

## Milling Beans

Bean flours are a great way to make what you cook and bake low fat and more nutritious. Flour can be added to bread, casseroles and even desserts without the soaking, boiling and waiting you think you need with beans. Bean flours can be added in small quantities to any baked goods without a change in flavor or texture. With the addition of bean flour it will make your breads a complete source of protein.

Add to soups, sauces, dips and sandwich fillings and gravies. Use instant mashed beans in dips and other recipes calling for cooked mashed beans.

Whole dry beans, peas and lentils when ground into a fine flour will cook in only 3 minutes and make creamy, nutritious soups. You can replace up to 25% of the wheat flour in your recipes with almost any variety of bean, pea or lentil flours. Bean flour stores for up to 6 months on the shelf, 1 year if refrigerated.

## Instant Mashed Beans

1 Cup whole beans = 1 1/8 cups bean flour

1 Cup water plus 1/3 cup bean flour = 1 cup instant mashed beans

2 Cups water plus 3/4 cup bean flour = 2 1/2 cups fluffy mashed beans

## Stiff Refried Beans

Boil 2 Cups water

Whisk in 1 Cup bean flour

Cook and stir for 1 minute until mixture thickens.

**Reduce:** Heat to medium/low.

**Cover:** Pan and cook 6 minutes (stirring occasionally)

**Note:** *Similar to canned refried beans*

## Fluffy Refried Beans

Boil 2 1/2 Cups water

Whisk in dry ingredients

3/4 Cup pinto or black bean flour

Pinch garlic powder (optional)

1/2 to 3/4 Teaspoon salt

1/4 Teaspoon cumin

1/2 Teaspoon chili powder

**Cook and stir:** For 1 minute until mixture thickens.

**Reduce:** Heat to medium/low.

**Cover:** Pan and cook 4 minutes (stirring occasionally).

**Note:** *May add salsa or picante sauce.*

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