

BEAN COOKING CHART

1 cup soaked beans	water or broth	stovetop	pressure cooker*	crook pot	yield
Adzuki	4 cups	30 to 40 min	Not recommended**	4 hrs	2 to 2½ cups
Black-eyed peas	4 cups	30 to 45 min	15 to 25 min	6 to 12 hrs	1½ to 2 cups
Black turtle	4 cups	60 to 90 min	20 to 40 min	8 to 12 hrs	1½ to 2 cups
Cannellini	4 cups	60 to 90 min	20 to 40 min	8 to 12 hrs	1½ to 2 cups
Garbanzo (chickpea)	4 cups	90 to 120 min	35 to 40 min	10 to 12 hrs	1½ to 2 cups
Kidney	4 cups	60 to 90 min	20 to 40 min	10 to 12 hrs	1½ to 2 cups
Lentils (green, brown)	4 cups	30 to 45 min	Not recommended**	Not recommended	2½ cups
Lentils, red	4 cups	10 to 20 min	Not recommended**	Not recommended	2½ cups
Lima, baby	4 cups	45 to 60 min	Not recommended**	Not recommended	2 cups
Mung, whole	4 cups	30 to 40 min	Not recommended**	4 hrs	2½ cups
Peas (split green, yellow)	4 cups	45 to 50 min	Not recommended**	8 to 10 hrs	2 cups
Pinto	4 cups	90 min	25 to 40 min	10 to 12 hrs	2 cups
Small red	4 cups	60 to 90 min	20 to 40 min	8 to 12 hrs	2 cups
Small white (navy)	4 cups	60 to 90 min	20 to 40 min	8 to 12 hrs	2 cups
Soybeans	4 cups	2 to 3 hrs	Not recommended**	24 hrs	2 cups

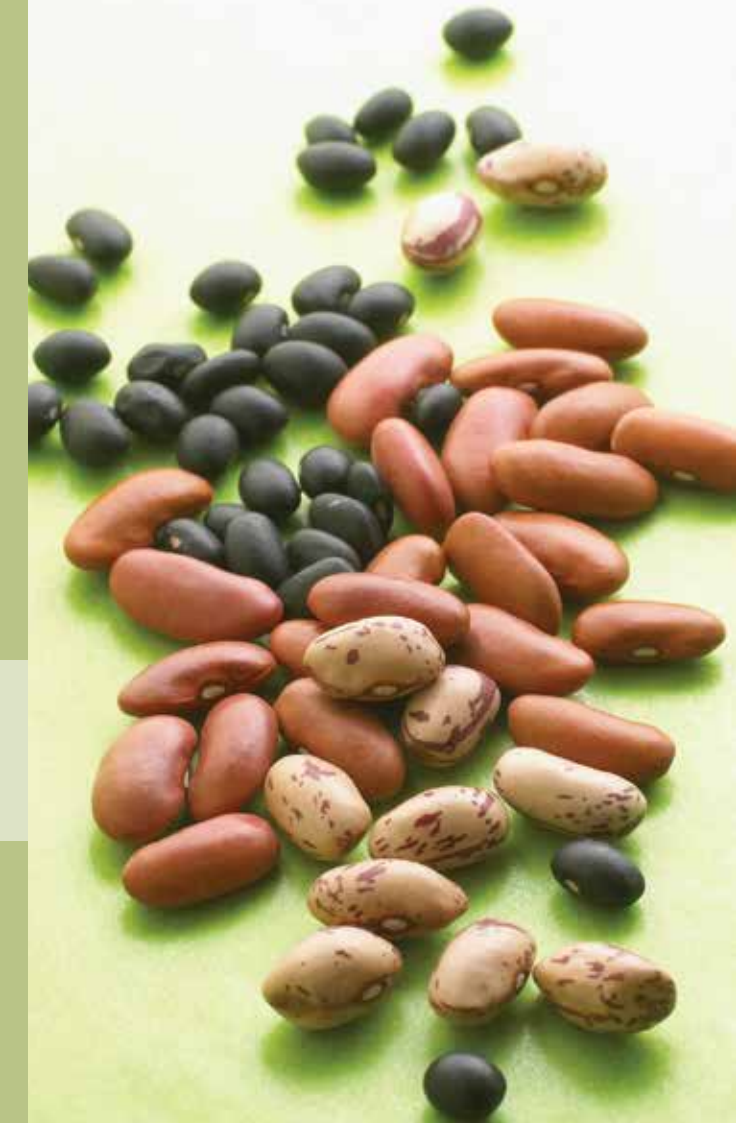
* Use longer times for unsoaked beans.

