

How to Cook Beans

adzuki beans - These beans are the easiest to digest (no gas issues) and are delicious with a little soy sauce, ginger and chopped bell pepper. Simmer covered for 30 – 40 minutes.

black beans - Black beans are yummy with a little olive oil, some chopped onions, lots of garlic and chopped cilantro. You could also squeeze a little lemon on them just before serving. Great in chili or soups. Simmer covered for 30 minutes to an hour.

black eyed peas - Simmer covered for 30 to 60 minutes. Great with chopped tomatoes and onion. Mild and easy to digest like the adzukis.

cannellini beans - Simmer covered for about 30 minutes. Use in stews and soups. Good with carrots, celery and onion, season with oregano, salt and pepper.

garbanzo beans - Simmer covered for 3 hours. You may need to add more water. Garbanzos are great in salads but you can also mash them and season with salt, pepper and minced garlic for a cracker spread.

kidney beans - Simmer for an hour. Great chilled in salads or added to chili or soups.

lentils - No soaking required. They are very easy to digest and green or brown ones only take 20 minutes to cook. Red or yellow lentils just take 5 – 8 minutes! Really yummy and they go well with everything as a side dish, fish, eggs, steak or in stews. You could add them to brown rice when the rice is 20 minutes from being done and they could bring down the glycemic index of the rice. High in protein.

lima beans or butter beans - Simmer 50 to 90 minutes which is to your taste. Cooked more lightly they are crunchier and have more texture. They are great with bulgur and veggies and make a wonderful soup.

pinto beans – These are the king of beans for chili and Mexican food. Simmer covered for 50 – 60 minutes. Wheat and beans make a complete protein.

split peas - Everybody can handle split peas in a soup! These beans are very mild and easy to digest. They can be made into a soup in about 1/2 an hour with onions, veggies. If you want a heartier soup and start with bulgur just throw in the split peas when it's halfway done.

yellow split peas - Yellow split peas have a much different flavor and can be added to soups or stews. They will cook up in a half an hour.

white beans - These would be the great northern, small navy beans, all the other white beans. The bigger ones take an hour – 1 1/2 hours but the small white beans can be cooked in half the time. They are great in soups and stews on a cold, winter's night.

When you combine beans with wheat (bulgur and barley), brown rice, seeds or nuts they make a complete protein with all the essential amino acids.