75 YEAR ANNIVERSARY RECIPE COLLECTION

FAMILY, FRIENDS AND HOME COOKING
For 75 years now, Jack Rabbit has been bringing friends and families together to share good times and good home cooking. Our high quality bean varieties have made Jack Rabbit the trusted brand that families have handed down for generations. To celebrate, we asked our loyal customers to share their stories and favorite family recipes with us. And the recipes and stories poured in. We couldn’t share them all, but here are all of our favorites. We hope you enjoy them as much as we did.

brining family & friends together for 75 years

THE POWER OF BEANS

Beans truly are a super food. They contain a bundle of nutrients that play a role in helping your body stay healthy and fight disease. Each tiny bean contains a powerful combination of protein, fiber, vitamins and minerals. Consider these facts:

• Beans are a good source of protein that your body needs. Plus, unlike many other protein sources, beans are low in fat with no trans or saturated fat and are cholesterol free. This makes beans a great choice for vegetarians, as well as for people trying to cut back on their intake of higher-fat meat products.

• Beans are an excellent source of fiber. One serving provides 20% of your daily fiber needs. Fiber has many benefits such as helping you feel full after a meal, helping maintain blood sugar levels and helping maintain regularity.

• Beans are a good source of vitamins and minerals such as folate, potassium, iron and magnesium. Research in both adults and children has shown that people who eat beans get more of these key nutrients in their diets than people who do not eat beans.

• A diet including beans may help reduce the risk of heart disease and certain types of cancers.

• According to the USDA’s Dietary Guidelines and the Food Pyramid, people, in general, should be eating 3 cups of beans per week.
1. PREWASH: Before washing, spread beans or legumes out on a light colored plate or cooking surface to check for and remove stones, beans that have broken in half or are damaged or shriveled. Place the beans in a strainer and rinse them thoroughly under cold running water.

2. PRESOAK: To shorten their cooking time, dried beans should be presoaked (presoaking has been found to reduce the raffinose-type oligosaccharides, sugars associated with causing flatulence.) There are two basic methods for presoaking. For each, start by placing the beans in a saucepan with two to three cups of water per cup of beans. The first method is to boil the beans for two minutes, take pan off the heat, cover and allow to stand for two hours. The alternative method is to simply soak the beans in water for eight hours or overnight, placing the pan in the refrigerator, so the beans will not ferment.

3. COOKING: Before cooking the beans, regardless of the pre-soaking method, drain the soaking liquid and rinse the beans with clean water. To cook the beans, you can either cook them on the stovetop, or use a crockpot or pressure cooker. Add three cups of fresh water or broth for each cup of dried beans. The liquid should be about two inches above the top of the beans. Using the stovetop method, bring the beans to a boil and then reduce to a simmer, partially covering the pot. If any foam develops, simply skim it off during the simmering process. Beans generally take about one and one-half hours to become tender (30 minutes – 1 hour for lentils). If using a crockpot, set the heat setting to low and cook beans for 8 hours (4-5 hours on high for lentils). Follow your pressure cooker guidelines for specific cooking times for individual bean/lentil varietals.

Note: Regardless of cooking method, do not add any seasonings that are salty or acidic until after the beans have been cooked. Adding them earlier will make the beans tough and greatly increase the cooking time.
THREE LAYER PARTY DIP

Submission by: Judith Ossola
SERVES: Approximately 12

INGREDIENTS:
- 2 c. Jack Rabbit red kidney beans
- 1 quart water
- 1 T. salt
- ½ c. Jack Rabbit chick peas
- 1 T. sour cream
- ½ tsp. garlic powder
- ½ tsp. chili powder
- 1 - 2 c. avocados, mashed
- ½ c. Romano tomatoes, diced
- ¼ c. black olives, sliced
- Tortilla chips, as needed

Cook’s Note: “Here is one of our favorite family recipes and it is a staple in West Indian culture. It makes a great snack and is usually sold in all West Indian stores. The peas can be fried whole or split, both varieties are sold!”

PREPARATION:
- Soak chick peas overnight making sure the water covers the peas.
- Combine garlic, hot pepper and salt in a bowl. Set aside.
- Drain peas and remove peels.
- Heat enough oil in a pot for deep frying.
- Fry chick peas until they are light brown, approximately 5-6 minutes. Remove and place into bowl with seasoning and mix thoroughly. Cool and serve.

FRIED CHICK PEAS (CHANNA)

Submission by: Erica
SERVES: Approximately 8

INGREDIENTS:
- 1 lb. bag Jack Rabbit chick peas
- 6 garlic cloves, minced
- Hot pepper, to taste
- 1 T. salt
- Canola or vegetable oil, for frying

Cook’s Note: “Here is one of our favorite family recipes and it is a staple in West Indian culture. It makes a great snack and is usually sold in all West Indian stores. The peas can be fried whole or split, both varieties are sold!”

PREPARATION:
- Preheat oven to 425°F.
- To prepare the beans: Presoak and cook (with salt) as directed. In a bowl, combine sour cream, garlic powder, and chili powder. Set aside.
- To assemble: Drain the beans and spread over the bottom of a 10 inch round glass baking dish. Top with mashed avocados, followed by reserved sour cream mixture. Sprinkle with cheddar cheese, diced tomatoes, and black olives.
- Bake for 15 minutes or until cheese is melted and bubbly.
- Serve hot with chips.

