



the
EVERYTHING
beans book

SAMPLER

~~5.30~~ Frugal, Nutrient-Packed Recipes
For Every Eater

By Katie Kimball
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Thank you for viewing this sample of *The Everything Beans Book!*

Is your grocery budget struggling?

Do you wish you could improve your family's nutrition without breaking the bank?

Have you always wanted to use dry beans, but you're afraid of the complexity of cooking them or just don't have any good recipes?

I'm thrilled to share an incredibly comprehensive resource explaining everything you want to know about beans and legumes.

In the full version of this ebook you'll find recipes for homemade beans and rice, four styles, refried beans, wraps, Mexican fare, soups, pasta dishes, and even a dessert!

Beyond recipes, *The Everything Beans Book* also offers **over 20 pages** of information to facilitate your new love of beans and make sure you can cook with dry beans without any stress, and you even get the Kindle and Nook versions for free when you buy the PDF.

If you'd like to buy the complete copy of *The Everything Beans Book* visit:
www.kitchenstewardship.com/TEBB

Thanks for looking!

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Work Intensity

The Work Intensity icons have one, two, or three clocks, describing recipes that are:



simple to throw together in half an hour once the beans are cooked



mid-range, some vegetable chopping etc. might take more than ½ hour



more complicated recipes with lots of steps or appliances and pots to dirty

Kid-Friendly

An important caveat on this icon is that my kids like nearly everything, and they've been used to beans as a centerpiece of many a meal since they were born. However, I tried to compile recipe reviewers' comments about kid-friendliness plus common sense to apply the following icons:



One check: *There are probably green things floating in this one, or it's just too spicy for the average kiddo.*



Two checks: *My kids would definitely eat and love it, but it may be too _____ (fill in the blank with spicy, bland, or beany) for my neighbor's kids.*



Three checks: *Beans will never be pizza or chicken nuggets, but any self-respecting kid who will touch a bean dish (and even some who won't if they know what's going on) would be crazy not to love a recipe like this.*

Cost

Using dried beans is simply a frugal thing to do, but some meals are even easier on the budget than others:



One dollar sign: *An inexpensive meal by any standards, usually well under \$5 for the whole recipe, sometimes even the whole meal, side dishes included.*





Two dollar signs: *A mid-range recipe, one that you could easily make for an everyday meal, and less expensive than a meat-centric dinner like roast chicken or hamburgers.*



Three dollar signs: *A pricier meal than most bean recipes, either because of some expensive ingredients or the sheer volume created. In almost all cases, even the most expensive recipes in this book are still less than your average meat-based meal that doesn't include beans or legumes.*

Special Diet Notes

- **Gluten-free readers:** Although this book is not gluten-free entirely, many of the recipes naturally do not include wheat or barley. When they do, it's often rather simple to replace barley with rice, wheat tortillas with corn, and use gluten-free pasta. Whenever I had the chance to test it, I tried to use arrowroot starch instead of wheat flour as a thickener (in just a couple recipes). I'll let you know in each recipe if it worked or not. GF recipes are marked 
- **Dairy-free:** All recipes are flexible for changing out the fats for sauteing and deleting cheese on top, especially if you have a dairy sensitivity. I tried to include all choices for fats and oils in every recipe, but if they're not listed, any of the following fats should be just fine for a vegetable saute in any recipe in this book:
 - Refined or unrefined coconut oil
 - Butter (over lower heat so it doesn't burn)
 - Extra virgin olive oil (lower heat so it doesn't smoke)
 - Well-sourced lard (non-hydrogenated)
 - Beef tallow
 - Palm shorteningYou'll find automatically dairy-free recipes marked 
- **Kosher?** Although a few recipes call for sausage, they also link to my homemade sausage recipe with which you can use any meat, from ground beef to turkey, to achieve the same results. Any recipe that requires bacon is usually still okay just by skipping it, or feel free to use turkey bacon.

Why Beans?

Two reasons: Beans are frugal, and beans are healthy. (If you're lucky, you'll add "they taste great!" to that list too.)

