



Recipe Corner



Bacon and Bean Soup

3 slices side bacon, cut into strips
1 carrot, finely chopped
2 cups Romano beans (or white kidney or Dutch brown beans), cooked
2 cups chicken stock
2 cups water
1 bay leaf
Salt and freshly ground pepper

In saucepan, cook bacon over medium heat for about 7 minutes or until just crisp. Drain away all drippings. Add carrot, beans, stock, water and bay leaf; bring to boil. Reduce heat and simmer, partly covered. Add carrot, beans, stock, water and bay leaf; bring to boil. Reduce heat and simmer, partly covered, for 20 minutes or until carrot is tender. Discard bay leaf. Season to taste with salt, if desired and pepper.

Serving size – 1 cup/500ml
Recipe makes – 4 servings



Bean Chowder

1 cup chopped onion
1 cup chopped celery
1 clove garlic, minced
1/4 cup margarine
1/4 cup all-purpose flour
1 vegetable bouillon cube
2 1/2 cups water
3 cups 2% milk
5 cups white pea beans (cooked)
1 (540 ml/19 oz.) can tomatoes
1 (341ml/12 oz.) can whole kernel corn
1 (398 ml/14 oz.) can cut green beans
1/8 tsp ground black pepper
1 tsp hickory smoked salt

In a large saucepan or Dutch oven, sauté onion, celery and garlic in margarine until soft. Stir in flour. Add vegetable bouillon cube, water and milk, stirring to dissolve cube. Add beans, tomatoes, corn and green beans. Heat to a gentle boil. Add pepper and hickory smoked salt.

Serving Size – 1 cup/500ml
Recipe makes – 12 servings

*Recipes are compliments
of Southern Manitoba Convention Centre
and served at the Manitoba Bean Symposium in February.*