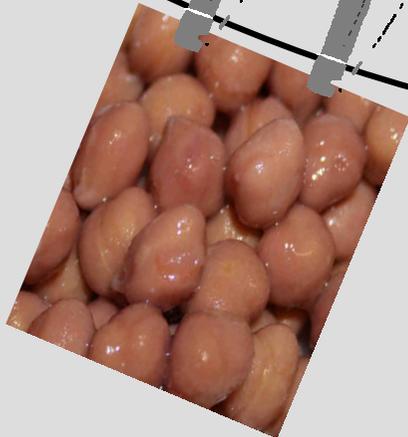


# XCentric Ideas

“Better *beans* and bacon in peace than  
cakes and ale in fear.”

- Aesop quote



Recipes from the Internet  
All photos my own

25 May 2011  
Volume 6 — Issue 6  
by  
ALMA PRETORIUS  
alma@xcentricideas.co.za  
www.xcentricideas.co.za

# *BEAN NUTRITION FACTS*

The new U.S. Department of Agriculture dietary guideline using the Eating Right Pyramid suggests, that the foods lowest in fats, oils and sugars (fruits, vegetables, dry beans and grains) should make up the largest portion of our daily meals.

The benefits of using beans on a daily basis have recently been promoted because studies show beans help to reduce cholesterol while providing excellent nutrition. When combined with nuts, seeds or grains, they form a complete high-fiber vegetable protein.

Most beans contain only 2-3% fat. Beans are the perfect food for a fat-restricted diet. You may never have to count calories again.

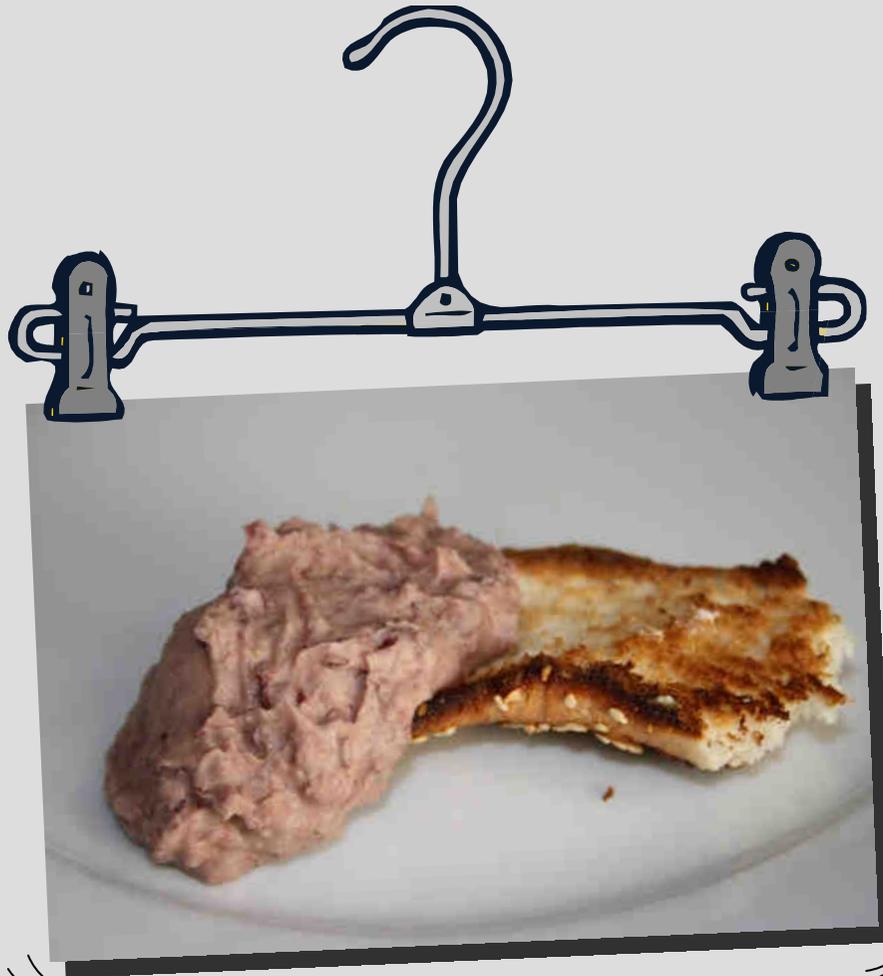
Beans contain no cholesterol, and they can help lower your cholesterol level because they are one of the richest sources of fiber!

