

CABBAGE, VEGETABLE AND BEAN SOUP

2 cups of dried white beans (Navy or Great Northern)
16 oz can tomatoes with juice, chopped fine
2-3 cup chopped cabbage
1 potato, peeled, diced
2 carrots, sliced
1 can whole kernel corn, drained
1 can green beans, drained
1 large onion, diced
1 tablespoon minced garlic
2 tablespoon soy sauce
½ teaspoon fresh ginger
1 teaspoon rosemary
¼ cup hickory smoked barbecue sauce
1 Tablespoon red wine vinegar
1 tablespoon oregano
1 tablespoon basil
1 teaspoon sage
2 tablespoon olive oil
Salt and black pepper to taste

Clean and soak the beans. Combine all ingredients including half the onions, but not the fresh or canned vegetables, in a large pressure cooker. Cover with water by at least 2 inches. Lock the lid in place and bring to high pressure over high heat.

When pressure is reached lower the heat to maintain it and cook for 5 minutes. Remove the cooker from the heat and use the cold water release method to drop the pressure and open the lid. Add the fresh vegetables and remaining onions and return to pressure for another 5 minutes. Use the cold water method to release the pressure. Add the canned vegetables and stir, simmering to heat through.

Cooks Note: If your pressure cooker isn't large enough then cook the cabbage in a vegetable steamer starting it before you start the cooker so they will be done at the same time. When the cooker is done stir the cabbage into the soup.

SAUSAGE AND BEAN SOUP

2 cups of red, pink or pinto beans
1 medium onion, chopped
1 tablespoon minced garlic
1 can Dr. Pepper
1 lb hot sausage of choice (breakfast, Italian, or chorizo)

Clean and soak the beans. Sauté sausage, onion and garlic in a large pressure cooker, add seasonings and Dr. Pepper. Rinse the soaked beans and add them to the cooker. Cover with water by at least 2 inches. Lock the lid in place and bring to high pressure over high heat.

When pressure is reached lower the heat to maintain it and cook for 10 minutes. Remove the cooker from the heat and let the pressure drop naturally before opening the lid.

Cooks Note: If you want thicker, creamier beans puree 1/4 the beans and broth and return to pot to thicken..

FRIJOLE DE LA OLLA BEANS IN THEIR OWN BROTH

2 cups of pinto beans
1 medium white onion, peeled and chopped
1 tablespoon minced garlic
2 tablespoons oil

For garnish:

Chopped onion
Shredded cheese
Chopped cilantro
Chopped fresh green chilies

Clean and soak the beans. Sauté onion, garlic and curry paste over medium heat until onion is translucent. Cover by 2 inches of water above the level of the beans. Lock the lid in place and bring to high pressure over high heat. When pressure is reached lower the heat to maintain it and cook for 6 minutes. Remove the cooker from the heat and let the pressure drop on it's own to open the lid.

ITALIAN SOUP WITH PASTA

- 2 cups of Navy beans
- 1 oz salt pork, diced
- 1 lb Italian sausage, spicy or mild
- 1 medium onion, cut in quarters, sliced
- 1 tablespoon minced garlic
- 2 Tablespoon olive oil
- 1 can (28 oz) tomatoes, with juice
- 1 ½ teaspoon Italian herb seasoning
- ¼ teaspoon pepper
- 1 cup elbow or shell macaroni
- 6 Tablespoon freshly grated Parmesan cheese

Sauté onion, sausage pork and garlic in oil over medium heat until onion is translucent. Rinse the soaked beans and add them to the cooker. Cover by 2 inches of water above the level of the beans. Lock the lid in place and bring to high pressure over high heat. When pressure is reached lower the heat to maintain it and cook for 5 minutes. Remove the cooker from the heat and use the cold water release method drop the pressure and open the lid. Add the macaroni, pushing them under the broth and return to pressure and cook an additional 5 minutes. Let the pressure drop naturally before opening the lid.

Cooks Note: Serve it up in separate bowls, sprinkled with the garnishes.

BEAN SOUP ROMANO

- 2 cups white beans
- 2 cups ham, chopped PLUS hambone
- 1 tablespoon minced garlic
- ½ cup Chopped onion
- 1 tablespoon Olive oil
- 4 cups Beef broth or stock
- 1 teaspoon Oregano, crushed
- 1 can (8 oz) tomatoes, crushed
- 1 cup carrots, sliced
- ½ cup celery, sliced
- 2 cups spinach, loosely packed
- ½ cup Small shell pasta

2 bay leaves
½ cup wine vinegar
½ cup Grated Romano cheese
Sort, rinse and soak beans. Sauté garlic and onion in oil. Add drained beans, and remaining ingredients except pasta. Cover by 2 inches of water above the level of the beans. Lock the lid in place and bring to high pressure over high heat. When pressure is reached lower the heat to maintain it and cook for 5 minutes. Remove the cooker from the heat and use the cold water release method to drop the pressure and open the lid. Add the pasta, pushing it under the broth and return to pressure and cook an additional 5 minutes. Let the pressure drop naturally and then open the lid. Remove ham bone. Stir in wine vinegar, spinach and cheese, and adjust seasonings..

