



BEANS/LEGUMES

A near perfect health food, beans are high in carbohydrates, fiber, iron, and folic acid, yet contain little or no fat and no cholesterol

CLEANING

Spread beans out on a clean kitchen towel or in a plate and remove shriveled beans and pebbles. Rinse in cold water. Remove pebbles and floaters.

SOAKING

Beans should be soaked. This is a vital step in bean digestibility (exceptions include short cook beans: split peas, mung, and lentils). Add 4-5 cups cold water per 1 cup beans. Beans can be soaked overnight or for 8 hours. Discard water from beans when finish soaking and ready to cook. The soaking water also contains vitamin and minerals, which can be used if you are a seasoned bean eater.

BASIC BEAN COOKING

Cook beans in fresh water in a large covered pot. Use 3-4 cups water, 1 cup bean. Bring to boil and add a few pieces of Kombu or Wakame Seaweed to the pot to increase digestibility and add flavor. Lower heat, simmer until water is absorbed and beans are tender, up to 3 hours. Add more water if beans are not cooked. Discard foam that collects on top. A tablespoon of oil will decrease foaming. Never add sea salt or tamari until the beans are cooked or it will toughen them. Save any liquid that remains for soup stock and storing or reheating leftover beans. If you want thicker beans, mash some and add them back to the pot to act as gravy. Each cup of dried beans makes about 2 to 2 ½ cups of cooked beans. Cooked beans can be stored in air tight containers for up to 5 days in the fridge or in freezer for up to 6 months.

ADZUKI

Great for your kidneys, easily digested. No soaking necessary. Simmer 1 cup beans in 3 cups water. Cook with wakame for about 1 ½ hours. Seasoned with tamari or enjoy plain. Add squash or sautéed with onion and garlic when cooked.

BLACK BEAN

High in magnesium and fiber and low in fat. Soak. Simmer 1 cup beans in 3 cups water, add kombu and cook for at least 2 hours. Can be cooked with garlic, onion, tomato, cumin and

epazote. Use for enchiladas, burritos and soups or for a salad, toss with olive oil, lemon, onion, cilantro and quinoa.

NAVY BEANS

Soak. Simmer 1 cup beans in 4 cups water for about 90 minutes, or until cook. Good with kale, olive oil, and garlic and parmesan. Marinate with red wine vinegar and olive oil. Boston Baked Beans: combine 3 cups cooked beans with 1 chopped onion, 1 Tbsp oil, ½ cup molasses, 4 Tbsp shoyu, and 1 Tbsp mustard. Bake at 325 degrees for 45 minutes.

BLACKEYED BEAN

Soak. Simmer 1 cup beans in 4 cups water, add kombu for about 90 minutes. Great recook by baking with onions, herbs, and bean liquid (enough to cover) at 300 degrees for 1-3 hours. Start them off with a lid, then uncover for a crusty top.

CHICKPEA (GARBANZO BEANS OR CECI)

Rich source of protein and fiber. Soak. Simmer 1 cup beans in 4 cups water, add kombu and cook for 2 hours. Great with tamari or recooked with sautéed onion, curry and cumin seed. Puree into hummus with tahini, garlic, lemon juice, sea salt and olive oil.

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KIDNEY BEANS

Soak. Simmer in 1 cup beans in 4 cups water, add kombu and cook for 2 hours. Great in Southwestern dishes, casseroles, chili, salad and soups. Try this Russian style dish: cook beans with cinnamon and coriander seeds.

LENTIL BEANS (RED, GREEN/BROWN, BLACK OR FRENCH)

Soaking not necessary for lentil beans. Simmer 1 cups bean in 2-3 cups water and add Kombu.

RED LENTILS

Cook most quickly about 20-25 minutes and lose shape. Great in soup, and pate. Red Lentil Soup: combine 3 cups cooked beans, 2 white potatoes, 1 diced onion, 2 celery stalk, 4 stem fresh thyme, 3 diced carrots, 5 cups water or more if needed, 2 minced garlic cloves, spices, and sea salt.

GREEN AND BROWN LENTILS

Cook for about 30 minutes (or longer for soup). Great in soups or cooked with onion, or leek, carrot, parsnips, and parsley.

BLACK OR FRENCH LENTILS

Firmer and a bit spicier in flavor than the green lentils. They also have a slightly longer cooking time about 30-40 minutes. Great in soups and stews.

LIMA BEANS

Soak. Simmer 1 cup beans in 4 cups water, wakame for 1-1 ½ hours. Buttery flavor, starchy texture. Great for hearty soups and stews. Delicious cooked with aromatic herbs: 1 Tb chevil, ½ Tb fresh rosemary, ½ tsp sage, onion, 1Tb oil. Finish with salt and pepper, balsamic vinegar, chopped parsley and tomato.

GREAT NORTHERN BEANS

Soak. Simmer 1 cup beans in 3 cups water and wakame for 1-1 ½ hours. After cooking, make a vinaigrette for marinating the beans: mixed 2 cups cooked beans, 4 Tbsp olive oil, 1

clove crushed garlic, 1tsp basil, 1sp sea salt, ½ cup thinly sliced red onions, ½ cup sliced red pepper, and ½ cup sliced green onions. Mix well, cover and refrigerate.

MUNG BEANS

Soaking not necessary. Simmer 1 cup beans in 3-4 cups water for 30-40 minutes. Mung beans are most popular as sprouts used in Chinese dishes, Indian curries, Dahl's, and stews.

PINTO BEANS

Soak. Simmer 1 cup beans in 4 cups water, and wakame for 1-2 hours. The typical choice for Southwestern dishes. Cook with epazote(spice), cumin, oregano, garlic and fresh green chilies, and when beans are soft, season with lime and beer. The choice legume for refried beans: mashed cooked beans in a fry pan with olive oil, crushed garlic, black pepper, sea salt, diced green chili, and top with grated jack cheese

SOY BEANS (BEIGE OR BLACK)

Soak. Simmer 1 cup beans, 3-4 cups water and wakame for 3 hours (add more water if not cooked). The only legume containing 9 essential amino acids, a complete protein and has a high level of Omega-3 fatty acid, noted for decreasing the risk of stroke and heart attacks. The one bean to contain a high level of fat (unsaturated-not bad fat) and a bit of cholesterol. Toss cooked beans with tamari, scallions and sesame seeds.

SPLIT PEAS (YELLOW AND GREEN)

No soaking necessary. Simmer 1 cup peas in 2 cups water.

Creamy texture makes great soup or sauce over grains. For Indian style soup, cook with cumin, coriander, turmeric, and mustard seeds fried in ghee, and garnish with yogurt and fresh mint.

MANNY'S MIXED SOUP BEANS

Soak. Simmer 1 cup beans in 4 cups water, kombu for 1-2 hours.

Great in soup or stew (use red lentil soup recipe).