



Canned Beans

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Recipes




- **SNACKS** • pg. 2
- **SIDE DISHES** • pg. 9
- **MAIN DISHES** • pg. 15
- **DESSERTS** • pg. 29



CANNED BEANS. OPEN THE POSSIBILITIES.

 Snacks



 **Prep:** 15 minutes
 **Cook:** 15 minutes
 **Servings:** 8

Nacho Average Nachos

INGREDIENTS

1 Tbsp olive oil
½ lb chicken breast, *cooked, shredded*
1 can (14.5 oz) whole tomatoes with juice
1 Tbsp jalapeño pepper, *chopped*
4 medium garlic cloves
¾ cup diced onion, divided
1 can (~15 oz) Black Beans, any variety, *drained and rinsed*
2 cups chicken stock
4 cups baby spinach leaves
Salt and pepper, to taste
6 cups crumbled tortilla chips

Optional toppings:




sliced avocado
sour cream

DIRECTIONS

1. Heat oil in 10-inch skillet over medium-high heat. Add chicken; brown slightly.
2. Place tomatoes, jalapeño pepper and garlic in a blender or food processor. Puree until smooth.
3. Heat oil in large sauté pan. Add ½ cup of onions, sauté until golden brown. Add tomato puree; cook until reduced to thick paste (like tomato paste, about 8-10 minutes).
4. Add beans and stock; bring to a simmer 1-2 minutes. Add chicken and spinach, stir to wilt. Season to taste with salt and pepper.
5. Add tortilla chips and toss to coat. Once tortillas have started to wilt, serve with remaining chopped onions.
6. Add optional toppings, as desired.



**Canned
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 **Prep:** 15 minutes
 **Cook:** 0 minutes
 **Servings:** 6

Black Bean Salsa with Pineapple

INGREDIENTS

1 can (~15 oz) Black Beans, any variety,
drained and rinsed

2 cups pineapple tidbits, *drained with
juice reserved*

1 cup red bell pepper, *diced*

6 green onions, *thinly sliced*

¼ cup cilantro leaves, *chopped*

¼ cup reserved pineapple juice

1 Tbsp olive oil




1 jalapeño pepper, *minced*

DIRECTIONS

1. Combine all ingredients in bowl. Toss and serve.



**Canned
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 **Prep:** 30 minutes
 **Cook:** 0 minutes
 **Servings:** 8

Three Bean Confetti Salsa

INGREDIENTS

1 tsp garlic, *chopped*
¼ cup red wine vinegar
1 Tbsp Dijon mustard
¼ cup extra-virgin olive oil
½ can (~15 oz) Black Beans, any variety,
drained and rinsed
½ can (~16 oz) Pinto Beans, any variety,
drained and rinsed
½ can (~15.8 oz) Great Northern Beans,
any variety, *drained and rinsed*
½ cup cooked canned corn
¼ cup red pepper, *diced*
1 can (3 oz) chopped green chilies,
drained
½ cup red onion, *chopped*
2 Tbsp cilantro, *chopped*
1 avocado, *chopped*
(*cut right before using*)
Salt and black pepper to taste




DIRECTIONS

1. In small bowl, combine garlic, red wine vinegar and mustard. Let sit for 5 minutes. Whisk in olive oil. Set aside.
2. Place beans, corn, red pepper, chilies, red onion and cilantro in medium bowl. Pour in vinegar mixture, gently mix.
3. Fold in avocado and adjust seasonings.



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 **Prep:** 20 minutes
 **Cook:** 0 minutes
 **Servings:** 9

Black Bean Guacamole

INGREDIENTS

5 avocados, *diced*

3 scallions, *chopped*

2 limes, *juiced*

½ cup tomatoes, *chopped*

1 Tbsp cilantro, *chopped*

1 can (~15 oz) Black Beans, any variety,
drained and rinsed

Salt and black pepper to taste

Assorted dippers such as toasted
whole-wheat pita bread triangles or




Multi-grain tortilla chips

DIRECTIONS

1. Place avocados, scallions and lime juice into large bowl.
2. Mash avocados to coarse puree.
3. Stir in tomatoes, cilantro and beans.
4. Season with salt and pepper. Serve immediately with assorted dippers such as toasted whole-wheat pita bread triangles or multi-grain tortilla chips.



