

STEVEN AND CHRIS

THE INGREDIENT: BEANS

Christian Pritchard is back, and today he is talking all about beans! Soybeans, white beans, black beans, adzuki beans and lentils.

Beans are good for your heart and provide a major source of soluble fiber. According to Patti Bazel Weil, diabetes nutrition educator at the University of Kentucky, and author of "Magic Beans", eating a cup of cooked beans a day can lower your total cholesterol by up to 10% in six weeks and decrease your risk of heart disease by 20%. Also because of the high fiber in beans, they can curb your appetite for unhealthy foods.

Bean Facts

- Beans are one of the longest-cultivated plants, broad beans having been grown at least since ancient Egypt, and the common bean for six thousand years in the Americas.
- Beans are fruits, not vegetables, yet beans, along with many other fruits, are regarded as vegetables due to their common usage as such.
- Many edible beans, including broad beans and soybeans, contain oligosaccharides (particularly Raffinose and Stachyose), a type of sugar molecule also found in cabbage.
- Beans are high in folate, so if you're pregnant get it in you!

Soybeans



Native to East Asia, soybeans contain significant amounts of all the essential amino acids and are also a good source of protein. Soybeans come in various sizes and shapes and they are a fantastic dairy product substitute. Substitute soy is found in margarine, ice cream, cheese, veggie burgers and more.

Recipe

Edamame Appetizer



Ingredients:

1 pkg (1 lb/500 g) edamame

1 tsp (5 mL) salt (or any "especial" salt you might have on hand - try seasalt)

Method:

Bring pot of water to boil over medium-high heat. Add edamame and salt ; return to boil and cook until tender, 2 to 3 minutes. Drain well and transfer to serving bowl. Sprinkle with additional salt, if desired. Serve warm or cold. Pull apart pods and eat like fresh peas.

Black Beans



A staple in Latin culture, these medium-sized black oval beans have huge amounts of protein and fibre. Other names include Turtle, caviar etc. These beans are popular in Caribbean cooking and adapt well to South and Central American dishes for which a heartier, earthier, smoother bean is desired. Medium cooking time is 1 to 1 1/2 hours.

Recipe

Black Bean Soup



Ingredients:

8 slices bacon, finely chopped
2 medium onions, finely chopped
6 garlic cloves, finely chopped
1 (14.5 ounce) can reduced-sodium chicken broth
1 1/2 cups canned, diced tomatoes
2 1/2 tablespoons ketchup
2 teaspoons Worcestershire sauce
1 tablespoon chili powder
4 (15 1/2-ounce) cans black beans, drained but not rinsed
Salt and freshly ground black pepper to taste.
1 bunch cilantro leaves, cleaned and dried.
Juice of 1/2 lime
Sour Cream
Scallions
Cheddar cheese

Method:

Heat a heavy, stove-proof pot over medium heat and add bacon. Cook 4 to 5 minutes until some fat renders out. Stir in the onions and cook, stirring, until they start to turn translucent (about 4 minutes). Stir in the garlic and cook about 1 minute - don't let it burn! Add the broth, tomatoes, ketchup, Worcestershire, and chili powder. Stir in the beans, turn the heat higher and bring to a boil. Once bubbles break the surface, turn the heat down and simmer for 10 minutes.

Meanwhile, pick off all the thick stems from the cilantro. Chop the cilantro coarsely and stir it in. Season with salt and pepper. Cook until thickened (about 5 minutes). Stir in the lime juice. Pour into bowls and top each with a dollop of sour cream, some grated cheese and finely chopped scallions.

White Beans



This bean is high in protein, starch, dietary fibre, iron, and potassium. This bean also has so many different names, which include navy, cannelloni (in Italy), and great northern.

Recipe

Christian's Quicker Cassoulet



Ingredients:

- * 1 can of white beans (cannellini)
- * Olive oil
- * 1 pound of mild Italian sausage
- * 1 pound of skinless, boneless chicken thighs
- * 1 large red onion diced (finely)
- * 2 carrots diced
- * 1 celery stalk diced
- * 6 cloves of garlic, minced
- * 2 stems of fresh rosemary, 2 stems of fresh thyme, 1 stem of fresh sage
- * 1 can of low sodium crushed tomatoes, with juice
- * 1 1/2 cups of low sodium chicken broth
- * 2 cups of stale crusty white bread
- * 3 tablespoons of Italian parsley, minced finely
- * Salt & pepper

Method:

In a braising pot (pot that can go in the oven), heat up some olive oil and then add the sausage and caramelize it on all sides for about 8-10 minutes. Repeat with chicken thighs. Take sausages out of pot and put them aside (same for chicken thighs). In the same pot with all that beautiful sausage fat add your onions, carrots and celery (mire poix) and cook until soft. Make sure to scrape the pan for all those beautiful brown bits!

Add 6 cloves (minced) garlic, the herbs, tomatoes, white beans, chicken broth and salt and pepper. Stir to combine, Put chicken and Sausage back into the pan cover and cook in the oven for 1.5 hours at about 325 degrees.

Meanwhile using a food processor, pulse your stale bread until you have crumbs, add parsley and pulse one more time, add just a little olive oil, pulse, set aside.

Take the cassoulet out of the oven and add a little chicken broth to cover the beans, Add crumb mixture on top and cook for about 20 minutes or until top has browned. Serve! Oo la la!!

Lentils



Originated in India, Canada is the second largest grower of lentils. These beans are high in protein and iron (one of the best sources) and come in a variety of colours including red, green, orange, and black. Fitting into the Meat and Alternatives food group of Canada's Food Guide to Healthy Eating, lentils are also very high in dietary fibre. A 1/2 cup serving of lentils gives 9 grams of protein and 7.8 grams of dietary fibre. The lentil is a cousin of the bean and is low in fat and calories.

Recipe

Christian's Lentil Dal



Ingredients:

- * 1 1/2 cups chopped onion (any kind)
- * 1 teaspoon cumin
- * 2 tablespoons minced ginger
- * 1 teaspoon of crushed red pepper
- * 5 garlic cloves, minced
- * 2 1/2 cups of cauliflower florets
- * 2 cups crushed tomatoes (low sodium)
- * 3 cups water
- * 1 cup dried lentils (any colour)
- * 3 tablespoons (give or take) fresh lime juice
- * 2 tablespoons of fresh cilantro minced
- * Kosher salt to taste

Method:

In a saucepan over high heat saute onion, cumin, minced ginger, crushed red pepper and garlic until lightly caramelized (browned). Add cauliflower and crushed tomatoes and saute for about 2-3 minutes. Add water and lentils; bring to a boil. Cover and then reduce heat to medium and simmer for about 40 min or until lentils are tender. The last thing to do is add the lime juice, cilantro and adjust your seasoning...Awesome, serve with basmati rice!

Serves 6

Adzuki Beans



Commonly used in Japanese, Chinese and Korean cooking, these beans have a strong, nutty and sweet flavour and are often made into pastes (through a boiling process) and used in desserts.

Some Asian cultures enjoy red bean paste as a filling or topping for various kinds of waffles, pastries, baked buns or biscuits. Plus, Azuki beans are also used to produce a popular flavour of ice cream.

Recipe

Adzuki Bean Pancakes



Christian bought some Adzuki Bean Paste at his local Asian specialty food store. He made mini-pancakes (use your own pancake recipe or one from a box). Spread the paste on one pancake and top with another to make little sandwiches. Serve warm.

** You can also find Red Bean Ice Cream at an Asian specialty food store.

*Find all of these beans (dried or canned) at any grocery store near you!