

# Beans



**YOUR PATH TO WELLNESS**

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Health Counseling



# Recipes

## Beans

### **Basic Aduki Beans**

*Prep Time: 10 minutes*

*Cooking Time: 70 minutes*

*Yield: 4 servings*

#### **Ingredients:**

- 1 cup aduki beans
- 5-inch piece kombu
- 4 cups water
- 2 bay leaves
- 1 teaspoon sea salt

#### **Directions:**

1. Wash beans.
2. Place kombu and aduki beans in a pot.
3. Cover with water at 2 inches above the level of the beans.
4. Bring water to boil.
5. Add bay leaves.
6. Cover and simmer for 1 hour.
7. Check periodically, adding extra water if necessary so beans do not dry out or stick to pot.
8. Allow beans to cook until they are soft enough for your taste. Add salt.
9. Drain excess water if necessary.

#### **Note:**

To check for softness, take a couple of beans out from your pot and squeeze them between your thumb and pointer finger. If beans press easily, they are finished. If they feel hard in the middle, they need more time.



# Recipes

## Beans

### **Basic Chickpeas in a Pressure Cooker**

*Prep Time: 5 minutes*

*Cooking Time: 60 minutes*

*Yield: 4 servings*

#### **Ingredients:**

1 cup chickpeas  
2 cups water  
5-inch piece kombu  
Pinch of sea salt

#### **Directions:**

1. Wash beans.
2. Place them in pressure cooker with water and kombu and cover.
3. Bring to pressure.
4. Reduce heat and cook for 1 hour.

#### **Note:**

You can make delicious salads by adding chopped vegetables, sea vegetables (hijiki, arame), onions, scallion, fresh rosemary, sage and a little olive oil.



# Recipes

## Beans

### **Black Bean Blast**

*Prep Time: 5 minutes*

*Cooking Time: 60 minutes*

*Yield: 4 servings*

#### **Ingredients:**

4 cups black beans, cooked  
2 tablespoons cinnamon  
2 teaspoons cumin  
1 onion, diced  
2-3 cloves garlic, minced  
1 tablespoon olive oil  
1 bell pepper, chopped  
1 teaspoon salt  
Pinch of cayenne  
1 lime  
1/2 cup cilantro, chopped

#### **Directions:**

1. Wash and soak 2 cups of dried beans the night before. Rinse off soaking water, place into pot with 3½ cups of water and bring to a boil. Add cinnamon and cumin.
2. Cover and cook for 1 hour.
3. If you use canned black beans, empty into pot, mix with cinnamon and cumin, keeping about 1 cup of liquid from the can. Cover and cook on medium for about 10 minutes.
4. In a pan, sauté onions and garlic with oil.
5. Mix beans with sautéed onions, raw peppers, a pinch of cayenne and salt.
6. Garnish with cilantro and a wedge of lime.



# Recipes

## Beans

### **Black-Eyed Pea Salad**

*Prep Time: 10 minutes*

*Bean Soaking Time: 4-8 hours*

*Cooking Time: 40-70 minutes*

*Yield: 6 servings*

#### **Ingredients:**

- 1 cup black-eyed peas
- 3 cups water
- 1 tablespoon whole grain mustard
- Juice of 1 lime
- 1 tablespoon apple cider vinegar
- 1/2 teaspoon sea salt or more to taste
- 1/4 cup olive oil
- 1/4 cup sun-dried tomatoes
- 1/2 bunch parsley

#### **Directions:**

1. Rinse and drain beans.
2. Add beans and water into a pressure cooker and bring to pressure. Cook for 30 minutes.
3. If cooking in a pot, bring to a boil, lower to a simmer, and cook until soft for about 1 hour.
4. Drain beans.
5. The dressing: whisk together mustard, lime juice, vinegar, salt and oil in a bowl.
6. In a large bowl combine beans, sun-dried tomatoes and parsley.
7. Pour dressing over salad and mix well.



# Recipes

## Beans

### Coconut Adzuki Beans

*Prep Time: 10 minutes*

*Cooking Time: 40 minutes*

*Yield: 4-6 servings*

**Ingredients:**

- 1 cup dried adzuki beans (soaking overnight recommended but not required)
- 1 3-inch piece of kombu
- 1 pound butternut squash, peeled and diced
- 1 can coconut milk
- 1 hot pepper
- 2 purple onions, finely diced
- 1 clove garlic, minced
- 2 tablespoons of olive oil

**Directions:**

1. Cover the adzuki beans in plenty of water with the kombu and bring to a boil; simmer uncovered for 30 minutes or until soft.
2. In a separate pot, stir fry onions, garlic and squash for 3-5 minutes.
3. Add coconut milk, whole pepper and drained adzuki beans. Then cover and cook for 20 minutes.
4. Remove the hot pepper before serving.



