



Our Mission:

Slow Food envisions a world in which all people can access and enjoy food that is good for them, good for those who grow it and good for the planet. Our approach is based on a concept of food that is defined by three interconnected principles:

GOOD quality, flavorsome and healthy food.

CLEAN production that does not harm the environment.

FAIR accessible prices for consumers and fair conditions and pay for producers.

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FARM-TO-PLATE

RECIPES MADE WITH LOCAL BEANS



Oven Roasted Bean Snack

Ingredients:

- 1/4-1/2 lb Black Garbanzo Beans (White Oak Farm)
- 1 tbsp Olive oil
- 1/8-1/4 tsp each of salt & pepper (or other desired spices)

Process:

- Place the dry beans in a bowl with 1 quart of water and soak overnight. Canned beans can be substituted and do not require soaking.
- Once soaked, drain well and simmer for 45 minutes in 2 quarts of fresh, unsalted water (time may vary with different bean types).
- After simmering, drain the beans very well and pat them dry with paper towels.
- Put the beans into a bowl, drizzle with olive oil, and toss. Season with desired spices and toss again.
- Spread the beans out on a parchment-lined cookie sheet. Bake in a preheated 325 F oven for 5 minutes, then drop the temperature to 125 F and roast until the beans are dry and crispy. Depending on the bean type, this may take several hours.

The beans are best while still warm, but they will keep for about a week in a sealed container. Enjoy as a quick snack or topping for salads!



Hoppin' John

In the southern United States, eating Hoppin' John on New Year's Day is thought to bring a prosperous year filled with luck. The peas are symbolic of pennies or coins, while the greens from collard greens and bell peppers represent greenbacks (dollars). It is often served with cornbread, which represents gold. In some parts of the south, left-over "Hoppin' John" is called "Skippin' Jenny" after New Year's Day is over.

Ingredients:

- 1 lb Blue Goose cowpeas (White Oak Organic Farm)
- 1/4 lb thick-cut bacon (Nourished with Nature), chopped
- 1 small sweet onion or 1-2 leek whites, chopped
- 2 celery stalks, chopped
- 1 green or golden bell pepper, diced
- 2-3 cloves of garlic, minced
- 32 fl oz homemade or boxed chicken stock
- 1 tbsp thyme leaves
- 1 tbsp Cajun seasoning
- 1 cup wheatberries (Harcombe Farm), soaked
- 5 collard green leaves, de-stemmed and roughly chopped

Process:

- Soak Blue Goose cowpeas and wheatberries overnight, drain, and rinse.
- In a large sauté pan over medium heat, add the chopped bacon. Cook and stir for several minutes. Brown the bacon, then add the onions/leeks, celery, bell pepper, and garlic. Sauté for 5 minutes until the vegetables are soft.
- Pour in the Blue Goose cowpeas, chicken stock, thyme, and Cajun seasoning. Cover with a tight lid and simmer for 30-40 minutes, or until the cowpeas are soft. Add a little water if necessary to finish them off.
- Stir in chopped collard greens until wilted.
- Taste, then season with salt and pepper if needed. Serve warm over wheatberries.



Bean Chowder

Ingredients:

1 lb Volga German Beans (Adaptive Seeds)
1 carrot, coarsely shredded
1 celery, sliced
1/2 lb sweet potatoes, cubed
2 tbsp local herbs of choice
2 cups stock of choice
1 large scallion, green and white, sliced thinly
1/2 tsp salt

Process:

- Soak beans overnight, drain, and rinse.
- At medium heat, sauté the scallion and celery. Once soft, add the sweet potato and local herbs. Sauté for a few minutes, then add the stock.
- Bring to a low boil, then add the beans. Simmer until the sweet potatoes are almost soft, then add the carrot and salt.
- Simmer for an additional 15 minutes. If you would prefer a creamier soup, use a blender stick or a blender and make it the consistency you like. You could also add more stock at this point if you wanted a thinner soup. Enjoy!

Eager to Discover All Beans Have to Offer?

