

The Beanery

by Anne DiNardi Danis and Terry de la Vega

The Beanery is a restaurant of our fantasies. In it, we serve food as fresh as we can get it, as delightfully as we can imagine.

Tofu is soybean curd, a Chinese invention. It is sometimes available locally, and is high-protein. While it is delicious in a stir-fry, there are other uses for it, too. This recipe was suggested to me by a friend, and modified; it makes a creamy breakfast or dessert pudding.

BANANA TOFU

- 1 block tofu (6-10 oz.)
- 1-1½ ripe bananas, chunked
- ¼ cup cottage cheese
- ¼ cup yogurt, fruit juice, or fresh fruit
- (Optional: 1T. lemon juice, to limit color change of banana)

Place all ingredients together in a blender and puree until of a pudding consistency. Eat it by itself, on toast or pancakes, with yogurt, cottage cheese, granola, as a filling or topping for cake or pie, with peanut butter on an English muffin... the sky's the limit. This makes about 2 cups, with 70 calories and 3 grams of protein per ¼ cup.

My mother used to say "If applesauce and beans are good, why not have some cabbage?", and somehow one always leads me to the other.

SAUERKRAUT SOUP

- 1 T. oil or butter
- 1 onion, chopped
- 2-3 potatoes, cubed
- 2 cups water or stock
- ½ t. peppercorns
- 4 cups double milk*
- ¼ cup flour
- 2 cups sauerkraut

1. Sauté onion in oil or butter until transparent.
2. Add water, potatoes and peppercorns. Simmer fifteen minutes, or till potatoes are tender.
3. Stir in sauerkraut, and let it get hot.
4. Meanwhile, thoroughly mix together:

*Double milk: 2½ cups instant dry milk
4 cups water
and add the ¼ cup flour to the milk as well.

5. Stir this mixture into the pot with the rest of the ingredients.
6. Let cook till thick, stirring frequently; DO NOT BOIL.
7. Serve piping hot, sprinkled with parsley.

Cooking with a crockpot is economical and you can make delicious bean dishes easily. Seasoning amounts are meant to be suggestions. As long as the proportion of dry ingredients to liquid stays the same the crockpot's slow, even heat will cook beans and legumes perfectly. Here are two of my favorite fall dishes:

PRIMO BAKED BEANS (about 3 quarts)

- 3 cups dry navy or pea beans
- 9 cups water
- 1 large onion, chopped
- 1 cup ketchup
- 1 cup bean water
- 2 t. dry mustard
- 1 t. garlic salt
- 1-2 T. Worcestershire sauce
- 2-3 T. molasses
- 2 T. sesame or other oil
- optional ingredients: ¼ lb. salt pork, cut up, instead of oil; brown sugar if you like your beans sweet.

1. Wash beans. Place them in a large saucepan with 9 cups cold water. Bring to a boil and simmer for 1 hour—or—bring to a boil, simmer a few minutes and let soak overnight. Heat in morning before adding to crock pot.
2. Drain beans, reserving 1 cup water.
3. Add remaining ingredients; mix well.
4. Cover and cook on low 8-12 hours. Adjust seasoning and serve.

LENTIL-CORN STEW

This dish is highly nutritious because the respective proteins in lentils and corn combine to make more usable protein than they have separately.

- 2 cups lentils
- 5 cups water or stock
- 1 medium or large onion
- 2 medium carrots, sliced in rounds
- 10 stalks celery, with leaves, sliced
- 2 cloves garlic, minced
- 1 tsp. salt
- ¼ tsp. pepper
- 1 tsp. dried oregano
- 1-2 cups chopped tomato, fresh or canned
- 2 Tbs. Worcestershire Sauce
- 2 Bay leaves
- 1 lbs. tamari or soy sauce
- 4 cups corn, preferably cut from the cob, but frozen or canned will do

1. Wash lentils thoroughly. Look out for stones and clumps of dirt. Lentils can be soaked overnight in water to decrease cooking time.
2. Put all ingredients (except corn) in crockpot. Mix up well. Cover and cook on low 8-10 hours.
3. Add corn about 1 hour before serving.
4. Serve with whole grain bread or muffins and perhaps some cheese.