# Recipes

## Beans

### **Hummus**

*Prep Time: 15 minutes*

*Cooking Time: None*

*Yield: 8 servings*

#### **Ingredients:**

2 cups chickpeas precooked in pressure cooker  
1/3 cup chickpea water left over from pressure cooker  
3 tablespoons tahini  
3 cloves garlic  
1/2 teaspoon sea salt  
2 tablespoons fresh lemon juice  
1/8 teaspoon cumin

#### **Directions:**

1. Combine all ingredients in a food processor or blender. It is easier to do it in several, smaller batches.
2. Once blended, stir in a mixing bowl and taste.
3. Add more seasonings if desired.
4. Spread on a serving platter and sprinkle paprika or chili powder and a little olive oil over whole plate.

#### **Variations:**

Use canned beans to save time.

Try the same recipe with different kinds of beans such as navy beans or black turtle beans.



# Recipes

## Beans

### **Kitchari**

*Prep Time: 10 minutes*

*Bean Soaking Time: 2 hours*

*Cooking Time: 1 hour*

*Yield: 6 servings*

#### **Ingredients:**

1/2 cup mung beans  
8 cups water, divided  
2 tablespoons ghee or olive oil  
1 teaspoon mustard seeds  
1 teaspoon cumin seeds  
1 cup cooked basmati rice  
1/2 teaspoon turmeric powder  
1/2 teaspoon salt

#### **Directions:**

1. Soak the beans in a bowl with water for 2 hours, then drain and rinse.
2. Cook the beans in 4 cups of water for 30 minutes and drain excess liquid.
3. Heat the ghee or oil in a deep pan over medium heat.
4. Add mustard and cumin seeds and stir until they pop, about 2 minutes.
5. Add the rice, beans, turmeric and salt and stir.
6. Add the water, and bring to a boil.
7. Reduce heat, cover most of the way, and simmer 25 minutes, until rice and beans are cooked.

#### **Variations:**

Add any vegetables you like to the pot while the rice and beans are cooking.  
Try adding fresh herbs near the end of the cooking time, such as thyme or parsley.

#### **Note:**

Kitchari, a combination of rice and mung beans, is used in Ayurveda for cleansing the system.





# Recipes

## Beans

### Lentil Burgers

*Prep Time: 10 minutes*

*Cooking Time: 1 hour*

*Yield: 8 servings*

#### **Ingredients:**

3 cups water  
2 cups lentils  
1 medium onion, chopped  
1 tablespoon olive oil  
2 cloves garlic, minced  
1/2 cup fresh cilantro, finely chopped  
2 tablespoons tamari soy sauce  
1 tablespoon umeboshi vinegar

#### **Directions:**

1. Boil water.
2. Add lentils, reduce heat to simmer and cook uncovered for 40 minutes until lentils become soft and lose their shape.
3. While lentils are cooking, sauté onion and garlic in olive oil for 10 minutes.
4. Add garlic and continue sautéing another 5 minutes.
5. Remove from heat and set aside with remaining ingredients.
6. Preheat the oven to 400 degrees.
7. When the lentils are finished, transfer to large mixing bowl and cool in freezer for 10 minutes. Remove from freezer and add all other ingredients and mix well.
8. Form into patties, 4 inches in diameter and 3/4-inch thick.
9. Place patties on a lightly oiled cookie sheet and cook 10-15 minutes in the oven.



# Recipes

## Beans

### Lentil Salad

*Prep Time: 5 minutes*

*Cooking Time: 15 minutes*

*Yield: 8 servings*

#### **Ingredients:**

2 cups black or green lentils  
1/2 cup fresh parsley, finely chopped  
2 sprigs thyme, finely chopped  
1 bay leaf

#### Dressing

3 shallots peeled and thickly sliced  
1/4 cup Dijon mustard  
1/4 cup red wine vinegar  
2 tablespoons extra virgin olive oil  
Salt and pepper to taste

#### **Directions:**

1. Put the lentils in a large pot and cover with water to an inch above beans.
2. Add parsley, thyme and bay leaf. Bring to a boil.
3. Reduce the heat to medium-low and simmer 15 minutes until lentils are tender, not mushy.
4. While the lentils are simmering, combine the ingredients for dressing and whisk briskly.
5. Drain water.
6. Add dressing to lentils and serve warm.



