Michigan is the second largest dry bean producer in the United States.

Dry beans are a low-fat protein source full of fiber, vitamins and minerals.

Michigan farmers are the top producers of black beans, cranberry beans and small red beans.

cultivatemichigan.org
Michigan dry beans are a versatile ingredient for main dishes, sides, starters and snacks throughout the year. Consider using Michigan dry beans as a salad bar topping, in soups or chili, pureed into a hummus or bean dip, as a side vegetable, or as a meat alternative.

The Michigan Dry Bean Toolkit provides resources to help make it easier for institutions to find, buy and use this versatile food. Learn how to purchase dry beans from distributors and suppliers or directly from farmers, find recipes that have been tested and perfected by food service staff members, and use the marketing materials to share the results of your efforts with staff members, eaters and in local communities. Then track your local purchases through the Cultivate Michigan Dashboard as we work towards reaching the 20% by 2020 initiative goal of 20% Michigan foods in all Michigan institutions by 2020.

1. **Fact:** Michigan is the second largest dry bean producer in the United States.
2. **Fact:** Michigan farmers are the top producers of black beans, cranberry beans and small red beans.
3. **Fact:** More than 40% of Michigan dry beans are grown in Huron County, making it one of the top dry bean-producing counties in the country.
4. **Nutrition Tip:** Dry beans are a low-fat protein source full of fiber, vitamins and minerals.
5. **Nutrition Tip:** Rehydrating dry beans helps to control the level of added salt.
6. **Safe Handling:** Dry beans packaged in polyethylene food-grade bags have a one-year shelf life.
7. **Fact:** Dry beans will expand 2.5 to 3 times their original size during cooking.
8. **Safe Handling:** If not using immediately, dry beans and their cooking liquid should be cooled in shallow pans in the refrigerator and then held at 41°F.

Pictured here: cranberry beans
Dry Beans Guide

Find shelf-stable Michigan dry beans year round

Michigan dry beans are planted in May and June and harvested in the fall. Bean plants are left in the field until the shelled beans fully mature and dry out completely, which is typically between late August and October. Growers harvest the beans and send them to a processor to be cleaned and scanned for foreign material that may have been picked up during the harvesting process. Metal detectors and magnets are used to find and remove any metal, while electric scanning devices and machines remove stones and other foreign objects. Though this process removes the majority of unwanted material, it is still important to visually scan dry beans prior to cooking. Small bean-sized stones may go unnoticed during mechanical processing.

Dry beans are either packaged in their dry form or rehydrated and canned in a commercial canning facility. Both of these packaging techniques produce a shelf-stable product allowing Michigan dry beans to be available for institutions to purchase all year.

Dry packaged or canned dry beans?

Dry beans can be purchased in their dry form in polyethylene food-grade packages or rehydrated in cans. Institutions may consider a variety of factors when choosing between packaging types, such as time, labor, cost, transparency and customer preferences.

Dry packaged beans are a good choice for institutions looking for the lowest sodium option. Rehydrating and cooking dry beans in your kitchen offers complete control over the amount of added sodium, thereby allowing you to achieve lower sodium content than what's found in regular or low-sodium canned beans. The sodium content of canned beans can also be lowered by rinsing the beans.

Institutions may be able to achieve cost savings by switching from canned dry beans to dry packaged beans for their recipes. Additionally, by eliminating the steps of opening, cleaning and recycling cans, institutions can also achieve labor savings. Although the overall process for using dry beans is longer because it requires soaking and cooking time, staff members do not need to actively tend to the beans during this process and their time may be used for other tasks.

In some cases, dry packaged beans can offer greater transparency of the product origin. After harvest, most beans go to a facility for processing where they are combined with beans from other farms. Depending on the processor, these beans may or may not be from Michigan. Canned beans go through additional processing, often at a third facility where they are rehydrated and canned. During the rehydration process, there is another opportunity for the beans to be combined with beans not grown in Michigan. If your institution wants to be sure you are sourcing 100% Michigan-grown beans, refer to the sourcing information on pages 5-7.
Dry Beans Guide

A variety for every taste and use!