In our family, we eat beans at least once a week, often as part of a meatless meal but sometimes paired with meat in the main dish or on the side. Most of our favorite soups incorporate beans or legumes. Using beans, especially dry beans, allows me to provide a hearty meal with less meat or no meat, thus freeing up funds for me to purchase the meat, eggs and milk I want to feed my family and keep the budget in the black.

Although I'm a firm believer in the health benefits of meat, I'm also a realist. Meat and dairy products are by far the most expensive items in a food budget, and if you want to devote funds to high quality, well-raised meats, most of us average families are going to have to find a place to cut back elsewhere.

Beans are Healthy

Beans will give you the following nutritional benefits:

- Protein (1/2 cup = [7-8 g, 15% RDA](#))
- [Fiber](#) (best if long soaked and long cooked)
- Iron (1/5 RDA, [eat with Vitamin C](#) to increase absorption)
- [Zinc](#)
- [Vitamins B1, B6](#)
- Folic acid ([HALF](#) recommended daily amount in 1/2 cup)
- [Magnesium, copper](#)
- [Antioxidants](#)
- Omega-3 and Omega-6 fatty acids

All those nutrients can improve your health by:

- [Lowering LDL](#) (bad) cholesterol
- Reducing risk of heart disease
- [Improving digestion/reduce constipation](#)
- Having a [low glycemic index = good for diabetics](#)
- [Filling you up longer = good for dieters](#)
- [Reducing risk of cancer](#)
- Providing folic acid, which is especially important in pregnancy for healthy babies!

The links go to the source for each fact.

This is a serious list. If you are pregnant or might become so, diabetic or pre-diabetic, have a family history of heart disease or high LDL cholesterol, want to lose weight, have digestive issues, or are just on a budget and want healthy food...EAT MORE BEANS!

Beans, Beans, All the Time

Are you curious about the info from my friend's nutritionist that *really* convinced me to include beans more often? First, I'll tell you that the diet my friend was put on was pretty strict: no sugar or carbs of any kind, no caffeine, 7 servings of veggies, 5 of protein every day...and beans 3 times a day, once at each meal. Three times a day! That's beans and eggs for breakfast, beans on a salad at lunch, beans in SOMETHING at dinner...every day. Phew. That's a lot of beans.

The nutritionist explained that my friend's body was stressed, and that's why she wasn't ovulating. Her analogy [my paraphrase]: *If your mother was sick with cancer, what would you do? You would drop everything and help take care of her. Even though she's the one who's sick, you'd have a lot of stress. It's the same thing in the body – if adrenal and pituitary glands are stressed and over-producing, your ovaries “drop everything” and don't ovulate while your body focuses on the “sick” glands. You must get your body to stop freaking out.*

My friend needed to put her system into complete rest mode: no sugar, no carbs without protein, no caffeine, because all those things make the body work harder and stimulate the adrenal glands.

There are a lot of impurities that our bodies encounter every day that stress out our system. The job of the liver is to clean impurities out of the blood. The bile in the liver, however, can only take so much. Beans will do the job to maintain it and clean out the bile so it's not saturated with “junk”. The beans take the impurities out of the bile in your liver and carry them out of your body. Think of beans as the janitorial crew, worthy of a “Dirty Jobs” episode to be sure.

That's why the nutritionist starts out her patients with beans three times a day, for major spring cleaning, then as their systems start to regulate, they can level off. (If you'd like a more detailed explanation, you can see the nutritionist's own words here: <http://bit.ly/1h2x8zW>.)

I can't say I eat beans three times a day, but it's pretty good motivation to increase our consumption of them overall.

Chickpea Wraps



Work Intensity

Kid-Friendly

Cost

With a tangy dose of mustard and [mayo](#) or [ranch dressing](#), the crunch of lettuce, some melted cheese, and perhaps some red onion for a truly delightful zip, you almost forget you're sacrificing meat when you eat these nourishing, frugal wraps.

Ingredients

GF

CF

If soaking dry beans, start with $\frac{3}{4}$ cups before soaking.

