

## Marvelous Beans: Kidney Family— Red, Pink, Jacob's Cattle Beans, Anasazi, Cranberry, Cannellini

Like all beans, the kidney bean family beans are nutrient-dense, a good source of fiber, protein, vitamins, and minerals. They can aid weight loss, promote colon health, and moderate blood sugar levels.

To cook dry kidney beans, soak overnight, drain soaking water and rinse. Cover with fresh water and simmer until desired softness is reached.

### RRH Videos on Kidney Beans:

Are Kidney Beans Toxic? [https://youtu.be/xzn\\_QHYuDS8](https://youtu.be/xzn_QHYuDS8)

Why Can Beans? (Featuring Kidney Beans) <https://youtu.be/Ti95YmBNfkU>

Exploring Anasazi Beans <https://youtu.be/6HH1NT1-1lc>

Got Beans! (Featuring a recipe using Jacob cattle beans) <https://youtu.be/Vg7gt994Nbs>

### Cranberry Beans with Pasta

8 oz dry pasta of choice, cooked, drained and rinsed  
1 tbsp olive oil  
½ cup chopped red onion  
2 cloves or 1 tsp minced garlic  
1 15-oz diced tomatoes with juice  
2 cups cooked cranberry beans  
4-5 handfuls of baby spinach or other greens of choice  
Juice from half a lemon  
Salt and pepper to taste  
Chopped fresh basil and Parmesan cheese for garnish (optional)

In a cast iron skillet heat the oil and cook the onion and garlic until tender. Add tomatoes and beans and simmer for 5 minutes. Add greens and lemon juice and cook until greens are wilted. Add pasta and heat through. Garnish as desired and serve.

### Cannellini Waldorf Salad

¼ cup mayonnaise  
¼ cup plain Greek yogurt  
1 tbsp fresh lemon juice  
1½ cups diced celery with leaves  
1½ cup diced Granny Smith apples or other tart apple  
1 diced carrot  
1 cup cooked, drained, and rinsed cannellini beans  
Salt to taste  
3 oz blue cheese, crumbled  
½ cup roasted pecans, coarsely chopped

Combine the mayo, yogurt, and lemon juice in a small bowl and set aside. To a medium bowl stir together the celery, apple, and carrot with the yogurt mixture. Gently fold in the beans, pecans, and blue cheese. Chill and serve.

### Louisiana Red Beans & Rice

- 1 lb dry red kidney beans
- 2 tbsp olive oil
- 1 large onion, chopped
- 1 green bell pepper, chopped
- 2 stalks celery, chopped
- 1 tbsp minced garlic
- 4 cups chicken broth + 2 cups water
- 2 bay leaves
- 1 tbsp dried parsley
- 1 tsp dried thyme
- 1 tsp Cajun seasoning
- ½ tsp cayenne pepper
- ¼ tsp dried sage
- 1 lb andouille sausage, sliced
- 2 cups jasmine rice

Soak beans overnight. Drain and rinse beans and set aside. , place in an enameled Dutch oven or other large pot and set aside. In an enameled Dutch oven or other large pot, heat oil and add onion, bell pepper, celery, and garlic. Cook until soft. Add the 6 cups of broth and water, the beans, and stir in cooked veggies and spices. Bring to a boil and simmer until beans are soft, about 2 to 2½ hours. Add sausage to the beans and simmer an additional 30 minutes. Meanwhile cook rice according to package directions and set aside. Serve beans over the rice.