ARTICHOKE HUMMUS

Submission by: Holly Tempesta
SERVES: Approximately 6

INGREDIENTS:
- ½ c. Jack Rabbit chick peas
- 15 oz. can artichoke hearts, drained
- 1 garlic clove, minced
- ½ lemon, juiced (more if desired)
- Salt and pepper, to taste
- ⅛ c. extra virgin olive oil
- Paprika, for garnish
- Italian parsley, leaves only, minced, for garnish
- Pita chips, as needed

Cook’s Note: “This has been a family favorite – my young children help to assemble the layers!”

PREPARATION:
- To prepare beans: Presoak and cook beans as directed.
- To prepare hummus: Place cooked chick peas and all remaining ingredients in food processor and pulse until well mixed, but not completely smooth. Taste for seasoning and adjust, if necessary.
- To serve: Place hummus in bowl and garnish with paprika and minced parsley. Serve with pita chips.

HUMMUS

Submission by: Lauren Ossola
SERVES: Approximately 12

INGREDIENTS:
- 2 c. Jack Rabbit chick peas
- 1 T. tahini
- 3-5 T. lemon juice
- 2 garlic cloves, crushed
- 2 T. olive oil
- Pita chips, as needed
- Vegetable crudites, as needed
- *Tahini: Used in Middle Eastern cooking, tahini is a thick paste made of ground sesame seeds.

PREPARATION:
- To prepare beans: Presoak and cook (with salt) as directed. Drain beans, reserving ¼ cup liquid.
- To prepare hummus: Combine cooked chick peas, lemon juice, tahini, garlic cloves, and olive oil, with reserved ¼ cup cooking liquid in a food processor or blender. Blend for 3-5 minutes until mixed and smooth.
- To serve: Serve hummus with pita chips or fresh vegetables.

BEAN FACT: Chick peas are delicious and nutritious… a great source of protein, folate and a significant source of calcium!
GREEN CHILI LENTIL DIP

Submission by: Sophia Tan
SERVES: Approximately 4

INGREDIENTS:
1 c. Jack Rabbit red or yellow lentils
2 T. olive oil
1 medium size onion, minced
1 T. garlic, minced
1 T. ginger root, peeled and minced
Thyme or oregano, to taste
Salt, to taste
1 large tomato, diced
2 green chilies, seeds removed
Pita bread, as needed

PREPARATION:
• To prepare lentils: Wash and cook as directed. Set aside.
• To prepare dip: Heat sauté pan with olive oil. Sauté onion until 1/2 done. Add garlic, then ginger, thyme, salt, tomato & green chilies. Continue cooking over medium heat until it turns into a thick paste. Add the paste to the reserved lentils and continue cooking for another 15-20 minutes.
• To serve: Serve lentil dip with pita bread.

Cook's Note: I used to work in Saudi Arabia and this recipe was given to me by my Saudi friend. We have this for breakfast like a dip with pita bread or as a vegetarian dip option for parties.

You can also add more water to make it into “Lentil Soup”.

Lentils can also be soaked in cold water a few hours before cooking to cut down cooking time.

LENTIL SNACK

Submission by: RGL
SERVES: Approximately 8

INGREDIENTS:
8 oz. Jack Rabbit lentils
Water, as needed
2 T. extra virgin olive oil
1 T. chives, minced
1 tsp. white balsamic vinegar
Salt, to taste
Crusty Italian bread, as needed

PREPARATION:
• To prepare lentils: Cook as directed. Drain and cool.
• To prepare: Add extra virgin olive oil to cooled lentils. Add minced chives and white balsamic vinegar. Season to taste with salt.
• Serve with chunks of bread.

Cook's Note: I’ve used Jack Rabbit products exclusively since I was old enough to cook with my grandmother, Elvira. Lentil soup was always a favorite at her house and mine.
BAKED BEAN CASSEROLE
Submission by: Roelene C. Craig
SERVES: Approximately 4
INGREDIENTS:
1 c. Jack Rabbit beans (beans of choice, see note below)
½ c. ketchup
1 c. celery, diced
1 t. mustard
½ c. onion, diced
1 tsp. salt
2 t. brown sugar
Dash of pepper
2 t. molasses
4 slices of bacon
Preparation:
• Preheat oven to 375°.
• To prepare beans: Presoak and cook as directed.
• To prepare casserole: Combine all ingredients, except bacon, in casserole dish. Place bacon slices on top. Bake for 45 minutes.

Cook’s Note: This recipe can be multiplied many times for crowds and baked in a roaster oven. Use limas, great northern, black eyed peas, small white, pintos, kidney, or any combination thereof.