Michigan farmers produce 12 market classes of dry beans. Black beans and navy beans are the most commonly grown beans in Michigan. The table below shows the dry bean classes grown in Michigan and their common uses.

<table>
<thead>
<tr>
<th>Market Class</th>
<th>Common Uses</th>
<th>Common Names/Varieties</th>
</tr>
</thead>
<tbody>
<tr>
<td>Black</td>
<td>Soups, Caribbean and Latin American dishes</td>
<td>Turtle</td>
</tr>
<tr>
<td>Cranberry</td>
<td>Italian dishes</td>
<td>Borrolli, Roman</td>
</tr>
<tr>
<td>Small Red</td>
<td>Desserts, soups, salads, mixed grain dishes</td>
<td>Adzuki</td>
</tr>
<tr>
<td>Navy</td>
<td>Baked beans, soups, salads, purees</td>
<td>White pea bean</td>
</tr>
<tr>
<td>Light Red Kidney</td>
<td>Chili, soups, salads, red beans and rice</td>
<td>n/a</td>
</tr>
<tr>
<td>Dark Red Kidney</td>
<td>Chili, soups, salads, red beans and rice</td>
<td>n/a</td>
</tr>
<tr>
<td>White Kidney</td>
<td>White chili, salads</td>
<td>Cannellini</td>
</tr>
<tr>
<td>Great Northern</td>
<td>White chili, soups, salads, dips</td>
<td>n/a</td>
</tr>
<tr>
<td>Pink</td>
<td>Chili, stew, rice and beans</td>
<td>Chili bean</td>
</tr>
<tr>
<td>Pinto</td>
<td>Chili, refried beans</td>
<td>n/a</td>
</tr>
<tr>
<td>Solider</td>
<td>Baked beans, soups, stews</td>
<td>Red eye bean</td>
</tr>
<tr>
<td>Yellow Eye</td>
<td>Baked beans, soups, pork and beans</td>
<td>Butterscotch calypso, Stueben yellow bean</td>
</tr>
</tbody>
</table>

Canned bean to dry bean conversion

As an example, the chart below shows a conversion between dry and canned beans for black (turtle) beans. While conversions are similar for other bean varieties, they may differ slightly. To see a USDA comprehensive dry bean conversion chart, including for several varieties grown in Michigan, visit [www.fns.usda.gov/sites/default/files/fbg_beans.pdf](http://www.fns.usda.gov/sites/default/files/fbg_beans.pdf).
On the following pages, you will find item descriptions, pack sizes, seasonal availability and item codes for several varieties of Michigan dry beans from local suppliers. This information is categorized by the size of the supplier/distributor. Contact information is listed for each supplier to help make it easier to find and buy Michigan dry beans whenever the season.

**Full Service (Broadline) Distributors**

**Gordon Food Service**
Please call 800.968.4164 and provide an item/produce number to receive pricing and purchasing information. You may also visit [www.gfs.com](http://www.gfs.com) for more details.

<table>
<thead>
<tr>
<th>Item</th>
<th>Pack</th>
<th>Item Code</th>
<th>Availability</th>
</tr>
</thead>
<tbody>
<tr>
<td>Black Beans, Pre-soaked and vacuum-sealed</td>
<td>4/3 pounds</td>
<td>604961</td>
<td>Year-round</td>
</tr>
<tr>
<td>Kidney Beans, Pre-soaked and vacuum-sealed</td>
<td>4/3 pounds</td>
<td>604972</td>
<td>Year-round</td>
</tr>
<tr>
<td>Navy Beans, Pre-soaked and vacuum-sealed</td>
<td>4/3 pounds</td>
<td>604982</td>
<td>Year-round</td>
</tr>
</tbody>
</table>

Information about Michigan dry bean availability from other full-service distributors operating in the state was unavailable. If you are a customer of any of the following distributors and wish to source Michigan dry beans from them in the future, please contact your sales representative or use the contact information provided below to express your interest in this local product.