- 2 Tbs. olive oil
- 1½ c. onions, minced
- 3 cloves garlic, minced
- 1 tsp. ground cumin
- 1 c. carrot, finely chopped or shredded
- 1¾ c. cooked and drained chickpeas (about 1 can)
- 1½ Tbs. tahini or peanut butter
- ¼ c. fresh parsley, minced, or 1 Tbs. dried
- 1/3 c. white or whole wheat flour or chickpea flour
- ½ tsp. baking soda
- 1 tsp. salt

Method

If you have a food processor, make it work for you. Process the onions just enough to get them chopped, then sauté them in oil for about five minutes. (I tend to use the pan I know I'll want for frying the patties, which is my cast iron. Saves a dish!) Meanwhile, shred carrots in your food processor to fill one cup and toss in the garlic to mince it, too. (You can use the regular blade to chop/shred the carrots.) Garlic's health benefits are best five minutes after mincing, so try chopping the cloves first, remove the minced garlic, then process the carrots. Add the carrots and cumin to the onions for a minute, then the garlic for one last minute, stirring frequently.

Process the cooked chickpeas (garbanzo beans) into a paste, then add the sauteed vegetables and process until fully incorporated. Don't be alarmed if the chickpeas look dry by themselves; the sauteed veggies add enough moisture for a real "paste." Stir or process in peanut butter/tahini and parsley. (If using fresh parsley, process it before the chickpeas to get it evenly chopped.)

Combine the flour, baking soda, and salt in a small bowl, then stir into the mixture in the food processor.

Preheat a skillet and add some healthy oil like coconut oil or tallow to fry the patties. Form the paste into patties either using a spatula against the side of your bowl or simply by dropping heaping Tablespoonfuls into the hot oil, then pressing them down a bit to flatten. If you only have extra virgin olive oil on hand, keep the temperature on low to medium low and adjust the time accordingly.

Fry small, thin patties in the hot oil over medium-high heat for 4-5 minutes, until just beginning to brown (check them after 2 minutes to see how the progress is going). Turn over and fry the other side until browned; crispy is optimal. Sometimes I decide to flip them a couple of times to get a nice brown crunch. The whole process takes about 10 minutes per batch. You'll likely need to add additional oil between batches, especially if you're using a cast iron skillet.

Serve warm in tortillas. We enjoy shredded cheese, mustard, ranch dressing, and lots of lettuce on top. Red onion is also delightful.

Serves 4-6 adults, depending on your side dish options. Makes about twenty 3" patties.



Timesaver: Shred cheese for your freezer before making this recipe, then you won't have to wash the food processor twice.



Added Bonus: The recipe makes a lot more than you'd expect for one little can of beans, and it actually freezes great! Freeze some of the uncooked filling along with extra tortillas, then thaw the filling and fry up for a super simple meal later.

Substitutions and Frugal Tips

- ✓ *Substitution ideas:* You could easily sneak a few more veggies in, like gently steamed spinach or fresh red peppers. Once you're putting dinner into a food processor anyway, it's a great time to hide some nutrient-packed extras!
- ✓ Try [homemade whole wheat tortillas](#) to keep the nutrition up and the cost down.

- ✓ We like to serve with homemade chicken rice-a-roni (p. 64) or [cheesy rice and tomatoes](#), steamed vegetables and a salad. To complete the Mediterranean undertones in the meal, try [homemade Greek dressing](#).

FAQs

- ✓ *What if I don't have a food processor?* You can use a hand blender or even a potato masher to smash the chickpeas and simply stir in the remaining ingredients. Be sure to finely chop the onions and shred or very finely chop the carrots if you don't have a tool to blend them into the mixture.
- ✓ *What's the gluten-free alternative?* Try a GF flour in the patties or chickpea flour. I have tried arrowroot starch, but it just didn't *thicken* and turned into a gloppy mess in the pan.
- ✓ *No peanut butter?* For those with nut allergies or babies not yet introduced to peanut butter, simply skip that ingredient. The meal is still great without it!

Recipe adapted from [The Veggie Table](#).

Mexican Black Bean Burgers



A little Mexican flair and some fun toppings take veggie burgers from “boring” to “wow!” Make them without the spicy parts and use traditional burger toppings for a great fake-out grilled burger.