FAMILY CHILI
Submission by: Paula McGraw
SERVES: Approximately 3 to 4
INGREDIENTS:
½ c. Jack Rabbit black beans or pinto beans
2 T. canola or vegetable oil
1 onion, diced
2 garlic cloves, minced
8 oz. ground turkey
1 small can diced tomatoes
3 T. chili powder
Cheddar cheese, as needed for garnish
Sour cream, as needed for garnish
Preparation:
• To prepare beans: Presoak and cook as directed. Drain and reserve.
• To prepare chili: Sauté onion in canola oil until brown. Add garlic and sauté a minute more. Add ground turkey and brown. Add tomatoes, reserved beans and chili powder. Continue to cook until heated thoroughly.
• To serve: Serve chili garnished with cheese and sour cream.

BEEF CHOLENT
Submission by: Robert Achtman
SERVES: Approximately 12
INGREDIENTS:
1 c. Jack Rabbit beans (any combination of beans)
1 c. Jack Rabbit pearled barley
4 large potatoes, peeled and cut into chunks
1-3 beef bones
1 green pepper, diced
1 large yellow onion, diced
2 lb. beef (Beef Roast, London Broil, or a similar cut), cubed
½ c. dried mixed spices (such as garlic, paprika, dill, parsley)
Salt, to taste
Pepper, to taste
Preparation:
• To prepare beans: Presoak and cook beans as directed.
• In a large iron pot add presoaked beans, barley, chunks of potato, beef bones, green pepper, and mixed spices. Fill the pot up with water about 4 inches from the top. Cook on medium-high, and stir every 5 to 10 minutes for about an hour.
• In a 10 inch skillet add canola oil and place on medium heat. Add diced onions and cook until golden brown. Add cubed beef and brown.
• Add the browned beef and onions to the other ingredients. Slow cook on a low temperature for 2 to 3 hours mixing every 15 to 20 minutes. Season to taste with salt and pepper.
• When the meat is soft and falling apart, your cholent is ready. Enjoy!

Cook’s Note: My grandmother loves to use beans as an ingredient in most of her recipes. My favorite dish that she makes is beef cholent. She always makes this dish in the winter, and I can’t eat enough of it.

BEAN FACT: Cranberry beans are considered a heart food since it has the ability to lower cholesterol, control the levels of blood glucose in diabetics and reduce the risk of cancer.
haitian rice and beans

Submission by: Gina Jacques-Latortue

SERVES: Approximately 8

INGREDIENTS:
- ½ c. Jack Rabbit pinto beans
- ¼ c. vegetable oil
- 4 oz. bacon
- ½ c. white onion, minced
- 3 garlic cloves, peeled and crushed
- 6 to 8 whole cloves
- ½ tsp. salt
- ¼ tsp. ground black pepper
- 3 c. water that pinto beans were cooked in
- 2 c. long grain rice
- 2 chicken bouillon cubes
- 1 whole habanero pepper
- 2 t. butter
- parsley, leaves only, minced, for garnish

PREPARATION:
- To prepare beans: Presoak and cook as directed. Cook until tender, but shape remains. Do not overcook. Drain beans, reserving cooking liquid and beans separately.
- Heat vegetable oil in sauté pan. Sauté bacon, onions, garlic, and reserved pinto beans until beans are crispy.
- Add cloves, salt and black pepper. Add 3 cups of reserved cooking liquid and heat until boiling. Add rice, chicken bouillon cubes and habanero pepper.
- Once water has evaporated, remove whole pepper and mix in butter.
- Cover pot tightly and continue cooking on low heat for approximately 20 minutes.
- Garnish with parsley.

mardi gras beans and rice

Submission by: Annette and Jeff Walsh

SERVES: Approximately 8

INGREDIENTS:
- 1 ½ c. Jack Rabbit red beans
- 3 c. chicken stock
- 1 onion, minced
- 1 large garlic clove, minced
- 2-3 celery stalks, minced
- 1 T. cumin
- 1 tsp. salt
- ¼ c. cilantro, leaves only, minced
- 2 T. vegetable or canola oil
- 4 turkey sausages, sliced
- 8 oz. basmati rice, cooked according to package directions
- 2 chicken bouillon cubes
- 1 whole black pepper

PREPARATION:
- To prepare beans: Presoak and cook as directed. Drain and set aside.
- To prepare: combine reserved beans, chicken stock, onion, garlic, celery, cumin, salt, and cilantro. Bring to a boil. Lower the heat and simmer.
- In a separate pan, heat canola oil. Remove casing and crumble turkey sausage in pan. Brown.
- Add the sausage to the beans and simmer for one hour.
- Serve over basmati or white rice. Enjoy!

nona’s fijones

Submission by: Lorraine Mraz

SERVES: Approximately 8

INGREDIENTS:
- 1 lb. Jack Rabbit great northern beans
- 2 T. vegetable oil
- 1 ½ lb. beef stew meat, cubed and patted dry
- 2-3 stew bones (optional), patted dry
- 1 large onion, diced
- 8 oz. can tomato sauce
- 6 c. water
- French bread, as needed

PREPARATION:
- To prepare beans: Presoak and cook as directed.
- In a large soup pot or Dutch oven, heat oil and add meat and bones. Sauté until meat is browned. Do not crowd meat and bones. If needed, brown in batches. Remove meat and bones to dish.
- Add diced onion to pot and brown well.
- Return meat and bones to pot and add tomato sauce and water. Bring to a boil, reduce heat and simmer 1 hour.
- Add presoaked Great Northern Beans and season to taste with salt and pepper. Bring to a boil. Reduce heat and simmer 1 hour or until beans are tender.
- Serve with French bread.

leftover ingredients:
- 2 ½ c. water
- 2 T. margarine or butter
- 8 oz. can tomato sauce
- 1 c. long grain rice
- Salt, to taste

LEAVEOR PREPARATION:
- In a pot or frying pan, bring water to boil.
- Add butter, tomato sauce, rice and salt. Bring to a boil. Reduce heat, cover and simmer for 25 minutes or until water is absorbed.
- Mix with leftover beans and serve with French bread.

