



You Are What You Eat - Be a Human Bean!

One of the many miracles of the cosmos is the humble bean. From the bean, you can derive important nutrients for your health and feel satisfyingly full without overeating. Beans offer a great source of protein, fiber, complex carbohydrates, calcium, and iron. They are a superfood and are among the most inexpensive and most nutritious foods around!

Here are some tips for using and eating beans:

- 🍲 To avoid unpleasant side effects with your beans, always discard the water you soak them in, then cook in fresh water. Soak beans for 8 hours in water (discard water) or bring beans to a boil and turn off heat, cover, then discard the water after two hours or more. Adding a piece of kombu sea vegetable may help too. (Mung Beans and Lentils do not need to be prepared as above. They are good to boil immediately!) Cook the beans in an uncovered pot until they are soft or cook in a pressure cooker using the directions that come with it.
- 🍲 Add ground ginger (1 tablespoon) to beans before boiling them.
- 🍲 If you are not used to digesting beans, it may be wise to make friends with them slowly. Buy a tub of tasty bean dip and start with a spoonful a day, increasing gradually. Graduate to eating small, whole beans, then eventually eat any beans.
- 🍲 Work up to eating beans twice a day five days a week to maintain protein/feeling of satisfaction. Especially when first going off meat, beans will replace the feeling meat gives of feeling adequately full and maintaining good energy levels.
- 🍲 To have beans and rice ready when you need them, cook in big batches, then store in small containers in the freezer (leave extra room for the beans to expand a bit when frozen).

Quick and easy recipe: **Cosmic Chickpea Curry** - Thanks to Sister Abbess at Deer Park Monastery

- 🍲 Dice the white part of half a leek and sauté in **2 Tbsps** of vegetable oil.
- 🍲 When leeks are brown and fragrant, add **1 Tbsp** of curry powder and stir.
- 🍲 Add two cans of drained, cooked chickpeas and ½ cup water or vegetable broth.
- 🍲 Add **2 tsps** of brown sugar and **2 tsps** of salt, or to taste.
- 🍲 Cook 2-3 minutes, stirring if needed.
- 🍲 Add **1 Tbsp** of vegetarian butter spread.
- 🍲 Cook 5-7 minutes until chickpeas are tender.
- 🍲 Remove from heat and sprinkle with pepper.
- 🍲 Serve with brown rice or as a side dish.

Useful Links: <http://www.vegancoach.com/how-to-cook-beans.html> and <http://mindfulcooking.org/> and filter by 'bean'

Plant Powered Earth Holders are members of the Earth Holder Sangha offering support to those who wish to explore a more plant-centered diet. This way of eating cares well for the planet, for our animal brothers and sisters, and for our health. To learn more, go to www.earthholder.org.