



North York Harvest Food Bank

Nutrition and Health Community Kitchen Program

Week #2- Bean Cuisine

Participant Package

Key Messages

**Key Message #1:
Legumes are a healthy
alternative to meats**

**Key Message #2:
Legumes are
inexpensive**

**Key Message #3:
Legumes are colourful
and versatile**

**Key Message #4:
Legumes are easy to use**



Frequently Asked Questions

How do I prepare *canned* beans, peas and lentils?

- Drain the liquid and rinse well in cold water. This helps to take out the added salt and makes them easier to digest (and to produce less gas!)
- Add them to your favourite recipes! They are already cooked so they are ready to go!

How do I prepare *dried* beans, peas and lentils?

Note: You don't need to pre-soak peas or lentils because they are smaller and cook faster

For dried beans:

1. Slow Soak
 - a. In a large pot, cover 1 pound of dried beans in 10 cups water.
 - b. Remove any small rocks or impurities.
 - c. Cover and refrigerate for at least 4 hours or overnight.
 - d. Drain soaking water and rinse beans before using.
2. Quick Soak:
 - a. In a large pot, bring 1 pound of dried beans and 10 cups of water to a boil. Cover and set aside.
 - b. Remove any small rocks or impurities.
 - c. Let beans soak for 1-4 hours at room temperature.
 - d. Drain soaking water and rinse beans before using.

I am trying to eat more legumes but they cause gas. What can I do?

Your body can't digest the fibre in legumes, so the healthy bacteria in our gut do the job for you! But this can leave you feeling gassy and bloated. Here are some ways to reduce the gas to keep enjoying legumes:

- Soak dry beans overnight, then pour away the soaking water.
- Use fresh water to cook the beans.
- Drain canned beans, and rinse them under cold, running water. This also helps to wash away some of the gas-producing carbohydrates.
- If you are new to legumes, start eating lentils, split peas, or lima beans first. They tend to be less gas-producing.
- Drink plenty of water when you eat beans, lentils and split peas.
- You can also try digestive enzymes like *Beano*. These pills or drops help to break down the things in beans, lentils and split peas that cause gas.

I have diabetes. Are legumes good for me?

Yes! Legumes are a great source of fibre, which can help control your blood sugar.



Black Bean Dip

Adapted from

www.twopeasandtheirpod.com

Yield: 2 Servings as a large

This dip can be made in 5 minutes! Serve with veggies, tortilla chips or crackers for an easy appetizer or healthy snack.



Easy Black Bean Dip
Two Peas and Their Pod

Equipment Needed:

- 1 large mixing bowl
- Can opener
- Knife
- Measuring cups
- Serving spoon
- Cutting board
- Forks and bowls for serving

Ingredients:

For the Dip

- | | |
|---------------|---|
| 1 (15 oz) | can black beans, rinsed and drained |
| 1/4 cup | chopped yellow onion |
| 1 tablespoon | chopped cilantro, plus more for garnish |
| 1 clove | garlic, minced |
| 1/2 small | jalapeño, seeds removed and diced |
| 2 tablespoons | fresh lime juice |
| 1/4 teaspoon | ground cumin |
| 1/4 teaspoon | chilli powder |
| | salt and pepper to taste |

For Serving:

Veggies: Carrots, peppers, celery or any other crunchy vegetables, tortilla chips or crackers

Directions:

1. Put the black beans, onion, cilantro, garlic, jalapeño, lime juice, cumin, chilli powder, salt, and black pepper in a food processor or blender. Blend until smooth.
2. Pour the black bean dip in a bowl and garnish with cilantro, if using. Serve with tortilla chips and/or cut up vegetables.



Easy Hummus (Chickpea Dip)

Yield: 2 Servings as a large snack

Hummus is a great side dish or snack! It tastes delicious with fresh veggies like carrots and sweet peppers, with crackers or with pita bread



Equipment Needed:

- 1 large mixing bowl
- Can opener
- Strainer
- Food processor
- Knife
- Measuring cups and spoons
- Mixing spoon
- Serving spoon
- Cutting board
- Forks and bowls for serving

Ingredients:

- 1 can (15oz) chickpeas, rinsed
- 2 garlic cloves, minced
- 1/4 cup oil (such as olive oil or canola oil)
- 1 tablespoon lemon juice
- 1 teaspoon spices (such as cumin, red pepper flakes, curry)
- Salt and pepper to taste

For Serving:

Veggies: Carrots, peppers, celery or any other crunchy vegetables, or tortilla chip and crackers

Directions:

1. Mash chickpeas with a fork or potato masher (or blend in a food processor).
2. Add in the rest of the ingredients and mix well until smooth and creamy.
3. Serve with pita bread, crackers or veggies.
4. Store in a container in the fridge for up to three days.



