A selection of recipes from
H. J. HEINZ
Since 1869, the H. J. Heinz Co. has been the maker of fine food products for millions of families throughout the world. Foods that are both nutritious and delicious. Like our Vegetarian Beans in tomato sauce.

Homemakers have been cooking with beans for many years. It's no wonder. Beans are versatile, economical and an excellent source of protein. And Heinz Vegetarian Beans have more natural fiber than most other vegetables. (We all know how important fiber is in the diet.) It's the vegetable people have loved for generations. With no preservatives, or additives ever. That's part of the Heinz tradition.

Heinz Vegetarian Beans are the base for many a fine meal, for just the folks or fancy guests. Here are the recipes for some of our favorites. We know you're going to enjoy making them as much as your family will love eating them. Delicious Vegetarian Bean dishes from our family to your family.

Heinz acknowledges the help of the Michigan Bean Commission in the preparation of this booklet.
Cheese-Melt Bean Casserole

2 tablespoons minced onion
2 tablespoons minced green pepper
1 tablespoon butter or margarine
2 cans (1 pound each) Heinz Vegetarian Beans in Tomato Sauce
2-3 slices American or process sharp cheese

Sauté onion and green pepper in butter until vegetables are tender. Combine with beans in a 1-quart casserole. Bake in 375°F. oven, 50 minutes, stirring occasionally. Top with cheese slices. Bake an additional 5 minutes or until cheese is melted. Makes 4-6 servings (about 3 cups).
Summer Bean Slaw
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1 can (1 pound) Heinz Vegetarian Beans in Tomato Sauce, well-drained
2 1/2 cups shredded cabbage
1/2 cup chopped celery
2 tablespoons chopped green pepper
1 1/2 tablespoons minced onion
1/3 cup mayonnaise or salad dressing

1 1/2 tablespoons Heinz Apple Cider Vinegar
1/4 teaspoon salt
1/8 teaspoon pepper

*1/4 cup imitation bacon

In bowl, combine first 5 ingredients. Blend mayonnaise, vinegar, salt and pepper. Pour dressing over bean mixture; toss gently. Cover; chill to blend flavors. Toss slaw with bacon just before serving. Garnish with green pepper strips, if desired. Makes 4 servings (about 3 1/2 cups).

*4 slices bacon, cooked, drained, crumbled may be substituted.
Beans Hawaiian
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2 cans (1 pound each) Heinz Vegetarian Beans in Tomato Sauce
*1 can (8 ounces) pineapple chunks, drained
1 to 2 tablespoons light brown sugar
1 ½ teaspoons Heinz Mild Mustard
¼ teaspoon salt
Dash ground cloves

Combine ingredients; pour into a 1-quart casserole. Bake, uncovered, in 375°F oven, 50-55 minutes or until beans are hot, stirring occasionally. Makes 4-6 servings (about 4 cups).
*1 can (8½ ounces) pineapple slices, drained and cut into chunks may be substituted.

MICROWAVE OVEN DIRECTIONS
Power Level – HIGH
Combine ingredients and pour into a 1-quart casserole. Microwave 8 minutes, stirring once.
Zesty Bean Dip/Chili Bean Dip

1 can (1 pound) Heinz Vegetarian Beans in Tomato Sauce
1 can (1 pound) Heinz Vegetarian Beans in Tomato Sauce, drained
1 to 2 tablespoons prepared horseradish
1 package (3 ounces) cream cheese, softened
1 tablespoon imitation bacon
1 1/2 teaspoons chili powder
1 tablespoon minced green onion, including stem

Drain beans-reserving 1/4 cup bean liquid. Combine beans, bean liquid and horseradish in blender. Puree until smooth and creamy. Cover; chill to blend flavors. Stir in imitation bacon just before serving. Serve with potato chips or raw chilled vegetables. Makes about 1 1/2 cups.

Colonial Beans

½ cup chopped onion
1 tablespoon butter or margarine
1 can (1 pound) Heinz Vegetarian Beans in Tomato Sauce
1 cup cooked whole kernel corn

¼ cup Heinz Tomato Ketchup
1 tablespoon brown sugar
1 tablespoon molasses
½ teaspoon salt
2 tablespoons imitation bacon

Sauté onion in butter until tender. Combine with beans and remaining ingredients, except imitation bacon, in a 1-quart casserole. Cover; bake in 375°F oven, 40-45 minutes. Stir in imitation bacon just before serving. Makes 4-5 servings (about 3 cups).