Cook’s Note: This is a recipe that my Nonna served for Friday night dinner and the leftovers were mixed with Spanish rice on Saturday night. My mom made it for the family but not always on Fridays and many times there were no leftovers. I continued to make it for my family and now that my children have moved on, there are leftovers for me and my husband to add to the Spanish Rice.
ENTREES

SHRIMP AND BEAN PACKETS

Submission by: Karen Kooi
SERVES: Approximately 4

INGREDIENTS:
½ c. Jack Rabbit white or navy beans
4 heavy duty aluminum foil sheets about 18”x24”
¾ lb. medium raw shrimp, peeled and deveined
1 large fresh tomato, diced
¼ c. green onion, sliced
¼ c. chicken broth
1 T. lemon juice
1 T. olive oil
1 tsp. Old Bay seasoning
1 tsp. lemon zest
Black pepper, to taste
Fresh basil, julienne sliced, for garnish
Grated parmesan cheese, as needed, for garnish
Bread or cooked rice, optional, served on side

Cook’s Note: The following recipe has become a favorite of ours. It’s delicious any time of the year…spring, summer, fall or winter.

PREPARATION:
• To prepare beans: Presoak and cook as directed.
• Preheat oven to 350°.
• In the center of each of 4 pieces of foil, place beans, shrimp, tomato and onion. Drizzle with broth, lemon juice and oil. Season with Old Bay, lemon zest, and pepper. Seal packets allowing room for steam.
• Place packets on a baking sheet and bake for 20 minutes.
• Place contents of each packet in a bowl and top with basil and parmesan.
• Serve with bread or over rice.

SLOW COOKED BAKED BEANS

Submission by: Joanne Callahan
SERVES: Approximately 12

INGREDIENTS:
1 lb. Jack Rabbit navy beans
1 medium onion, diced
1 tsp. dry mustard powder
1 tsp. vinegar
2 c. ketchup
¼ c. molasses
¼ c. brown sugar, packed
1 tsp. Worcestershire sauce
Salt pork or bacon, as desired

PREPARATION:
• To prepare beans: Presoak and cook beans as directed. Drain, reserving cooking liquid.
• Preheat oven to 300°.
• Combine all ingredients into a pot. Add enough reserved bean water to cover the contents. Cover the pot and place in the center of a preheated 300° oven for 6 hours.
• Serve hot.
THREE BEANS ANYTIME SALAD
Submission by: Robert Cannuni
SERVES: Approximately 8 ½ cup servings
INGREDIENTS:
½ c. Jack Rabbit small white beans
½ c. Jack Rabbit red kidney beans
½ c. Jack Rabbit black beans
1 red onion, diced
2 garlic cloves, minced
½ green bell pepper, diced
½ red bell pepper, diced
1 T. fresh Italian parsley, leaves only, minced
Dressing (see recipe below)

DRESSING INGREDIENTS:
½ c. red wine vinegar
½ tsp. dried oregano
1 tsp. salt
¼ tsp. black pepper
½ c. extra virgin olive oil

PREPARATION:
• To prepare beans: Presoak and cook as directed.
• To prepare dressing: Combine red wine vinegar, oregano, salt and pepper in a bowl. Slowly drizzle in olive oil while whisking vigorously.
• To prepare salad: Drain and rinse beans with cold water. Combine beans with remaining ingredients and toss with dressing. Cover and refrigerate for 3+ hours. Adjust seasoning to taste prior to serving.

FIESTA SALAD
Submission by: Diane Winter
SERVES: Approximately 12
INGREDIENTS:
1 c. Jack Rabbit pinto beans
1 bottle enchilada sauce of choice
5 c. iceberg lettuce, chopped
2 tomatoes, diced
1 ½ c. sharp cheddar cheese, grated
1 bag corn chips
1 c. Catalina dressing

PREPARATION:
• To prepare beans: Presoak and cook pinto beans according to directions. Drain and rinse two cups of cooked pinto beans. Combine pinto beans with enchilada sauce and marinate in refrigerator overnight.
• To prepare the salad: Place iceberg lettuce, tomatoes and cheddar cheese in large bowl. Just prior to serving, add one bag of corn chips that have been crushed (punch a few holes in the bag, and then beat it with a rolling pin or other hard object until chips seem sufficiently crushed). Drain the beans and add to salad. Toss with dressing. Serve and enjoy!