**Canned
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 **Prep:** 10 minutes
 **Cook:** 0 minutes
 **Servings:** 1-2 cups

Traditional Hummus

INGREDIENTS

1 can (~16 oz) Garbanzo Beans, any variety, *drained and rinsed*
3 cloves garlic, *crushed*
1 lemon, *juiced*
1 lemon, *zested*
¼ cup tahini
2 Tbsp extra-virgin olive oil (more may be needed for desired consistency)
2 Tbsp water
Kosher salt, to taste (or medium-fine sea salt)
Black pepper, to taste
2 Tbsp pine nuts, *toasted*
1 Tbsp fresh parsley, *minced*
½ tsp sumac
¼ tsp red pepper flakes

DIRECTIONS




1. In food processor, add garbanzo beans, garlic, lemon juice, lemon zest, tahini, 2 tablespoons olive oil, water and pinch of kosher salt and black pepper.
2. Put lid on food processor and puree until smooth and creamy. Once hummus is creamy, stop food processor and taste hummus. Add more kosher salt if necessary.
3. Add hummus to serving plate or bowl and top with pine nuts, parsley, sumac and red pepper flakes.
4. Drizzle top with a little extra olive oil.

Note: To make hummus sesame-free, substitute cashew butter for tahini.



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 **Prep:** 10 minutes
 **Cook:** 40 minutes
 **Servings:** 8

Crunchy Garbanzo Beans

INGREDIENTS

2 cans (~16 oz) Garbanzo Beans, any variety, *drained and rinsed*

2 Tbsp olive oil

½ tsp salt

1/8 tsp freshly ground black pepper

1 Tbsp fresh rosemary, *chopped*

3 Tbsp Parmigiano-Reggiano cheese, *freshly grated*

DIRECTIONS

1. Preheat oven to 400 degrees F. Line large, rimmed baking sheet with aluminum foil.
2. Rinse the beans in colander, drain and dry well with paper towel.
3. Add oil, salt and pepper to beans and toss evenly to coat.
4. Spread beans in even layer on baking sheet and place in preheated oven. Bake for 30 minutes, until crunchy, stirring and shaking pan midway through baking.
5. Sprinkle rosemary evenly over beans, and continue to cook for 8-10 minutes, until beans are crunchy. Some will be slightly soft in the center. Remove pan from the oven and transfer beans to serving bowl.
6. Sprinkle cheese over beans and stir to evenly distribute cheese.



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Side Dishes



Prep: 15 minutes



Chill: 30 minutes



Servings: 6-8

Southwestern Bean Salad

INGREDIENTS

2 cans (~15 oz) Black Beans, any variety,
drained and rinsed

2 cups frozen corn

2 red bell peppers, *diced*

2 cloves garlic, *minced*

2 Tbsp yellow onion, *minced*

2 tsp salt

¼ tsp cayenne pepper

2 Tbsp sugar

2/3 cup olive oil

6 limes, *zested and juiced*

½ cup fresh cilantro, *chopped*

2 ripe avocados, *diced*

DIRECTIONS

1. Combine all ingredients except avocados in large bowl and mix well.
2. Add avocados on top. Cover and chill at least 30 minutes.



**Canned
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Prep: 15 minutes



Cook: 0 minutes



Servings: 6-8

Best Black Bean Salad

INGREDIENTS

1 red bell pepper, *diced*
1 green bell pepper, *diced*
1 yellow bell pepper, *diced*
½ cup red onion, *diced*
1 can (15.25 oz) corn, *drained*
1 clove garlic, *chopped*
1 tsp cilantro
¼ cup olive oil
4 Tbsp red wine vinegar
1 tsp lime juice
Salt and pepper to taste
1 can (~15 oz) Black Beans, any variety,
drained and rinsed
Tortilla chips




DIRECTIONS

1. In small bowl, combine peppers, onion, corn, garlic and cilantro.
2. Add olive oil, vinegar, lime juice and salt and pepper to taste. Add black beans and toss well.
3. Serve with tortilla chips.