- **Sysco (Grand Rapids)** – [www.syscogr.com](http://www.syscogr.com)
- **Van Eerden Foodservice** - [www.vaneerden.com](http://www.vaneerden.com), 800.833.7374
- **US Foods** - [www.usfoods.com](http://www.usfoods.com)

**Regional and Specialty Distributors and Vendors**
These businesses tend to distribute food regionally and can provide Michigan dry beans to institutions located in their respective area. Contact suppliers directly to find out about their specific delivery area and Michigan product availability.

**Allen Market Place (Lansing)**
With more than 60 farms and food producers registered, the Exchange offers a full range of food products, including adzuki beans and black turtle beans by the pound from Winters Calico Fields Farm. For more information, please call Exchange Manager, John McCarthy, at 517.999.3923 or visit [www.allenmarketplace.org/exchange/](http://www.allenmarketplace.org/exchange/). Orders placed by 7 p.m. Monday are fulfilled by Wednesday afternoon the same week.
Dry Beans Guide

Cherry Capital Foods (Statewide)

Cherry Capital Foods distributes only Michigan-made and -produced products within the state of Michigan. Call 231.943.5010 ext. 1 or email sales@cherrycapitalfoods.com (include subject line “Farm to Institution”) for more pricing/purchasing information. Join the Cherry Capital Foods mailing list for up-to-date product information at www.cherrycapitalfoods.com.

<table>
<thead>
<tr>
<th>Item Code</th>
<th>Item</th>
<th>Pack</th>
<th>Farm</th>
</tr>
</thead>
<tbody>
<tr>
<td>CAF00014</td>
<td>Black Bean</td>
<td>25 pound</td>
<td>Carlson-Arbogast Farms</td>
</tr>
<tr>
<td>CAF00008</td>
<td>Black Bean</td>
<td>2 pound</td>
<td>Carlson-Arbogast Farms</td>
</tr>
<tr>
<td>CAF00001</td>
<td>Black Bean</td>
<td>50 pound</td>
<td>Carlson-Arbogast Farms</td>
</tr>
<tr>
<td>FOR00001</td>
<td>Organic Black Turtle Bean</td>
<td>25 pound</td>
<td>Fordos Farm</td>
</tr>
<tr>
<td>CAF00009</td>
<td>Cannellini Bean</td>
<td>2 pound</td>
<td>Carlson-Arbogast Farms</td>
</tr>
<tr>
<td>CAF00002</td>
<td>Cannellini Bean</td>
<td>50 pound</td>
<td>Carlson-Arbogast Farms</td>
</tr>
<tr>
<td>CAF00010</td>
<td>Cannellini Bean</td>
<td>2 pound</td>
<td>Carlson-Arbogast Farms</td>
</tr>
<tr>
<td>BSM00006</td>
<td>Cranberry Bean</td>
<td>50 pound</td>
<td>Bodega San Marcos</td>
</tr>
<tr>
<td>BSM00007</td>
<td>Split Green Bean</td>
<td>1 pound</td>
<td>Bodega San Marcos</td>
</tr>
<tr>
<td>BSM00008</td>
<td>Little Red Bean</td>
<td>1 pound</td>
<td>Bodega San Marcos</td>
</tr>
<tr>
<td>CAF00004</td>
<td>Mayocoba Bean</td>
<td>50 pound</td>
<td>Carlson-Arbogast Farms</td>
</tr>
<tr>
<td>CAF00012</td>
<td>Navy Bean</td>
<td>2 pound</td>
<td>Carlson-Arbogast Farms</td>
</tr>
<tr>
<td>CAF00005</td>
<td>Navy Bean</td>
<td>50 pound</td>
<td>Carlson-Arbogast Farms</td>
</tr>
<tr>
<td>FIN00001</td>
<td>Organic Black Turtle Bean</td>
<td>12/16 ounce</td>
<td>Findlay’s Organics</td>
</tr>
<tr>
<td>FIN00002</td>
<td>Organic Navy Bean</td>
<td>12/16 ounce</td>
<td>Findlay’s Organics</td>
</tr>
<tr>
<td>FIN00004</td>
<td>Organic Navy Bean</td>
<td>25 pound</td>
<td>Findlay’s Organics</td>
</tr>
<tr>
<td>FIN00003</td>
<td>Organic Pinto Bean</td>
<td>12/16 ounce</td>
<td>Findlay’s Organics</td>
</tr>
<tr>
<td>BSM00009</td>
<td>Pinto Bean</td>
<td>25 pound</td>
<td>Bodega San Marcos</td>
</tr>
<tr>
<td>BSM00012</td>
<td>Pinto Bean</td>
<td>2 pound</td>
<td>Bodega San Marcos</td>
</tr>
<tr>
<td>CAF00006</td>
<td>Pinto Bean</td>
<td>50 pound</td>
<td>Carlson-Arbogast Farms</td>
</tr>
<tr>
<td>FOR00003</td>
<td>Organic Pinto Bean</td>
<td>25 pound</td>
<td>Fordos Farm</td>
</tr>
<tr>
<td>CAF00007</td>
<td>Red Kidney Bean</td>
<td>50 pound</td>
<td>Carlson-Arbogast Farms</td>
</tr>
<tr>
<td>FOR00004</td>
<td>Organic Red Kidney Bean</td>
<td>25 pound</td>
<td>Fordos Farm</td>
</tr>
<tr>
<td>FER00001</td>
<td>Organic Soybean</td>
<td>25 pound</td>
<td>Ferris Organic Beans</td>
</tr>
<tr>
<td>FER00004</td>
<td>Organic Soybean</td>
<td>50 pound</td>
<td>Ferris Organic Beans</td>
</tr>
</tbody>
</table>