HOPPIN’ JOHN
Submission by: Jeannie Kane
SERVES: Approximately 12
INGREDIENTS:
1 c. Jack Rabbit black eyed peas
2 strips bacon, cooked and cut into ½” pieces
1 Vidalia onion, coarsely chopped
4 celery stalks, (inner stalks are preferred), diced
½ tsp. hot pepper flakes
2 cans chicken broth
1 tsp. sea salt
½ c. uncooked rice
2 bay leaves
¼ tsp. ground black pepper

PREPARATION:
• To prepare black eyed peas: Boil peas 2 minutes in 3-4 cups of water and soak for 1 hour.
• Drain peas and then measure 1 cup back into the pot. Add bacon, onions, celery, hot pepper flakes, 1 can of chicken broth and salt. Bring to a boil. Cover and simmer 1-1 ½ hours or until beans are tender.
• Add rice, remaining can of chicken broth, bay leaves and black pepper. Simmer ½ hour.

Cook’s Note: I have been preparing this dish for over ten years now. I make in on the first day of every New Year to bring my family good health and good times. When my son was small, he was very ill. I started making this Hoppin’ John back then as a good luck tradition. When I first started, my husband and son didn’t care for it, but I always made them eat just a small portion. Over the years I have changed and adjusted different things and now they love it. It is a side dish and it goes well with basic fried chicken or grilled pork chops and applesauce. Not a New Year’s Day will go by that I will not continue to make this dish.

SIMPLEST SPICY BEANS EVER
Submission by: Joan D’Amico
SERVES: 6-8
INGREDIENTS:
1 lb. Jack Rabbit black beans
16 oz. jar salsa (your favorite kind)
water

PREPARATION:
• Presoak and precook beans as directed.
• Drain beans and combine with salsa.

Cook’s Note: This freezes well.
LENTIL AND SPINACH SALAD

Submission by: Salli-Ann Mullan
SERVES: Approximately 6

INGREDIENTS:
- 8 oz. Jack Rabbit lentils
- 1 ½ c. chicken broth
- 1 c. grape tomatoes, sliced
- ½ c. red onion, minced
- ½ c. black olives, sliced
- 2 garlic cloves, minced
- 1 tsp. dried basil
- ½ c. feta cheese
- 4 c. baby spinach

DRESSING INGREDIENTS:
- 3 T. lemon juice
- 1 tsp. salt
- 3 T. olive oil

PREPARATION:
- To prepare lentils: Rinse lentils then add to a pot with broth. Bring to a boil, cover and lower to a simmer for 20 minutes or until lentils are tender. Drain lentils and refrigerate for 2 or more hours.
- To prepare dressing: Combine lemon juice and salt in small bowl. Slowly drizzle in olive oil while whisking vigorously.
- To prepare salad: Combine tomatoes, red onions, black olives, garlic and basil with cooled lentils. Toss with dressing. Stir in feta cheese and serve atop baby spinach.

PIYAZ-TURKISH BEAN SALAD

Submission by: Hasan Guclu
SERVES: Approximately 4

INGREDIENTS:
- ½ c. Jack Rabbit great northern beans
- Dressing (see recipe below)
- ¼ c. Italian parsley, leaves only, minced
- ¼ c. dill, leaves only, minced
- ¼ c. mint leaves, julienne sliced
- 1 large sweet onion, thinly sliced
- 2 tomatoes, sliced
- ½ green pepper, sliced
- 8 black olives
- 2 hard boiled eggs, quartered

DRESSING INGREDIENTS:
- ¼ c. lemon juice
- 2 T. wine vinegar
- Salt and black pepper, to taste
- 1/3 c. olive oil

PREPARATION:
- To prepare beans: Presoak and cook beans according to directions. Drain and rinse with cold water.
- To prepare dressing: In a large salad bowl, combine lemon juice, vinegar, salt and pepper. Slowly drizzle in olive oil while whisking vigorously.
- To prepare salad: Combine cooked beans and dressing. Sprinkle parsley, dill, mint and onion slices over beans. Garnish with tomato, green pepper, black olives and eggs.
SUNSHINE MUSHROOM SOUP

Jack Rabbit Signature Recipe
SERVES: Approximately 8

INGREDIENTS:
- 1 lb. Jack Rabbit yellow split peas
- 8 c. water
- 3 carrots, diced
- 2 medium tomatoes peeled and chunked
- 1 garlic clove, minced
- 1 bay leaf
- ¼ tsp. thyme
- Pinch of cayenne
- Salt & pepper to taste

PREPARATION:
- In a large deep pot, combine all ingredients and simmer over medium heat. Remove ham shank; trim meat off bone and return meat to pot. Stir in carrots and celery. Simmer uncovered again 2-2½ hours. Yield: 6 servings.

FEJOADA “FEI-JO-NOT-A” (MEATLESS BRAZILIAN BLACK BEAN SOUP)

Submission by: Monica A. Andermann
SERVES: Approximately 8

INGREDIENTS:
- 1 lb. Jack Rabbit black beans
- 2 carrots, diced
- 1 medium sweet onion, diced
- 1 medium green pepper, diced
- 1 clove garlic, minced
- 2 t. sugar
- cooked white rice, served as accompaniment

PREPARATION:
- To prepare black beans: Presoak and cook beans as directed.
- In a large stock pot, sauté carrots, celery, and onions in a generous amount of olive oil until onions are translucent.
- Add black beans and remaining ingredients. Cover with water. Simmer 1½ - 2 hours or until done, stirring occasionally.
- Serve over white rice

Cook’s Note: After visiting family in Brazil one summer, my mother came home with an exotic sounding new recipe: Feijóada. While this dish may have been new to us, it is however, a traditional Brazilian black bean soup generally heavily seasoned with a combination of sausage, beef, and pork. After becoming a vegetarian over ten years ago, I tweaked this family favorite to be friendly to non-meat eaters without sacrificing the taste. Even the most die-hard carnivores of our clan agree that this recipe is equally as flavorful as the original.

