

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: |
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| 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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