BEANS WITH FRAGRANT HERBS

2 cups of your favorite dry beans
4 smashed, peeled cloves of garlic
1 large bay leaf
½ to 1 teaspoon dried herbs such as sage, oregano, thyme, and tarragon
1-2 teaspoons fine sea salt, to your taste
Place the pre-soaked beans in the cooker and add enough water or broth to completely cover the beans by at least 2 inches. Add the seasonings, but don't salt until done. Lock the lid in place. Bring to high pressure, regulate the heat to keep it steady, and time the beans according to the type of beans being used. Most take 6-10 minutes if pre-soaked.. Use a natural pressure release of about 10 minutes. Add salt, adjust other seasonings, and serve as desired.



BEANS 'N' GREENS

- 1 bunch collards
- 2 cups mixed beans of choice (do not use long cooking beans such as chickpeas)
- 1 small onion, chopped
- 1 tablespoon minced garlic
- 1 or 2 fresh hot peppers, seeded and chopped
- 1 lb Kielbasa sausage, sliced
- 1 can beer or soda pop
- 2 bay leaves
- ½ cup wine vinegar

Clean and soak the beans. Prepare the greens: rinse each leaf, devein, stack flat on top of one another, roll them up tightly, and slice across the roll to shred them nicely. Sauté Kielbasa, garlic, peppers and onion in oil. Rinse and place the beans in a large pot. Add remaining ingredients. Cover with water by 2 inches above the level of the beans. Bring to a boil, reduce the heat and simmer as slowly as possible until beans are tender. Lock the lid in place and bring to high pressure over high heat. When pressure is reached lower the heat to maintain it and cook for 9 minutes. Remove the cooker from the heat and let the pressure drop naturally before opening the lid. Stir in vinegar before serving and adjust seasonings.



SMOKE AND FIRE BEANS

- 2 cups of pinto or red beans
- 10 ea Slices bacon, diced
- 2 Onions, chopped
- 1 tablespoon Bacon drippings
- 1 Green pepper, chopped
- Hot sauce to taste
- 1 tablespoon Liquid hickory smoke flavoring
- 1 tablespoon Beef bullion
- ¼ cup Molasses
- ¼ cup White sugar
- 1 can beef broth

Sort, rinse and soak beans. Cook bacon until crisp. Sauté onions and peppers. Save the drippings. Rinse the soaked beans and add them to the pressure cooker with remaining ingredients. Cover with water by 2 inches above the level of the beans. Lock the lid in place and bring to high pressure over high heat. When pressure is reached lower the heat to maintain it and cook for 9 minutes. Remove the cooker from the heat and use the natural release method .

Cooks Note: If you want thicker, creamier beans follow the instructions described earlier. Add salt to taste. Serve the beans with the garnishes in separate bowls so that each diner may add them to taste.

SMOKE AND FIRE SAUCE

- 1 jar of Salsa
 - 1 teaspoon liquid smoke, or to taste
 - 1 dry chipotle pepper
- Steep pepper in boiling water to soften, mince fine Add liquid smoke to salsa. Add minced chipotle pepper a little at time until it is to your taste. Serve on the side.

SAUSAGE AND BEANS

2 cups of white beans
 1tsp olive oil
 1 small onion finely chopped
 1 clove garlic peel, mince
 4 lb Italian sausage
 1 sm carrot peel, cut in ¼" dice
 1 stalk celery peel, cut in ¼" dice
 ¼ tsp. dried
 3 cup broth
 1 cup water
 salt & Pepper To Taste
 Sort, rinse and soak beans. Heat the olive oil in the pressure cooker over med-high heat. Add the onion, garlic and Italian sausage and sauté 4 - 5 min, until onion is soft. Stir frequently so that the mixture doesn't brown. Add the carrot, celery and sage. Sauté, stirring frequently. Drain the soaked beans and add to the vegetable mixture. Add the stock and water. Stir well. Cover with water by 2 inches above the level of the beans. Lock the lid in place and bring to high pressure over high heat. When pressure is reached lower the heat to maintain it and cook for 9 minutes. Remove the cooker from the heat and use the natural release method .

