BEAN RECIPES



A Simple Cooking Guide Prepared

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Introduction

Bean is an important source of protein and income in Uganda. It provides about 25% of the total calories and up to 45% of the protein intake. It is also a valuable source of vitamin-B complex, iron, zinc, folic acid and other essential minerals. It is an important food security crop and source of income for most rural households. However, preparation of beans by most families has been done in a similar manner making its presentation on the table monotonous. To improve value and table presentation of beans, the National Beans Programme based at Namulonge Research Institute has developed a number of bean recipes aimed at improving food value and presentation of beans. Some of them are also very useful in generating household income. This handbook describes the recipes in details

1.0 Soup

1.1 Bean soup

Like mushroom or tomato soups, beans can also be used as a soup

Ingredients

1 tumpeco bean paste (without testa)
1 medium tomato
1 medium onion
1 medium green pepper
¼ tumpeco milk
2 table spoons cooking oil
Salt and curry powder to taste



Bean soup served with bread

Method of Preparation

1. Chop onions, tomatoes and green pepper
2. Heat cooking oil until it smokes
3. Add in onions, fry for some time, then add pepper
4. Add in tomatoes, fry until ready
2. Add bean paste, salt and curry to taste
3. Strain through a sieve
4. Add milk and simmer a little.
5. Serve. Very good for invalids

2.0 Beans as a Sauce

2.1 Bean Sauce

Ingredients

1 kg of beans
1 large onion
2 medium tomatoes
Salt and curry to taste
2 table spoons cooking oil



Bean Sauce



Bean sauce served with rice

Method of Preparation

1. Split beans between a grinding stone
2. Winnow and wash in clean water
3. Simmer while stirring until the beans become a paste
4. Chop onions, tomatoes
5. Heat cooking oil until it smokes
6. Add in onions, fry until golden brown
7. Add in tomatoes, fry until ready
8. Add to the bean sauce stirring to avoid burning
9. Season and serve with cassava, potatoes, matooke, rice, etc.

2.2 Beans with Greens

Ingredients

½ kg of beans
1 bunch of greens
1 table spoon cooking oil
1 medium onion
1 medium tomato
Salt and curry to taste



Bean with greens



Served with Sweet potatoes and Chapati.

Method of Preparation

1. Sort and wash beans
2. Soak overnight
3. Cook until soft
4. Wash and cut greens (ddodo or bugga)
5. Chop onions and tomatoes
6. Heat oil until it smokes
7. Add in onions, fry until golden brown
8. Add in tomatoes, fry until ready
9. Add to the beans
10. Add greens and simmer for 10 minutes or until the greens are cooked
11. Serve with any staple food

2.3 Beans with Green Maize

Ingredients

½ kg of beans
4 cobs of maize (boiled)
1 large tomato
1 medium onion
2 table-spoons cooking oil
I clove garlic
1 small sweet pepper
Vegetables (Optional)
Salt and Curry powder to taste



Beans with maize grain



Already served

Method of Preparation

1. Sort and wash beans
2. Soak overnight

3. Boil until tender
4. Remove grains from cobs
5. Chop onions, tomatoes and sweet pepper
6. Crush garlic
7. Fry onions, garlic, sweet pepper in hot oil until onions turn golden brown
8. Add in tomatoes, fry for a while
9. Add beans, maize grains and simmer for 10 minutes or until ready

2.4 Beans with Maize Grain (dry)



Ready to serve

Ingredients

½ kg of beans
½ kg of maize grain
1 large tomato
1 medium onion
1 clove garlic
1 small sweet pepper
2 tablespoons cooking oil
1 hand full vegetables
Salt and curry powder to taste

Method of Preparation

1. Sort and wash both beans and maize
2. Soak over night
3. Boil until tender
4. Chop onions, tomatoes and green pepper
5. Crush garlic
6. Fry onions and pepper until done
7. Add in tomatoes and garlic to the onions and fry until tomatoes are mashed
8. Add beans, maize, curry powder and simmer for 10 minutes
9. Serve hot.

2.5 Bean Leaves



Bean leaves served with Sweet potatoes

Ingredients

4 handfuls of bean leaves
10 fingers of okra
½ tumpeco of groundnuts/simsim paste
Salt and any other seasons

Method

1. Pluck bean leaves from stalk, wash in salty water and chop into pieces
2. Cut okra into pieces
3. Drop the cut okra in boiling water
4. Add the greens and cook until soft
5. Sort and roast the groundnuts, pound into a smooth paste
6. Mix the paste with little water and add to the greens
7. Simmer a little and serve with potatoes, cassava etc.

