



Beans

discover. cook. nourish.

Humans eating beans

- Evidence of the use of beans (also called *legumes*) in the human diet dates back to 7000 BC in Mexico
- In Europe and America, beans were thought of as the “poor man’s meat” while in India and Asian countries beans were more highly honored as “king’s food”
- Served as a daily staple throughout most of history, but in modern society beans were replaced with animal protein
- There are 14,000 members of the legume family

Benefits of beans

- Beans are a whole food containing protein, carbohydrate, fat, vitamins, minerals and fiber
- Low in fat
- High in soluble fiber
- 17-25% protein (twice as much as cereals)
- Very inexpensive
- Legumes grow in relatively poor soil and the yield-per-acre is high



Healthy for the body, the pocketbook and the planet!

Examples of beans

Small Beans:

Green or brown lentils

Red lentils

Green or yellow split peas

Black-eyed peas

Mung beans

Adzuki beans

Big Beans:

Chick-peas (garbanzos)

Pinto beans

Black beans

Lima beans

Navy beans

Kidney beans

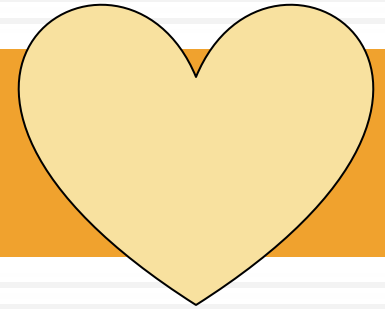
Great northern beans

Swedish brown beans

Cannellini beans



The perfect couple



Whole Grains + Beans



What one lacks the other one has.

Why do beans cause flatulence?

- ❖ *Oligosaccharides* in beans are responsible for producing gas when beans are eaten
- ❖ Oligosaccharides are not able to be digested by human digestive enzymes in the stomach and small intestine
- ❖ The oligosaccharides move to the lower intestine (colon) where they are digested by the large bacterial population that lives there. Gut bacteria love oligosaccharides and literally eat them for lunch. In the process, various gases, primarily carbon dioxide, are produced as waste products
- ❖ Other seeds contain oligosaccharides; however, legumes rank high in content

How to reduce flatulence

1. Soak beans overnight and discard soaking water
2. Cook beans with other digestion-enhancing herbs
3. Cook beans with small piece of kombu seaweed
4. Let beans cook slowly for a long period of time
5. Parboil beans as a pretreatment (skim off foam)
6. Eat small amounts frequently to allow the body to get used to digesting them
7. Marinate while still warm
8. Improve your overall digestion



**Sort
Soak
Skim**

Shopping for beans

Beans should appear colorful and shiny.
As they age, they fade and become dull.
Older beans are still viable but lose flavor
and take longer to cook.



Storing beans



Dry beans can be stored in an airtight container in a cool dark place where they will keep for several months

Cooking beans

- ❖ Soak first
- ❖ Cook “low and slow”
- ❖ Tender beans will mash easily on the roof of the mouth