Ingredients

CF If soaking dry beans, start with 1 cup before soaking.

- 1 small onion, quartered
- 1/2 red pepper, cut into a few pieces
- 3 garlic cloves, peeled
- 2 jalapenos, seeds removed or 1/2-2 tsp. cayenne pepper *(to taste! Cut way down if serving kids...)*
- 2 c. cooked black beans (or one can, drained and rinsed)
- 1 1/2 c. cooked green lentils
- 1/4 c. fresh cilantro (or 2 tsp. dry) (optional)
- 1 1/2 tsp. salt
- 1/2 tsp. pepper
- 2 eggs
- 1 1/2 c. bread crumbs (plus more if needed)

Method

Allow legumes to cool if you just cooked them. Pulse the onion, pepper(s), optional fresh cilantro and garlic in a food processor until chopped. Add all the beans and lentils and process until pasty. If your food processor is a bit weak, you may want to tackle this in two batches.

When mostly smooth, add salt and pepper, dry cilantro and cayenne (if using), and the eggs. Process until combined and then add a cup of bread crumbs and process briefly until incorporated. Give a little stir around the very center for anything your blade may have missed. If your food processor is on the small side, you may wish to remove the legume/vegetable mixture to a bowl and simply stir in the rest of the ingredients.

Add more bread crumbs bit by bit until the mixture starts sticking together and pulls away from the center blade. It will be slightly stickier than you expect, but if you can spoon it without drips, you're on the right track.

Put some flour in a salad bowl to use in flouring your hands and the outside of the patties. Form 1/2- to 3/4-inch thick patties. The patties might seem a little fragile, but you don't want them too stiff or they might dry out and get crumbly once cooked.

Cook in a well-greased skillet over medium to medium-high heat, about 5-8 minutes on each side, turning at least once for even doneness. You can add oil in between sides, especially if you want a nice even browning look, or if you're using a cast iron skillet.

Serve as you would hamburgers. We like pretty standard toppings like mustard, ketchup, red onion, lettuce and pickles. Keep with the Mexican theme and offer fresh peppers, pickled jalapenos, avocado slices and salsa. If you skip the spices, these aren't fabulous to eat plain, but dressed up, they're ready for a party!

Makes 6-8 patties, 3-4" wide.



Timesaver: Make a large batch of lentils and freeze the extras to add to many dishes (see p. 23). I recommend trying to have either the beans or lentils (or both) prepared before the day you want to make the burgers.

Substitutions and Frugal Tips

- ✓ *Substitution ideas:* If you don't have lentils or are a "canned bean" person, you can use pintos in a pinch, but they definitely taste more "beany." The lentils are a better blank palette for the other flavors.
- ✓ How to make your own bread crumbs:
<http://www.kitchenstewardship.com/2009/03/02/monday-mission-throw-away-less-food/#breadcrumbs>
- ✓ If you make your own bread crumbs, dry out the bread and process into crumbs just before beginning this recipe. You can also process the vegetables you might need for other side dishes, like the Chicken rice-a-roni imposter on page 64, further saving dishes and time.

 **FAQs**

- ✓ *Extra beans?* Don't shoot high on the beans on this recipe! Unlike soups and burritos, use a scant measure if anything for something like this.
- ✓ *Someday I'll try cooking these in a George Foreman.* I think it would work well if the weight wasn't too much for the patties to bear.
- ✓ *What if I don't have a food processor?* A mini chopper makes this recipe tedious, but possible. A blender would have potential, if you just used it to puree the beans in small batches, perhaps with the egg, and then mixed everything in a large bowl.
- ✓ *I don't like the sharp flavor of the raw onions in the patties.* Just saute the onions (and peppers) before adding them to the processed mixture.
- ✓ *Can I freeze?* Yes! Freeze patties before frying.

Adapted from [True Adventures in Money Hacking](#).

Sausage, Bean and Greens Soup



This soup is fantastic in summer or winter and we make it often when spinach is abundantly on sale at the grocery. However, it's the dipping sandwiches that make the meal really special, so use summer tomatoes and local veggies for an A-1 rating!

Ingredients

GF

CF

If soaking dry beans, start with 1 ¼-2 cups before soaking.

