



BEANS & LEGUMES

Legumes are plants with seeds that grow in pods. Beans, lentils, peas and peanuts are all legumes. Beans are oval or kidney shaped, while peas are round and lentils are disk shaped.

Azuki

Also known as Adzuki or Azuki, this small burgundy Japanese bean is very low in fat, creamy, mildly sweet and one of the most digestible beans. Also good for the kidneys, it is excellent with rice, millet, winter squash and Southwestern, Latin and Asian dishes.

Black

Also known as turtle beans, these small round purple-black beans are an Asian and Latin staple. Black beans are low in fat and high in magnesium and fiber. They have a slightly sweet, earthy flavor. Use in soups, salads, chili, burritos and enchiladas.

Black-Eyed Peas

This small, creamy-white legume is quick cooking and easily digested with a sweet, nutty flavor. It is a good source of selenium and absorbs flavors well. Traditional in Southern cooking, it is good in casseroles and soups.

Cannellini

These white kidney beans are smooth and nutty to the taste. Add to minestrone, bean salads, and soups. Popular in Italian, French and Greek cuisine.

Chickpeas

Also known as garbanzos, these tan, round robust beans are excellent for stews, soups, and especially the traditional Middle Eastern dip hummus. They are commonly found in East Indian and Mediterranean cuisine.

Fava

Also known as broad beans, these huge, flat Mediterranean beans have a tough outer skin (peel after soaking) and are creamy with a subtle nutty taste. Good in soups, salads and patés.

Great Northern

This medium sized white bean is common in Southern cooking. Use in baked dishes as well as soups, stews and casseroles.

Kidney

This kidney-shaped deep red bean is rich and sweet. Most often used in Latin and Southwestern dishes, especially chili. Great in marinated bean salads and minestrone.

Lentils

Most common in East Indian cuisine, this small, disk-shaped legume is quick-cooking. The brown/green variety has a hearty flavor and goes well in salads, casseroles and soups. Red lentils are excellent in curries, soups and spreads.

Lima, Butter Beans

Buttery flavored and starchy, these large or small flat white beans are good for hearty soups, stews and are especially delicious with corn and aromatic herbs.

Navy

Also known as yankee beans, these small cream-colored beans are ideal for baked beans. Good in soups, salads, casseroles and purées.

Peas

Available in green or yellow (milder, nuttier flavor), these small, sweet peas can be used either whole or split. Split peas are excellent for purées and making rich, thick soups.

Pinto

Traditionally used for refried beans, these splotched light pink beans have an earthy, full bodied flavor. Great for chilies, soups, salads and patés.

Red

These small kidney beans are a staple of Mexican cooking and are great with rice.

Soy beans

These sweet, nutty beans are the only bean with complete protein, containing all 8 essential amino acids. Use in stir-fries, soups, salads and stews.

BUYING AND STORAGE TIPS:

Choose legumes that have smooth surfaces and a vibrant look. Avoid buying beans with too many splits, cracks or discolorations.

Store in an airtight container in a cool dry place out of direct sunlight. Use within 6 months.

Cooked legumes can be stored for up to 5 days in the refrigerator or 6 months in the freezer.

NUTRITION FACTS:

High in protein and fiber, beans are a great source of calcium, potassium, folic acid, iron and several B-vitamins.

One ½ cup serving of beans, peas or lentils provides about 8g of protein and 8g of fiber.

Due to the high content of soluble fiber, beans may help reduce blood cholesterol, control blood sugar, decrease blood pressure and aid digestion and metabolism.

COOKING BASICS:

Beans may be cooked with onion, garlic, digestive spices (bay leaf, cumin, epazote) and the sea vegetable kombu, although all you really need for tasty beans is salt. For best flavor, save the majority of spicing until 30 minutes before beans are done.

Don't add salt (including miso, tamari, or shoyu), sweeteners or acidic ingredients (including tomatoes, vinegar, wine and lemon) until beans are soft.

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BEANS & LEGUMES

BEAN 1 cup dry	WATER cups	STOVETOP (minutes at high pressure)		PRESSURE COOKER (minutes at high pressure)	
		soaked	unsoaked	soaked	unsoaked
ADUKI	3	45-50	60-90	5-9	15-20
BLACK (TURTLE)	3-4	45-60	60-90	4-6	20-25
BLACK EYED PEAS	3-4	45	60-90	3-5	6-7
CANNELINI	4	90	90-120	6-8	25-30
CHICKPEAS	4	120-180	135-210	13-15	35-40
FAVA (BROAD)	4	45-60	60-90	10-12	25-30
GREAT NORTHERN	3-3.5	45-75	60-120	6-8	25-30
KIDNEY	4	45-60	60-90	10-12	25-30
LENTILS					
Red	2-3		15-30	unnecessary	1-2
Green/Brown	2-3			unnecessary	8-12
LIMA	2.5-4	60-75	75-90	5-7	12-15
MUNG	4	45-75	60-90	unnecessary	6-8
NAVY (Pea)	3-4	45-75	60-90	6-8	18-20
PEAS					
Split	2		25-45	unnecessary	1-2
Whole	3		40-60	unnecessary	1-2
PINTO	3-4	75-120	90-130	7-10	20-25
RED	4	45	60	5-8	22-25
SOYBEANS	3-4	15-120	180-210	20-22	35-40

TO SOAK OR NOT TO SOAK?

This is controversial. Some say it's not worth it to soak beans because it only minimally reduces cooking time, and the flavor may be compromised. Others say soaking is worth the effort because it enhances the digestibility and the nutrient absorption of the beans.

To soak, add enough water to your beans to cover by 2 inches and soak for eight hours or up to 24 hours. You may add a teaspoon of vinegar, salt or lemon juice to help neutralize the enzyme inhibitors (phytates). Once soaked, discard the soaking water and rinse your beans.

Quick soak method: cover beans in enough water to cover by 2 inches. Bring to a boil and let boil for one minute and remove from heat. Cover with a lid and let soak for one hour. Drain, rinse and cook as directed.

Sources:
How to Cook Everything, Mark Bittman
Joy of Cooking, Irma S. Rombauer
On Food and Cooking, Harold McGee
USDA Western Research Lab, Gregory Gray
Nourishing Traditions, Sally Fallon

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COOKING TIPS:

- 1) Start checking beans after the lower amount of time on the chart and then continue checking every 10-15 minutes until desired texture is achieved.
- 2) Taste five beans at a time to make sure they are all the right texture.
- 3) Make sure the beans are always covered with water.

*The age of the beans, storage method, when salt is added and altitude will all affect the cooking time of the beans.