mill.

- Bean Flour can be added to any soup. It is an excellent thickener, making a rich and creamy soup.
- Bean Flour can be whisked into boiling water with added seasonings (like onion and garlic powder) to make an almost instant soup. Cooks in 3 minutes.
- Bean Flour can be added to any bread recipe, replacing the wheat flour by up to 25%. It seems to give the bread an additional lift, making it lighter. I usually use lima bean or soy flour in bread.

3 Minute Creamy Soup

6 cups boiling water
2 Tablespoons McKays Chicken Like Seasoning
1 cup white bean flour

Directions:

- Bring water and Chicken Like Seasoning to a boil
- Whisk in bean flour
- Mixture will be thick in about 1 minute
- Reduce heat; cook medium low for 2 more minutes
- Blend 2 minutes on high speed
- (Optional) Add a vegetable, such as green peas, after blending