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 **Prep:** 15 minutes
 **Cook:** 5 minutes
 **Servings:** 4

Cucumber and Chick Pea Salad with Citrus

INGREDIENTS




3 Tbsp olive oil
1 can (~16 oz) Garbanzo Beans, *any variety, drained*
½ cup tomato, *chopped*
¼ cup red onion, *minced*
1 rib celery, *sliced*
1 cucumber, *chopped*
1 tsp garlic, *chopped*
2 Tbsp fresh dill, *chopped*
1 ½ tsp red wine vinegar
½ lemon, *juiced*
½ lime, *juiced*
Cracked black pepper to taste
1 Tbsp fresh parsley, *chopped*

DIRECTIONS

1. Heat 2 tablespoons of oil in a saucepan over medium heat. Stir in beans, cover and turn off heat. Set aside.
2. Gently toss all remaining ingredients in large salad bowl. Add beans.
3. Serve topped with additional parsley, if desired.



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 **Prep:** 10 minutes
 **Cook:** 0 minutes
 **Servings:** 4

Tuna and Cannellini Bean Salad

INGREDIENTS

1 can (7 oz) premium canned tuna,
drained

3/4 cup red onion, *thinly sliced*
crosswise

1 can (~15 oz) Cannellini Beans, any
variety, *drained and rinsed*

Salt and freshly ground pepper, to taste

5 Tbsp extra-virgin olive oil




1 Tbsp red wine vinegar

DIRECTIONS

1. Pour tuna into bowl and break up with fork. Stir in onion and beans.
2. Season to taste with salt and pepper. Toss thoroughly with olive oil and vinegar.
3. Serve at room temperature.



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 **Prep:** 15 minutes
 **Cook:** 20 minutes
 **Servings:** 4

Grilled Potato and Cannellini Bean Salad

INGREDIENTS

1 large russet potato, *thickly sliced*
1 medium onion (red or white), *peeled and thickly sliced*
2 Tbsp olive oil
1 can (~15 oz) Cannellini or Great Northern Beans, any variety, *drained*
1 tsp Dijon mustard
1 lemon, *juiced*, or 3-4 drops of vinegar
½ tsp crushed red pepper flakes
Salt and pepper
12" x 12" piece of heavy-duty aluminum foil (for grill)

DIRECTIONS

1. Turn up edges of aluminum foil to form tray, set aside. Heat grill to medium.
2. Brush potato and onion slices with 1 tablespoon of oil. Cook directly on grill, turning frequently until cooked thoroughly but not charred.
3. Remove grilled vegetables to aluminum foil tray. Separate onion rings; toss with beans, mustard, remaining oil and lemon juice or vinegar.
4. Sprinkle with red pepper flakes and season with salt and pepper to taste.
5. Keep warm in foil tray until serving.






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Main Dishes

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 **Prep:** 20 minutes
 **Cook:** 30 minutes
 **Servings:** 8

Citrus Chicken Chili

INGREDIENTS




2 Tbsp olive oil
1 medium onion, *chopped*
4 cloves garlic, *chopped*
1 medium green pepper, *chopped*
2 tsp dried leaf oregano
1 can (16 oz) diced tomatoes, *undrained*
1 lemon, *juiced*
1 lb chicken, *cooked and shredded*
4 cups chicken stock
2 cans (~16 oz) Garbanzo Beans, any variety, *drained*
¼ cup crumbled feta cheese
3 Tbsp fresh parsley, *chopped fine*

DIRECTIONS

1. Heat oil in 4-quart saucepan over medium heat. Add onion, garlic, green pepper and oregano. Cook 3-4 minutes until vegetables are soft.
2. Add tomatoes, lemon juice, chicken, stock and beans. Lower heat; simmer 20-25 minutes.
3. Serve topped with cheese and parsley.



