

Beans - Great Information!

Beans

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

They have been shown to lower cholesterol, fight certain types of cancer, & normalize blood sugar.

Nutrition Notes

Beans are packed with phytochemicals and protease inhibitors that are being studied as anti-cancer agents.

Although a bean's protein is considered +incomplete because it is low in the amino acid methionine, your body will transform it into a high quality, complete protein if you eat grains, seeds, dairy or meat at some point during the same day.

Beans are one of the best sources of soluble fiber, which has been shown to lower serum cholesterol and stabilize blood sugar. Insoluble fiber is also considerable in beans. Beans contain no cholesterol, and are low in fat.*

Rules of Thumb

yield

1 c. of dry = 2 to 2 1/2 c. cooked beans

bean : water

ratio

1 c. beans : 4 c. water

soaked

enough?

Slice a bean in half. If the center is opaque, soak more.

cooked

enough?

A bean is fully cooked when you

The key to happy beans?

One word: *digestibility*. To avoid stomach aches and flatulence. never eat a crunchy bean. Cook beans thoroughly to break down the indigestible compounds present in raw beans. Soaking is also vital to happy digestion ~ it removes much of the indigestible sugar in beans (notice how the beans foam when they soak.)

bean nice to meet you

If beans are new to your diet, introduce them slowly to allow your intestinal bacteria to adjust and make bean digestion more efficient.

a little goes a long way

Don't overdo it when eating beans. A good ratio of beans to grains in a meal is about 1 to 4. For a side dish serve about 1/3 cup.

* (Soybeans are the bean nutrition exception~see soybean entry.)

can mash it with a fork.

buying guide:

Good beans: smooth and bright.
Old bean: cracked seams, dull, wrinkled. The older the bean, the longer the cooking time.

most difficult beans to digest

navy, lima, whole cooked soybeans
easiest beans to digest anasazi, adzuki, black eyed peas, lentils and mung.

How to Prepare Dried Beans

1. sort & rinse

Spread beans out on a clean kitchen towel or in a cake pan and remove shrivelled beans and pebbles. Rinse in cold water. Remove pebbles and floaters.

2. soak

Pressure Cooking Beans: 30% Faster

The times listed are for soaked beans only, unless noted. The ratio indicates the amount of soaked beans to water. Times indicate the duration of cooking at high pressure. If there is a + time listed, this

Beans should be soaked. This is the vital step in bean digestibility (exceptions include short-cook beans: lentils, split peas, mung beans and split garbanzos.) Add water: about 3 inches above beans, or 4-5 cups water per cup beans. Note: in warm weather, soak beans in the fridge to avoid fermentation.

a. short soak/boil method

- Boil beans in water for 3 minutes in a heavy-bottomed pot.
- Cover and set aside for 2 to 4 hours. (Soaking longer doesn't help or hurt.)
- Drain and discard water. Rinse beans. Proceed with cooking. This method reduces hard-to-digest complex sugars by 80%.

b. long soak method

- Soak beans for 8 hours or overnight.
- Drain and discard water. Rinse beans. Proceed with cooking. This method is better than no soaking at all. However, it does not remove the complex sugars as well as the short soak/boil method above.

note: discard soaking water

Soaking water contains the complex starches removed from beans which are responsible for gas and bloating. The soaking water also contains vitamins and minerals ~ however, only seasoned bean eaters will want to use this water

indicates the time for natural pressure release (cooling down off of the heating element.) If there is no + time listed, this indicates to do the quick pressure release method of running the pot under cold water at the end of cooking time. Quick cool down can cause beans to burst. (Times are approximate, and err on the undercooked side.) See more pressure cooking hints.

A hill of beans

Each cup of dried beans makes about 2 to 2 1/2 cups of cooked beans. To save time and energy, start with 3 to 4 cups dried beans, and you'll have the makings for several meals to come: burrito roll-ups, soups and salads will come alive with leftover beans.

Cooked beans store well

Keep them in air-tight containers (such as zip-lock baggies) for up to 5 days in the fridge or in the freezer for up to 6 months.

dry shelf life

to cook the beans. Tip: water your plants with the soaking water.

3. cook beans

Cook beans in fresh water (note above) in a large, covered pot. Use 3-4 cups water for each cup of dry beans. Water should be about 1 inch above the top of beans.

Do not salt or add acidic flavorings until beans are cooked all the way through.

Do add kombu, epazote or spices.

(See seasoning tips on following page.)

