

SESSION 2

LEGUMES

(Handout 4)

If you are like most people, when you hear the word beans you automatically start to sweat with worry. Remember that silly song growing up? “Beans, beans the musical fruit, the more you eat the more you...” Well, you need not fear. By using dried beans, and preparing them a specific way, bloating and gas is greatly reduced, if not completely eliminated.

Legumes come in a variety of shapes, colors, and sizes. Legumes are an awesome source of protein, fiber, minerals, and carbohydrates, and contain some essential vitamins.

Legume Facts

- Legumes are a great source of B vitamins, calcium, iron, zinc, and magnesium.
- Legumes contain as much as two times the amount of protein as comparable serving sizes of meat or dairy products.
- Some legumes contain the all-important Omega-3 fatty acid that our body and our brain need to thrive.
- Legumes contain fiber, which helps regulate bowel movement.
- Legumes help in lowering cholesterol levels and aids in keeping blood sugar levels controlled.
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Instructions

Soak legumes in a glass dish of filtered water (place two to three times the amount of water as beans). Add one Tablespoon of Apple Cider Vinegar (ACV) to beans/water. Let soak for at least 24 hours at room temperature, drain the water and replace with fresh water and more ACV at least twice during the 24-hour period.

When you're ready to cook the beans simply drain the water, rinse the beans thoroughly, and add the beans to a cooking pot. Add vegetable broth, chicken broth or water to the beans for cooking. Cover the beans and bring to a boil. Once boiling, reduce heat and simmer until bean is soft, check at 45 minutes.

Add-ins

Fresh garlic, onions, bay leaves, Himalayan sea salt, and pepper.

A delicious add-in is a piece of Kombu (the deepest edible seaweed). The Kombu releases essential minerals and vitamins into the beans as well as giving it an added seasoning. It's delicious! (Discard Kombu after cooking beans.)