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 **Prep:** 15 minutes
 **Cook:** 7 minutes
 **Servings:** 4

Easy Chicken and Black Bean Burritos

INGREDIENTS




1 can (~15 oz) Black Beans, any variety, *drained*
2 cups chicken, *cooked and shredded*
1 cup salsa, mild or spicy
½ tsp chili powder
½ tsp ground cumin
Pinch of cayenne pepper
½ lime, *juiced*
4 (8-inch) tortillas
¼ cup sour cream
1 cup Monterey Jack cheese, *shredded*
¼ cup green onion, *finely chopped*

DIRECTIONS

1. Combine beans, chicken, salsa, spices and lime juice in a medium saucepan or microwaveable bowl. Cook on low heat or in the microwave until heated through.
2. Spread about ½ cup of the bean mixture down the center of each tortilla. Top each evenly with sour cream, cheese and green onion.
3. Roll up burrito style and cut in half to serve.



**Canned
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 **Prep:** 10 minutes
 **Cook:** 7 hours
 **Servings:** 4

Slow Cooker Pork and Pinto Bean Enchiladas

INGREDIENTS

1 can (~16 oz) Pinto Beans or Reduced Sodium Pinto Beans, any variety, *drained and rinsed*
2 lbs pork loin, *trimmed of all visible fat*
1 can (10 oz) enchilada sauce (mild, medium or hot)
1 small carrot, *peeled and grated*
½ cup salsa (mild, medium or hot)
10 (10-inch) flour tortillas

Optional toppings:




shredded low-fat cheddar cheese
shredded romaine lettuce
reduced fat sour cream

DIRECTIONS

1. Place beans, pork, enchilada sauce, carrot and salsa in slow cooker and stir to combine. Cover and cook on low for 7 hours.
2. When meat is done, carefully remove lid of slow cooker. Using 2 forks, pull meat apart into shredded pieces and mix with sauce.
3. Place tortillas on a plate and heat on high in microwave until warm, 30-45 seconds.
4. Use a slotted spoon or tongs to divide pork mixture evenly and put it in center of each tortilla.
5. Add optional toppings as desired and roll up burrito style, slice in half and serve.



**Canned
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 **Prep:** 15 minutes
 **Cook:** 15 minutes
 **Servings:** 5

Beef 'N Bean Taco Skillet

INGREDIENTS




1 lb ground beef
1 packet (1.4 oz) taco seasoning
1 can (~16 oz) Pinto Beans, any variety,
drained
1 can (10.75 oz) condensed tomato soup
½ cup salsa, mild or spicy
¼ cup water
½ cup cheddar cheese, *shredded*
6 (6-inch) flour tortillas

DIRECTIONS

1. Cook beef in a 10-inch skillet over medium-high heat until well browned; break up any clumps of beef. Drain fat.
2. Stir taco seasoning into beef. Add beans, soup, salsa and water. Reduce heat to low; simmer 10 minutes, stirring occasionally. Top with cheese.
3. Serve with flour tortillas.



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 **Prep:** 20 minutes
 **Cook:** 17 minutes
 **Servings:** 4

Salsa Chicken Skillet

INGREDIENTS

2 Tbsp olive oil
1 lb boneless, skinless chicken breast,
cut into ½-inch pieces
½ lb fresh mushrooms, *sliced*
1 medium green pepper, *chopped*
1 small onion, *chopped*
2 ribs celery, *chopped*
1 clove garlic, *chopped*
½ cup frozen corn, *thawed and drained*
1 can (~15 oz) Black Beans, any variety,
drained
2 cups salsa, mild or spicy
2 cups cooked white rice
¼ cup cheddar cheese, *shredded*

Optional topping:




¼ cup sour cream

DIRECTIONS

1. Heat 1 tablespoon of oil in a 10-inch skillet over medium-high heat. Add chicken pieces; brown slightly. Remove chicken and set aside.
2. Wipe skillet; heat remaining olive oil.
3. Add mushrooms, green pepper, onion, celery, garlic, corn and beans. Bring to simmer. Stir in chicken and salsa; return to simmer. Cook 5-7 minutes.
4. Serve over rice, topping with cheddar cheese.
5. Add optional toppings, as desired.



