

Looking to add more high-quality, plant-based protein into your diet? Try some beans! These tasty seeds and legumes are loaded with iron, B vitamins, and soluble fiber that may help to lower or maintain your blood cholesterol.



How to cook with beans

1. Rinse.
2. Soak for 6 hours or overnight.
3. Drain and rinse the beans.
4. Place the beans in a heavy pot and add 3 to 4 cups of water.
5. Bring to a full boil and skim off the foam.
6. Add flavor! Bay leaves or garlic cloves taste great and also add digestibility.
7. Cover, and let simmer.
8. Check beans 30 minutes before the minimum cooking time.
9. Add 1 teaspoon of unrefined sea salt 10 minutes before the end of cooking time.
9. Beans should be tender and soft to squeeze when finished.

Cooking times per 1 cup of dry beans			
Black	60-90 minutes	Lentils	30-45 minutes
Black-eyed peas	60 minutes	Lima beans	60-90 minutes
Cannellini	90-120 minutes	Navy	60-90 minutes
Chickpeas (garbanzos)	120-180 minutes	Pinto	90 minutes
Kidney	60-90 minutes	Split peas	45-60 minutes

How to make digestion easier

Gas and upset stomachs are a common side-effect of bean consumption. To reduce your chances of these effects, try these suggestions:

- Soak beans for several days.
- Use a pressure cooker.
- Chew beans thoroughly.
- Avoid feeding legumes to children under 18 months.
- Experiment with different sizes of beans.
 - Smaller beans like lentils and peas digest most easily. Soybeans and black soybeans are often most difficult to digest.
- Season with a digestive aid, such as sea salt.
- Add fennel or cumin to help prevent gas.
- Use apple cider vinegar or white wine vinegar to soften the beans and make them more digestible.
- Take enzymes with your meal.

"Cure Cancer Foundation." *Health Benefits of Beans and Their Healing Power*. N.p. <<https://www.cancer.org/food-for-life/health-benefits-of-beans-and-their-healing-power/>>.

"Veg Kitchen." *How Does Apple Cider Vinegar Help You Lose Weight?*. N.p. <<http://www.vegkitchen.com/tips/healthy-eating-tips-tips/how-does-apple-cider-vinegar-work-to-help-you-lose-weight/>>.

"Enzyme Stuff." *Which Enzymes to Use with Which Foods*. N.p. <<http://www.enzymestuff.com/basicswhichenzyme.htm>>.