SMOKED BEAN RAGOUT

1 cup dried white beans
 1 cup dried baby lima beans
 6 cups water
 ½ teaspoon liquid Barbecue Smoke.
 2 bay leaves
 4 whole garlic heads
 2 cups cubed peeled butternut squash
 4 cups vertically sliced onion
 ½ cup sherry
 1 tablespoon balsamic vinegar
 2 teaspoons sugar
 14 ½ ounces can vegetable broth
 ½ teaspoon dried savory
 ½ teaspoon dried marjoram

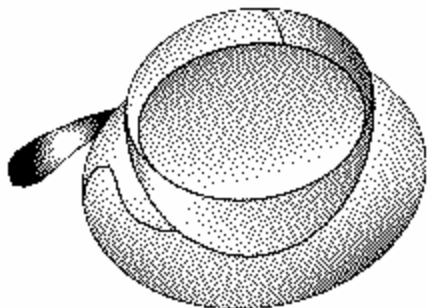
½ teaspoon salt
 ½ teaspoon dried thyme
 ½ teaspoon pepper
 ¼ teaspoon ground nutmeg
 1 bay leaf
 2 cups chopped tomatoes
 Sort and wash beans: place in a Dutch oven. Cover with water to 2 inches above beans, and bring to a boil; cook 2 minutes. Remove from heat; cover and let stand 1 hour. Drain beans, and return to pan. Add 6 cups water, liquid smoke seasoning, and 2 bay leaves; bring to a boil. Cover, reduce heat, and simmer 45 minutes. Drain beans in a colander; discard bay leaves. Set beans aside. Remove white papery skin of garlic heads, making sure not to peel or separate cloves. Wrap each head separately in aluminum foil. Bake at 350 for 1 hour; let cool for 10 minutes. Separate cloves, and squeeze to extract 1/3 cup pulp; discard skins. Set pulp aside. Steam squash, covered, 6 minutes or until crisp-tender; set aside. Combine onion and sherry in Dutch oven. Cover and cook over medium heat 10 minutes. Stir in vinegar or sugar. Cook, uncovered, over medium-high heat 15 minutes or until onion turns deep golden, stirring frequently. Add beans, garlic pulp, squash, broth, and next 7 ingredients; bring to a oil. Reduce heat; simmer 15 minutes. Remove from heat; discard bay leaf, and stir in tomato.

Cooks Notes: Soak beans in 6 cup water overnight. Add vegetable broth, liquid smoke and bay leaves and bring to high pressure. Cook 5 minutes and let pressure release naturally. Add garlic, squash, onion, (omit sherry for sautéing) balsamic vinegar, and spices. Bring back to high pressure. Cook for 5 minutes. Release pressure and add tomatoes.

WHITE BEAN AND TOMATO SOUP

2 cups dried great northern beans (about 1 pound) cooking spray
1 cup chopped onion
6 garlic cloves, chopped
1 cup diced peeled baking potato
2 teaspoons chopped fresh or ½ teaspoon dried thyme
3 (16-ounce) cans vegetarian chicken-flavored broth
2 bay leaves
2 cups diced seeded tomato
¼ cup chopped fresh basil
1 tablespoon lemon juice
¾ teaspoon salt
¼ to ½ teaspoon crushed red pepper
¼ cup grated fresh parmesan cheese (1 ounce)

Sort and wash beans; set aside. Place a 6-quart pressure cooker coated with cooking spray over medium heat until hot. Add onion; sauté 2 minutes. Add garlic; sauté 1 minute. Add beans, potato, thyme, broth, and bay leaves. Close lid securely; bring to high pressure over high heat (about 7 minutes). Adjust heat to medium or level needed to maintain high pressure; cook 35 minutes. Remove from heat; place pressure cooker under cold running water. Remove lid. Discard bay leaves. Partially mash bean mixture. Stir in tomato and next 4 ingredients (tomato through red pepper). Cook, uncovered, over medium heat 5 minutes or until thoroughly heated, stirring frequently. Sprinkle with cheese.



YUCATAN BLACK BEAN SOUP

1 pound black beans
4 cups chicken stock
¼ cup olive oil
2 medium white onions chopped
6 cloves garlic, minced
½ teaspoon crushed red pepper flakes
1 teaspoon cumin powder
1 ½ tablespoon chili powder
1 ½ teaspoon oregano leaves
2 teaspoon salt
1 cup uncooked white rice
Garnishes
chopped green onions, including tops
lime wedges
sour cream
chopped jalapeno peppers
Clean and soak the beans by method of choice. Sauté the onion, garlic and spices. Add remaining ingredients (except salt, which should be added when beans are done). Rinse and add the beans, add enough water to cover the beans by at least 2 inches. Lock the lid in place and bring to high pressure over high heat. When pressure is reached lower the heat to maintain it and cook for 9 minutes. Remove the cooker from the heat and let the pressure drop naturally then open the lid. For a creamier, richer and thicker broth remove about two cups of cooked beans and liquid, puree in a blender or just use a fork (this releases the starch to thicken the broth) then stir back into the pot. Taste for seasoning, adjust to your liking and add salt if needed. Serve with garnishes in separate bowls as a choice toppers

