

# THE BEAUTY OF BEANS

## Colorful, healthful, flavorful

**S**ome say a bean is just a bean. Not so! The humble bean comes in a splashy array of rainbow colors. Varying in shapes, textures, and flavors, beans can add interest to any meal. Try one or two varieties in this stew.

**Cranberry:** Cranberry beans are mottled like pinto beans, but the markings are pink. Use them in soups, such as minestrone, or in casseroles.

**Flageolet (fla-zhoh-LAY):** Not so ordinary are these French kidney beans ranging in color from pale green to creamy white. Try them in a bean salad with a lemon-and-oil dressing.

**Cannellini:** You've most likely tasted this white kidney bean in minestrone soup or other Italian dishes. Delicious in soup, cannellini beans are available canned as well as dried.

**Scarlet runner:** These beans are showstoppers with their lavender and purple markings. Serve them in a bean salad or in a broth-based soup.

**Appaloosa:** Spotted all over with tan and brown markings, these beans have a delightful roasted flavor. Mash them for a bean dip or use them in soups and stews.

**Christmas lima:** This beautiful, kidney-shaped bean has a chestnutlike flavor when cooked. Showcase it in a salad or side dish.

To order these beauty beans, call 800/424-8881.

### BASIC COOKING DIRECTIONS

Use any type of bean in soups or stews. Or, cook the beans and stir them into salads and casseroles.

**To soak beans before cooking,** rinse them well. In a large kettle combine beans and enough water to cover. Bring to boiling; reduce heat and simmer 2 minutes. Remove from heat; cover and let stand 1 hour. (Or, in a large kettle soak dried beans, covered, in water overnight.) Drain and rinse.



Try any type of dried bean in this hearty, peanut-flavored stew.

**To cook beans,** in the same kettle combine beans and liquid called for in recipe or enough water to cover. Bring to boiling; reduce heat. Cover; simmer till tender. Begin checking for doneness after 20 minutes of cooking (press a bean between your thumb and forefinger; if there is a hard core, cook beans a little longer and test again).

### PEANUTTY BEEF AND BEAN STEW

To save about 150 mg sodium per serving, use lower-sodium broth—

- 1½ cups dried beans
- 4½ cups chicken or beef broth
- ½ lb. beef stew meat, cut into 1-inch cubes
- 2 medium carrots, sliced (1 cup)
- 2 stalks celery, sliced (1 cup)
- ½ cup chopped onion
- 1 tsp. dried basil, crushed
- ½ tsp. ground coriander
- ¼ cup peanut butter

Soak beans as directed. Drain and rinse. Add broth to beans; bring to boiling. Add meat. Reduce heat. Simmer, covered, till beans are nearly tender (see cooking directions). Add carrots, celery, onion, basil, and coriander. Cover; simmer for 30 minutes or till vegetables and beans are tender. Skim off fat. For a thicker stew, mash beans slightly with a spoon.

Place peanut butter in a bowl. Stir in about ½ cup of the cooking liquid; stir into stew mixture. Heat through. Makes 4 main-dish servings.

**Nutrition information per serving:** 519 cal., 15 g fat, 41 mg chol., 41 g pro., 57 g carbo., 8 g fiber, 1,030 mg sodium. RDA: 14% calcium, 59% iron.

## LEGUMES (dried beans and peas)

Although legumes lack some of the eight essential amino acids, when eaten with grains, dairy products or nuts and seeds, the food combination provides a complete meatless protein.

LEGUME COOKING TABLE

<u>LEGUMES (1 c. dry)</u>	<u>Minimum</u> <u>Am't Water</u>	<u>Approx. Min.</u> <u>Cooking</u> <u>Time</u>	<u>Approx. Yield</u>
Black Beans	4 c.	90-120	2 to 2½ c.
Black-eyed Peas	3 c.	90-120	2 to 2½ c.
Garbanzos (chickpeas)	4 c.	180	2 to 2½ c.
Great Northern Beans	3½ c.	120	2 to 2½ c.
Kidney Beans	3 c.	120-150	2 c.
Lentils (no soaking necessary)	3 c.	30-45	2½ c.
Lima Beans	2 c.	120	1½ to 1¾ c.
Pinto Beans	3 c.	120-150	2 to 2½ c.
Navy Beans and other small white beans	3 c.	60-90	2 c.
Soybeans	4 c.	180 +	2 c.
Soy Grits	2 c.	15	2 c.
Split Peas (no soaking necessary)	3 c.	45	2½ c.

