



# Legumes & Pulses

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# How to Cook Dry Beans

Bean (1 Cup)	Water (Cups)	Stovetop Cook Time (Hours)
Black	4	1 ½
Black-eyed peas	3	1
Garbanzo	4	3
Great northern/Cannellini/Navy	3 ½	2
Kidney	3	1 ½
Lentils	3	15 minutes
Pinto	3	2 ½
Peas	3	45 min

1. Lay beans on a table and sort beans to remove any rocks or shriveled beans. Sort into a colander.
2. Rinse with water.
3. Soak in large bowl with plenty of water for min 5 hrs or overnight (no refrigeration needed)
4. Drain the soaking water and rinse again. Transfer to a large pot of lightly salted water, cover, and bring to a boil.
5. Boil for 90 minutes to 3 hours (see chart) depending on the type of bean. Add water as needed if dry.
6. Let beans finish cooking to desired tenderness.



# Be safe, cook it properly!

Beans (and grains) have a natural lectin compound called phytohemagglutinin (pronounce PHYTO-HEMA- GLUTIN-IN)

– a protein that binds to carbohydrates, it causes red blood cells to clump together.

It is the highest in red kidney beans, cannellini, and in smaller amounts in other beans

It is deactivated by soaking beans for 5 hours, then boiling beans in fresh water (212F) for at least 30 minutes.

While you can pressure cook beans for 45 minutes without presoaking,

**DO NOT SLOW COOK YOUR RAW BEANS!**

Poisoning can occur after eating just a few raw beans – nausea, vomiting, diarrhea; Recovery typically within 3 hours from ingestion





# Recipes for Legumes

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From [MayoClinic.org](https://www.mayoclinic.org)



- Substitute for veggies and beans you prefer
- Squeeze 1/2 a lime, lemon, or orange into the broth for a zing



# Minestrone Soup

## Ingredients

- 1 tablespoon olive oil
- 1/2 cup chopped onion
- 1/3 cup chopped celery
- 1 carrot, diced
- 1 garlic clove, minced
- 4 cups fat-free, unsalted chicken broth
- 2 large tomatoes, seeded and chopped
- 1/2 cup chopped spinach
- 1.5 to 2 cups cooked chickpeas or red kidney beans, liquid drained
- 1/2 cup uncooked whole-grain small shell pasta
- 1 small zucchini, diced
- 2 tablespoons fresh basil, chopped

## Directions

- In a large saucepan, heat the olive oil over medium heat. Add the onion, celery and carrots and sauté until softened, about 5 minutes.
- Add garlic and continue cooking for another minute. Stir in broth, tomatoes, spinach, beans and pasta. Bring to a boil over high heat. Reduce heat and simmer for 10 minutes. Add zucchini. Cover and cook for 5 minutes more.
- Remove from heat and stir in the basil. Ladle into individual bowls and serve immediately.



- Substitute for any bean you prefer



# Bean Dip

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## Ingredients


- 1.5 cup white beans\*, liquid drained
- 8 garlic cloves, roasted
- 2 tablespoons olive oil
- 2 tablespoons lemon juice

\*Any bean of your preference works just as well

## Directions

- In a blender, food processor, or potato masher add the beans, roasted garlic, olive oil and lemon juice. Blend or mash until smooth. Serve with pita triangles. This is also excellent placed on top of red (sweet) bell peppers cut into squares.





# Nuts

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# Almond Flour Pancakes

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- 1 cup almond flour
- 1/4 cup water
- 2 eggs
- 1 Tbsp maple/monk fruit syrup
- 1/2 tsp baking powder
- Oil for frying
- Yield: 4 pancakes
- Whisk together all ingredients and drop batter by large spoonful's onto pan or griddle. Flip to cook on both sides.





# Seeds

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# Chia Seed Pudding

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## Ingredients

- 2 tbsp chia seeds
- 1/2 cup milk or milk alternative
- 1 tsp (optional) maple syrup or other sweetener
- 1/2 tsp (optional) vanilla extract
- 1 tbsp (optional) cocoa powder
- Optional toppings: Berries, mango, pineapple, apricots, kiwi, fruit puree, nut butters, dried fruit, cocoa nibs, candied ginger, nuts and seeds, spices

## Directions

- Add the chia seeds and milk to a small glass jar and stir together.
- Let the chia seeds sit for 15 minutes (they should start to thicken and gel), then stir again.
- Add your favorite fruit and toppings, then secure with a lid.
- Place the chia pudding in the refrigerator or freezer.



Thank You

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