



Using Beans and Peas in Recipes

Beans and peas are versatile enough to be used in a variety of recipes.

Here are some suggestions:

Bean/Pea:	Use For:
Navy (White or Pea) Beans	Baked Beans, Casseroles
Kidney (or Red Beans)	Baked Beans, Chili and other Mexican dishes, Salads, Mashed as a Dip, Casseroles
Pinto Beans	Chili, Refried Beans and other Mexican Dishes
Lima Beans and Black-eyed Peas (Cow Peas)	Casseroles, Main Dish Vegetable
Great Northern Beans	Soups, Salads, Casseroles, Baked Beans
Black (or Turtle) Beans	Soups, Oriental Dishes, Casseroles
Cranberry Beans and Garbanzo Beans (Chick Peas)	Italian Dishes, "Pickle" in Oil and Vinegar for Salads
Split Peas	Soup, Sandwich Spreads

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