Coastal Produce Distributors

Locally owned and operated, Coastal Produce is located in Detroit. The company delivers fruits, vegetables, dairy, frozen foods, spices and processed foods throughout Michigan and Northern Ohio. When in season, the company purchases all local produce. Please call 877.291.8304 or visit http://coastalproduce.net/ for detailed product and ordering information.

Cooperative Elevator Co. (Pigeon)

The Cooperative Elevator Co. supplies Michigan black beans (code #112000), navy beans (code# 100000) and small red beans (code# 115000). They can pack in 2-pound, 50-pound, and 100-pound bags and 2,000-pound totes. Please call 989.453.4500 for pricing information and more details.
Dry Beans Guide

Dunn Hardware and Supply (Reese)

Dunn Hardware and Supply has a number of dry bean varieties available by the pound, in 25 pound bags, and in 100 pound and one ton pack sizes. Available dry bean varieties are red kidney, navy, pinto, black, cranberry, edible soy, small red, and a five-bean soup mix. All dry beans are sourced from within 20 miles of their facility through Star of the West, also located in Reese. For more information on ordering and delivery, please visit www.michbeans.com or contact Mark Woidula at 989-868-4901 or dunn-hardware@hotmail.com.

Harvest Michigan (Oakland County)

Locally owned and operated, Harvest Michigan is located in northern Oakland County. Their business structure allows for participating farmers and food producers to share in the success of Harvest Michigan. Please call 248.475.5805 or email info@harvestmichigan.com for detailed product and ordering information.

Heritage Bean and Grain (Alma)

Heritage Bean and Grain sells Michigan dried navy, black, pinto, light red kidney, small red, and cranberry beans in 25-pound, 50-pound and 100-pound bags. Please call 989.463.6505 for pricing information and details.

Pearson Foods Corporation (Grand Rapids)

Pearson Foods is a processor and distributor that sources, sells and processes Michigan produce. Contact a representative at 616.245.5053 or visit http://pearsonfoods.com/ for pricing information and details.

