

RECIPES USING ALBERT AGNOR'S BEAN SEASONING

BLACK BEAN SALSA

1-15 oz. can Black Beans, rinsed and drained
2 T Albert *Agnor's Bean Seasoning*
2 T Olive Oil
1 T fresh Lime Juice
½ cup Red Bell Pepper, de-seeded and diced
½ cup Yellow Bell Pepper, de-seeded and diced
½ cup Red or Purple Onion, diced
½ c diced Tomato
2 T Balsamic Vinegar
1 T chopped jalapeño
1 T chopped fresh cilantro

Combine beans, bean seasoning, lime juice and olive oil. Microwave 2 minutes, stirring after 1 minutes. Set aside. Prepare and combine the remaining ingredients. Add to bean mixture. Stir well and refrigerate several hours or overnight before serving. Garnish with fresh cilantro, if desired. Serving suggestions: with fajitas, as a side salad, a dip or as a garnish with meat.
*optional: add 1 can drained shoepeg corn

BLACK BEAN SOUP

2- 15 oz cans black beans or 1 lb dried beans, soaked overnight
2 T *Albert Agnor's pinto bean seasoning*
4 c chicken or vegetable stock
1 10 oz can chopped tomatoes with green chilis **or**
1 chopped fresh tomato and 1 chopped green chili pepper (blend in blender if your family does not like tomato chunks)
(optional: ½ c ea. Chopped green and yellow bell pepper)
(optional: 1 can hominy, add at last 30 minutes of cooking time)

Combine all ingredients in Crock Pot or Stock pot on stove. When adding canned beans, rinse can with ½ can of water to get all bean residue out. Cook on low for 6-8 hrs in crockpot. On stove, bring to boil, simmer 1 hr for canned beans, 2-3 hours for dried beans.

To thicken soup just before adding hominy, scoop out 2 large spoons of beans, with just a little juice, and process in food processor or blender to puree'. Add back to soup pot. This may not be necessary, depending on how much liquid has boiled away. It's personal preference, depending on how thick a soup you like.

If desired, add hominy and raise crockpot temperature for last 30 min.

Serve with or over rice, or chip strips, and with fresh tortillas. Serves 6.

CHARRO BEAN SOUP

2 16 oz cans pinto beans or
1 lb dried pintos, soaked overnight
½ pkg *Albert Agnor's pinto bean seasoning*
6 c chicken stock or vegetable stock
2 c water
½ c green bell pepper, cut in thin strips
(optional: ½ c chopped onion)

Combine all ingredients in slow cooker. Simmer 6-8 hrs. On stove: Combine all ingredients, bring to boil. Simmer 1-2 hr.

(If you need to thicken soup, dip out 2 full ladels of beans, with a small amount of liquid, and puree' in blender or food processor. Add back to soup pot.)
(If too much liquid boils away with cooking, add more water)

serves 6

PINTO BEAN DIP

1- 16 OZ CAN PINTO BEANS, DRAIN JUICE OFF TOP
1-10 OZ CAN CHOPPED TOMATOES WITH GREEN CHILI'S, DRAINED
(RESERVE 2 T OF JUICE)
1 C CHOPPED YELLOW BELL PEPPER
1 C CHOPPED GREEN BELL PEPPER
1 SMALL JALEPENO, CHOPPED (OR 1/3 C)
(add more if you like it very hot)
½ C CHOPPED ONION
4 T *ALBERT AGNOR'S PINTO BEAN SEASONING*

Reserve ½ c of chopped bell peppers, some of both colors. Mix all other ingredients in blender. Blend until smooth. Add a little of the reserved juice from the tomatoes if mixture seems a little thick.

Scrape mixture into bowl. Stir in the reserved peppers. This makes the dip a little chunky. However, if your crowd does not like chunky, just blend all in blender.

Serve with chips.

NAVY BEAN SOUP

1 lb dried Navy Beans or White beans
2 quarts water
2 vegetable or chicken bouillon cubes
½ pkg *Albert Agnor's Bean Seasoning*
1 Ham Hock, several sausage hunks, or
1 slice ham, cubed
1 large potato, peeled & cubed
½ cup diced carrots

Wash and pick beans, soak overnight in water. Drain and rinse beans and add to crockpot. Add remaining ingredients. Cook on low 10-12 hours or on High 7-8 hours.