2.6 Split beans/okra (best with K131)



Split bean/okra served with potato

Ingredient
¾ kg of beans
5 fingers of okra
1 tablespoon margarine or ghee
Seasons (optional)

Method of Preparation
1. Dry beans and split them between stones
2. Winnow to remove the testa
3. Wash and cook until halfway soft
4. Add the okra and cook until soft
5. Add ghee and seasons
6. Serve with any staple food

2.7 Boiled beans with ash



Boiled beans with ash

Ingredients
Beans
Ash
Salt and curry powder to taste

Method of Preparation
1. Boil beans in water with ash until half cooked
1. Remove from ash and rinse in clean water
2. Rub between fingers to remove testa, wash and put in a box/container with a tight lid
3. Steam with matooke or sweet potatoes.
4. Serve with cooked staple food.

2.8 Germinated beans

Ingredients
½ kg of germinated beans
1 large tomato
1 medium onion
I medium green pepper
2 tablespoons cooking oil
Salt and curry to taste

Method of Preparation
1. Wash germinated beans (don't remove the radical and plumules)
2. Cook on gentle fire until ready
3. Chop onions, tomatoes, green pepper and fry them in hot oil
4. Add to the beans
5. Add salt and curry and let cook for sometime
6. Serve with any staple food

2.9 Bean mash with greens (weaning dish)



Weaning dish

1 handful of dodo
1 handful of carrots
1 handful of tomatoes
2 tablespoons mashed beans

Method of Preparation

1. Boil beans and mash
2. Boil vegetables, carrots and tomatoes or steam them with family food
3. Add cooked carrot, tomato and vegetables to mashed beans.
4. Rub through and sieve.
5. Simmer it a little and feed to an infant.

3.0 Beans with Oil seed foods

3.1 Beans in Simsim Paste



Beans in simsim paste



Beans served with millet bread

Ingredients

1 kg of beans
½ tumpeco simsim paste
1 large tomato
Salt and curry to taste

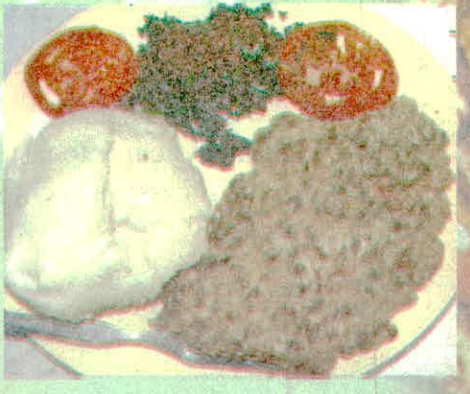
Method of Preparation

1. Sort beans, wash and soak over night in clean water
2. Cook on gentle fire until soft
3. Sort and roast simsim
4. Pound in a mortar to a smooth paste
5. Mix simsim paste with little water and add to the cooked beans
6. Add salt and curry powder
7. Simmer for a few minutes
8. Serve hot with matooke, posho, cassava, posho, millet bread, rice, etc

3.2 Beans with Soya Sauce



Beans in soya sauce



Served with mashed potato

Ingredients

½ kg of beans
½ tumpeco of soya sauce
Greens
Tomatoes
Onions
Salt and curry to taste

Method of Preparation

1. Sort and wash beans
2. Soak overnight, boil until tender

3. Chop tomatoes, onion, garlic, greens and add to the cooked beans
4. Simmer for 10 minutes to allow the added ingredients to cook
5. Mix Soya sauce with little water and add to the beans, simmer for a little while
6. Add salt and curry to soya sauce/bean mixture
7. Serve with potatoes, posho, rice, cassava, matooke, millet bread, etc.

3.3 Beans with Groundnuts Relish

Ingredients

½ kg of beans
¼ kg of groundnuts
1 large tomato
Salt and curry to taste



Beans with groundnut paste



Served with mashed potato

Method of Preparation

1 Sort beans, wash and soak over night in clean water
2 Cook on gentle fire until soft
3 Sort and roast groundnuts till light brown
4 Remove the skin, pound in a mortar to a smooth paste
5 Mix groundnut with little water and add to the cooked beans
6 Add salt and curry powder
7 Simmer for a few minutes
8 Serve hot with matooke, posho, cassava, millet bread, potatoes or rice

4.0 Beans with root and tuber crops

4.1 Katogo

Ingredients

1 tumpeco of beans-cooked
3 tumpecos of cassava cubes

Method of Preparation

1. Peel and wash cassava tubers
2. Cut into small cubes.
3. Add to cooked beans.
4. Add salt and curry to taste
5. Cook until cassava is cooked and soft.
6. Serve hot



Katogo



Already Served

Mugoyo

Ingredients
½ kg of beans
2 kg of sweet Potatoes
Salt to taste



Mugoyo



Served with juice

Method of Preparation
1. Sort beans, wash and soak over night in clean water
2. Boil until cooked
3. Peel and wash potato, cut into cubes
4. Remove some beans from the sauce pan and keep aside
5. Put the potato cubes in the remaining beans
6. Cover the potatoes with the beans which was removed
7. Cover the pan and cook until potato becomes cooked
8. Add salt and mash
9. Serve hot, can be used as a packed meal

