

Power-packed Proteins

ALL ABOUT BEANS:

THE MAJOR NUTRIENTS IN BEANS:

All varieties of beans are rich sources of protein, fiber, and the essential amino acid, lysine. Lysine is missing from most grains, which is why the combination, “rice and beans” makes a complete protein. Many beans also contain folacin as well as some minerals.

HOW BEANS PROTECT OUR HEALTH:

Because of their high *fiber* content, beans help to protect us against diseases like Diabetes, Cardiovascular Disease, and maybe even some cancers. It is the insoluble fiber content of beans that help to keep blood sugars stable by raising blood sugars less significantly than other foods. Insoluble fiber also helps to keep us regular and reduce the risk of constipation and maybe even some cancers. It is the soluble fiber that helps to lower LDL-cholesterol and protect our heart.

Because of their plant *protein* content, they provide us with the amino acids that we need to build and repair muscles and assure proper muscle development.

Beans nourish our muscles with the other nutrients that they contain like folacin and minerals.

Beans have the potential for causing intestinal gas and discomfort because they contain fiber and sugar that our bodies can not break down. Instead of being digested or absorbed in the small intestine, they pass directly into the large intestine where they are broken down by bacteria naturally present in intestinal flora. Here they ferment, form carbon dioxide, and other gases that can make you feel gassy and crampy. This is very individual and some people can eat beans without any discomfort. Others have minimal distress and some even great physical and social distress. If this is the case, eat beans in small amounts and there is also a product on the market that you can try called Beano™. This product helps to reduce gas formation and intestinal discomfort.

SOME DIFFERENT VARIETIES OF BEANS:

To acquaint you with the wide assortment of beans available to us, here is a brief description:

Aduki (Azuki; Adzuki) - small ovals, deep red-brown color with a white line, nutty, delicious, and quick cooking

Black Beans - medium, black color with a white stripe, deep, earthy flavor, pretty when cooked, easy to find in all kinds of stores

Black-eyed Peas - fresh, dried, canned, or frozen, rather quick cooking, medium, cream-colored with a dark blotch, vegetable-like, slightly bitter flavor

Chestnut Beans - very large, plump and shiny, dark red-brown color when cooked, delicious and delightful to eat

Garbanzo Beans (Chick Peas) - tan colored, rounder shaped, delicious flavor, used in humus

Kidney Beans - kidney shaped, light or dark red

Lentils - flat, brown colored, earthy flavor

Pink Beans - similar to pinto beans or small red beans

Pinto Beans - related to kidney beans, slightly smaller and tan colored, down-to-earth flavor, used as refritos (refried beans) in Mexican cooking

Rattlesnake Beans - very similar to pintos

Appaloosa Beans - similar to pintos but larger and thinner, more elegant

Runner Beans (scarlet, white, black) - large, beautiful, distinctive flavor, not easy to find commercially

Soybeans - over 1000 varieties available with various colors, plain but nutty and crunchy when cooked

White Bean Family (navy, pea, great northern, flageolet, anasazi, calypso) - slightly bitter flavor, smaller ones (navy and pea) are round and pretty when cooked

FINDING THE FIBER IN BEANS:

<u>BEANS</u> <u>(1/2 cup cooked)</u>	<u>GRAMS TOTAL</u> <u>FIBER</u>	<u>GRAMS SOLUBLE</u> <u>FIBER</u>
Black Beans	7.1	2.8
Black-eyed Peas (canned)	3.9	0.4
Garbanzo beans	5.3	1.6
Kidney beans (canned)	7.3	2.0
Lentils	3.7	1.3
Pintos	6.9	2.2
Split Peas	3.2	1.1

THE AMOUNT OF SERVINGS PER DAY THAT WE SHOULD CONSUME:

Beans are considered part of the “meat” group on the Food Guide Pyramid and it is recommended that we have 2-3 servings of this group. A 1/2 cup of beans is considered a serving.

HOW TO COOK BEANS:

BEAN(1 cup, soaked)	COOKING TIME	YIELD
Peas (dried, split)	50-60 minutes	2-1/2 cups
Pintos	60 minutes	3 cups
Runners (scarlet)	1-1/2 - 2 hours	1-1/2 cups
Soybeans	2-1/4 hours	3 cups
Navys	50-60 minutes	2-1/2 cups
Great northern	50-60 minutes	3 cups
Flageolets	1-1/2 minutes	3 cups
Anasazis	50-60 minutes	3 cups
Kidneys		
Garbanzos		
Lentils		

POPULAR USES OF SOME BEAN:

Navys - excellent in soups, stews, Boston Baked Beans, great pureed

Kidneys - often used in chili, three-bean salads

Pintos - refried in stews, dips, many Tex-Mex dishes

Great northern - excellent in soups, stews

Garbanzos - excellent in salads, humus

Lentils - excellent in soups and stews