** These legumes all tend to foam excessively and could clog the pressure cooker vent. One to two tablespoons of oil in the pot may help.

For more information and delicious recipes, visit our Web site at pccnaturalmarkets.com

Choosing and
cooking with

beans



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Simple and satisfying

Beans are among the healthiest, most economical, versatile and delicious of foods. They've nourished us for thousands of years and are winning new fans every day.



A healthy choice

With the exception of peanuts and soy, all beans are very low in fat and good sources of fiber, protein, folate and other B vitamins, and the minerals magnesium, potassium and iron. Light-colored beans are higher in calcium, darker beans are higher in iron.

Beans also provide an array of “phytochemicals,” natural plant compounds that apparently promote protection against chronic and degenerative diseases.

Try different varieties to enjoy their unique flavors and colors in different dishes, hot or cold.

FOR BETTER DIGESTIBILITY

- *To help tenderize beans and promote digestibility, use seasonings in bean dishes such as bay leaves, cilantro, coriander, cumin, epazote, fennel, garlic, ginger and peppers.*
- *Add a six-inch piece of dried Japanese seaweed called kombu to the cooking pot. It can be snipped into small pieces adding nutrients but no flavor or color. If preferred, leave kombu whole and remove after cooking.*
- *Research indicates that many people find beans become markedly more digestible when they gradually increase portions of well-cooked varieties over several weeks. A tablet of an enzyme product, such as Beano®, can be taken during a meal of beans and may prove useful if intestinal discomfort continues to be a problem.*

Preparing dry beans

For best digestion and to shorten cooking time, most beans benefit from pre-soaking. Smaller beans, including adzuki, mung, lentils, black-eyed peas and split peas, generally need no pre-soaking but are more easily digested if soaked, drained and cooked in fresh water until very tender. This substantially reduces the effect of starches that promote intestinal gas during digestion.

Sort and rinse: Discard shriveled beans or small stones; rinse in cool water and drain.

Quick soak: For each cup of rinsed beans, add three to four cups water to a heavy cooking pot and bring to a boil for five minutes. Turn off heat, cover and let stand for one hour, then drain.

Longer soak: For each cup of rinsed beans, add three to four cups water and soak eight to 12 hours, then drain.

Stovetop cooking

Place soaked, drained beans in a pot with three to four cups of water or broth for each cup soaked beans (or add sufficient water or broth to cover beans by two inches). Bring to a boil, reduce to low heat, cover with lid slightly ajar and cook until tender (see chart for cooking times). When able to mash a bean easily between your fingers, add salt or acids such as citrus juice, vinegar or tomatoes. Adding these before beans are tender generally yields tough beans.

Power food

One half-cup serving of beans, peas or lentils (or one-third cup, if mashed, refried or puréed) provides about eight grams of protein and eight grams of fiber. The amount of protein in beans is reliable and easily maximized by simply including foods such as nuts, seeds and whole grains in a meal.

Pressure cooking

You may use soaked or unsoaked beans. Soaked beans cook quicker and are more digestible. Add two cups water or broth for each cup soaked beans, or three cups water for each cup unsoaked beans. It's wise to add a tablespoon or two of cooking oil to the pressure cooker, as oil blocks potential clogging of pressure vents from foaming beans. It's unwise to pressure cook split peas, lentils or lima beans, all of which foam heavily. In general, pressure-cooked beans save time and are more tender, flavorful and digestible.

Crockpot cooking

Whether using presoaked or unsoaked beans, always start by boiling beans for five minutes, then transfer to the crockpot and set on either low or high, noting manufacturer's recommendation and/or your preferred time for finished beans.