<table>
<thead>
<tr>
<th>Item</th>
<th>Pack</th>
<th>Farm</th>
<th>Availability</th>
</tr>
</thead>
<tbody>
<tr>
<td>Black Beans, Pre-soaked and vacuum-sealed</td>
<td>4/3 pounds</td>
<td>Carlson-Arbogast Farms</td>
<td>Year-round</td>
</tr>
<tr>
<td>Cranberry Beans, Pre-soaked and vacuum-sealed</td>
<td>4/3 pounds</td>
<td>Carlson-Arbogast Farms</td>
<td>Year-round</td>
</tr>
<tr>
<td>Kidney Beans, Pre-soaked and vacuum-sealed</td>
<td>4/3 pounds</td>
<td>Carlson-Arbogast Farms</td>
<td>Year-round</td>
</tr>
<tr>
<td>Navy Beans, Pre-soaked and vacuum-sealed</td>
<td>4/3 pounds</td>
<td>Carlson-Arbogast Farms</td>
<td>Year-round</td>
</tr>
</tbody>
</table>

info@cultivatemichigan.org
Resources

Resources for Farm to Institution Support

Michigan Farm to Institution Network
www.mifarmtoinstitution.org

MSU Center for Regional Food Systems
www.foodsystems.msu.edu/

Ecology Center
www.ecocenter.org/food-systems

Michigan State University Extension
Locate your county MSU Extension office.
www.msue.msu.edu/

Resources for Linking with Local Farmers

The majority of Michigan dry bean growers sell their beans directly to cooperatives or processors. This can make it difficult for them to work one-on-one with a local school, hospital or university. Below is a list of statewide and regional resources to help you connect with local Michigan farmers who may be able to supply you directly with dry beans!

Statewide Resources

Michigan Bean Commission
Locate farmers markets, family farms, community supported agriculture (CSA) and other sources of sustainably produced food.
www.michiganbean.org

Local Harvest
Locate farmers markets, family farms, community supported agriculture (CSA) and other sources of sustainably produced food.
www.localharvest.org

Michigan MarketMaker
This interactive mapping system links producers and consumers in Michigan.
mimarketmaker.msu.edu

Michigan Farmers Market Association
Find the locations of farmers markets across the state.
mifma.s434.sureserver.com/find-a-farmers-market
Resources

Michigan Food and Farming Systems (MIFFS)
MIFFS connects beginning and historically underserved farmers to resource opportunities.
www.miffs.org

Natural Resources Conservation Service
This site provides a listing of county and state service offices.
http://1.usa.gov/1kMidud

Michigan Farm Bureau
Locate the local Michigan Farm Bureau office in your county.
www.michfb.com/counties

Michigan Agricultural and Commodity Organizations
The Michigan Agricultural Commodity directory lists the locations of and contacts for the agricultural commodity organizations in Michigan
http://1.usa.gov/1msHb5c

Michigan Organic Food and Farming Alliance (MOFFA)
Visit this site to download the “Eating Organically Guide.”
www.moffa.net

Certified Naturally Grown
This site provides a current list of certified small-scale, direct-to-market farmers and beekeepers who use natural growing and harvesting methods in Michigan.
www.naturallygrown.org/farms/list/227/MI

Regional Michigan Resources

Michigan Food Hub Learning and Innovation Network
Food hubs are centrally located facilities that aggregate, store, process, distribute and/or market locally or regionally produced food.
http://foodsystems.msu.edu/activities/food-hub-network

U.P. Food Exchange
This group connects local food activity within three regions (eastern, central, western) of the Upper Peninsula and coordinates local food efforts between the regions.
http://upfoodexchange.com/

Taste the Local Difference
This resource connects consumers in northwest Lower Michigan to local food and farms, restaurants and businesses.
www.localdifference.org/
Dry Bean Recipes

Basic Dry Bean Cooking Tips

The following cooking tips apply to dry packaged beans. Canned dry beans are ready to use and do not require any additional cooking.

Sorting
The first step in cooking dry beans is to look for and remove any shriveled, broken or discolored beans and foreign material, such as small stones, that may have been missed by the processing facility. Examine dry beans one layer at a time by scooping the beans onto a dry metal pan. After sorting, beans should be thoroughly rinsed.

Soaking
After sorting and rinsing, rehydrate the dry beans by soaking them. The U.S. Dry Bean Council offers three different methods for soaking beans:

**Hot Soak** - reduces actual cooking time and produces consistently tender beans
1. Place beans in a pot and add 10 cups of water for every two cups of beans.
2. Heat to boiling and boil for two to three minutes.
3. Remove beans from heat, cover and let stand for four to 24 hours.
4. Drain beans, discard soak water and rinse with fresh, cool water.

