

Kris Carr's **crazysexy** Guide to Beans

ALL BEANS ARE:
 + Low In GI
 + Rich In protein, fiber, and iron.
 + Promote colon health.



Image by Naypong www.freedigitalimages.net

How to cook those beans

Beans should be a staple in every vegan's diet. They are nutritious, versatile - and inexpensive. Dried beans are much cheaper than canned beans, and they don't have added salt. But they do take a bit of preparation. Here's a little chart that will help you to navigate the world of dried beans!

	RATIO	COOKING TIME	PROTEIN (G) PER 1 CUP COOKED	FIBER (G) PER 1 CUP COOKED	HEALTH-BOOSTING BENEFITS 
Black beans 	1 cup beans to 4 cups water	After soaking overnight: 	15.2	15	Super high in anthocyanins (aka powerful antioxidants). Great source of thiamin (vitamin B1), supporting a healthy brain and nervous system.
Chickpeas (Garbanzos) 	1 cup beans to 4 cups water	After soaking overnight: 	14.5	12.5	Consumption may increase satiety and help control appetite (study here). Best bean source of zinc (22.8% of recommended daily value).
White beans (Great Northern beans) 	1 cup beans to 3 1/2 cups water	After soaking overnight: 	14.8	12.4	Not superstars persay, but loaded with magnesium . Also high with molybdenum (assist with detox).
Kidney beans (Red) 	1 cup beans to 3 cups water	After soaking overnight: 	15.4	13.1	Best bean source of iron (5.2 mg per 1 cup). Also loaded with magnesium . Also high with molybdenum (assist with detox).
Pinto beans 	1 cup beans to 3 cups water	After soaking overnight: 	15.4	15.4	Best bean source of folate which lowers homocysteine levels and decreases heart attack risk.
Fava beans (Broad beans) 	1 cup beans to 3 cups water	After soaking overnight: 	12.9	9.2	Best bean source of manganese , which helps make collagen (for skin), helps prevent UV damage and important in blood sugar control.
Lima beans (Butter beans) 	1 cup beans to 4 cups water	After soaking overnight: 	11.6	9	Best bean source of potassium (27.2% of daily intake). Rich in the mineral molybdenum (313% of your daily intake in 1 c. cooked), an important component of sulfite oxidase responsible for detoxing sulfites (a prevalent preservative).
Edamame (Green soybeans) 	1 cup beans to 3 cups water	After soaking overnight:  <small>(90 min at a full boil or 180 simmering)</small>	16.9	8.1	Richest bean source of protein . Rich in omega-3 fatty acids —necessary for a healthy heart, healthy brain, and great skin.

kris carr.com

STEP ONE



All beans (except lentils and split peas) require overnight soaking prior to cooking. Put them in a bowl with lots of water (at least 2-3 inches above the beans), cover and put them in the fridge. Soaking beans helps to disperse starches that can make you gassy, so don't skip the overnight soaking!

STEP TWO



Once well-soaked, drain the soaking water and add the beans, along with fresh, cold water (about 3 cups to each 1 cup of beans) to a pot. Cover with a lid, and bring the beans to a boil. Once boiling, reduce to a simmer and cook with the pot's lid askew so that steam can escape. Refer to cooking times for various beans below.

(Note that 1 cup of dried beans = about 3 cups of cooked beans)

COOKING TIMES:

Black Beans: 1 hour

Kidney Beans: 1 hour

Adzuki Beans: 1 hour

Chickpeas (Garbanzo Beans): 1.5 hours

Navy Beans (White Beans): 1-1.5 hours

Pinto Beans: 1.5 hours

5 REASONS TO EAT BEANS:

1. They are full of vitamins and minerals, like calcium, copper, zinc, iron, potassium and B vitamins.
2. They are high in fiber - both soluble and insoluble (and you need both).
3. They have lots of protein.
4. They help to stabilize your blood sugar, which helps to prevent diabetes.
5. They help your heart by lowering LDL cholesterol and may reduce the risk of colon cancer.

* visit www.johnshopkinshealthalerts.com for more info.



This is a Vegan Mainstream infographic. For more info for new and veteran vegans, visit our blog at www.veganmainstream.com/veganblogs