Bring beans to a boil for 15 minutes, then reduce to medium-low, and cover. Simmer gently until the water is absorbed and beans are tender, up to 3 hours. Do not boil beans furiously: they will burst and become mushy. Stir often. Make sure the water hasn't evaporated. Add more hot water if necessary. Discard foam that collects on top. A tablespoon of oil will decrease foaming. When cooling beans, keep them in their cooking water ~ it will usually turn into a delicious thick sauce.

6 months~1 year

Store dried beans in airtight glass jars, away from heat.

Baking Your Beans

For each cup of beans boil in 4 1/2 cups water for 20 minutes. Place in a covered dish. Bake at 350° for 3 1/2 hours. Stir in salty or acidic ingredients at the end.

High altitude

If you are above 3,000 feet, add 20-25% more boiling/baking time. Pressure cooking time stays the same.

Bean	Instructions ~ Nutrition ~ Ideas
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Adzuki Bean	
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ratio 1 : 3 1 1/2 hours	
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	No soaking necessary. Simmer 1 cup of beans in 3 cups water.
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	Adzuki are easier to digest than most beans due to a very low fat content. Slightly sweet flavor. Recommended in Oriental traditions for kidneys, and as a diuretic.
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	Drink the cooking water as a tea. Great in Southwestern cuisine, with corn
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<p>Pressure Cook 1 : 2 1/2 ~ 3-5 minutes +10</p>	<p>tortillas. Or add squash cubes and tamari in the last half hour of cooking. Serve with rice or millet. a.k.a. aduki or azuki.</p> <p>1/2 cup cooked;110 Cal; 8 g Protein; 0 g Fat; 20 g Carb.; 0 mg Sodium; 7 g Fiber</p>
<p>Anasazi Bean</p> <p>ratio 1 : 4 1 1/2 hours</p> <p>Pressure Cook 1 : 1 3/4 ~ 2-4 minutes + 10</p>	<p>Soak. Simmer 1 cup beans in 4 cups water. A revived ancient heirloom bean related to the pinto bean but much sweeter. It holds its shape when cooked. Very digestible due to 25% less complex sugars. Mottled burgundy/white markings fade when cooked. Tortilla stuffing: 1 cup cooked beans tossed with chopped onion, minced garlic, 1/4 cup diced green chiles and 1/2 cup crumbled feta.</p> <p>1/2 cup cooked 110 Cal 8 g Protein 0 g Fat 20 g Carb. 0 mg Sodium 7 g Fiber</p>
<p>Black-eyed Peas</p> <p>ratio 1 : 4 1 1/4 hour</p> <p>Pressure Cook 1 : 1 3/4 ~ 2-3 minutes + 10</p>	<p>Soak. Quick-cooking, and a good natural source of selenium. Easily digested. Add tomato, onion and rosemary for flavor. Serve with rice to celebrate New Years (a dish called Hoppin' John). Patty recipe: Mash 1 1/2 cups peas with 1/2 tsp. garlic powder, 1 tsp. salt, 1/4 cup cracker crumbs and 1/4 cup cilantro. Shape into patties and brown in 5 Tbsp. oil over medium heat.</p> <p>1/2 cup cooked 110 Cal 7 g Protein 0 g Fat 18 g Carb. 0 mg Sodium 6 g Fiber</p>
<p>Black Beans</p> <p>ratio 1 : 3 1 1/2 Hours</p> <p>Pressure Cook 1 : 1 3/4 ~ 5-8 minutes +10</p>	<p>Soak. Simmer 1 cup beans in 3 cups water. High in magnesium and fiber. Very low in fat. Rich, earthy flavor balances spicy Latin dishes. The star of much Southwestern cuisine. Cook with garlic, cumin, and epazote. Use for enchiladas, burritos, soups. Top black bean soup with squeezed lemon, parmesan, and a dollop of yogurt. Or for a salad, toss with olive oil, lemon, diced onions, cilantro, and quinoa. a.k.a. black turtle beans</p> <p>1/2 cup cooked 110 Cal 7 g Protein 0 g Fat 20 g Carb. 0 mg Sodium 6 g Fiber</p>
<p>Dal, Dahl</p> <p>ratio 1 1/2 : 3 25-30 minutes</p> <p>Pressure Cook not recommended</p>	<p>Soaking not necessary. Dahl, or Dal, is an Indian word referring to split legumes (usually without hulls) such as lentils, peas and garbanzo beans. Dahl also refers to the dish made from these legumes. Basic dahl: Combine 1 1/2 cups dry dahl, 1 chopped onion, 1 tsp. each chopped ginger and turmeric, 3 c. water. Cover, bring to a boil, reduce heat, simmer 30 minutes. Remove from heat. In ghee or oil, sauté 1 clove garlic and 1 teaspoon mustard seed until it pops and</p>

lightly browns. Add to beans 1/2 tsp. each of cumin, coriander, and cayenne. Let sit 5 minutes before serving. Chana Dahl: garbanzo beans; Moong Dahl: mung bean.