Most beans contain at least 20% protein and are high in carbohydrates which provides longlasting energy.

In addition, beans provide essential B Vitamins and Iron.

Adding beans to your daily meals insures total nutrition, and with our wide selection of beans you should be able to find the right flavor for you.

# *Kidney Bean Pâté*



- 1 tin (400g) cooked red kidney beans, rinsed and drained
- 2 cloves garlic, crushed
- 1 tbsp lemon juice
- 2 tbsp olive oil
- 2 tsp tomato puree or tomato sauce
- 1 tsp ground cumin
- 1 tsp chives (optional)
- salt and pepper to taste

Either put everything in a food processor and whiz for a minute (you might need to add a little water if it's a bit sticky), or mash beans in a bowl with a potato masher then stir everything else in.

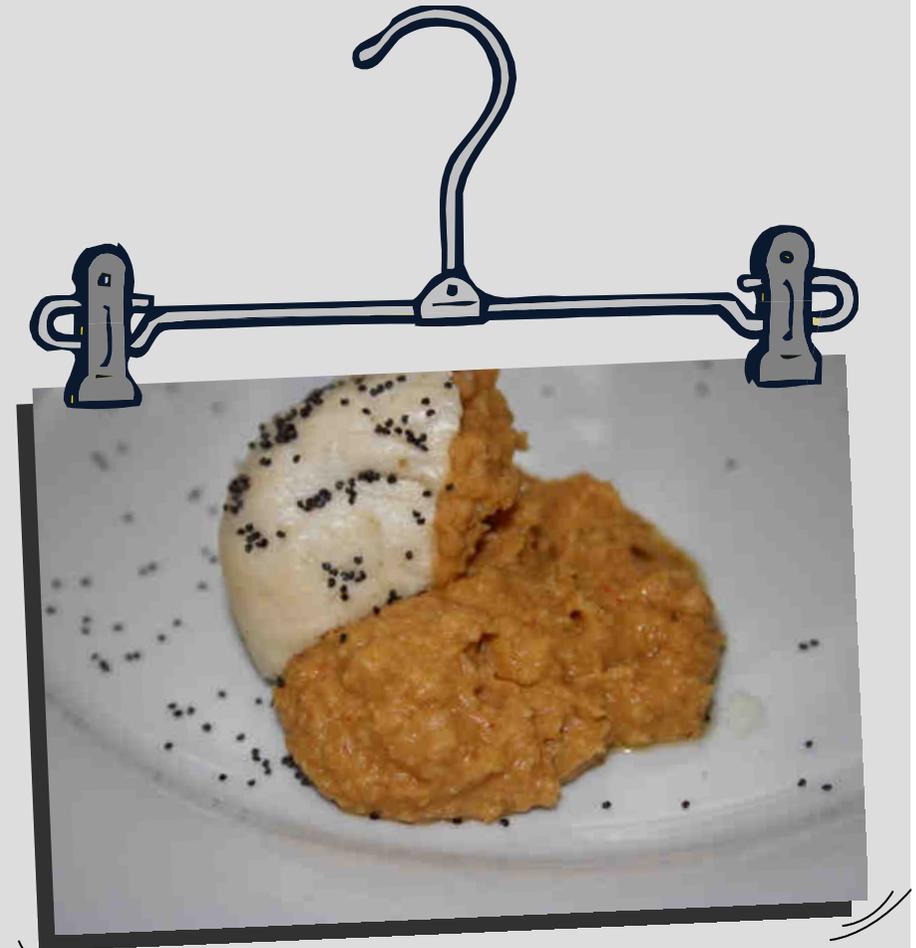
Serve with crusty bread or toast.

## *Hummus*

1 tin (400g) chickpeas, drained, rinsed  
1 ½ tsp ground cumin  
1 garlic clove, crushed  
3 tbsp lemon juice  
1 tsp paprika  
4 tbsp olive oil  
4 tbsp cold water  
salt to taste

Whiz everything together in the food processor to a smooth paste.

Serve with pita breads, toast or on grilled lamb chops.

