

# Beans

## Coconut Adzuki Beans

### Ingredients:

1 cup dried adzuki beans  
1 3-inch piece of kombu/kelp seaweed (optional)  
1 pound butternut squash, peeled and diced  
1 can coconut milk  
1 hot pepper  
2 purple onions, finely diced  
1 clove garlic, minced  
2 tablespoons of olive oil

Prep Time: 10 minutes

Cooking Time: 40 minutes

Yield: 4-6 servings

### Directions:

1. Cover the adzuki beans in plenty of water with the kombu and bring to a boil; simmer uncovered for 30 minutes or until soft.
2. In a separate pot, stir fry onions, garlic and squash for 3-5 minutes.
3. Add coconut milk, whole pepper and drained adzuki beans. Then cover and cook for 20 minutes.
4. Remove the hot pepper before serving.

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## Lentil Salad

### Ingredients:

2 cups black or green lentils  
1/2 cup fresh parsley, finely chopped  
2 sprigs thyme, finely chopped  
1 bay leaf

### Dressing

3 shallots peeled and thickly sliced  
1/4 cup dijon mustard  
1/4 cup red wine vinegar  
2 tablespoons extra virgin olive oil  
salt and pepper to taste

Prep Time: 5 minutes

Cooking Time: 15 minutes

Yield: 8 servings

### Directions:

1. Put the lentils in a large pot and cover them with water, leaving an inch or so to spare.
2. Add the parsley, thyme and bay leaf, bring to a boil.
3. Reduce the heat to medium-low and simmer 15 minutes, until the lentils are tender but not mushy.
4. Drain.
5. While the lentils are simmering, combine the ingredients for the dressing and whisk briskly.
6. Toss the lentils with dressing and serve warm.

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## Hummus

### Ingredients:

2 cups cooked chickpeas  
1-3 cloves garlic  
3 tablespoons tahini (sesame seed butter)  
1/2 teaspoon sea salt  
2 tablespoons olive oil (optional)  
2 tablespoons lemon juice  
1/2 cup or more spring water, use chickpea water

Prep Time: 5-10 minutes

Cooking Time: 0 minutes

Yield: 3 cups

### Directions:

1. Place all ingredients in a blender or food mill and purée until creamy.
2. Add more garlic, tahini or lemon juice to taste.
3. Serve with pita bread, crackers or crudités.

### Variations:

Use as a spread for healthy sandwiches and add sprouts, lettuce, tomato or any other fresh vegetables. Add fresh parsley to the blender for a lighter flavor

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## Vegetarian Bean Chili

### Ingredients:

1 tablespoon olive oil  
1 onion, chopped  
2-3 cloves garlic, minced  
1 carrot, halved lengthwise and sliced  
1 red, green or yellow pepper, chopped  
1 teaspoon each chili powder, ground cumin, dried oregano  
3 cups cooked red, black or kidney beans  
1 cup spring water or vegetables stock  
2 tablespoons umeboshi vinegar, cider vinegar or organic tomato paste  
1 teaspoon sea salt

Prep Time: 10 minutes

Cooking Time: 20-30 minutes

Yield: 4 servings

### Directions:

1. In a large heavy pan heat the oil. Add onion and garlic and sauté until the onion starts to brown.
2. Add the rest of the vegetables, chili powder, cumin and oregano. Sauté for 5 minutes.
3. Add the rest of the ingredients. Cover and simmer for 10-15 minutes.
4. Adjust the seasonings and serve.

### Variations:

Add other vegetables like celery, zucchini or summer squash. • Skip the chili powder, use ginger instead to create a different taste. • Add fresh or frozen corn and you have a grain-bean combination in one pot. • Add cooked brown rice for a tasty rice and bean dish.

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## Mama-Morella's Chickpeas

**Ingredients:**

½ large onion chopped (medium size pieces i.e. ¼ inch)  
½ large red pepper chopped  
1 medium tomato chopped  
2-3 cloves garlic minced  
2 cups cooked chickpeas  
2 tbsp olive oil  
Salt + pepper

Prep time: 10 minutes

Cooking time: 10 minutes

Yield: 4 servings

**Directions:**

Heat the oil in a sautéing pan over medium heat. Add the onion and red pepper and sauté for 3-5 minutes. Add the tomato and garlic and stir. Sauté for another 3 minutes. Add the chickpeas, salt and pepper to taste; cook together for another 2-3 minutes.

This is great with quinoa, brown rice, pasta or even as a bruschetta topping!

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## Black Bean Blast

**Ingredients:**

4 cups black beans, cooked or canned  
1 bell pepper, color of your choice  
1 onion, diced  
1 lime  
1/2 cup cilantro, chopped  
2-3 cloves garlic  
2 tablespoons cinnamon  
2 teaspoons cumin  
1 tablespoon olive oil  
1 teaspoon salt  
pinch of cayenne

Prep Time: 5 minutes

Cooking Time: 60 minutes

Yield: 4 servings

**Directions:**

1. Wash and soak 2 cups of dried beans the night before.
2. Rinse off soaking water, place in a pot with 3 1/2 cups of water, bring to a boil.
3. Add cinnamon and cumin, cover and cook for 1 hour. If you use canned black beans, empty into pot, mix with spices, keeping about 1 cup of liquid from the can.
4. Cover and cook over medium heat for about 10 minutes.
5. Chop onion and peppers, mince garlic.
6. In a pan sauté onions and garlic with oil.
7. Mix beans with sautéed onions, raw peppers, pinch of cayenne and salt.
8. Garnish with cilantro and a wedge of lime. Serve with grains and/or greens.

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