TUNER VILLA VEGETABLE SOUP

Submission by: Ricki Sokol
SERVES: 4

INGREDIENTS:
- 2 soup bones
- ½ c. Jack Rabbit split peas
- ¼ c. Jack Rabbit pearl barley
- wash as directed
- 1 medium sweet onion, diced
- 2 stalks celery, diced
- 2-3 large carrots, diced
- ¼ lb. fresh string beans, cut into ½ pieces
- 1¼ c. fresh parsley, chopped fine
- 2 chicken or beef bouillon cubes
- 1¼ c. egg barley
- Salt and pepper, to taste

PREPARATION:
- In a 4-quart pot, add bone and fill ¾ of the pot with water. Bring to a boil. Lower heat and add split peas, pearl barley, onion, celery, and a dash of salt. Simmer 45 minutes, stirring occasionally.
- Add carrots, string beans, parsley and bouillon cubes and simmer 15 more minutes.
- Add ¼ cup pearl barley and continue cooking 15 more minutes.
- Season with salt and pepper to taste. Remove bones.

SPLIT PEA SOUP

Jack Rabbit Signature Recipe
SERVES: Approximately 6

INGREDIENTS:
- 1 lb. Jack Rabbit green split peas
- 3 quarts water
- 1 small ham shank
- 1 large onion, finely chopped
- 2 chicken bouillon cubes
- ½ tsp garlic powder
- ½ tsp oregano
- ¾ - 1½ tsp pepper
- 1 bay leaf
- 3 onions, chopped coarsely
- 2 T garlic, minced
- 1 bay leaf

PREPARATION:
- In a 6-8 quart pot combine all ingredients and simmer soup, covered partially, stirring occasionally for 1½ hours. Discard bay leaf and remove meat from ham bone. Chop meat and stir into soup.

LENTIL SOUP

Jack Rabbit Signature Recipe
SERVES: Approximately 6 to 8

INGREDIENTS:
- 1 lb. Jack Rabbit lentils (washed)
- 8 c. water
- 3 ½ c. beef broth
- 1 smoked ham bone
- 1 c. celery, chopped
- 1 c. carrot, chopped
- 1 small bay leaf
- 1 c. chopped onions
- 1 garlic clove, minced

PREPARATION:
- In a 6-8 quart pot combine all ingredients and simmer soup, covered partially, stirring occasionally for 1½ hours. Discard bay leaf and remove meat from ham bone. Chop meat and stir into soup.
MUSHROOM BARLEY SOUP

Submission by: Tyler Chirico
SERVES: Approximately 4

INGREDIENTS:
- 1 t. olive oil
- 1 c. onion, diced
- 2 c. mushrooms, sliced
- ¼ c. carrots, sliced
- 4 c. chicken broth
- ¼ c. Jack Rabbit pearled barley, rinsed
- 4 thyme sprigs
- 2 bay leaves
- Black pepper, to taste

PREPARATION:
• Sauté onions in oil for 5 minutes.
• Stir in mushrooms and carrots and sauté for 2 minutes.
• Add remaining ingredients, cover and bring to a boil. Reduce heat and simmer for 1 hour.
• Remove thyme and bay leaves and serve.

Cook’s Note: This is really very good. My dad makes this on Saturdays to have a supply all week.

HAM HOCKS WITH LIMA BEAN SOUP

Submission by: Marianne Lowe
SERVES: Approximately 6

INGREDIENTS:
- 4 oz. Jack Rabbit beans
- 2 ½ lb. ham hocks
- 1 (2 inch) piece fresh ginger root, peeled and sliced
- 1 large tomato, diced
- 1 onion, diced
- 2 fresh green chile peppers, diced
- 1 T. tamarind powder
- 3 c. water
- Salt, to taste
- 1 bunch fresh spinach

PREPARATION:
• To prepare lima beans: Presoak and cook beans as directed.
• Fill a large pot with lightly salted water and bring to a rolling boil over high heat. Add the ham hocks and return to a boil. Boil for 1 minute. Drain and rinse.
• Combine the lima beans and ham hocks in a stockpot. Add the ginger, tomato, onion, green chile peppers, tamarind powder, and 3 cups water. Season with salt to taste. Bring the mixture to a boil. Reduce heat to medium-low and simmer the soup until the pork is tender and the lima beans are soft and bursting from their skins, about 20 minutes.
• Add the spinach to the soup and cook until the spinach has just wilted.