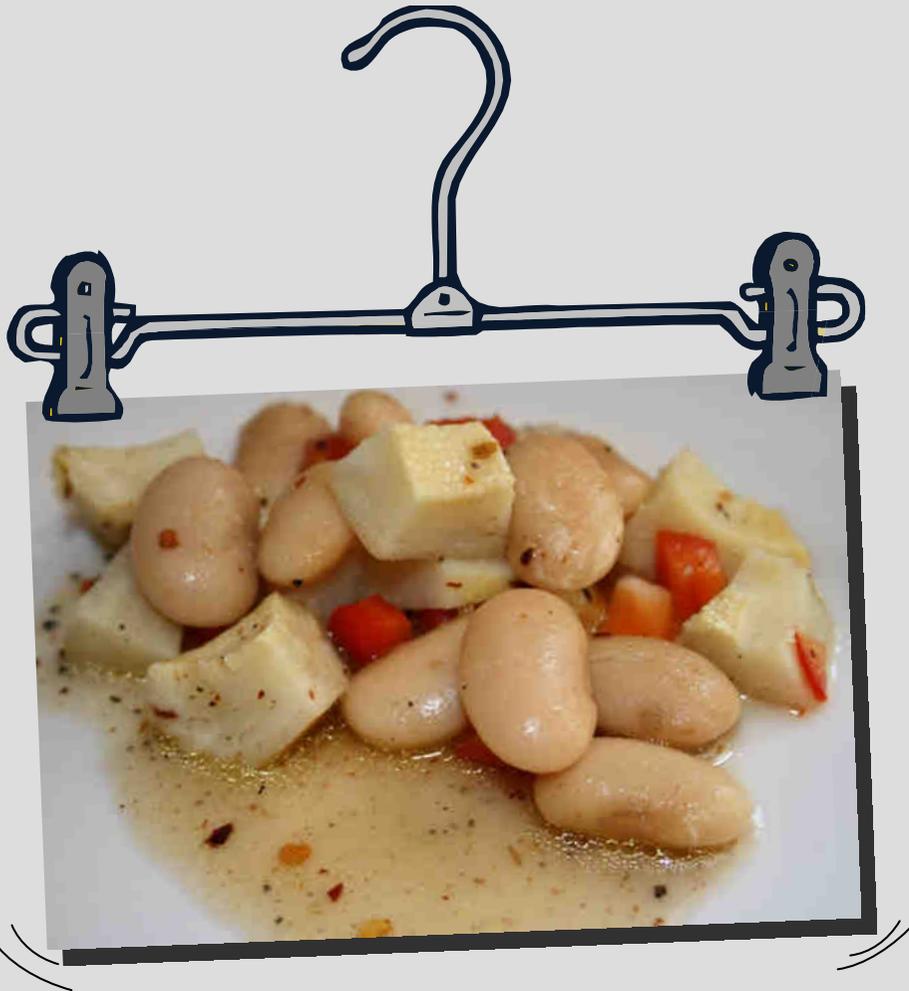


# *White Beans with Artichoke Hearts*

1 tin (410g) butter beans, drained  
2 tbsp olive oil  
1 can artichoke hearts, drained  
1 tbsp lemon juice  
½ cup parmesan cheese  
Salt & chilli flakes to taste

Sauté drained white beans in 1 tbsp olive oil. Add artichokes, lemon juice and Parmesan. Season with salt and pepper to taste.

Serve as a side to meat/fish/poultry. Or eat with fresh bread.



# Caribbean Rice

1 (400g) tin of chilli kidney beans, drained  
100g \*basmati rice, rinsed  
300ml coconut milk  
100-200ml boiling water  
handful frozen peas  
2 bay leaves  
1 tsp salt