**Traditional Soak**
1. Pour cold water over the beans to cover.
2. Soak beans for eight hours or overnight.
3. Drain beans, discard soak water and rinse with fresh, cool water.
   (Cold water starts the rehydration process slowly so beans will appear wrinkled after soaking.)

**Quick Soak**
1. Place beans in a large pot and add 10 cups of water for every two cups of beans.
2. Bring to boil and boil for two to three minutes.
3. Drain beans, discard soak water and rinse with fresh, cool water.
Dry Bean Recipes

Cooking
To cook dry beans, cover soaked, drained beans with plenty of fresh water. Simmer until the beans can be gently mashed with a fork. Cooking can take anywhere from 30 minutes to two hours depending on the type of bean. Refer to the suggested cooking times on the next page. Drain beans immediately to prevent them from over-cooking in the hot water.

<table>
<thead>
<tr>
<th>Market Class</th>
<th>Suggested Cooking Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Black</td>
<td>60-90 minutes</td>
</tr>
<tr>
<td>Cranberry</td>
<td>45-60 minutes</td>
</tr>
<tr>
<td>Small Red</td>
<td>60-90 minutes</td>
</tr>
<tr>
<td>Navy</td>
<td>90-120 minutes</td>
</tr>
<tr>
<td>Light Red Kidney</td>
<td>90-120 minutes</td>
</tr>
<tr>
<td>Dark Red Kidney</td>
<td>90-120 minutes</td>
</tr>
<tr>
<td>White Kidney</td>
<td>90-120 minutes</td>
</tr>
<tr>
<td>Great Northern</td>
<td>45-60 minutes</td>
</tr>
<tr>
<td>Pink</td>
<td>60 minutes</td>
</tr>
<tr>
<td>Pinto</td>
<td>90-120 minutes</td>
</tr>
<tr>
<td>Soldier</td>
<td>60-90 minutes</td>
</tr>
<tr>
<td>Yellow Eye</td>
<td>90-120 minutes</td>
</tr>
</tbody>
</table>

Additional Tips
Acidic ingredients can prevent beans from cooking correctly. If your recipe calls for an acid, such as tomato, lemon juice, vinegar, molasses or wine, avoid adding these ingredients until after the beans have been fully cooked.

For best results, stir beans occasionally and add warm water to keep the beans covered as they expand during cooking.

If not using immediately, dry beans and their cooking liquid should be cooled in shallow pans in the refrigerator and then held at 41°F.

Cooked dry beans have a tendency to dry out and change taste if left too long in a steam table. To avoid this, heat in batches for “just-in-time service.”
Cranberry Beans with Broccolini

Ingredients

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>3/4 pound broccolini</td>
<td></td>
</tr>
<tr>
<td>1/4 to 1/2 cup extra virgin olive oil</td>
<td></td>
</tr>
<tr>
<td>1 clove garlic, peeled and chopped</td>
<td></td>
</tr>
<tr>
<td>Kosher salt, to taste</td>
<td></td>
</tr>
<tr>
<td>Black pepper, freshly cracked, to taste</td>
<td></td>
</tr>
<tr>
<td>1 pound cooked Michigan cranberry beans</td>
<td></td>
</tr>
</tbody>
</table>

Directions

In a large pot, bring four quarts of salted water to boil. Cut the broccolini florets and stalks into bite-size pieces. Add broccolini to boiling water and cook until soft and tender, about five to six minutes.

In a large sauté pan, warm four tablespoons of olive oil. Add the chopped garlic and gently sauté until golden. Drain the broccolini, reserving the water to reheat the cranberry beans, and add to sautéed garlic, tossing to mix together. Season with salt and freshly cracked black pepper.

Reheat the cranberry beans in the simmering salted water. Drain and add the hot cooked beans to the sautéed broccolini, stirring them together. Generously add 1/4 cup or more extra virgin olive oil, to your taste preference. Check and adjust seasonings as necessary.

Serve the cranberry beans and broccolini with grilled or roasted pork, chicken, veal or beef.