5.0 Beans with meat

5.1 Beans with offals

Ingredients
1 kg of beans
1 kg of offals
1 large onions
2 medium tomatoes
1 large pepper
1 clove garlic
1 table spoon cooking oil



Beans with offals



Served with Rice

Method of Preparation
1. Sort and wash beans
2. Soak overnight
3. Wash offals and cut into small pieces
4. Chop onions, garlic, pepper
5. Heat oil until it smokes/ready, fry onions, garlic, pepper
6. Add offals and fry until water drains off
7. Remove excess fat or oil, add tomatoes
8. Add soaked beans and cook until tender
9. Add salt and curry
10. Serve hot with matooke, rice, posho, cassava or millet bread

6.0 Beans as a snack

6.1 Bean samosa (best with K131)

Ingredients to make 30 samosas

1 kg cooked beans
1 handful of onions
1 large green pepper
2 cloves garlic
1 teaspoon crushed ginger
Cooking oil for deep-frying
1 head small seasoning diced cabbage
1 kg wheat flour



Bean somosa



served with tea

Method of Preparation

1. Cut up onions, pepper in small pieces, crush garlic
2. Fry the onions, pepper, crushed garlic, diced cabbage in cooking oil
3. Add to the cooked drained beans
4. Add seasons
5. Make samosa papers
6. Mix 1 kg of wheat flour with water to a stiff dough
7. Add salt to taste
8. Divide the dough into small balls
9. Roll out the balls separately to a round flat shape of 4-6 " diameter
10. Divide into 4 by cutting across
11. Place 1 on top of the other rubbing oil in between them
12. Flatten more by rolling out with a rolling pin.
13. Place on a hot chapati pan to warm
14. Fill the paper with bean mixture, seal by gumming with wet wheat flour
15. Cut in 4, separate the papers and fill each with bean filling.
16. Seal using wet wheat flour
17. Deep fry until light brown
18. Serve hot with tea/coffee

6.2 Bean pie (best with k131)

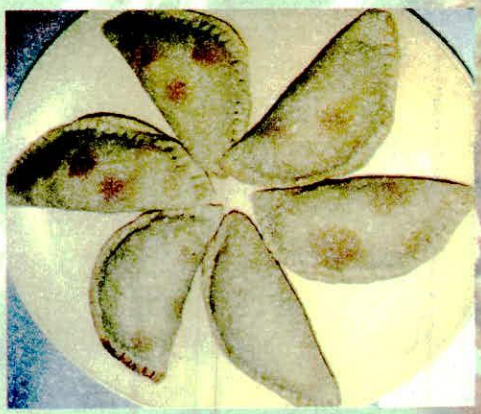
Filling as for samosa
Pastry

Ingredients

1 kg wheat flour
¼ kg blue band
1 egg (optional)
Salt to taste
1 tablespoon baking powder
Water



Bean Pie



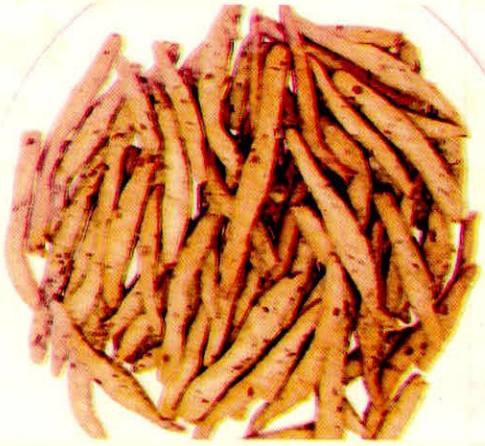
Ready to serve

Method of Preparation

1. Rub blue band into flour
2. Add baking powder and salt
3. Add beaten egg

4. Add water a little at a time to make a stiff dough
5. Knead well. Roll out on a board. Cut into round shape with a paste cutter. Place bean filling in the center.
6. Fold the paste and seal the edge with a fork.
7. Bake in a hot oven for 15 minutes or until light brown.
8. Serve with tea/coffee.

6.3 Bean fingers (best with K 131)



Bean fingers

Ingredients

½ kg of beans
1 handful of onions
1 medium tomato
1 clove garlic
1 medium sweet pepper
Salt, curry, chilli to taste
1 kg of cassava flour
Other spices

Method of Preparation

1. Sort, wash and soak beans overnight
2. Boil beans until tender
3. Fry cut onions,
4. Add sweet pepper to the frying onions
5. Add crushed garlic and chopped tomatoes to the onion and pepper until ready
6. Mash the cooked beans
7. Add cassava flour to the mashed beans and other ingredients. Mix well and add beans and other seasonings, roll into fingers and dip fry until light brown serve with tea/coffee or any other drink.