Values vary according to type of bean

Cranberry Bean

ratio 1 : 4

1 1/4 hour

Pressure Cook

1 : 13/4 ~ 5-8 minutes +10

Soak. Simmer 1 cup beans in 3 cups water. A pink bean similar to the pinto bean but more delicate in flavor. Good with aromatic fresh herbs like rosemary. Chop your favorite vegetables, saute in a little olive oil, add garlic and cooked beans. Combine with cooked pasta. Called borlotti beans in Italian, they are often used in rustic soups, and in New England Succotash.

1/2 cup cooked 120 Cal 8 g Protein .25 g Fat 21.5 g Carb. <1 mg Sodium 5 g Fiber

Canellini Beans

ratio 1 : 4

1 1/2 hours

Pressure Cook

1 : 13/4 ~ 5-8 minutes +10

Soak. Simmer 1 cup beans in 3 cups water. Also known as white kidney beans, these taste like the great northern or navy bean but are longer and fatter. Excellent in bean salads, Italian minestrone, soups with tomato, or simply served warm with a splash of olive oil, fresh minced rosemary and a dash of black pepper.

1/2 cup cooked 100 Cal 8.8 g Protein .3 g Fat 22.5 g Carb. <1 mg Sodium 5 g Fiber

Fava Bean

ratio 1 : 4

3 hours

Pressure Cook

1 : 2 ~ 8-14 minutes + 10

Soak. Simmer 1 cup beans in 4 cups water. Huge, substantial beans with tough outer skin. Peel off skins after soaking. Creamy texture; nutty, sweet earthy flavor. Also known as broad beans. Use in soups, marinated in salads or puréed into paté with rosemary, olive oil, garlic, lemon and fresh herbs. Try with blanched cauliflower pieces, vinegar, olive oil, chopped red onion, olive oil and balsamic vinegar.

1/2 cup cooked 93 Cal 7.5 g Protein .3 g Fat 16.7 g Carb. 5 mg Sodium 4.3 g Fiber

Garbanzo Beans

ratio 1 : 4

Soak. Simmer 1 cup beans in 4 cups water. Also referred to as “chickpeas” or “ceci” These round beans keep their unique shape when cooked. Good protein and iron. Use in Middle Eastern, Mediterranean and East Indian

<p>3 hours</p> <p>Pressure Cook</p> <p>1 : 3 ~ 9-14 minutes + 10</p>	<p>Cooking. Purée into hummus with tahini, garlic, lemon juice, sea salt and olive oil. Good in minestrone. Higher in fat (good fat) than most.</p> <p>1/2 cup cooked 130 Cal 7 g Protein 2 g Fat 22 g Carb. 5 mg Sodium 5 g Fiber</p>
<p>Great Northern Beans</p> <p>ratio 1 : 3</p> <p>2 hours</p> <p>Pressure Cook</p> <p>1 : 2 ~ 4-8 minutes + 10</p>	<p>Soak. Simmer 1 cup beans in 3 cups water. After cooking, make a vinaigrette for marinating the beans: mix 4 Tbsp. olive oil and 1 clove crushed garlic. Add 1 tsp. dried basil. 1 tsp. sea salt, 1/2 cup thinly sliced red onion, 1/2 cup sliced red pepper, 1/2 cup sliced green onions and 2 cups cooked beans. Mix well, cover, and refrigerate.</p> <p>1/2 cup cooked 100 Cal 7 g Protein 0 g Fat 19 g Carb. 0 mg Sodium 6 g Fiber</p>
<p>Kidney Beans</p> <p>ratio 1 : 4</p> <p>1 1/2 hours</p> <p>Pressure Cook</p> <p>1 : 2 ~ 5-8 minutes + 10</p>	<p>Soak. Simmer 1 cup beans in 4 cups water. Sweet, subtle flavor cooks well in Southwestern dishes, casseroles, chili, salads, and soups. Retains shape when cooked. Perfect in marinated bean salads. Try this Russian-style dish: cook beans with cinnamon and coriander seeds. Make a pesto of walnuts, fresh cilantro, fresh garlic & 1/4 c. bean cooking liquid. Toss with just-cooked warm beans, a splash of wine vinegar and serve over greens.</p> <p>1/2 cup cooked 110 Cal 8 g Protein 0 g Fat 20 g Carb. 0 mg Sodium 6 g Fiber</p>
<p>Lentils</p> <p>ratio 1 : 2</p> <p>20-45 minutes</p> <p>Pressure Cook unsoaked</p> <p>1 : 2 ~ 4-12 minutes</p>	<p>No soaking required. Quickest cooking legume. Colors range from green/brown, brown, red, coral. Red lentils cook most quickly, and lose shape: use in soup, and paté. Brown and green lentil hold their shape well: use in salads and lentil loafs. French lentils are smaller, and dark green-blue; their distinctly earthy flavor is great in soups and stews. Dahl lentils have had their hulls or skins removed and cook very quickly.</p> <p>Red: 1/2 cup cooked 120 Cal 9 g Protein 0 g Fat 22 g Carb. 15 mg Sodium 6 g Fiber</p> <p>Green: 1/2 cup cooked 110 Cal 9 g Protein 0 g Fat 20 g Carb. 0 mg Sodium 8 g Fiber</p>
<p>Lima Beans</p>	<p>Soak. Simmer 1 cup beans in 4 cups water. Buttery flavor, starchy texture. Great for hearty soups and stews with vegetables. Caution: loose, large</p>