- 1/2 or 1 lb. bulk Italian sweet or hot sausage
- 1 medium onion, chopped
- 2-3 carrots, chopped
- 1 large potato, cubed
- 2 cloves garlic, minced
- 1 bay leaf
- 2 cans white beans, drained and rinsed, or 4 c. cooked beans
- 1-2 tsp. salt (if using homemade broth)
- 1/4 tsp. pepper
- 4 c. fresh kale, spinach, or your favorite leafy green
- 2 quarts chicken broth or stock
- Grated Parmigiano-Reggiano or Romano, to pass at table

Method

Heat a large soup pot and brown the sausage over medium heat. Add onion and saute a few minutes until softened. You can add some extra oil if the sausage didn't create enough grease. Add the rest of the veggies, bay leaf and beans. Season to taste with salt and pepper. Cook 5 minutes to soften veggies. Add greens and wilt with the cover on, 5 minutes or less. Pour in the stock and bring to a boil over high heat, covered. Reduce heat and simmer 15 minutes. Serve with grated Parmesan cheese.

Serves 6-8.

The amazing sandwich dipper: Prepare to be amazed at how sophisticated grilled cheese gets when it grows up. Use your favorite hearty bread with mozzarella, sliced tomatoes and fresh basil or pesto. Brush the outsides with olive oil. Grill as grilled cheese and serve hot. Thou must dip!

Substitutions and Frugal Tips

- ✓ Add even more flavor to the sandwiches with a quick dust of garlic powder on the outside after brushing with EVOO.
- ✓ We like to use our George Foreman to grill sandwiches with no flipping and no mess.
- ✓ *Frugal tips:* I usually use only half a pound of meat and find that the taste is quite sufficient. I save the other half, cooked, for a quick pasta or spaghetti sauce meal, for egg omelets, or for this [Sausage Spinach Pasta Toss](#) or [Sausage Zucchini Bake](#).



FAQs

- ✓ *Can I use roll sausage?* Sure! Just snip open the ends and squeeze the sausage out or slice and gently brown on both sides.
- ✓ *How can I make this a kosher meal?* Pork is certainly not necessary for a good sausage. You can make any ground meat into a tasty sausage substitute by following the directions here: <http://www.kitchenstewardship.com/HomemadeSausage>. Adjust spice to taste with cayenne.
- ✓ *Can I leave the skins on the potatoes?* I usually do for added iron, especially if organic.
- ✓ *What do I do with the rest of the bag of spinach?* You can lightly steam spinach and freeze it in ice cube trays for [green smoothies](#), or plan another meal for the week to use up the bag. Some of our favorites include:
 - *Tuscan Bean Soup (p. 53)
 - *Beef and Bean Stew a la Tuscany (p. 75)
 - *[Sausage Spinach Pasta Toss](#)
 - *In [scrambled eggs](#)
 - *Sneak into many other soups, casseroles, or wraps
 - *other places to stash spinach:
<http://www.kitchenstewardship.com/2009/07/20/monday-mission-recipes-to-use-up-your-spinach/>
- ✓ Super freezer friendly recipe!



Timesaver: You could certainly brown the meat and saute onion in the morning and crockpot this on low all day.



Added Bonus: This makes a whole bunch and is also very frugal. Great with [homemade bread](#), [cornbread](#) or [biscuits](#). Also works with a grilled cheese sandwich for dipping.

Substitutions and Frugal Tips

- ✓ *Substitution ideas:* You can switch out almost any of the vegetables for something else, depending on what you have on hand.
- ✓ Add more beans! This is really quite a bean-light dish with only two cans. I highly recommend adding at least one more can of any sort of bean or just doubling what's called for. You won't regret it.
- ✓ A reviewer tried wrapping leftovers (after boiling down a bit) in tortillas with cheese. Yummy lunch!