**Canned
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OPEN THE POSSIBILITIES

 **Prep:** 15 minutes
 **Cook:** 20 minutes
 **Servings:** 6

Baja Rice & Beans

INGREDIENTS




1 medium green pepper, *diced*
1 medium onion, *chopped*
2 garlic cloves, *minced*
1 Tbsp olive oil or canola oil
1 can (14.5 oz) chicken broth
½ tsp ground cumin
1 can (~15 oz) Black Beans, any variety,
drained and rinsed
1 can (~16 oz) Pinto Beans, any variety,
drained and rinsed
1 can (10 oz) diced tomatoes with green
chilies, *undrained*
1 pkg (10 oz) frozen corn, *thawed*
1 Tbsp red wine vinegar
1 cup cooked rice
6 chicken breasts, *grilled*

DIRECTIONS

1. In large skillet, saute green pepper, onion and garlic in oil for 3 minutes. Stir in broth and cumin. Bring to boil. Reduce heat; cover and simmer for 15 minutes.
2. Add black beans, pinto beans, tomatoes, corn and vinegar. Heat thoroughly. Serve over rice and top with grilled chicken.



**Canned
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 **Prep:** 15 minutes
 **Cook:** 15 minutes
 **Servings:** 8

Dirty Rice 'N Beans

INGREDIENTS

1 Tbsp olive oil
1 small onion, *chopped*
1 medium green pepper, *chopped*
2 ribs celery, *chopped*
1 clove garlic, *chopped*
2 tsp Cajun seasoning
1 tsp dried thyme
1 can (~16 oz) Kidney Beans, any variety
½ cup chicken stock
2 cups cooked brown or white rice
4 green onions, *thinly sliced*
Salt and pepper




DIRECTIONS

1. Heat oil in 10-inch skillet over medium heat. Add onion, pepper, celery, garlic and spices. Cook 4-5 minutes.
2. Stir in beans and stock. Stir in rice; cover and cook over low heat for 10 minutes.
3. Stir in green onions. Season with salt and pepper to taste before serving.



**Canned
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 **Prep:** 15 minutes
 **Cook:** 45 minutes
 **Servings:** 4-6

Chicken Cassoulet

INGREDIENTS

1/3 lb link sausage, *sliced thin*
1 cup chicken, *diced*
2 Tbsp olive oil
1/2 cup yellow onion, *diced*
1/4 cup carrots, *sliced thin*
1/3 cup celery, *diced*
2 slices bacon
1 bay leaf
1 Tbsp garlic, *chopped*
1 sprig fresh rosemary
1 tsp spicy mustard
2 cans (~15.5 oz) Cannellini Beans, any variety, *undrained*
8 cherry tomatoes, *sliced in half*
1 cup chicken broth
Black pepper to taste




DIRECTIONS

1. In skillet, brown sausage and chicken about 5 minutes. Set aside.
2. In pot, add olive oil, onion, carrots, celery, bacon, bay leaf, garlic and rosemary; cook for 10 minutes until vegetables are soft, stirring occasionally.
3. Stir in mustard, beans, tomatoes, cooked chicken, sausage, chicken broth and black pepper.
4. Cook over medium heat for 30 minutes until mixture is bubbling. Remove bay leaf and rosemary before serving.



**Canned
Beans**
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 **Prep:** 5 minutes
 **Cook:** 10 minutes
 **Servings:** 6

Black Beans and Rice

INGREDIENTS




1 Tbsp olive oil
3/4 cup onion, *finely chopped*
1/2 cup green pepper, *finely chopped*
1 cup tomatoes, *diced*
1 can (~15 oz) Black Beans, any variety,
drain and reserve juices
1/2 tsp thyme
1 tsp garlic salt
3 Tbsp cider vinegar
1/2 tsp hot pepper sauce
2 cups cooked rice
Lime wedges

DIRECTIONS

1. In large skillet, heat olive oil; cook onion and green pepper until crisp-tender.
2. Stir in tomatoes, beans, thyme and garlic salt; cook 3 minutes.
3. Add vinegar, pepper sauce and reserved juices; continue to cook 5 minutes.
4. Serve over rice. Garnish with lime wedge.



