

Beans / Legumes

Beans/Legumes are packed full of protease and phytochemicals being studied now for these anti-cancer agents. Legumes are one of nature's best sources for soluble fiber; this has been proven to lower serum cholesterol and also stabilize blood sugar levels. Beans contain no cholesterol, and are low in fat.

The making of a bean!

How to make sure your legumes are prepared and digested properly.

- 1. Sort through all beans, always pick out the broken, shriveled or discolored beans; also make sure there are no pebbles.**
- 2. Rinse beans to remove excess dirt and debris.**
- 3. Never eat partially done crunchy beans. Legumes must be cooked thoroughly in order to break down indigestible components found in raw beans.**
- 4. Always soak beans before cooking, this removes most of the indigestible sugars naturally occurring in legumes; the longer you soak them the more digestible they become. General rule is min. 24 hours and max. 72.**
- 5. Soak water should be 3 inches above the beans or close to 4-5 cups of H₂O for every cup of beans. NOTE: Lentils, split lentils, split peas and split chickpeas do not require soaking.**
- 6. During warm weather soak beans in the fridge to avoid fermentation**
- 7. Discard soak water, rinse beans and begin your cooking process.**
- 8. Cook beans in large covered pot. Use 4 cups of water for each cup of dry beans, your water should be about 1 inch above the top of the legumes.**

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9. HINT: Do not add salt or other acidic flavorings until beans are thoroughly cooked.

Bring beans to a boil 15 min. reduce heat to medium low, simmer until most of the water is absorbed and the legumes are tender making certain the water does not evaporate; if needed add more hot water to the pot. This could take up to 3 hours. Note: We find the longer you soak the less time you spend cooking.

TIPS

To reduce the foam add 1 TBSP of sunflower seed oil.

Each cup of dry beans makes about 2- 2¹/₂ cups of cooked beans.

Storing your cooked legumes is a cinch, just place them in an airtight container or Ziploc bag with all the air pushed out, for up to 3 days in the refrigerator or up to 3 months in the freezer.

How long can you keep dried beans? 6 months to 1 year.

Seasoning Beans/Legumes

Do all your major seasoning 45 min before legumes are to be done cooking. Seasoning too soon can cause the flavors to break down.

- **Chopped onions**
- **Chopped garlic**
- **Bay Leaves**
- **Cumin**
- **Ginger powder or fresh chopped root (to be removed)**
- **Peppers**
- **Parsley**

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- **Oregano**
- **Basil**
- **Rosemary**
- **Garam Masala**
- **Thyme**
- **Sage**
- **Cilantro**
- **Cardamom pods**
- **Curry**
- **Saffron**
- **Paprika**
- **Mint**
- **Marjoram**

After beans are done

- **Sea salt**
- **Tamari**
- **Miso**
- **Tomatoes**
- **Eggplant**
- **Squash**