

Dry Beans

HOW TO CHOOSE AND STORE

Dry beans are a protein substitute for those who don't eat meat. Not only are they a great source of protein, carbs, fibre, and other nutrients, they are easy to grow, and because of their ability to bind nitrogen to the soil, they leave the ground in which they're grown in better shape for other crops.

Store dry beans in a container with a tight-fitting lid, out of light and in a cool location, like a kitchen cupboard. They will keep for a long time, but keep in mind that the older they are, the tougher they'll be so they'll take longer to cook.



HOW TO USE AND EAT

Beans can be added to soups, salads, main courses and even desserts but must be rehydrated in water or stock for 12-24 hours before being added to your recipe. If you wish to add acid such as lemon, vinegar or tomato to your recipe, it is best to cook the beans before hand, so they aren't tough.

Chocolate Black Bean Brownie

- One 15 oz can of black beans, rinsed and drained (or ½ cups dry beans, cooked)
- ¾ cup egg substitute or 3 eggs
- 2 tbsp coconut oil or canola oil
- ½ cup unsweetened cocoa powder
- ½ tsp baking powder
- 1 tsp vanilla extract
- ½ cup brown sugar
- ½ cup semi-sweet chocolate chips
- 1 cup zucchini, grated, water squeezed out / patted dry

Preheat oven to 350F. if using glass, lower temperature to 325F. Grease an 8 x 8 pan and set aside. Process all the ingredients except the chocolate chips and zucchini in a food processor or blender until smooth. Fold in chocolate chips and zucchini. Pour batter into prepared pan, bake for 30 - 35 minutes then insert a toothpick. If it comes out clean the brownies are done. Leave in pan to cool before cutting.

Vegan Black Beans

- 1 pound dried black beans (soaked overnight)- about 2 cups
- 1 cup chopped red onion
- 1 cup chopped red pepper
- 4 garlic cloves, finely chopped
- Drizzle of oil or broth to sauté
- 4-5 cups broth
- ½ cup red wine (if not available or wanted sub more broth)
- 2 tsp balsamic vinegar
- 1 tbsp dried oregano
- 1 tsp smoked paprika
- 1 teaspoon sea salt
- ½ teaspoon ground black pepper

Sauté onion, pepper and garlic with drizzle of oil or broth until softened.

Add the rest of the ingredients and bring to a rapid boil. About 10 minutes.

Cover, reduce to a simmer and cook for about an hour. Check for desired done texture preference along the way. Can be served over rice but serve however you want. These thicken as they sit and get thicker in the fridge. They are even more flavorful the next day