**Canned
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 **Prep:** 20 minutes
 **Cook:** 25 minutes
 **Servings:** 4

Creamy Tuscan Chicken and Mushrooms

INGREDIENTS

2 Tbsp olive oil
1 lb boneless, skinless chicken breast,
cut into 1-inch pieces
1 can (3.5 oz) sliced mushrooms
1 can (10.75 oz) mushroom soup
½ cup chicken broth
1 cup milk
1 tsp garlic powder
1 can (~15 oz) Cannellini Beans, any
variety, or Great Northern Beans, any
variety, *drained*
4 oz cream cheese, *softened*
White or black pepper
16 oz linguine or fettucine noodles,
cooked
¼ cup shredded Parmesan cheese




DIRECTIONS

1. Heat oil in 10-inch skillet over medium-high heat. Add chicken breast pieces; brown slightly. Stir in mushrooms; cook 2 minutes. Transfer mixture to plate.
2. Add soup, broth, milk, garlic powder and beans to skillet; simmer for 2 minutes. Stir in cream cheese and season with pepper to taste.
3. Return mushrooms and chicken (and any juices) to skillet. Cook 15 minutes.
4. Pour ingredients over linguine.
5. Serve topped with cheese.



**Canned
Beans**
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 **Prep:** 20 minutes
 **Cook:** 15 minutes
 **Servings:** 8

Rockin' Rainbow Pasta

INGREDIENTS




- 2 Tbsp extra-virgin olive oil
- 3 Tbsp minced garlic
- 1 can (15-16 oz) Great Northern Beans or Cannellini Beans, any variety, *drained*
- 3 cups assorted bell peppers (red, yellow and green), *diced*
- Salt and pepper, to taste
- 1 lb penne pasta, cooked according to box directions (*reserve the pasta water*)
- 4 Tbsp pepperoncini's (fresh or jarred), *cored, seeded, sliced thin*
- 5 Tbsp canned black ripe olives, *chopped*
- 4 Tbsp parsley, *chopped*
- 4 Tbsp lemon juice
- 4 Tbsp grated Parmesan cheese

DIRECTIONS

1. Heat olive oil in medium saute pan over low heat. Add garlic, cook 3 minutes. Increase heat to high, add beans and peppers. Saute 5 minutes, season with salt and pepper. Meanwhile, cook pasta in large pasta pot according to directions.
2. Drain cooked pasta and reserve ½ cup of pasta water. Add pepperoncini, olives, parsley, lemon juice and bean and pepper mixture to the large pasta pot, add pasta and water, toss well. Add salt and pepper to taste. Pour in large serving bowl and sprinkle Parmesan cheese on top.
3. Serve hot or cold. Let sit in refrigerator for 1 hour to serve cold.



**Canned
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 **Prep:** 15 minutes
 **Cook:** 4 hours
 **Servings:** 8

Slow-Simmered Beef and Onions

INGREDIENTS

1 Tbsp olive oil
3 ½-4 lbs beef chuck roast, *trimmed and cut into cubes*
1 pkg (1 oz) dry onion soup mix
1 ½ cups water
1 large onion, *chopped*
4 medium carrots, *peeled and sliced*
3 ribs celery, *chopped*
1 can (~16 oz) Kidney Beans, any variety, *drained*




DIRECTIONS

1. Heat oil in 10-inch skillet over medium-high heat. Brown beef completely.
2. Combine beef (with pan juices), soup mix, water and vegetables in slow cooker. Top with beans.
3. Cover and cook 4 hours on low.