FAQs

- ✓ *Is it spicy?* This is sort of a middle ground recipe. If you double the beans, it would likely end up on the mild end of the spectrum. Always taste the spices to see what you think, and don't be afraid to go shy on the heat or add more according to your family's tastes.
- ✓ *How much water? I like measuring cups!* As you add the water or broth, pay attention to how you like your chili. If you're looking for a deep, thick chili, stick with only two or three cups liquid. If you're okay with a spicy garden vegetable soup, go with all four cups.
- ✓ *Can I use other meats?* You could also use shredded chicken or leftover Thanksgiving turkey if you don't have access to ground turkey. The flavor is lighter than a traditional beef chili, so white meat is the perfect complement. Shoot for 2-3 cups of meat. Ground beef or venison would be great too.
- ✓ *Can I use less meat or go meatless?* I often make this recipe with half the ground meat called for, and I feel certain it would be lovely without the meat entirely.
- ✓ Freezes just great. Go for the double recipe!

Recipe originally from a local heart health magazine.

Simple Cabbage Soup with Secret Super Food



I created this one on the fly by combining two or three recipes by memory. It was one of my first times ever using cabbage, so I was just tickled when it turned out awesome, and totally unique! Your guests will never guess the hidden vegetable.

Ingredients

GF

CF

If soaking dry beans, start with 1-1 ½ cups before soaking.

- 2 Tbs. each olive oil and butter
- 1 large onion, coarsely chopped
- 3-5 stalks celery, sliced
- 3 carrots, sliced
- 4 cloves garlic, chopped
- 1-2 cans great northern or garbanzos, drained and rinsed, OR 2-4 c. cooked
- 1 tsp. salt
- ½ tsp. pepper
- 1+ tsp. cumin
- ½ head cabbage, thinly sliced
- 6 c. chicken stock
- 1-2 c. pumpkin
- optional: 8 oz. can tomato sauce

Method

Melt butter and warm olive oil in a *large* soup pot. Add the onion, celery, carrots, garlic, and beans in order as you chop them. By the time you add the beans, the onions should be soft. Add salt, pepper, cumin and stir. Add cabbage and cover 5 minutes or so over medium-low heat to wilt. Pour in broth, pumpkin (frozen is fine) and optional tomato sauce. Bring to a boil, then reduce to a low simmer. Cover and cook 15-30 minutes until carrots and cabbage are tender.

Serves 6-10



Added Bonus: This soup has EIGHT [super foods](#) and costs less than \$3 for the whole batch if you play your seasonal cards right. Amazing!

Substitutions and Frugal Tips

- ✓ *Substitution ideas:* The tomato sauce is optional because our family liked the pumpkin-only version the best, but many people expect tomato with cabbage in a soup.
- ✓ You can use summer squash, pureed or not, or any fall squash in place of the pumpkin as well. Try turmeric as an interesting spice addition.
- ✓ *Frugal Tip:* Once you open a can of pumpkin for any recipe, freeze the rest immediately either in 1-cup portions or in ice cube trays for ease of use later. Frozen pumpkin works fine in muffin and bread recipes once thawed.
- ✓ *Frugal Tip:* Buy cabbage when it's in season (fall at the Farmer's Market and around St. Patrick's Day in the grocery store) for super cheap and then shred, lightly steam and freeze in plastic bags for this recipe or others with cooked cabbage.
- ✓ Did you know you could also [freeze celery](#)? Never let another half bag of the stuff go to waste!



FAQs

- ✓ *What to do with the rest of the pumpkin?* Try [pumpkin muffins](#), [pumpkin cookies](#), or these [6 ways to deal with leftover pumpkin](#).
- ✓ *What to do with the rest of the cabbage?* Here are two of our favorites: [Beef and Cabbage Pockets](#) and [Cabbage Salad with Goat Cheese \(or Feta\)](#). You can also just use it in a salad or a stir fry at random.
- ✓ Soup always freezes well.

Pasta with White (Bean) Sauce



Work Intensity

Kid-Friendly

Cost

If you don't tell your dinner guests you're serving beans, they'll be hard-pressed to figure out the difference between this protein-packed white sauce and a standard Alfredo. You can choose to leave the beans whole for a lovely texture, too.

Ingredients GF

If soaking dry beans, start with 1 cup before soaking.