MICROWAVE OVEN DIRECTIONS
Power Level – HIGH
Omit butter

Combine all ingredients except bacon in a 1-quart casserole. Cover casserole with glass lid or plastic film. Microwave 6 minutes, stirring once. Stir in bacon just before serving.
Harvest Bean Bake
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1 can (1 pound) Heinz Vegetarian Beans in Tomato Sauce
*2 tablespoons raisins, plumped
Dash salt
1 medium apple, pared, cored, sliced
1 tablespoon butter or margarine, melted
Ground cinnamon

Combine beans, raisins and salt in a 1-quart casserole. Arrange apple slices over bean mixture. Spoon melted butter over apples; sprinkle lightly with cinnamon. Cover; bake in 375°F. oven, 40-45 minutes or until beans are hot and apples are tender. Makes 4 servings (about 2 cups).

*To plump raisins:
Cover with boiling water; let stand 5 minutes. Drain well.
Oven-Broiled Beanwiches

1 can (1 pound) Heinz Vegetarian Beans in Tomato Sauce
1/4 cup Heinz Sweet or India Relish
3 tablespoons minced onion
1 teaspoon Heinz Mild Mustard
1/4 teaspoon salt
Dash pepper
8 slices American or process sharp cheese
4 sandwich buns, split, buttered, toasted

Combine first 6 ingredients in saucepan; heat slowly, stirring occasionally. Place bun halves on baking sheet. Spoon about 1/4 cup hot bean mixture on each bun half; top with cheese slice. Broil 6-8 inches from heat until cheese is hot and bubbly; serve immediately.
Beans with Sour Cream
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1 can (1 pound) Heinz Vegetarian Beans in Tomato Sauce
1 teaspoon Heinz Mild Mustard
½ teaspoon salt
¼ cup dairy sour cream

Macaroni & Beans Italiano
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½ cup chopped onion
½ cup chopped green pepper
1 medium zucchini, cut into ⅛-inch slices
3 tablespoons margarine or olive oil
¾ cup Heinz Tomato Ketchup
¾ cup water
1 teaspoon salt

½ teaspoon oregano leaves
¼ teaspoon garlic salt
⅛ teaspoon pepper
1 can (1 pound) Heinz Vegetarian Beans in Tomato Sauce
1½ cups cooked macaroni
Grated Parmesan cheese


MICROWAVE OVEN DIRECTIONS
Power Level—HIGH.
Omit margarine. Decrease salt to ½ teaspoon and pepper to dash.
Place onion, green pepper and zucchini in a 1½-quart casserole. Cover casserole with plastic film, turning one edge back slightly to vent. Microwave 6 minutes or until vegetables are tender. Stir in ketchup and remaining ingredients except Parmesan cheese. Cover; microwave 7 minutes, stirring once. Stir and let stand, covered, 5 minutes. Serve with Parmesan cheese.
**Hearty Beanburger Stew**

- ½ pound lean ground beef
- ¼ cup chopped onion
- ¼ cup chopped green pepper
- 1 tablespoon shortening
- 2 cans (1 pound each) Heinz Vegetarian Beans in Tomato Sauce
- 1 can (1 pound) tomatoes, cut into bite-size pieces
- 1½ teaspoons salt
- 1 teaspoon sugar
- ⅛ teaspoon pepper

Sauté beef, onion and green pepper in shortening in Dutch oven until vegetables are tender. Drain excess fat. Stir in beans and remaining ingredients. Simmer, uncovered, 20 minutes, stirring occasionally. Makes 4-6 servings (about 6 cups).
Beans with Franks

2 tablespoons minced onion
1 tablespoon butter or margarine
2 cans (1 pound each) Heinz Vegetarian Beans in Tomato Sauce
¼ cup Heinz Tomato Ketchup or Chili Sauce
1 tablespoon brown sugar
1 pound frankfurters, scored lightly

Sauté onion in butter. Combine with beans, ketchup and brown sugar in baking dish (10”x6”x1½”). Place frankfurters on bean mixture. Bake in 375°F. oven, 40 minutes or until beans are hot. Makes 4-5 servings (about 3 cups bean mixture).
Bean Burgers

1/2 pound lean ground beef
1/3 cup chopped onion
1 tablespoon shortening
Dash pepper
1 can (1 pound) Heinz Vegetarian Beans in Tomato Sauce
1/3 cup Heinz Sweet or India Relish
2 teaspoons Heinz Mild Mustard
5 sandwich buns, split, buttered, toasted

Brown beef and onion in shortening; drain excess fat. Season meat with pepper. Stir in beans, relish and mustard. Heat slowly, stirring occasionally. Spoon about 1/4 cup bean mixture on each bun half. Garnish with chopped parsley, if desired. Serve immediately. Makes 5 servings, 2 bun halves each (about 2 3/4 cups bean mixture).