**Canned
Beans**
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 **Prep:** 20 minutes
 **Cook:** 5 minutes
 **Servings:** 4

Stuffed Greek Chicken Wraps

INGREDIENTS

1 can (~16 oz) Garbanzo Beans, any variety, *drained*
4 or 6 (8-inch) flour tortillas
1 cup romaine lettuce, *shredded*
¼ cup plain yogurt
¼ cup Italian or Greek dressing
1 cup chicken, *cooked and shredded*
1 small cucumber (about ½ cup), *peeled, seeded and diced*
¼ cup red onion, *thinly sliced*
1 small tomato (about ½ cup), *cored and chopped*
½ cup crumbled feta cheese
6 Kalamata olives, *pitted and chopped or sliced*

DIRECTIONS

1. Place half the beans in saucepan; mash gently with a potato masher or the back of a fork. Stir in remaining whole beans; heat through. Cover and set aside.
2. Arrange tortillas on counter, place lettuce evenly in the center of each. Mix yogurt and dressing in a small bowl.
3. Combine remaining ingredients with bean mixture, adding the yogurt and dressing mixture last.
4. Divide mixture onto prepared tortillas. Fold in sides of tortilla and roll up tightly. Serve warm or cold.






CANNED BEANS. OPEN THE POSSIBILITIES.



Desserts



 **Prep:** 10 minutes
 **Cook:** 45 minutes
 **Servings:** 6-8

Pinto Bean Pie

INGREDIENTS

3/4 cup Pinto Beans, any variety, *heated and lightly mashed*
1 1/2 cups sugar
1 cup margarine, *melted*
1 tsp vanilla
1/2 cup pecans, *finely chopped*
2 eggs, *well beaten*
1 unbaked 9-inch pie crust




DIRECTIONS

1. Preheat regular oven to 350 degrees F or convection oven 325 degrees F.
2. Drain the beans, saving 1/4 of the liquid.
3. Combine first 6 ingredients and bean liquid and pour into unbaked pie shell.
4. Bake for 45 minutes–1 hour. Center of pie will be slightly unset.

Note: Can be frozen.



**Canned
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 **Prep:** 10 minutes
 **Cook:** 30 minutes
 **Servings:** 16

Black Bean Dark Chocolate Brownies

INGREDIENTS

1 can (~15 oz) Black Beans, any variety,
drained and rinsed

½ cup dark chocolate chips

¼ cup all-purpose flour

1 cup white sugar

¼ cup unsweetened cocoa

½ tsp baking powder

¼ tsp baking soda

1/8 tsp kosher salt

2 large eggs

3 Tbsp vegetable oil

1 ½ tsp vanilla extract

1 large piece of parchment paper

Butter, *softened for greasing pan*

Chocolate chips




Walnuts

DIRECTIONS

1. Preheat oven to 350 degrees F.
2. Line 8" x 8" x 2" baking pan with parchment paper and grease with butter.
3. Combine beans, chocolate chips, flour, sugar, cocoa, baking powder, baking soda, salt, eggs, oil and vanilla extract in bowl of food processor.
4. Secure food processor lid and blend until mixture is smooth, about 2 minutes.
5. Spread batter evenly into prepared baking pan, using rubber spatula to scrape batter from bowl. If desired, sprinkle chocolate chips and walnuts evenly over top.
6. Bake 30 minutes or until toothpick inserted in center of brownies comes out clean.
7. Remove pan from oven and allow brownies to cool completely before cutting into squares.



**Canned
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 **Prep:** 10 minutes
 **Cook:** 35 minutes
 **Servings:** 48

Chocolate Fudge Cookies




INGREDIENTS

1 can (~15 oz) Black Beans, any variety,
drained and rinsed
¼ cup water
1/3 cup oil
1 box (15.25 oz) chocolate fudge cake mix
2 large eggs
1 cup mini chocolate chips

DIRECTIONS

1. Using a blender, puree beans with water and oil. Mix cake mix in large bowl with eggs and wet pureed ingredients until smooth.
2. Stir chocolate chips in by hand.
3. Using a teaspoon or a cookie scoop portion cookie batter on cookie sheet, placing cookies about 2 inches apart on cookie sheet.
4. Bake 8 minutes.
5. Let cool 10 minutes on cookie sheets.