# Recipes

## Beans

### Lentil Walnut Scones

*Prep Time: 10 minutes*

*Cooking Time: 40 minutes*

*Yield: 6-8 servings*

#### **Ingredients:**

- 1/2 onion, diced finely
- 1 carrot, grated
- 1/2 teaspoons sage or thyme
- 1 teaspoon sea salt
- 1 teaspoon olive oil
- 2 cups lentils, cooked
- 1 cup millet, cooked
- 1/2 cup rice, soy, or wheat flour
- 1 egg
- 1/2 cup walnuts, chopped

#### **Directions:**

1. Sauté onions, carrots and spices in oil until soft.
2. Preheat oven to 375 degrees.
3. Put lentils, millet and flour into a food processor or blender and mix for 10-20 seconds.
4. If mixture is too dry add water.
5. Add walnuts and egg, blending for another 10-20 seconds and mix well but not pureeing.
6. Add onion and carrot mixture, blend for 10 seconds.  
Remove mixture from the blender and put into a bowl. The consistency should be thinner than cookie dough. If too dry, add a little water and if too wet, add a little flour.
7. On a lightly oiled baking sheet, spoon out medium, scone-sized portions.
8. Serve warm from the oven.

#### **Note:**

Scones will keep for 1-2 days in the fridge.



# Recipes

## Beans

### **Baby Lima Bean Soup**

*Prep Time: 10 minutes*

*Bean Soaking Time: 8 hours*

*Cooking Time: 90 minutes*

*Yield: 2 servings*

#### **Ingredients:**

1/2 cup dried baby lima beans

1 3-inch piece kombu

1/2 yellow onion

4 cloves garlic

1/2 carrot

1 tablespoon mirin

1 teaspoon tamari

Salt and pepper to taste

#### **Directions:**

1. Cover the beans with water and soak for 8 hours.
2. Discard soaking water, rinse beans, and place in a pot with kombu and water and cover by 2 inches.
3. Boil gently for 1 hour.
4. Meanwhile, sauté onion and garlic in olive oil covered for 10 minutes.
5. Add carrots and continue cooking covered for 10 more minutes.
6. Add onion mixture to the beans.
7. Continue cooking beans for 30 more minutes.
8. Add mirin and tamari, plus salt and pepper to taste.

#### **Note:**

Try adding fresh herbs near the end of the cooking time, such as thyme or parsley.



# Recipes

## Beans

### **Mexican Style Pinto Beans**

*Prep Time: 5 minutes*

*Bean Soaking Time: 2-4 hours*

*Cooking Time: 1 hour*

*Yield: 4 servings*

#### **Ingredients:**

1 cup dried pinto beans  
4 cups water  
3 cloves garlic, minced  
1 jalapeno pepper, minced  
1/2 teaspoon cumin  
1/2 teaspoon chili powder  
Juice of one lime  
Salt to taste

#### **Directions:**

1. Soak the beans and then place in a pot and cover with water. Bring to a boil for 3 minutes. Turn off heat, cover pot and let sit for 2-4 hours.
2. Drain and rinse beans.
3. Add to a large pot with 4 cups fresh water and bring to a boil.
4. Add garlic and jalapeno and cook for 1 hour or until beans are soft.
5. Add cumin, chili, lime and salt to taste.



# Recipes

## Beans

### Red Lentil Soup

*Prep Time: 10 minutes*

*Cooking Time: 30 minutes*

*Yield: 4 servings*

#### **Ingredients:**

1 tablespoon olive oil  
1/2 small onion, diced  
1/2 teaspoon cumin powder  
1 carrot, rustic cut  
1 burdock root, rustic cut  
1 cup red lentils  
4-5 cups water or stock  
A few splashes umeboshi vinegar

#### **Directions:**

Heat oil in a deep pot.

1. Add onion and sauté for 3 minutes.
2. Add cumin and cook, stirring for 30 seconds.
3. Add carrot and burdock and sauté for 3 minutes.
4. Add lentils and water or stock and cook 20 minutes until lentils and roots are soft.
5. Add a few splashes of umeboshi vinegar, stir and taste.



# Recipes

## Beans

### Sweet Channa Dal

*Prep Time: 10 minutes*

*Bean Soaking Time: 1 hour*

*Cooking Time: 1 hour*

*Yield: 4 servings*

#### **Ingredients:**

- 1 cup channa dal (small, split chickpeas)
- 6 cups water
- 1 tablespoon ghee or olive oil
- 1/2 tablespoon cumin seeds
- 1 teaspoon grated ginger
- 2 tomatoes cut into wedges
- 4 tablespoons dry coconut flakes
- 1 tablespoon maple syrup
- 1 teaspoon salt

#### **Directions:**

1. Bring water and dal to boil.
2. Lower heat to simmer and cook 45 minutes.
3. Skim foam off the top as you notice it forming.
4. Heat olive oil or ghee in a frying pan.
5. Add cumin seeds and grated ginger and cook 3 minutes and add to dal.
6. Stir and continue cooking until beans are thoroughly cooked, about 10 more minutes.
7. Remove dal from pot and add tomatoes, coconut flakes, syrup and salt.
8. Mix well and serve.

