



ALL ABOUT BEANS

Historically, beans have been a staple in the human diet. Beans are easy to cultivate, store well, and are highly nutritious. Beans, peas, peanuts, and lentils (the edible seeds of legumes) offer 17% to 25% protein. Most beans are low in fat and high in soluble fiber. They are also good sources of carbohydrates, calcium, iron, B vitamins, and niacin.



SELECTION & STORAGE

When shopping for beans, choose those with a smooth surface & vibrant color. Cracked seams & old, wrinkled surfaces indicate stale or dry beans. Organically grown beans have a noticeably richer flavor. Dried beans will keep for years if stored in airtight containers, away from light & heat. However, beans are best used within one year.

FREEZING

Cooked beans freeze well, which can make the effort of cooking a large batch more appealing. Cooking beans may be frozen in a heavy glass or plastic containers for up to two months.

IMPROVING DIGESTIBILITY

Discard water used to soak before cooking the beans. Adding a sea vegetable frond (kombu or wakame) will not only make beans more digestible, but also increase their nutritional value. Add a little acid (lemon or vinegar) toward the end of cooking.



BEANS AND LEGUMES A-Z

- ❖ **Adzuki:** (Aduki) Are native to Japan, and are one of the most digestible beans. Rich in flavor and quick to cook, Adzukis pair well with rice, quinoa, and millet.
- ❖ **Black-eyed Peas:** More closely related to beans than peas, but like peas they do not require presoaking. Popular in Creole and Southern cooking. Try the traditional dish Hoppin' John, composed of black-eyed peas with collards, fresh tomatoes and rice.
- ❖ **Black:** These dark and tasty beans are popular in Cuban, Central and South American cooking. They are versatile, and are great plain or seasoned.
- ❖ **Cannellini:** (Great Northern) These classic white beans have a mild flavor and a creamy texture. Use them whole or in soups and pates.
- ❖ **Fava:** Large, flat brown beans common in Mediterranean cuisine. Great fresh, dried or canned. The strong flavor of fava beans pairs well with Mediterranean-style herbs and tomato-based sauces. If you're using fresh favas, be sure to shell them before cooking. Easy to grow at home in the early spring, favas are a popular cover crop that fixes nitrogen into the soil.
- ❖ **Garbanzo:** (Chickpeas) Versatile and unique, garbanzos are great as a side, in a curry, chilled on salads or processed into hummus or falafel.
- ❖ **Kidney:** A very popular bean across the US. These beans are full flavored and are commonly used in soups and salads. They are also the most frequently used red bean for chili.
- ❖ **Lentils:** Best known for their use in hearty soups and Indian cuisine. All types of lentils are quick cooking and make great soups. Red lentils lend themselves to Indian cooking, green lentils make a good foundation for loaves and burgers, and you can use French lentils to make a dense, elegant and vegetarian pate.
- ❖ **Limas:** Available in large, small and "baby" sizes. Limas have a distinct flavor. Use limas in soups, with fresh corn to make succotash, or with tomatoes and herbs for a simple side dish.
- ❖ **Mung:** Very popular in Asian cuisine. The flavor of mung beans is complemented by curries, chiles, and ginger. Mung bean sprouts are the common 'bean sprouts' used for salads and stir fries.
- ❖ **Pinto:** The bean most commonly used in Southwestern and Mexican cooking. Pintos are large, take well to seasoning, and have a mild, earthy flavor.
- ❖ **Soybeans:** Small round beans native to China. Soybeans have the most protein of any bean, and are most well-known for their use in products such as tofu, miso, soy sauces, soy milk and tempeh.
- ❖ **Split Peas:** Are used primarily in soups and stews. They disintegrate when cooked. Different types may be used interchangeably in soup, stew and dal.



LEGUME COOKING GUIDE

1. It is a good idea to pick through beans by hand while they are dry to remove small pebbles and dirt as well as deformed beans. Always rinse your legumes before and after soaking to remove dirt and impurities.
2. Soak beans in enough water to cover, as indicated, and discard water after soaking. Soaking some legumes reduces cooking time and makes them easier to digest, but in a pinch you can soak beans in heated water for an hour before cooking.
3. Bring water to a boil, and add beans. Cover, resume boil, then reduce heat and simmer for time listed on chart. Times are approximate, so pay attention toward the end of the recommended cooking time.
Note: Salt, fats, oil, and acidic foods such as tomatoes, vinegar, and wine toughen the beans and extend cooking time, so add these after the beans are done. A few drops of light vegetable oil will help reduce excessive frothing.

Variety	Soaking Time	Cooking Time	Yield
Adzuki	no	1 hour	3 cups
Black Turtle	6-8 hours	2 hours	3 cups
Black-eyed Peas	no	2 hours	2.5 cups
Fava	6-8 hours	1.5 hours	2 cups
Garbanzos	8-12 hours	3 hours	3 cups
Kidney, Canellini,	6-8 hours	2 hours	2.75 cups
White Lentils, French	no	45 mins	3 cups
(Brown) Lentils, Green	no	45 mins	3 cups
Lentils, Red	no	40 minutes	3 cups
Lima	8-12 hours	2.5 hours	3 cups
Mung	no	1.5 hours	3 cups
Navy	6-8 hours	2 hours	2.75 cups
Pinto	6-8 hours	2 hours	3.25 cups
Soy	6-8 hours	3 hours	2.75 cups
Split Peas, Green	no	1.25 hours	1.75 cups
Split Peas, Yellow	no	1.25 hours	1.75 cups

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