



A TASTEFUL PLACE
AT THE DALLAS ARBORETUM

Navy Bean Strawberry Ice Cream

Ingredients

- 1 cup cooked unsalted navy beans
- 1 cup very ripe strawberries, destemmed and halved
- 2 cups heavy cream
- 14 oz condensed milk
- ½ cup white sugar
- 1 tsp vanilla

Directions

In a blender or food processor, blend the strawberries, 1-cup heavy cream, beans, sugar, and vanilla.

Pour the remaining whipping cream into the bowl of an electric mixer and whip at medium high speed until it forms soft ribbons. Carefully fold in the strawberry bean mixture until combined. Pour into an airtight freezer ready container and freeze for at least four hours to overnight.

Skillet Baked Beans

Ingredients

- 4-15 oz navy beans
- 3 garlic cloves
- 2 tbs apple cider vinegar
- 2 tbs molasses
- 2 tbs oil
- 1 red bell pepper, diced
- 1 small onion, diced
- 1 tsp dry mustard
- ¾ cup apple juice
- ½ cup dark brown sugar
- ½ cup ketchup
- ¼ cup Worcestershire sauce
- Salt to taste

Directions

Place the oil, onion, garlic, and bell pepper in a large skillet over medium high heat. Sauté until vegetables are tender. Stir in molasses, ketchup, sugar, mustard, vinegar, Worcestershire sauce, apple juice, and a heavy pinch of salt. Stir in the navy beans. Cook for 10 minutes.

Navy Bean Hummus

Ingredients

- 30 oz navy beans, cooked
- 3 garlic cloves
- 3 large basil leaves, torn
- 2 tbs tahini
- 1 tbs lemon juice
- ½ cup water
- Salt to taste

Directions

Combine all ingredients in a food processor or blender until smooth and creamy. Place in an airtight container and refrigerate until ready to serve.