<p>ratio 1 : 4 1 1/2 hours/Large 1 hour/baby</p> <p>Pressure Cook 1 : 2 ~ 1-3 minutes +10</p>	<p>skins can clog pressure cookers. Delicious cooked with aromatic herbs: 1 Tb. chervil, 1/2 Tb. fresh rosemary, 1/2 tsp. sage, onion 1 Tb. canola. Finish with salt and pepper, balsamic vinegar, chopped parsley and tomato. Or combine with fresh corn and green beans for succotash.</p> <p>1/2 cup cooked 108 Cal 7 g Protein .4 g Fat 20 g Carb. 1 mg Sodium 7 g Fiber</p>
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<p>Mung Beans</p> <p>ratio 1 : 4 1 1/4 hours</p> <p>Pressure Cook unsoaked 1 : 3 ~ 10-12 + 10 minutes</p>	<p>Soaking not necessary. A major player in Indian curries and dahls, and in Chinese dishes. Easy to digest. Beans do not hold shape: great in stews pottage or scooped over rice. Leftovers thicken when refrigerated: slice as a paté or for sandwiches. Great sprouted. For Mongo: Cook with onion, garlic and red bell pepper. Serve with chopped arugula, lime juice and salt.</p> <p>1/2 cup cooked 106 Cal 8 g Protein .4 g Fat 20 g Carb. 0 mg Sodium 6 g Fiber</p>
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<p>Navy Beans</p> <p>ratio 1 : 4 2 1/2 hours</p> <p>Pressure Cook 1 : 2 ~ 3-4 minutes + 10</p>	<p>Soak. Simmer 1 cup beans in 4 cups water. Good in soup with kale, olive oil, garlic and parmesan. Marinade with red wine vinegar and olive oil. Mix with chopped onion, peas and olives for summer salads. Boston Baked Beans: combine 3 cups cooked beans with 1 chopped onion, 1 Tbsp. oil, 1/2 cup molasses, 4 Tbsp. shoyu, and 1 Tbsp. mustard. Bake at 325° for 45 minutes.</p> <p>1/2 cup cooked 130 Cal 8 g Protein .4 g Fat 24 g Carb. <1 mg Sodium 8 g Fiber</p>
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<p>Peas, Whole</p> <p>ratio 1 : 3 1 1/2 hours</p> <p>Pressure Cook 1 : 2 ~ 4-6 minutes + 10</p>	<p>Soak. Simmer 1 cup peas in 3 cups water. Dried garden peas. Called soup peas in the U.S., mushy peas in Great Britain. Use in soups and stews. Party/sandwich dip idea: combine 2 cups cooked peas, 1/2 cup tahini, 1 Tbsp. olive oil, 1/3 cup lemon juice, 2 crushed cloves of garlic, 1/2 tsp. sea salt, 1 1/2 tsp. dried mint, and 2-4 Tbsp. water in a food processor.</p> <p>1/2 cup cooked 70 Cal 4 g Protein 4 g Fat 12 g Carb. 1 mg Sodium 2 g Fiber</p>
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<p>Peas, Split Green & Yellow</p> <p>ratio 1 : 2 45 minutes</p>	<p>No soaking necessary. Simmer 1 cup peas in 2 cups water. Creamy texture makes great soup or sauce over grains. A 1 hour pre-soak helps them retain their shape. Yellow are milder than green. For a meatless-smokey flavor in soups, add 1 dried chipotle pepper (stemmed, seeded, & snipped to bits), cumin seeds, garlic and onion while cooking. For Indian style soup, cook with cumin,</p>
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<p>Pressure Cook Unsoaked 1 : 2 ~ 10 minutes</p>	<p>coriander, turmeric, and mustard seeds fried in ghee, and garnish with yogurt and fresh mint. Yellow split peas make a nice soup with ginger and carrots.</p> <p>1/2 cup cooked 120 Cal 8 g Protein 0 g Fat 21 g Carb. 0 mg Sodium 8 g Fiber</p>
<p>Pinto Beans</p> <p>ratio 1 : 4 2 hours</p> <p>Pressure Cook 1 : 3 ~ 1-3 minutes + 10</p>	<p>Soak. Simmer 1 cup beans in 4 cups water. The typical choice for Southwestern dishes. Try cooking with epazote (spice), cumin, oregano, garlic and fresh green chiles, and when beans are soft, season with lime and beer. The choice legume for refried beans: mash cooked beans in a fry pan with olive oil, crushed garlic, black pepper, salt, diced green chile and top with grated jack cheese.</p> <p>1/2 cup cooked 120 Cal 8 g Protein 0 g Fat 21 g Carb. 0 mg Sodium 8 g Fiber</p>
<p>Red Beans</p> <p>ratio 1 : 4 2 hours</p> <p>Pressure Cook 1 : 2 ~ 5-8 minutes + 10</p>	<p>Soak. Simmer 1 cup beans in 4 cups water. Small version of the kidney bean. In New Orleans, served over rice on Mondays to rebalance those who enjoyed the weekend too much. Spicy red beans and rice: combine 2 cups cooked beans, 2 Tbsp. shoyu, 1 tsp. basil and chili powder, 1/2 tsp. cumin, 1/4 tsp. oregano, dash cayenne and 1 minced garlic clove. Simmer 10 minutes. Add 2 chopped tomatoes and 2 Tbsp. olive oil. Simmer another minute. Serve with 3 cups cooked brown rice.</p> <p>1/2 cup cooked 110 Cal 8 g Protein 0 g Fat 20 g Carb. 0 mg Sodium 6 g Fiber</p>
<p>Soybeans Beige or Black</p> <p>ratio 1 : 3 3-4 hours</p> <p>Pressure Cook 1 : 3 ~ 5-8 minutes + 10 (beige) 1 : 3 ~ 16-18 minutes + 10 (black)</p>	<p>Soak in the refrigerator, esp. in summer. Cook at least 3 hours~must be thoroughly cooked. Sweet, nutty flavor, exceptional health benefits. Use with stir-fried vegetables, soups, salads & stews. 2 kinds, beige and black. Add salt to cooking water for black soybeans to keep skins on. The only legume containing 9 essential amino acids, a complete protein. Has high levels of Omega-3 fatty acids, noted for decreasing the risk of stroke and heart attacks. The one bean to contain a higher level of fat (unsaturated~not bad fat) and a bit of cholesterol. Toss cooked beans with tamari, scallions & sesame seeds.</p> <p>1/2 cup cooked 150 Cal 14 g Protein 8 g Fat 9 g Carb. 2 mg Sodium 5 g Fiber</p>
<p>Soybeans,</p>	<p>Already cooked. Excellent nutrition, see above. Eat as a snack, add to trail</p>