Yield: 24 1/4-cup servings or 12 1/2-cup servings

Recipe provided courtesy of John Korycki, Director of Culinary Education at Kalamazoo Valley Community College.
Dry Bean Recipes

Grand Rapids Public Schools Chili

**Ingredients**
- 5 gallons water, to add after beans are cooked and drained
- 10 pounds chopped onion
- 15 pounds diced green pepper
- 85 pounds cooked ground turkey or beef
- 1/2 pound cumin
- 1 1/2 pounds salt
- 0.575 pounds garlic powder
- 1 1/2 pounds chili powder
- 1/4 pound black pepper
- 0.575 pounds paprika
- 12 #10 cans tomato paste
- 3 #10 cans tomato sauce
- 42.5 pounds Michigan dry red beans

**Directions**
Cook dry beans in boiling water for approximately one hour or until tender. Add water as needed so beans are tumbling in the boiling water. Drain water from beans. Add all remaining ingredients. Cook until product reaches an internal temperature of 165°F.

**Yield: 900 6-ounce servings**

Recipe provided courtesy of Amy Klinkoski, Nutrition Services Supervisor, Grand Rapids Public Schools.

Baja Black Bean Salad

**Ingredients**
- 100 pounds Michigan dry black beans
- 65 gallons water
- 4 cups oil
- 2 gallons lime juice
- 10 pounds red onion, peeled and diced
- 10 pounds peppers, seeded and diced
- 0.700 pounds chili powder
- 0.560 pounds cumin
- 12 cans canned salsa

**Directions**
Sort through the dry beans. In kettle, turn control to Heat/Bypass. Add water and oil. Add dry beans and cover. Cook for 60 to 90 minutes. If water boils over, turn control to Auto/Active, and wait for water to go back down. Turn control to Heat/Bypass. Repeat.

Once beans are tender, turn control to Cool/Bypass. Lift anchor, attach strainer, tilt kettle and drain water. Run cold water on beans until cooled, approximately 15 minutes.

Detach strainer, tip kettle up, place anchor in kettle, and add rest of ingredients. Lift anchor, tilt kettle and hand bag the salad in 6-quart bags to store and serve as needed.

**Yield: 30 6-quart bags per batch, 96 servings per 6-quart bag**

Recipe provided courtesy of Amy Klinkoski, Nutrition Services Supervisor, Grand Rapids Public Schools.
Stop Light Pepper and Bean Soup

**Ingredients**

- 1 pound + 4 ounces Michigan dry navy beans
- 2 tablespoons low sodium chicken base
- 1 1/2 gallons + 3 quarts + 2 cups water
- 2 tablespoons green chilies
- 2 cups diced ham
- 2 teaspoons no-salt seasoning
- 2 teaspoons tabasco sauce
- 2 quarts tomatoes, chopped or sliced
- 1/2 cup sweet red peppers, chopped
- 1/2 cup green peppers, chopped
- 1/2 cup yellow peppers, chopped
- 1/2 cup red onions, chopped
- 2 tablespoons oil
- 1 quart frozen corn
- 3 tablespoons fresh chopped cilantro

**Directions**

Wash and soak beans in three quarts of water overnight under refrigeration. Drain and discard water in the morning.

In a large stock pot, combine chicken base with 1 1/2 gallons water and bring to a boil. Add green chilies, diced ham, seasoning, tabasco sauce, tomatoes and beans.

On a baking sheet, mix peppers and onions with oil and roast for five minutes in a convection oven. Add roasted vegetables and two cups water to soup; stir to combine. Continue to simmer soup for a minimum of three hours to cook the beans until tender.

Add the frozen corn and cilantro. Bring to a boil and simmer for 20 minutes before serving.

**Yield:** 32 1/2-cup portions

Recipe provided courtesy of Chef Dave McNamara, Michigan Team Nutrition.
Authors
Mariel Borgman, MSU Extension
Garrett Ziegler, MSU Extension
Colleen Matts, MSU Center for Regional Food Systems
Nicki Milgrom, Ecology Center
Alyson Oslin, Ecology Center

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Contact
info@cultivatemichigan.org

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