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# TIPS FOR NATIONAL BEAN DAY!

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## Beans

PROTEIN POWER FOOD

*Happy National Bean Day!*

# FIRST, THE BEAN FACTS

### **Nutrition:**

For plant-based lifestyles, beans are one of the primary ways to get fiber and protein. A half cup of beans will give you approximately 15 grams of protein and 5 grams of fiber.

### **What else do you need to know about beans?**

First There are hundreds of varieties of beans. For fun, visit:  
<https://www.ranchogordo.com/collections/heirloom-beans>  
<https://www.zursunbeans.com/beans/>  
<https://www.amazon.com/heirloom-beans/s?k=heirloom+beans>  
<https://purcellmountainfarms.com/collections/beans>

My faves are flageolet, Anasazi, and cannellini beans. Least favorite? Pigeon beans.

### **Canned beans**

I almost always use drained and rinsed canned beans. If they are white beans (garbanzo, cannellini, Northern) I drain and save the aquafaba (that is the canned gooey stuff) and freeze it for other uses. You can use it to thicken your beans or use to thicken a soup or sauce instead of using a roux (flour and oil). I have made brioche and a fabulous sponge cake for fresh fruit. Google "things to do with aquafaba" and it is very interesting. Who knew?

### **Dried beans:**

Soak them overnight in salt water. (I have studied this – salt does not make them hard). Rinse. Put in your Instant Pot and cover with water so there is at least one inch above the bean line. Then depending on the bean, use the "Bean" option and cook for 20 minutes. Err on the side of under cooking. You can always add more time but you can't put the skin back on a bean once it is blown off. I use the low pressure setting. You can always add more time, but again, once you over cook beans to mush, **it's hard to resurrect them.**

If they are still a little *al dente* (hard to the teeth), cover and cook on the saute mode on low for another 15-20 minutes. I honestly wasn't sure about my Instant Pot at first, but now I use it for beans to speed up the process. You can cook beans for the next day while you watch Netflix or shower or go for a short walk. Aim for beautiful, whole beans. Pressure cooked beans (which is what an IP primarily is), does make better beans than canned beans. It is what it is.



## How to Create a Fantastic Bean Dish

Beans have color. Think of that before you put them in a dish.

If you want the final product brown or gray, use pintos or black-eyed peas. If you are using potatoes or want a lighter color finished product, use cannellini, Great Northern, cream peas, or similar. For a touch of contrast, chose black beans, or for a real pop of color, use soybeans. Lima beans are great mashed with thyme, lemon juice, and garlic and give a nice hint of green to a dish.

To help a dish with already cooked beans, start with sautéing onions and garlic as a base. It always helps.

**Quick tip to speed up onion prep:** Slice or chop your onions.

Put in a microwave bowl with a small amount of oil and salt. Cover with a paper towel and microwave for two minutes. This will save you several minutes of sautéing if you are on a time budget.

### **Things to have on hand to make beans more interesting and to add umami when you aren't using beef:**

Porcini mushroom powder or similar

Marmite

Soy Sauce (smoked soy is even better!)

Maggi

Kitchen Bouquet

Worcestershire sauce

Tomato paste or sun-dried tomatoes

Any kind of canned or boxed broth – veg, chicken or beef. I use Better Than Bouillon vegetable

concentrate in a jar.



There are over 40,000  
bean varieties in the  
world



# How to Create a Fantastic Bean Dish

## Part 2

### Toppings

Nutritional yeast

Nuts

Seeds

Grains

Herbs

Dried Fruit

Easy to cook farro

Boil in Bag brown rice

Any of the whole grain mixtures in the freezer or rice section that have quinoa, rice, millet, etc.

There are so many now to choose from - including store brands!

### Quick recipe to make beans more nutritious and interesting:

½ cup nutritional yeast

1 tbsp spice mix of your choice (just get started with Cajun, Tex Mex, or Italian spice blend)

2 tbsp toasted sesame seeds

2 tbsp toasted sunflower seeds

Shake up and keep on hand in a air-tight jar

Sprinkle a couple of tablespoons on your bean dish. Mix your beans with

2 tbsp and some grains for a heartier side dish or main dish with a salad. Experiment.

**Mash or Puree Them:** Remember beans are the primary ingredient in hummus and bean dip. Experiment with mashing with other vegetables. Cannellini beans and potatoes are my favorite!





## Your Spice Cheat-sheet

Almost every cuisine has a bean!

A reminder, your spice shop is your new best friend!

Cuisine	Herbs/Aromatics	Spices	Nuts	Seeds/other
Italian/Sicilian/Sardinian <i>Chickpeas</i> <i>Cannellini</i> <i>Flageolet</i> <i>Flat beans</i>	Basil, fennel, garlic, leek, onion marjoram, oregano, parsley, rosemary, sage, thyme	Chile, black pepper, white pepper	Almonds, hazelnuts, pine nuts	truffle
Thai <i>Soybeans</i>	Basil, cilantro, galangal, ginger, kaffir lime, lemongrass, mint, tamarind	Chile, coriander, cumin, turmeric, curry	Cashew, almond, peanut	Sesame
Mexican, Central America and Spanish <i>Chickpeas, black, pinto, anasazi</i>	Cilantro, garlic, onion, parsley, saffron	Chile, cinnamon, coriander, cumin, paprika	Almonds	Sesame, pumpkin, sunflower
Moroccan/African <i>Red beans and black-eyed peas</i> <i>White beans</i> <i>Fava beans</i>	Chive, cilantro, garlic, ginger, mint, onion, saffron, sage, rose	Cardamom, clove, cinnamon, coriander, cumin, fenugreek	Almonds	Sesame
Japanese and Chinese <i>soybeans</i>	Basil, garlic, ginger, miso, scallion, vinegar, wasabi	Chili, cardamom, coriander, star anise,	Peanuts, almonds, cashews	Sesame, seaweed
Turkish and Greek <i>Cranberry beans and black-eyed peas</i>	Cilantro, dill, garlic, marjoram, mint, onion, oregano, parsley, saffron, thyme	Anise, cinnamon, chili, fenugreek, sesame, sumac,	Almonds, pistachios, walnuts	Sesame, pine nuts, almonds, cashews
Indian <i>chickpeas</i>	Cilantro, fennel seed, ginger, garlic, mint, onion, saffron	Anise, black pepper, cardamom, chili, cinnamon, clove, cumin, curry, garam masala, fenugreek, mustard, rose, tamarind, turmeric	Almonds, peanuts, pistachios, cashews	Sesame
Other: Lima beans, broad beans, Soldier, cranberry, etc. etc.				



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## More Healthy Eating Helpful Tips and Tools

**Easy red bean recipe:** This quick recipe is a riff off of the cabbage soup heart diet from the 1970s and 80s. We prefer to use Gardein's or Morningstar's meat crumbles and Eat Smart's Sweet Kale Salad mix. You can eat on it for days.

Saute a chopped onion and 2-3 garlic cloves on a wee bit of oil.

Add a can of Rotel, a tbsp of A1 (yes A1), a tbsp of Worcestershire sauce, a tsp or so of cumin, 2-3 cups of cabbage or kale mix of your choice, 2 cups of veg broth, and one can of drained and rinsed red beans. Let it simmer for 20 -30 minutes until cabbage has wilted. Add the meat substitute about 10 minutes before serving. This soup is nice served over a bed of grain.

More links to recipes below:

These [black bean cupcakes](#) are so good, you don't need to frost them!

[Chanterelle Bean Barley Soup](#)

[Chickpea Berbere Tomato Soup](#)

[14 day Plant-based Test Drive](#)



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