

Cheese and Bean Sauce

By Rachel Rogel

This is based on a recipe I found in a Depression era cookbook called [Ida Bailey Allen's Money-Saving Cook Book](#). It's nice if you eat dairy, but want to focus on plant foods as much as possible. We ate this on spinach and toast. It was very filling and a big hit.

2 T butter

2 C cold mashed beans (I used Great Northern – any mild flavored bean would work)

1 C milk

¼ t paprika (or a little red pepper or mustard powder)

1 ½ C grated cheese (sharp cheddar is good)

½ t salt (less if using canned beans)

Melt the butter, add the beans, milk and seasonings. Heated gradually, stirring frequently. Add the cheese, and stir until melted. Adjust seasonings as needed.

Rachel Rogel lives in Ohio where she enjoys expressing herself through art, gardening, cooking and getting together with friends from her local support group.