Tasty 3-Bean Salad

Yield: 2 Servings

This colourful bean salad is great as a main dish or side. It is beautiful, versatile and very tasty!



Equipment Needed:

- 1 large mixing bowl
- Can opener
- Strainer
- Knife
- Measuring cups and spoons
- Mixing spoon
- Serving spoon
- Cutting board
- Forks and bowls for serving

Ingredients:

- | | |
|---------------|--|
| 1 can (15 oz) | beans (e.g. mixed beans, kidney beans, chickpeas, black beans, etc.) |
| ¼ cup | red onion, diced small |
| ¼ cup | celery, chopped fine |
| ½ cup | frozen or canned corn kernels |
| ½ cup | green pepper, diced |
| ¼ cup | fresh, finely chopped parsley (optional) |
| 2 tablespoons | vinegar (eg. apple cider, balsamic or white vinegar) |
| 1 tablespoon | oil (eg. canola, vegetable or olive oil) |
| ¼ teaspoon | salt |

Directions:

1. Open can of beans and rinse under cool water.
2. In large bowl, mix beans with red onion, celery, corn, green pepper, and parsley.
3. In small bowl, combine vinegar, oil and salt. You can also add spices.*
4. Pour dressing over beans and mix well.

**Optional spice combinations:*

½ tsp cumin, ¼ tsp chili powder and ¼ tsp yellow curry

OR

½ tsp oregano, ½ tsp thyme and ¼ tsp garlic powder



Bean Me Up, Scotty!

Adapted from The Looneyspoons Collection by Janet and Greta Podleski

This spicy bean soup is a fun way to eat black beans!



Equipment needed:

- Large saucepan
- Can opener
- Strainer
- Knife
- Measuring cups and spoons
- Mixing spoon
- Cutting board
- Ladle
- Food processor, blender or immersion blender
- Spoons and bowls for serving

Ingredients:

- | | | | |
|-------------------------|-------------------------------------|----------------|-----------------------|
| 2/3 teaspoon | oil | 2/3 tablespoon | minced fresh cilantro |
| 1/3 cup | chopped onion | 1/3 tablespoon | lemon juice |
| 1/3 cup | chopped red pepper | 2/3 teaspoon | dried oregano |
| 1/3 cup | chopped carrots | 1/3 teaspoon | chili powder |
| 1/3 teaspoon | minced garlic | 1/3 teaspoon | ground cumin |
| 1/3 | jalepeno pepper, seeded and minced | 1/8 teaspoon | dried thyme |
| 1 cup | reduced sodium beef/vegetable broth | 1/8 teaspoon | salt |
| | | 1/8 teaspoon | pepper |
| 2/3 of a can (19oz can) | no salt added black beans, rinsed | 2 tablespoons | light sour cream |

Directions:

1. Heat oil in large pot on medium heat. Add onions, red pepper, carrots, garlic and jalapeno. Cook and stir for 5 minutes, until vegetables start to soften.
2. Add all remaining ingredients **except sour cream**. Bring to a boil. Reduce heat to medium low and simmer, covered for 10 minutes.
3. Working in batches, carefully transfer soup to a blender or food processor and purree until desired consistency (usually keep quite chunky). Return soup to the pot.
4. To serve, top each bowl with 1 tablespoon sour cream and garnish with minced cilantro.





Red Lentil Dhal

Adapted from the Heart and Stroke Foundation

Yield: 2 Servings

This lentil curry recipe is delicious and nutritious. Served with brown rice or whole wheat naan bread and a salad, it is a complete meal!



© The Hungry Australian
www.hungryaustralian.com

Equipment needed:

- Large saucepan
- Small sauce pan
- Can opener
- Strainer
- Knife
- Cutting board
- Measuring cups and spoons
- Mixing spoon
- Ladle
- Spoons and bowls for serving

Ingredients:

- 1 tablespoon canola oil
- 1/2 cup onion, diced
- 2 cloves garlic, minced
- 1 tablespoon fresh ginger, peeled and grated
- 1 tablespoon curry powder
- 1 cup dry red lentils
- 2 cups water
- 1/2 cup packed, chopped fresh cilantro
- salt to taste

To serve

- 1/2 cup brown rice
- 1 cup water
- OR whole-wheat naan bread

Directions:

For the daal

1. In a large saucepan heat oil over medium heat.
2. Add onion, garlic, ginger and curry powder and cook for 2 minutes. Do not brown.
3. Add lentils and water and cook for 20 minutes.
4. Add cilantro and salt and cook for 5 minutes.

For the rice:

1. Add the rice and water to the small saucepan.
2. Bring to a boil then cover, bring the heat down to low and simmer for 20-25 minutes.

Note: Different types of rice need different amounts of water and cooking time. Check the package instruction if you are using a different type of rice than is suggested in this recipe.