BeanZine:

<https://slowfoodusa.org/wp-content/uploads/Bean-Zine-layout.pdf>

Nutritional Benefits

<https://www.fao.org/3/I5384e/I5384E.pdf>

Beans & Climate Change

<https://www.fao.org/3/c0374e/C0374E.pdf>

Pulses: Nutritious Seeds for a Sustainable Future

<https://www.fao.org/3/I5528e/I5528e.pdf>

Bean Stew with Roasted Carrots and Mojo de Ajo (garlic sauce)

Ingredients:

1 lb Guacho beans (Harcombe Farm)
2 onions cut into chunks
10 sprigs thyme
3 bay leaves
1 tsp salt
2 pounds carrots, cut into chunks
Olive oil
Chili flakes
10 sprigs cilantro, chopped (for garnish)



Process:

- Soak beans overnight, drain, and rinse.
- In a large pot, cover the beans with water by 2 inches. Add the onion, thyme, and bay leaves. Bring to a boil, then turn down to a simmer and cook until the beans are tender, about 60 minutes. During this time, prep the mojo de ajo (see below).
- Once the beans are tender, add salt and let sit for 10 minutes. Remove and discard herbs.
- Increase the oven temperature to 425 °F. Toss carrots with a glug of olive oil, a couple of pinches of salt, and a pinch of chili flakes. Roast carrots until caramelized on the outside and tender on the inside, about 40 minutes.
- To serve, spoon a heaping serving of cooked beans into a bowl and gently fold in 1/4 cup of mojo de ajo per serving. Transfer the beans into a serving dish or individual bowls, portion the carrots evenly, and garnish with chopped cilantro.

Mojo de ajo:

1 cup neutral oil
20 garlic cloves, peeled and left whole
2 sprigs oregano
3 limes, zest and juice
1 orange, zest and juice
Salt

- Preheat the oven to 300 degrees F. Combine the oil, garlic cloves, and oregano in a small ovenproof pot. Bake for 45 minutes, or until the garlic is soft and fragrant. Alternatively, stew on the stove over very low heat, checking on it regularly.
- Allow it to cool. Remove the oregano sprigs, squeezing any oil clinging to the leaves back into the pot. Add the citrus zests and juices and a couple of pinches of salt. Stir to combine, lightly smashing the garlic cloves to make a thick, oily sauce.

Frijoles Negros Cubanos

(Cuban Black Beans)

Ingredients:

1 lb black beans (Midway Farms)
2 large onions or leeks, chopped
1 bell pepper, chopped
3-4 garlic cloves, minced
2 bay leaves
Dash of red wine vinegar

Process:

- Soak 1 pound of black beans in a brine made of 1 ½-2 tsp salt and 2-3 quarts water for 8-24 hours, then drain and rinse. To rehydrate the beans quicker, pressure cook in an Instant Pot for 2 minutes, let pressure drop naturally, and soak for 1 hour.
- In a large pot (or Instant pot), heat 2 tablespoons of oil on medium-high. Once hot, sauté the chopped onions and peppers until soft. Then add chopped garlic and sauté for 30 seconds.
- Once sauteed, add the beans and pour water to cover. Add bay leaves and a dash of red wine vinegar then simmer for 45 minutes to 1 hour. If using an Instant Pot, cook on high for 20 minutes and release pressure as soon as it's done.
- Enjoy on its own or serve over rice with chopped sweet onion, red wine vinegar, and olive oil drizzled on top.



New Bedford Portuguese Kale Soup

Ingredients:

1 lb soaked Silver Cloud cannellini beans (White Oak Farm)
1-2 lbs fresh kale, de-stemmed and roughly chopped
1 large yellow onion, diced
3 potatoes, peeled & diced
2 chorizo or linguica, sliced
8 cups chicken or pork broth
¼ cup olive oil
6 cloves garlic, minced
1 bay leaf
¼ tsp garlic powder
½ tsp paprika

Process:

- Soak beans overnight, drain, and rinse.
- Heat ¼ cup olive oil at medium heat. Once at temp, sauté sliced meat of choice and onion until golden. Then add garlic and sauté for 30 seconds. Add broth, bay leaf, and spices, then simmer for 10 minutes.
- Add beans, potatoes, and kale; simmer for an additional 30 minutes. Season with salt and pepper, to taste.
- Enjoy with bread or crackers!