Dry-roasted

mixes, sprinkle over salads, or mix in with cookies.

1/2 cup cooked 150 Cal 14 g Protein 8 g Fat 9 g Carb. 2 mg Sodium 5 g Fiber

Seasoning Beans

add while cooking:

Cook from the start with these basic spices, and improvise with the special flavors at right.

Do your major seasoning 30-45 minutes before beans are due to be done. Spicing too early can cause flavors to break down.

- chopped onion & garlic cloves;
- traditional digestive spices: bay leaf, cumin, epazote;
- kombu, a tenderizing sea vegetable available in bulk. (3 inch strip per cup of beans.)

DO NOT add

while cooking:

Beware! add only when beans are soft

Beans: a blank canvas

Bring cooked beans alive with the final flash of flavor from one, two or three of the following:

fresh lemon & grated parmesan

yogurt

fruity olive oil & balsamic vinegar

roasted sesame oil & mirin & shoyu

dry red wine

miso & roasted sesame seeds

umeboshi vinegar or brown rice vinegar

fresh basil fresh cilantro fresh parsley

fresh garlic freshly ground black pepper

The following items will toughen uncooked beans and increase cooking time considerably.

- salt / unrefined sea salt
- miso, tamari and soy sauce
- sugars
- acidic ingredients, including tomatoes, wine, and lemon.

Baking soda?

Many recipes call for baking soda to speed cooking and soften beans by increasing alkalinity. Use it only if you have extremely hard water. Baking soda will produce mushy beans, and deplete minerals.