

Marvelous Beans: Great Northern

Great Northern beans are medium size white bean widely available in the United States. They have about 115 calories and 8 grams of protein per half-cup serving. They are mild in taste and a bit more delicate than some other beans, and so creamy! But they are hardy enough to work well in soups, stews, chili, or salads. The dry beans can be preserved in bulk long term using the dry ice method <https://youtu.be/Ct18THw4w-M> or oxygen absorbers or you can pressure can them <https://youtu.be/OCZ1ty28gnA>

Southern Smoked Pork and Beans

4 cups dry great northern beans soaked overnight
4 cups chicken broth
2 cups water
1 large onion, chopped
1 lb diced smoked and cooked pork—ham, ham hock, or bacon
1 10-oz can Ro-Tel tomatoes with green chilies
1 tsp liquid smoke (optional)
¾ tsp each salt and pepper
1 tsp smoked paprika
1 tbsp olive oil

Drain and rinse the soaked beans. Add oil to a large pot and heat until it shimmers. Add onion and cook until golden. Add remaining ingredients to the pot and simmer until beans are tender, stirring occasionally, about 2-3 hours. Add more water if needed.

Great Northern Herbed Bean Bread

Makes one 5 x 9-inch loaf

3 cups bread flour
1½ tsp yeast
1 tsp salt
1 tbsp sugar
1 tbsp minced fresh herbs of choice (rosemary, oregano, basil, chives, etc.)
1 cup cooked or canned great northern beans, drained
2 tbsp butter, softened
1 cup water

Mix dry ingredients together in a large bowl or the bowl of a stand mixer. In a food processor combine water, butter, and beans into a smooth mixture, add to the dry ingredients, and mix until dough comes together and picks up all the flour, adding more water if necessary. Dough should be soft. Knead for about 6-8 minutes by hand on a lightly floured counter or in a stand mixer (or use Pam's Bread Method taught here: <https://youtu.be/wYgdvwwXhhI>). Allow to rise until double. Shape and place in greased bread pan. Bake at 375°F about 40-45 minutes until internal temperature measured by an instant read thermometer reads 195°F.

RoseRed Homestead "Marvelous Beans" video series. Click on the Beans playlist link located here: <https://www.youtube.com/c/RoseRedHomestead>