 **Prep:** 10 minutes
 **Cook:** 15 minutes
 **Servings:** 24

Red Velvet Cupcakes

INGREDIENTS

1 can (~15.5 oz) Cannellini Beans, any variety, *drained and rinsed*
1 pkg (16.5 oz) red velvet cake mix
1 large egg
½ cup applesauce




Optional topping:
frosting of choice

DIRECTIONS

1. In small food processor, add beans. Pulse until smooth puree.
2. Blend cake mix, pureed beans, egg and applesauce in large bowl at low speed until moistened (about 30 seconds).
3. Beat at medium speed for 2 minutes.
4. Use 2 cupcake pans with paper liners or sprayed with cooking spray. Fill each 2/3 full of batter.
5. Bake in center of oven at 350 degrees F for 12-15 minutes. Cupcakes are done when toothpick inserted in center comes out clean.
6. Cool cupcakes completely before frosting.
7. Add optional topping, as desired.



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OPEN THE POSSIBILITIES

 **Prep:** 60 minutes
 **Cook:** 30 minutes
 **Servings:** 38

Brownie Truffle Bites

INGREDIENTS




¼ cup water
1 can (~15 oz) Black Beans, any variety, *drained and rinsed*
1 box (15.25 oz) brownie mix
2 large eggs
⅔ cup applesauce, classic
½ can (8 oz) dark chocolate frosting
1 pkg (12 oz) dark or white chocolate candy making and dipping wafers

DIRECTIONS

1. Preheat oven to 350 degrees F. Coat 13" x 9" inch pan with non-stick cooking spray.
2. Place water and beans in blender and puree.
3. Blend brownie mix, eggs, applesauce and bean puree in large bowl at low speed until all ingredients are moistened.
4. Bake for 25-30 minutes until toothpick comes out clean.
5. Cool brownies completely.
6. Crumble prepared brownies into large bowl. Add ½ can of frosting and mix thoroughly.
7. Roll mixture into 1"-sized balls by hand. If mixture is too sticky, chill brownie mixture 30-45 minutes in refrigerator. Place on wax paper-lined baking sheet and set aside.
8. Next, melt dark or white chocolate candy making and dipping wafers in microwave. Place wafers in microwave-safe container. With microwave at half power or on defrost setting, microwave for 30 seconds.
9. Remove from microwave and stir thoroughly (product keeps its original shape until stirred). If wafers are not completely melted, continue to microwave at 15-second intervals, stirring in between intervals until chocolate is smooth. Be careful to not overheat wafers as they will burn.
10. Using small spoon, dip brownie balls into melted chocolate. Spoon chocolate over brownie balls until they are fully coated. Place brownie bites on wax paper to set.
11. If you wish to decorate your brownie bites, sprinkle with decorative sprinkles before coating is set, or after coating is set, heat up leftover chocolate and drizzle over each brownie bite.



Canned Beans
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 **Prep:** 40 minutes
 **Cook:** 50 minutes
 **Servings:** 12

Sweet Garbanzo Bean Cake

INGREDIENTS

4 cans (~16 oz) Garbanzo Beans, any variety, *drained and rinsed*
1 cinnamon stick
2 cans (14 oz) sweetened condensed milk
Zest and juice of 1 orange
6 eggs
1 cup butter, *melted*
1 ¼ cups raisins
1/2 cup cornstarch
1 Tbsp baking powder
1 Tbsp powdered sugar, *for garnish*

DIRECTIONS

1. Preheat the oven to 350 degrees F. Grease and flour a 9-inch springform baking pan. Line bottom of pan with wax paper. Grease once again over the wax paper; dust with all- purpose flour.
2. Place beans and cinnamon stick in large saucepan. Cover beans with fresh water; bring to boil over high heat. Reduce heat to low and simmer for 30 minutes. Drain beans; place in large bowl, mash until smooth.
3. Combine milk, orange zest, orange juice, eggs and butter in a food processor. Process until smooth. Stir processed egg mixture and 1 cup raisins into mashed garbanzo beans.
4. Sift the cornstarch and baking powder over bean mixture. Stir to incorporate.
5. Pour batter into the prepared pan. Bake for 50 minutes, or until a toothpick inserted in center of cake comes out clean.
6. Allow cake to cool before inverting onto serving plate. Sprinkle with powdered sugar and remaining orange zest and garnish with remaining raisins.



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