

Pinto Bean Whole Wheat Bread - page 2 of 2

(continued from page 1)

Prepare Pinto Bean Puree. In a large bowl, combine water and honey, stirring to mix completely. Dissolve yeast in honey-water mixture. Let stand until foamy. Stir in Bean Puree, vegetable oil and salt. Add whole-wheat flour. Mix well. Stir in all-purpose flour until dough is stiff. Turn out onto a lightly floured surface and knead until smooth and elastic. Return dough to bowl. Lightly butter top of dough and let rise until doubled in bulk. Grease a 9" X 5" loaf pan or baking sheet. Punch down dough and knead 3 to 4 times until easy to handle. Shape into a loaf. Place in loaf pan or on baking sheet. Cover and let rise until doubled in bulk, about 45 minutes. Remove form pan or baking sheet. Cool on a rack. May be stored in an airtight plastic bag at room temperature or in the refrigerator. Makes 1 loaf.