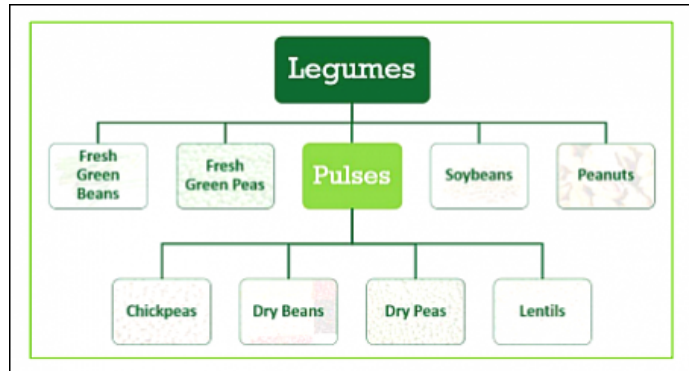


Bean Fundamentals

1. Bean Family Tree
2. How to prepare beans for cooking (1 lb dry beans = about 2 cups of dry beans or 6 cups of cooked and drained beans.)



- a. Clean the beans—remove rocks, twigs, dirt.
 - b. Rinse the beans.
 - c. Soak the beans –2 ways.
 - i. Place beans in a bowl or pan and cover with water up to 2 inches or more above the bean level. Soak 10-12 hours. Or...
 - ii. Place the pot with beans and water on the stove and bring to a boil. Boil for 2-3 minutes. Turn heat off and allow the pot to sit for 60 minutes.
 - d. Why soaking dry beans prior to cooking is recommended:
 - i. Reduce cooking time.
 - ii. Hydrated beans cook more evenly.
 - iii. Reduce digestive issues—oligosaccharides and other undesirables leach out into the water.
 - e. Drain the soaking water from the beans and rinse with clean water.
3. Cooking beans—2 ways
 - a. Stovetop—Add to the pot, cover with water, and bring to a gentle boil. Cook until tender-1½ - 2 hours. This method is best if you plan to make fast beans with the cooked beans. Or...
 - b. Pressure cook in an Instant Pot or similar pot. Place rinsed beans in the inner pot and add water to cover. Cook on high pressure for about 10 minutes. Release pressure slowly.
 4. Use immediately or refrigerate to use later.
 5. Fast beans—see video: <https://youtu.be/n7iZSXOo6CA>
 6. How to prevent/reduce the gas and bloating when eating beans.
 - a. Soak your beans.
 - b. Add digestive aids—ginger, fennel seeds, cumin/coriander and other foods including bananas, avocados, mangos, papaya, raw honey, sauerkraut, and Kiefer.
 - c. Start adding beans to your diet slowly and build up.
 - d. Beans most likely to cause gas: soybeans, pinto beans, black beans, and lentils—high in fermentable sugars.