BLACK BEAN CHICKEN TORTILLA SOUP

Submission by: Barry Najaka
SERVES: Approximately 4

INGREDIENTS:
- ¾ c. Jack Rabbit black beans
- 1 T. canola oil
- 1 yellow onion, diced
- 1 green bell pepper, diced
- 1 poblano pepper, diced
- 4 jalapeno peppers, sliced into wheels
- 2 c. zucchini, sliced into half moons
- 35 oz. can peeled pear shaped tomatoes with juice, squeezed
- 32 oz. carton reduced sodium chicken broth
- 1 rotisserie chicken, deboned and cut into bite sized pieces
- 1 lb. frozen corn
- 1 T. chili powder
- 1 tsp. ground cumin
- 1 tsp. ground coriander
- 1 tsp. cayenne pepper
- 1 tsp. freshly ground black pepper
- 1 bunch green onions, thinly sliced, for garnish
- 1 c. cheddar cheese, shredded, for garnish
- 1 c. fat free plain greek yogurt, for garnish
- Tortilla chips, broken, for garnish

PREPARATION:
• To prepare the beans: Presoak and cook as directed.
• In large stock pot over high heat, add oil. Sauté onion, bell, poblano and jalapeno peppers until softened, about 5 minutes.
• Add zucchini and sauté a minute longer.
• Add tomatoes, broth, chicken, beans and corn stirring gently.
• Add in chili powder, cumin, coriander, cayenne and black pepper. Lower heat and simmer for 20 minutes.
• Serve in bowls and garnish with Greek yogurt, shredded cheddar cheese, green onions and Tortilla chips.

Cook’s Note: My recipe for Black Bean Chicken Tortilla Soup is made with store-bought rotisserie chicken and Jack Rabbit Brand beans to ensure quality and convenience. I do not add salt as canned broth and tomato products contain adequate salt flavor. Please enjoy this recipe and share it with family and friends.

SLOW COOKER GREEN SPLIT PEA SOUP

Submission by: Nancy Stab
SERVES: Approximately 8

INGREDIENTS:
- 1 lb. Jack Rabbit green split peas
- 2 - 3 tsp. dry instant chicken bouillon seasoning
- 1 onion, minced
- 2 medium carrots, finely diced
- 1 clove garlic, minced (optional)
- 1 ham bone
- 8 c. water

PREPARATION:
• Rinse the green split peas.
• Put all ingredients in a large slow cooker and cook slow for 6 to 8 hours.
• Remove ham bone. Enjoy!
**Black Bean Soup**

**Submission by:** S. Baruso  
**SERVES:** Approximately 4 to 6  
**INGREDIENTS:**  
1 ½ c. Jack Rabbit black beans  
2½ c. onion, diced  
4 garlic cloves, minced  
1 T. ground cumin  
½ tsp. crushed red pepper flakes  
2 T. vegetable oil or white wine  
1 ½ c. water  
½ - ¾ cube of vegetarian bouillon or 1 ½ c. chicken broth  
3 c. mild salsa  
2 T. fresh lime juice  
Sour cream, as needed, for garnish  
Tortillas, as needed, for garnish  
Red bell peppers, diced, as needed, for garnish  
Cucumber, diced, as needed, for garnish  
Additional salad, as needed, for garnish  
**Cook’s Note:** Freezes well  
**CURRIED SWEET POTATO AND LENTIL STEW**

**Submission by:** Dionilo  
**SERVES:** Approximately 6  
**INGREDIENTS:**  
3 c. sweet potatoes, peeled and cut into 1” pieces  
1 ½ c. baby-cut carrots  
1 small onion, minced  
¾ c. Jack Rabbit lentils, sorted and rinsed  
2 tsp. olive or vegetable oil  
1 tsp. ground cumin  
½ tsp. salt  
½ tsp. pepper  
1 tsp. gingerroot, peeled and minced  
1 garlic clove, minced  
14 ½ oz. can vegetable or chicken broth  
10 oz. frozen green beans, thawed  
½ c. plain fat-free yogurt, for garnish  
**PREPARATION:**  
• Mix sweet potatoes, carrots, onion and lentils in 3 ½-6 quart slow cooker.  
• Heat oil in 8” skillet over medium heat. Add curry powder, cumin, salt, pepper, gingerroot and garlic. Cook 1 minute, stirring constantly.  
• Stir in broth. Pour mixture into slow cooker and stir. Cover and cook on low heat 5-6 hours or until vegetables and lentils are tender.  
• Turn heat setting on high and add green beans. Cover and cook 15 minutes or until green beans are crisp-tender.  
• Serve garnished with yogurt.

**Tuscan Bean Soup**

**Submission by:** Paula Leuske  
**SERVES:** 1 ½ GALLONS  
**INGREDIENTS:**  
4 c. Jack Rabbit great northern beans  
4 oz. bacon, diced  
2 c. onions, diced  
1 c. carrots, diced  
1 c. celery, diced  
9 cloves garlic, minced  
3 quarts chicken stock  
2 lb. ham hocks or ½ lb. smoked pork  
4 lb. tomatoes, concasse  
Salt & ground pepper, to taste  
Basil, chopped, to taste  
**PREPARATION:**  
• To prepare beans: Presoak and cook as directed.  
• In stockpot, render bacon. Add onions, carrots, celery and garlic and sauté until onions are translucent.  
• Add stock, beans and pork. Heat to boil; reduce the heat and simmer for about 2 hours or until the beans are tender.  
• Remove pork from soup and dice. Remove and puree ¼ of the beans. Return puree to the stockpot. Add diced pork and season to taste.