#### **Notes:**

Channa is a variety of chickpea that is small and split in half. Channa dal is a common dish in India, typically made as a thick soup and served with chapattis, which are flat breads, rice and other vegetable dishes. This recipe is one example of the many ways to make channa dal.

Look for organic channa in the bulk section of your health food store, or in a specialty Indian market. If you can't find it, substitute with yellow split peas.



# Recipes

## Beans

### **Vegetarian Bean Chili**

*Prep Time: 10 minutes*

*Cooking Time: 20-30 minutes*

*Yield: 4 servings*

#### **Ingredients:**

- 1 tablespoon olive oil
- 1 onion, chopped
- 2-3 cloves garlic, minced
- 1 carrot, halved lengthwise and sliced
- 1 red, green or yellow pepper, chopped
- 1 teaspoon each chili powder, ground cumin, dried oregano
- 3 cups cooked red, black or kidney beans
- 1 cup spring water or vegetables stock
- 2 tablespoons umeboshi vinegar or organic tomato paste
- 1 teaspoon sea salt

#### **Directions:**

1. Heat the oil in a large heavy pan. Add onion and garlic and sauté until the onion starts to brown.
2. Add the rest of the vegetables, chili powder, cumin and oregano. Sauté for 5 minutes.
3. Slowly add the rest of the ingredients. Cover and simmer for 10-15 minutes.
4. Adjust the seasonings and serve.

#### **Variations:**

- Add other vegetables like celery, zucchini or summer squash.
- Skip the chili powder, use ginger instead to create a different taste.
- Add fresh or frozen corn and you have a grain-bean combination in one pot.
- Add cooked brown rice for a tasty rice and bean dish.





# Recipes

## Beans

### **Vegetarian Chili**

*Prep Time: 15 minutes*

*Cooking Time: 30 minutes*

*Yield: 8 servings*

#### **Ingredients:**

- 1 tablespoon olive oil
- 1 medium onion, chopped
- 3 cloves garlic, minced
- 2 tomatoes, diced, (or one can organic diced tomatoes)
- 1 carrot, cut into quarter moons
- 1 tablespoon chili powder
- 1 teaspoon ground cumin
- 3 cups cooked or canned red, black or kidney beans
- 1 cup water
- 2 tablespoons organic tomato paste
- 1 teaspoon sea salt

#### **Directions:**

1. Heat oil in a large heavy pan and sauté onions and garlic for 3 minutes.
2. Add tomatoes, carrots, chili powder and cumin and sauté for 5 minutes.
3. Slowly add beans, water, tomato paste and salt.
4. Cook on low to medium heat for 20 minutes.

#### **Variation:**

Add as many veggies as you like such as bell peppers, zucchini and corn kernels.



# Recipes

## Beans

### Vegetarian Feijoada

*Prep Time: 10 minutes*

*Bean Soaking Time: 2-4 hours*

*Cooking Time: 1 hour*

*Yield: 4 servings*

#### **Ingredients:**

1 cup dried black beans (or 2 cans)  
6 cups water  
2 tablespoons coconut oil  
1½ teaspoons ground cumin  
1 large onion, diced  
1 red bell pepper, diced  
4 cloves garlic, minced  
1 tablespoon brown rice vinegar  
1 tablespoon fresh thyme  
Salt and pepper

#### **Directions:**

1. Quick soak the beans by boiling for 3 minutes in water. Remove from heat and let sit for 2-4 hours. Drain and rinse beans.
2. Add beans and fresh water to a pot. Bring to a boil, reduce to simmer and cook for 1 hour.
3. When beans are cooked, drain, reserving 1¼ cups of cooking liquid.
4. Heat oil in a sauté pan and add cumin, onion, pepper and garlic and cook for 10 minutes.
5. In a large pot add beans, reserved cooking liquid, sautéed veggies, vinegar, thyme, and salt and pepper to taste.
6. Stir everything together and cook until all ingredients are heated thoroughly.

#### **Variations:**

For a spicy Brazilian kick, add 1/2 teaspoon of chipotle powder.  
Drain and finely chop sun dried tomatoes, mince parsley, and toss both into the salad.

#### **Notes:**

Feijoada is the national Brazilian dish, traditionally a hearty black bean and meat stew. This vegetarian version is also hearty and delicious and goes well with brown rice and garlicky greens.