BLACK BEAN CHILI WITH SALSA

2 cups dry black beans
1 tablespoon cooking oil
1 cup coarsely chopped onion
¾ cup diced red sweet pepper (1 medium)
¾ cup diced green sweet pepper (1 medium)
4 cloves garlic, minced
2 - 4 jalapeno peppers, seeded & thinly sliced
2 tablespoons chili powder
1 teaspoon ground cumin
½ teaspoon salt
¼ teaspoon black pepper
3 cups water
4 medium plum tomatoes, chopped
½ cup chopped green sweet pepper
½ ripe avocado, seeded, peeled & chopped
2 green onions, chopped
2 tablespoons lime juice
1 tablespoon snipped fresh cilantro
Dairy sour cream (optional)

Rinse beans and soak beans overnight. Drain and rinse the beans. In a 4- or 6-quart pressure cooker combine the beans, onion, red pepper, the ¾ cup green pepper, garlic, jalapeno peppers, chili powder, cumin, salt, black pepper, and water. Lock lid in place. Place pressure regulator on vent pipe (if you have a first-generation cooker). Over high heat, bring cooker up to pressure. Reduce heat just enough to maintain pressure and pressure regulator rocks gently; cook for 12 minutes. Meanwhile in a medium mixing bowl stir together chopped tomatoes, ½ cup chopped green sweet pepper, avocado, green onions, lime juice, and cilantro. . Quick-release the pressure. Carefully remove lid. Serve with salsa and sour cream, if desired.

RED BEANS, BARLEY & SAUSAGE

1 pound red beans uncooked
32 ounces defatted chicken broth
2 cups water or more
16 ounces low-fat turkey Italian sausage cooked and drained
1 cup barley
bay leaves

Pressure cook the beans for 45 minutes using ¾ nonfat chicken broth, ¼ water (exact amounts will depend on your pressure cooker - check the cookbook that came with it) and 1 bay leaf. While the beans cook, boil the barley in 2 cups broth and 1 cup water and one bay leaf. Remove from heat when it's not quite done. Barley absorbs a lot of liquid and if you cook it to the tender stage now you'll have mush by the time you are ready to eat. When beans and barley are done combine them with the cooked and drained sausage. Cover and refrigerate overnight to allow flavors to marry.



FRIJOLE TOSTADAS

2 cups dry pinto beans
3 cups water
1 pkg tostada shells
2-3 finely chopped tomatoes
1 finely chopped large onion
1 bowl full thick & chunky salsa
1 lettuce head, shredded
1 pocket cheddar cheese, shredded
garlic powder
2 tablespoon cooking oil
ground cumin
salt wash & soak pinto beans for 3-4 hours. Rinse and add the beans, add enough water to cover the beans by at least 2 inches. Lock the lid in place and bring to high pressure over high heat. When pressure is reached lower the heat to maintain it and cook for 9 minutes. Remove the cooker from the heat and let the pressure drop naturally then open the lid. For a creamier, richer and thicker broth remove about two cups of cooked beans and liquid, puree in a blender or just use a fork (this releases the starch to thicken the broth) then stir back into the pot. Taste for seasoning, adjust to your liking and add salt if needed. Wash lettuce leaves & chop finely. .Roast Tostada shells in the oven for 1-2 minute each side or until crisp. Be very careful as tostada shells burn quickly
Making of Tostada-Taco 1. Put onions, lettuce, tomatoes, salsa, cheese, tomatoes in bowls put on the table 2. Take one tostada shell. Spread large spoon full of hot beans over tostada. 3. Sprinkle cheese 4. Sprinkle Salsa, green bell peppers, tomatoes and onions. 5. Sprinkle Lettuce & cheese at last.

RICH-N-CREAMY WHITE BEAN SOUP

1 pkg dried white beans
¼ pound bacon, chopped
3 garlic cloves, peeled and minced
1 onion, peeled and chopped
1 bay leaf
1 teaspoon chili powder
3 cups half-and-half
salt and pepper to taste
Fresh chives, for garnish
Clean and soak the beans by method of choice. Sauté bacon, garlic and onions in the cooker, but do not brown. Rinse the beans, place them in the cooker and add enough water to cover the beans by at least 2 inches. Add spices. Lock the lid in place and bring to high pressure over high heat. When pressure is reached lower the heat to maintain it and cook for 9 minutes. Beans should be tender, return to pressure for an additional 3 minutes if needed. Remove the bay leaf from the pot. For a creamier, richer and thicker broth remove about two cups of cooked beans and liquid, puree in a blender or just use a fork (this releases the starch to thicken the broth) then stir back into the pot. Return the cooker to heat, simmering gently and stir in the half-and-half, salt and pepper, and cook just until the soup is heated through. Serve immediately and garnish with fresh chives.