**Betty’s Lentil Soup**

**Submission by:** Glenn Burgess  
**SERVES:** Approximately 8  
**INGREDIENTS:**  
1 lb. Jack Rabbit lentils  
9 c. water  
2 T. bacon fat or olive oil  
1 onion, diced  
2 celery ribs, diced  
1 ½ tsp. salt  
¼ tsp. ground black pepper  
1 tsp. dried parsley flakes  
1 bay leaf  
28 oz. canned crushed tomatoes  
8 oz. sausage links, cut into 1” pieces  
**PREPARATION:**  
• To prepare beans: Presoak and cook as directed.  
• Heat a large pot with bacon fat or olive oil. Sauté onions and celery until softened.  
• Add presoaked lentils, water, onion, celery, salt and pepper, parsley and bay leaf and bring to a boil. Reduce heat to low, cover, and simmer 1 ½ hours.  
• Add crushed tomato and sausage pieces. Simmer 30 minutes.  
**Cook’s Note:** My mom used to make a lentil soup that all of us kids now love (although we had to reach adult age to actually like lentils)!!

**Bean Fact:** Very popular in Italy, and especially Tuscany, cannellini beans are the reason Tuscans are referred to as “bean eaters”, or “mangiafagioli” in Italian.
CHICK PEA BEAN SOUP

Submission by: Daisy Santoruvo
SERVES: Approximately 4

INGREDIENTS:
- 1 lb. Jack Rabbit chick peas
- 2 oz. ham
- 1 small carrot, diced
- ½ red onion, diced
- 1 garlic clove, minced
- ¼ c. olive oil
- 15 oz. canned crushed tomatoes
- 2 cans of chicken broth
- ¾ tsp. dried rosemary leaves
- Salt and pepper, to taste
- 1 - 1 ½ c. small pasta shells
- Parmesan cheese, to taste

Al dente: An Italian phrase meaning “to the tooth;” used to describe pasta or other food that is cooked only until it offers a slight resistance when bitten into, but which is not soft or overdone.

PREPARATION:
- To prepare chick peas: Presoak and cook beans as directed.
- In a food processor, add ham, carrot, red onion and garlic clove. Process until fine.
- Heat olive oil in a large pot. Add vegetables and sauté until softened.
- Add reserved drained chick peas, tomatoes, chicken broth and rosemary leaves. Salt and pepper to taste. Simmer for 30 minutes at medium heat.
- To prepare pasta: Bring salted water to a boil. Add pasta and cook until al dente. Drain and add to soup.
- Serve garnished with parmesan cheese.

WHITE BEAN "N" BARLEY SOUP

Submission by: Marlies Bohringer
SERVES: Approximately 9

INGREDIENTS:
- 1 ½ c. Jack Rabbit great northern beans
- 1 T olive oil
- 1 large onion, diced
- 2 garlic cloves, minced
- 4 c. of chicken or vegetable broth
- 4 c. of water
- 3 medium carrots, sliced
- 2 red peppers, diced
- 2 celery ribs, diced
- ½ c. medium pearl barley
- ½ c. fresh parsley, minced, divided use
- 2 bay leaves
- ½ tsp. dried thyme
- 1 tsp. salt
- ½ tsp. pepper
- 28 oz. canned diced tomatoes, undrained

PREPARATION:
- To prepare bean: Presoak and cook beans as directed.
- In a separate pan, sauté onion and garlic in olive oil.
- Add the broth, water, beans, carrots, red peppers, celery, barley, ¼ cup parsley, bay leaves, thyme, salt and pepper. Bring to a boil. Reduce heat and simmer for 1 hour or until the beans are tender.
- Add tomatoes, and heat.
- Discard bay leaves.
- Sprinkle with remaining parsley and serve.

MINESTRONE SOUP

Submission by: Lidia Rota
SERVES: Approximately 16

INGREDIENTS:
- ½ lb. Jack Rabbit red kidney beans
- ½ lb. Jack Rabbit pinto beans
- ¾ c. olive oil
- 1 large onion, diced
- 6 carrots, diced
- 12 oz. string beans, chopped
- 1 head of celery, diced
- 2 large potatoes, diced
- 15 oz. canned diced tomatoes
- 1 lb. ditalini pasta
- 1 gallon of homemade chicken broth
- Parmesan cheese, as desired, for garnish

PREPARATION:
- To prepare beans: Presoak and cook beans as directed.
- In a large pot sauté onions, carrots, string beans, celery and potatoes in olive oil for ten minutes.
- Add cabbage and sauté for an additional five minutes.
- Add tomatoes and reserved kidney and pinto beans and stir until well combined.
- Add homemade chicken broth. Season with salt and pepper to taste. Bring to a boil. Reduce heat and simmer until vegetables and beans are soft.
- To prepare pasta: Bring salted water to a boil. Add pasta and cook until al dente. Drain.
- To serve: Place cooked pasta in bottom of soup bowls and ladle in soup. Garnish with parmesan cheese.