

**Red Beans and Rice – IMPORTANT: YOU MUST SOAK THE BEANS OVERNIGHT OR FOR AT LEAST 8 HOURS IN ORDER TO COMPLETE THIS RECIPE.**

**Beans ingredients:**  
 1 pound dried beans, rinsed  
 3 T oil, bacon grease or butter  
 1 seasoning packet  
 10 C water

**Rice ingredients:**  
 3 C rice  
 6 C water  
 Dash salt

Place the beans in a large bowl or pot and cover with water by 2 inches. Let soak for 8 hours or overnight. Drain and set aside.

In a large pot, heat the oil or fat. Add the seasoning packet, stir for 1 minute. Add the beans and water, stir well, and bring to a boil. Reduce the heat to medium-low and simmer, uncovered, stirring occasionally, until the beans are tender and starting to thicken, about 2 hours. (Should the beans become too thick and dry, add more water, about 1/4 cup at a time.)

Remove from the heat, mash about 1/4 of the beans against the side of pot with back of a heavy spoon or stick blender. Continue to cook until the beans are tender & creamy, 15 to 20 minutes. Bring water for rice to a boil, add salt and rice. Cover the pot and turn the heat to low. Don't take off the lid while the rice is cooking — this lets the steam out and affects the cooking time. Cook 18-25 minutes for white rice, 30-40 minutes for brown rice.

Serve beans over rice. This meal can be made in advance and frozen if needed.

**White Bean Chicken Chili – IMPORTANT: YOU MUST SOAK THE BEANS OVERNIGHT OR FOR AT LEAST 8 HOURS IN ORDER TO COMPLETE THIS RECIPE.**

1 lb dried beans, rinsed  
 1-2 lb chicken  
 1 T oil  
 1 seasoning packet  
 6 C water  
 2 C milk (or water), optional

Place the beans in a large bowl or pot and cover with water by 2 inches. Let soak for 8 hours or overnight. Drain and set aside.

In a large pot, heat the oil over medium-high heat. Brown chicken on all sides. Add the seasoning packet, beans, and water, stir well, and bring to a boil. Reduce the heat to medium-low and simmer, uncovered, stirring occasionally, until the beans are tender and starting to thicken, about 2 hours. (Should the beans become too thick and dry, add more water, about 1/4 cup at a time.)

Remove from the heat, remove bones and skin from chicken if needed. Mash about 1/4 of the beans against the side of pot with back of a heavy spoon or stick blender. Continue to cook until the beans are tender and creamy, 15 to 20 minutes. Add milk or water if a thinner consistency is desired.

**What's in the mixes & seasoning packets?**

**Biscuit mix**  
 2 C flour  
 1 T baking powder  
 ½ t salt  
 ½ C shortening

**Oatmeal**  
 ½ C old-fashioned oats  
 ½ T brown sugar  
 ⅛ t cinnamon  
 pinch salt

**Curry Seasoning**  
 2 t curry powder      1 t ginger  
 ½ t onion powder      2 t salt  
 2 t chicken bouillon

**Garlic/Italian Seasoning**  
 1 ½ t Italian herb mix      ¾ t pepper  
 ½ t garlic granules      ½ t salt  
 2 t chicken bouillon

**White Bean Chicken Chili Seasoning**  
 1 ½ t Jane's Crazy Salt  
 1 T poultry seasoning  
 1 t red pepper flakes  
 2 t chicken bouillon

**Mexican Seasoning**  
 ½ t cumin                      ¼ t garlic granules  
 1 t onion flakes              ½ t salt  
 1 t crushed red pepper  
 ½ t dried cilantro  
 2 t chicken bouillon

**Pot Pie Seasoning**  
 1 ½ t Jane's Crazy Salt  
 1T poultry seasoning  
 2 T cornstarch  
 2 t chicken bouillon

**Vegetable Soup Seasoning**  
 2 t dried bell peppers      ½ t onion powder  
 2 t garlic granules          ½ t celery seed  
 2 t Italian herb mix          1 T Jane's Crazy salt  
 ½ t sage                          2 t chicken bouillon

**A little more help...**

**How to Cook Chicken Thighs**

Thaw in refrigerator 36-48 hours or in microwave at 30% power for 20 minutes.  
 Crock Pot – put chicken in crock pot with 2 cups of water, cook on low 5-6 hours.  
 Skillet - Put 2 T oil in skillet over medium high heat. Cook chicken 5 minutes on each side (put skin side down first). Add 2 C water, cover & cook another 15 minutes.  
 Oven – Place chicken in greased baking dish, bake at 425° for 30 minutes.  
 Combination – Put 2T oil in skillet over medium high heat. Cook chicken 5 minutes on each side (put skin side down first). Transfer to baking dish, cook in oven set to 425° for 15 minutes.

**Is it done?**

Check for pink in middle, near bone, cook another 5 minutes, check again, cook until there is no more pink near bone.  
 165° if you have a meat thermometer.

**What to do with Dried Beans**

Dried beans make about four times the number of servings as canned beans do for the same price, so we have chosen to include them in our meals. It can seem overwhelming to make them if you have not done it. It is a long process, but can be shortened by doing some steps in advance.

Place the beans in a large bowl or pot and cover with water by 2 inches. Let soak for 8 hours or overnight. Drain and rinse beans.

At this point refrigerate the beans until you are ready to finish the cooking process (can be done several days in advance).

Fill large pot with water. Cook beans on medium heat 1 ½ - 2 hours or until beans are soft. This step can also be done in advance and beans refrigerated or frozen until ready to use.