- ½ c. chopped onion
- 1 4-oz. can diced green chili peppers, drained, or 1 chopped jalapeno or Anaheim pepper
- 2 Tbs. butter
- 2 cloves garlic, minced
- 2 Tbs. whole wheat flour or arrowroot starch*
- 1/8-1/4 tsp. black pepper
- 1 ½ c. whole milk
- 1 ½ c. shredded cheese (any kind works, but Swiss or Monterey Jack is great)
- 1 15-oz. can white beans, drained and rinsed, OR 2 c. cooked dry beans
- salt to taste, likely about a ½ tsp.
- ½ lb. Linguine or favorite pasta, cooked according to package directions

Method

In a medium-sized, heavy bottomed pot, cook onion and peppers (if using fresh) in melted butter until tender, adding garlic at the last minute. Stir in flour and pepper and cook two minutes. Add the milk all at once. (**GF version with arrowroot: Follow directions for butter, onion, peppers, then add 1 c. milk. Bring to a boil. Mix arrowroot with the remaining 1/2 cup milk. Stir into boiling liquid.*)

Cook and stir over medium heat until bubbly and thickened, taking care not to scorch the bottom. Cook one more minute, then add cheese and stir to melt. Add the beans and canned chiles (if using canned) and stir to heat through. Feel free to add extra milk at any point if the sauce is too thick for your tastes. Serve over linguine or your favorite pasta. You might include steamed veggies right in the sauce for an all-in-one meal.

For the bean haters of the world: If you use an immersion blender and whiz the sauce, the beans (and their taste) disappear. You might want to add a bit of extra milk to thin it out, up to 1/4-1/2 cup.

Serves 4.



Timesaver: Balance your steamer basket over the pasta water for the last 5 minutes or so of the cooking time and your steamed veggies will be done in one pot and at the same time as your pasta for a super easy meal.

Substitutions and Frugal Tips

- ✓ *Substitution ideas:* Adding some diced red pepper in the saute or any vegetable you might include in a stir fry, whether right in the sauce or just stirred in with the sauce and pasta, creates some delicious new options.
- ✓ *Add meat:* Grilled chicken on top takes the pasta right up to restaurant quality. It can be a complete meatless meal in itself, or it can serve as a healthy side dish.
- ✓ *Go grain-free:* Use spaghetti squash underneath the sauce for a higher veggie count, lower carbs and no grains/gluten.
- ✓ *Frugal tips:* Buy jalapeno (and other kinds of) peppers at the Farmer's Market or the reduced produce section at your grocery store. Peppers can be chopped and frozen without blanching or any other treatments. It's easy to grab a handful of chopped peppers from a bag in the freezer and toss them right into the saute pot. You can also use a less expensive cheese of any kind.
- ✓ *Something fun to try:* Use the sauce as a base for a pizza!



FAQs

- ✓ *How is this meal gluten-free?* The sauce works great with gluten-free pasta.
- ✓ *Does it have to be a compromise meal?* You can, of course, make your own pasta, which launches the dish from a “compromise quick meal” to a traditional foods healthy option, or just use cooked brown rice.
- ✓ *Freezer friendly?* Pasta really doesn't freeze well, but the sauce should fare acceptably in the freezer. Thin with milk to reheat.

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About The Author

I'm Katie Kimball, a Catholic wife and mother of three who wants the best of nutrition and living for her family. My educational background is actually in elementary education and English, but as I began cooking for my children and reading about nutrition, I quickly became a home chef and researcher. In early 2009 I began my journey as an online writer, and I'm head over heels in love with the tangled web that is the blogging career.



I believe that God calls us to be good stewards of all His gifts as we work to feed our families: time, finances, the good green earth, and of course, our healthy bodies. KitchenStewardship.com seeks to share with others ways to balance all four and be prayerful in the call to vocation in the kitchen.

I'm far from perfect: my kitchen is often a mess, I lose my patience with family members, and I certainly spend too much time on the computer. But I do my best to provide optimal nutrition and health for my loved ones, which means I spend a lot of time in the kitchen. I make everything from scratch and talk about food all the time. I also strive to make things taste good, which is where you benefit. Thank you so much for downloading this freebie!

Interested in teaching your kids to make these recipes?

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