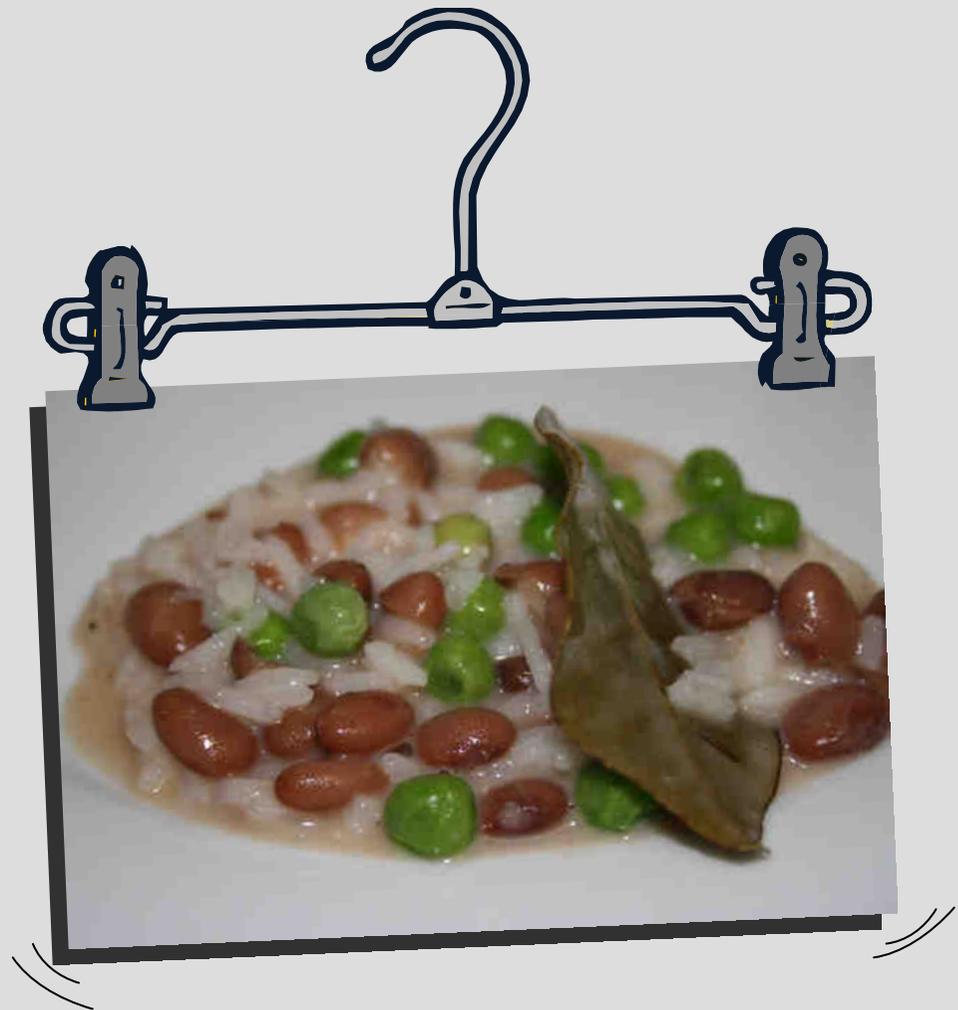
In a pan add the basmati rice, coconut milk, 100ml water, 2 bay leaves and 1tsp salt.

Bring to the boil and cook for 8 minutes, gently stirring once. Taste and add more water if rice not soft.

Add the beans and peas. Continue cooking for 2-3 more minutes or until rice is cooked.

Serve with chicken, fish or meat.

*\*I used Jasmin Rice and lite Coconut Milk.*



## 4 Bean Quiche

1 tin (410g) butter beans, drained  
1 tin (410g) kidney beans, drained  
1 tin (410g) lentils, drained  
1 tin (410g) baked beans  
3 eggs  
125 ml milk  
½ cup cheddar cheese, grated  
season to taste

Preheat oven to 180 oC. Mix the butter beans, kidney beans, lentils and baked beans in bowl. Beat the eggs & milk together.

Add the egg mixture to the beans and season. Pour into a pie dish, sprinkle cheese over and bake for 20-25 min or till egg mixture is set.

Serve with a fresh salad.



