

YOUR CO-OP GUIDE TO beans

Beans can add exciting new tastes and textures to your meals. Historically, beans have been an important part of the world's food supply. They are regaining popularity as people discover how useful they are in improving our diets, stretching our food budgets and expanding our mealtime options.

Beans are an excellent source of protein, carbohydrate, fiber, B vitamins, calcium, iron and other essential minerals. Most are low in fat and high in soluble fiber, which can help lower cholesterol levels. Beans are richer in protein than most other plant foods.

STORAGE TIPS

Dried beans will keep for years if stored in air-tight containers, but are best if used within one year. When buying beans choose beans with a smooth surface or bright color. Organically grown beans have a noticeably richer flavor.

Cooked beans freeze well. Cook a bunch at once and freeze them to use for last minute tasty bean dishes.

ADZUKI BEANS

Adzuki beans (also called adukis) are native to Japan and are one of the most digestible beans. They taste similar to kidney beans, and can be substituted for them in recipes, though they are somewhat more flavorful. Try mixing adzuki beans with quinoa, rice or millet, or simply seasoned with tamari, ginger and miso.

ANASAZI BEANS

Anasazi beans, originally grown by Native Americans, are red and white speckled beans similar in size to pinto beans. They are excellent in Mexican dishes and have a sweet, full flavor.

BLACK BEANS

Black beans, often referred to as "turtle" beans, are especially popular in Mexican, South American and Cuban cuisines. These dark and tasty beans stand up to bold seasonings like chilies and savory herbs. They are a nice change of pace from pinto beans in Southwestern specialties like tostadas and tacos.

BLACK-EYED PEAS

Black-eyed peas are more closely related to beans than to peas, but like peas they do not require presoaking. This quick cooking bean works well added to dishes with strong greens such as spinach, chard or kale. Try them in "Hoppin' John," a traditional Southern recipe which pairs black-eyed peas with collards, fresh tomatoes, and rice.

FAVA BEANS

Fava beans are large brown beans extensively used in Mediterranean cuisine and can be available fresh, dried or canned. Their strong flavor is delicious accompanied by herbed tomato-based sauces. Use fava beans in soups and stews or puree them for a paté or sandwich spread. Fresh fava beans come in pods, and need to be removed before eating or cooking.



GARBANZO BEANS

Garbanzo beans, also known as chick-peas, are versatile and unique with a mild nutty flavor. The main ingredient in popular Middle Eastern dishes like falafel or hummus, these beans also taste great in salads with fresh herbs, and lots of onion and garlic. They take up to 3 hours to cook, but when pressed for time, you can use precooked canned beans.

GREAT NORTHERN

Great Northern white beans are also known by their Italian name, cannellini. These are the classic soup beans, with a mild flavor and creamy texture. They puree nicely to thicken soups and milk-based chowders, or for an elegant paté.

KIDNEY BEANS

Kidney beans and the slightly smaller red beans are one of the most popular beans in the United States. Kidney beans are the most common red chili bean, and are also used in soups and marinated for bean salads.

Lentils

Lentils are best known for making hearty soups. Two types of lentils are commonly available, small flat red lentils and the larger brown lentils. Both are fast cooking and neither require presoaking. Red lentils are often found in Indian cuisine. Brown lentils work well in salads and as the foundation for burgers and loaves. Both can also be found in stews and curries.

LIMA BEANS

Lima beans, sometimes called butter beans, come in large, small and "baby" sizes. Although available dry, this bean is most commonly found canned or frozen. Use lima beans with corn in succotash, or cook them with tomatoes and herbs for a simple side dish.

MUNG BEANS

Mung beans are very popular in Asian and Indian cuisine. Their flavor is complemented by curries, chilies and ginger. Mung beans can be substituted for lentils or peas in many recipes. Precooked mung beans and sprouted mung beans are delicious additions to a vegetable stir-fry.

PINTO BEANS

Pinto beans, the traditional bean of the Southwest United States and Mexico, are speckled pink and brown when dry, fading to brown when cooked. They have a full-bodied, earthy flavor and are good in casseroles, rolled into a tortilla, or refried. They are served in any number of spicy Southwestern dishes.

SOYBEANS

Soybeans, the small round beans native to China, have the most protein of any bean. They are slow to cook, but are incredibly versatile. Soybeans are often processed into other foods, such as soymilk, tofu and tempeh.

SPLIT PEAS

Split peas become a soft pulp when cooked and are used primarily for soups and stews. Both yellow and green split peas have an affinity with tomatoes, potatoes, and rice. Split peas are delicious in dal, a spicy side dish native to India.

COOKING

Bean How-to's

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QUICK-SOAK METHOD

Bring your beans and water to a boil, boil for two minutes, cover and remove from heat. Allow to stand one hour, drain water and proceed as detailed to the left.

PRESSURE COOKER METHOD

Follow manufacturer's instructions for your cooker. **Do not pressure cook small beans.** They clog release valves. Use two cups water per cup of dried beans.

to enhance digestibility . .

- Add a strip of Kombu sea vegetable to pot.
- Discard soak water before cooking.
- Add Beano drops to cooked beans.
- Add a little vinegar toward end of cooking.
- Only salt beans at the end of cooking.

nutritional information

Information for one half-cup of cooked beans.
Carbohydrates, fat, fiber and protein measured in grams.

Calories	Carbs	Fat	Fiber	Protein
119	22.0	0.3	6.1	7.0
113	19.9	0.4	5.8	7.5
85	14.7	0.4	9.7	5.6
95	16.5	0.4	7.0	6.4
110	20	0.5	5	6
125	19.4	2.2	5.5	6.9
105	17.9	0.6	7.5	7.0
113	19.6	0.5	9.7	7.5
99	16.2	0.5	4.5	7.4
135	23.4	0.6	5.8	8.0
71	11.8	0.3	0.8	5.3
125	23.3	0.5	9.4	7.3
115	20.1	0.3	6.1	8.0
117	7.9	5.1	2.6	9.9

Most beans may be cooked in the following manner:

1. Rinse beans in colander and pick out any stones or shriveled beans that might be mixed in.
2. Soak beans (except adzuki, lentils or split peas) overnight or for eight hours at room temperature in six cups cold water per pound of beans.
3. Drain soaked beans. Add fresh water to a large pot and bring beans to a boil. Cover the pot, with the lid tilted slightly so the steam can escape. Gently simmer the beans for time indicated below.

COOKING TIMES & YIELDS

One cup of beans weighs half a pound, and yields between two and three cups of cooked beans.

Name of legume per 1 cup dry	Water needed in cups	Cooking time minutes	Pressure minutes	Approx. yield cups
ADZUKI	3 1/4	45	5-10	3
Anazasi	2	60	15-20	2
BLACK	3	60-90	15	2 1/4
BLACK EYED PEAS	3	60	15-20	2
Fava	2	90	20	2
GARBANZO	4	2-3 hrs	30	2
GREAT NORTHERN	4	1-2 hrs	10-15	2 3/4
KIDNEY	2 1/4	60	20	2 1/4
LENTILS BROWN	3	30-40	never	2 1/4
LENTILS RED	3	15-20	never	2
MUNG	2 1/2	45-60	never	2
Pinto	3	2 hrs	15-20	2 3/4
SPLIT PEAS	3	45-60	never	2
SOY	3	3 hours	30	2

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