2026 BEANS

1. Basic Black Bean Soup (Beans)
Ingredients (serves 4):
- 2 cans (15 oz each) black beans, drained (or 1.5 cups dry, cooked)
- 1 onion, chopped
- 2 garlic cloves, minced
- 1 carrot, diced
- 4 cups vegetable or chicken broth
- 1 tsp cumin
- Salt, pepper, and optional chili powder to taste
- Olive oil

Instructions:
1. Heat oil in a pot, sauté onion, garlic, and carrot for 5 minutes.
2. Add beans, broth, cumin, salt & pepper.
3. Simmer 20 minutes. Blend half the soup for thickness (optional).
4. Serve with rice or tortillas.

2. Simple Lentil Dal (Lentils)
Ingredients (serves 4):
- 1 cup red or green lentils, rinsed
- 1 onion, chopped
- 2 garlic cloves, minced
- 1 tsp turmeric
- 1 tsp cumin
- 1 tsp ginger (fresh or powdered)
- 3–4 cups water or broth
- Salt to taste
- Optional: fresh cilantro and lemon

Instructions:
1. Sauté onion and garlic in oil for 4–5 minutes.
2. Add spices and stir for 30 seconds.
3. Add lentils and water/broth. Bring to boil, then simmer 20–25 minutes until soft.
4. Season and finish with lemon juice.

3. Classic Refried Beans (Beans)
Ingredients (serves 4):
- 2 cans pinto beans (or black beans), drained
- 1 onion, finely chopped
- 2 garlic cloves
- 1 tsp cumin
- ½ tsp chili powder (optional)
- 2–3 tbsp oil or lard
- Salt to taste

Instructions:

1. Cook onion and garlic in oil until soft.
2. Add beans and spices. Mash with a fork or potato masher while cooking.
3. Cook 8–10 minutes until thickened. Add a splash of water if too dry.

4. Easy Bean Salad (Beans)

Ingredients (serves 4):

- 2 cans mixed beans (kidney, chickpeas, black), drained
- 1 bell pepper, chopped
- ½ red onion, diced
- 2 tbsp olive oil
- 1 tbsp vinegar or lemon juice
- Salt, pepper, and dried herbs (oregano/basil)

Instructions:

1. Mix all ingredients in a bowl.
2. Let sit 10–15 minutes (or refrigerate) for flavors to combine.
3. Serve cold as a side or over greens.

5. Hearty Lentil Stew (Lentils)

Ingredients (serves 4):

- 1 cup brown or green lentils
- 1 onion, chopped
- 2 carrots, chopped
- 2 celery stalks, chopped
- 3 cups broth + 1 cup water
- 1 tsp thyme or Italian seasoning
- Salt & pepper
- Optional: 1 can diced tomatoes

Instructions:

1. Sauté onion, carrots, and celery for 5–7 minutes.
2. Add lentils, broth, water, and seasonings.
3. Simmer 30–40 minutes until lentils are tender. Add tomatoes if using.

These are very forgiving — adjust spices to your taste. Let me know if you want any of them made vegetarian/vegan, spicier, or with substitutions! What kind of beans or lentils do you have on hand?