# Winter Warmer

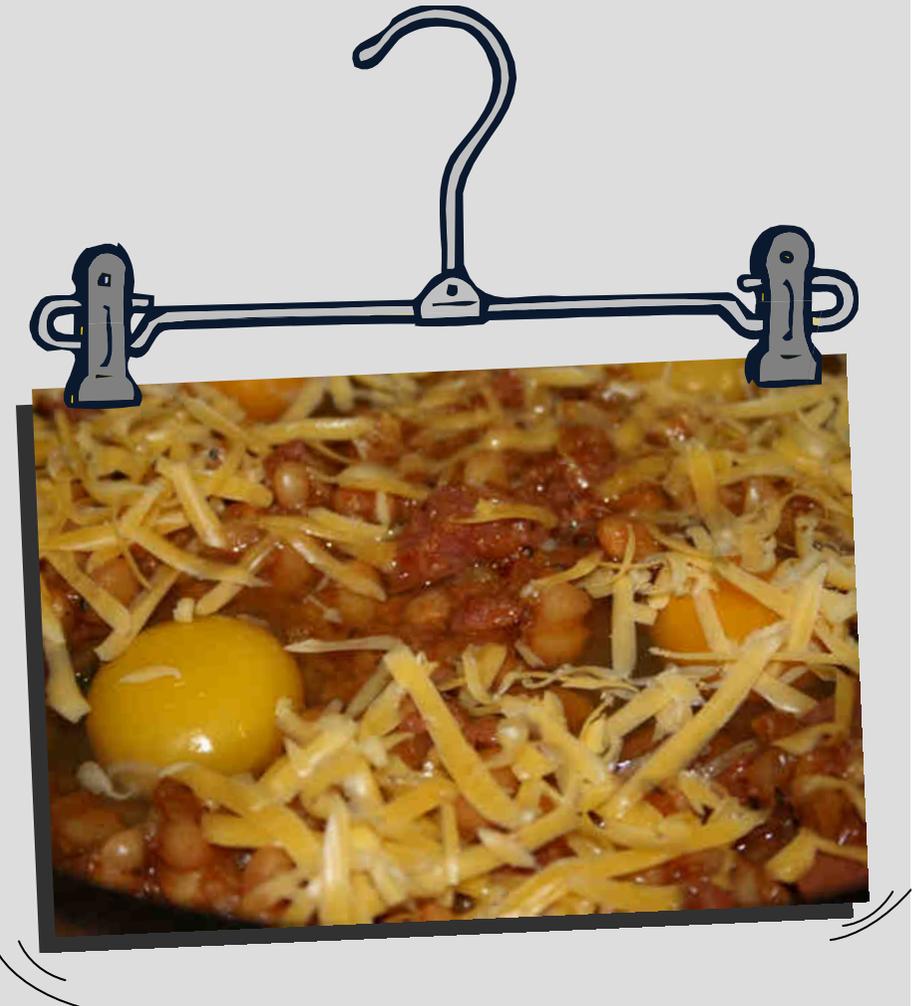
100g chopped onion  
\*1 tin bully beef  
1 tin (410g) baked beans  
4 eggs  
seasoning  
50g cheddar cheese, grated

Preheat oven to 200 oC. Fry the onion until transparent. Stir in bully beef, beans and seasonings. Spoon into casserole dish and make 4 'nests' in bean mixture.

Break an egg into each 'nest'.  
Sprinkle with grated cheese.

Bake in oven for 15-20minutes, until bubbling. Serve with crusty bread & fresh salad.

*\*The recipe said 450g cooked, diced potatoes.*



# Lemon Flourless Chickpea Cake

1 tin (400g) chickpeas drained and rinsed **very very**  
**very** thoroughly with cold water  
3 eggs  
210g caster sugar  
½ tsp baking powder  
8 tbsp lemon juice  
zest of 2 lemons  
90g sultanas or raisins  
icing sugar and cinnamon (optional)

Preheat oven to 180oC. Grease & line tin with baking paper. Blend chickpeas until smooth with blender in bowl.

Add eggs, sugar, baking powder, 4 tbsp lemon juice & lemon zest. Mix until everything is combined. Stir in sultanas/raisins. Turn mix into cake tin. Bake 35-45 mins, or until golden & cooked thru. (*Mine took 40 min.*)

Take cake out of oven, spoon 4 tbsp lemon juice over cake & cool for 10 mins in tin before transferring onto wire rack.

When cake is cool, dredge with icing sugar and cinnamon OR sugar and lemon juice gently boiled to a syrup consistency, then drenched into holes in cake. (*I had mine with Lemon & Honey Yoghurt.*)



# Nina's Choc Date Squares

125 ml soft 'lite' margarine (*Flora light*)  
250g packet dates, roughly cut  
410 g can butter beans, undrained, blended finely  
20 ml vanilla essence  
2-5 ml rum/almond/vanilla essence  
120g nuts, chopped  
500 ml high fibre cereal (*I used Weetbix, chopped very fine*)  
45 ml cocoa powder  
125 ml soft brown sugar  
100g milk chocolate

Place margarine & dates in saucepan & gently heat till margarine has melted. Add pureed butter beans & stir, breaking up the dates with wooden spoon, to make fairly smooth mixture. (*I took out the dates with slotted spoon & whizzed them finely in processor*).

Add all the different essences & chopped nuts & boil for 2 min, stirring to mix well. Keep pan on stove, add cereal, cocoa & sugar to mixture & mix very well.

Press mixture into greased square or rectangular container. Pour or brush the melted chocolate smoothly over date mixture. Place container in fridge to set. Store in airtight container.