### HINTS FOR COOKING LEGUMES

\*Presoaking (except lentils and split peas): Method 1 - Rinse and pick over every legume. Soak each cup of legumes in 3 to 4 c. water for 8 hours, or Method 2 - Bring beans and water to a boil. Cook for 2 minutes. Remove from heat. Let stand for at least 1 hour. (In warm weather, refrigerate beans while soaking, to avoid fermentation.)

\*Cooking: Add to water 1 T. oil. Bring water and legumes to a boil. Reduce heat and simmer for time listed in table above. Check occasionally while cooking to add more water as legumes cook, always keeping the level of water covering the legumes.

\*Testing for doneness: For salads and casseroles, legumes should be firmer than for recipes calling for mashed beans. Legumes are done when your tongue will easily mash a legume against the roof of your mouth.

\*Freezing: To save time and energy, cook double batches of legumes. Freeze them and some of their cooking water in airtight containers. To thaw, set container in hot water or put frozen legumes in hot soup or stew.

\*Refried beans: In a hot, oiled skillet, mash and stir cooked beans and a little of their liquid.

## SPROUTS

A sprout is a newly germinated seed, bean, or grain. Depending on the kind of dried seed, the vitamins, minerals, amino acids and protein can increase 2½ to 60 times when the seed is sprouted! Soybeans for example show a 500% increase in vitamins after 3 days sprouting time! One cup, raw is a mere 48 calories, providing 6.5 grams of protein. (A large egg has about 82 calories to the same amount of protein and has the cholesterol that sprouts do not.)

### BASIC STEPS:

- \* Pick out broken seeds as they tend to mold instead of sprout.
- \* Soak 1 T. of seeds or ½ c. of beans in 1 quart warm water overnight. Be sure they have not been chemically treated.
- \* Drain completely and rinse seed in warm water and drain completely again or they will ferment.
- \* Place in quart jar covered with wire mesh (nylons or cheese-cloth also work) and store upside down in dark warm cupboard.
- \* Continue rinsing seeds at least 2 - 3 times a day, always draining well before returning to dark cupboard.
- \* When sprouts are desired length (1 to 4 days) rinse well, place in sun for a few hours to turn green (enhances vitamin C and chlorophyll content) before refrigerating. Store the mature sprouts, in a loosely tied plastic bag in the refrigerator for up to a week. If you think of it, rinse them every day or two to prolong their freshness.
- \* Sprouts should be eaten within a couple of days after refrigerating. Larger sprouts should not be eaten raw, but rather steamed 10 minutes first.

These little morsels are versatile. They add a delightful, delicate crunch to sandwiches and salads. Try them in tuna or egg salad mixtures. They are wonderful added to pilaf, stir-fries, soups and stews in the last few moments of cooking time. If using in bread, put sprouts in as late as possible as the sprout enzymes inhibit yeast activity and may prevent the bread from rising. Wheat, rye or oat sprouts are best in bread.

### CAUTIONS:

- \* Avoid oversprouting. Some seed develop a peculiar taste if oversprouted.
- \* Avoid oversoaking or leaving too much water in the vessel - will mold and/or rot.
- \* Avoid keeping sprouts at too low a temperature - causing spoilage or too high a temperature - causing sourness
- \* Alfalfa seeds need only be soaked 10-15 minutes instead of overnight.
- \* Do not sprout tomato or potato seeds - they are POISONOUS.

## SPROUTING CHART

### SEEDS SPROUTING IN 2 DAYS

Rye	½ cup per quart
Wheat	½ cup per quart
Beans	½ cup per quart
Rice	½ cup per quart
Oats	½ cup per quart

### SEEDS SPROUTING IN 3 - 5 DAYS

Radish	2 T. per quart
Lentils	½ cup per quart
Mung bean	½ cup per quart
Garbanzo	½ cup per quart
Barley	½ cup per quart
Alfalfa	1 T. per quart