

# Have You Bean There & Done That?

- I. What's A Bean? (aka Dry Bean)
  - A. Produced in pods
  - B. Belong to family of plants called legumes
    - 1. Shape distinguishes it from other legumes
    - 2. Beans are more 'kidney' shaped or oval
    - 3. Peas are round
    - 4. Lentils are flat & disk-like
  - C. Two main types of beans
    - 1. Broad bean (Europe & Middle East)
    - 2. Common Bean (Americas) *dry common beans are the topic of our discussion*
  - D. There are over 4000 different species of bean
  - E. India, China, Indonesia, Brazil and the US are the largest producers of common beans
    - 1. Today 14 states produce dry edible beans
    - 2. Mostly grown in Northern Plains states
    - 3. Twenty percent are shipped to other countries
- II. Be'an Around For Thousands of Years
  - A. Longest cultivated plants on earth, 7000 BC even before ceramic pots were available to cook them in!

- B. Around 2000 BC planted on large scale
- C. One of the oldest known foods to man
- D. Staple in many cultures around the world
- E. Historians believe that ancient Peru & Mexico was the home of the common bean

### III. They've Always Be'an Nutritious

- A. Beans are a great source of antioxidants
- B. Soluble fiber in beans helps lower cholesterol levels
- C. Eating beans produces a moderate increase in blood sugar and insulin levels which may be helpful in the control of metabolic syndrome
- D. The slower release of glucose and increased satiety from beans may also enhance the effectiveness of weight loss diets
- E. Insoluble fiber in beans is good for colon health and may reduce colon cancer risk
- F. Great source of potassium, iron, selenium, folic acid, B6, thiamin
- G. Excellent source of protein and very low in fat
- H. Watch the labels on canned beans for sodium!!!

#### IV. Using Your Bean When Cooking

Refer to handout ***“The Secrets To Soaking & Cooking Beans”***

#### V. Bean Fun Facts

A. Native Americans had technology for growing beans that was admired and adopted by the Pilgrims.

1. Beans were planted between cornrows
2. Vines were “trained” to grow up the tall corn stalks
3. Succotash is a Native American dish authentically made from corn and kidney beans!! (lima beans are used today)
4. In some parts of the world this method of growing beans w/ corn is still used

B. Dry beans are poisonous until boiled for at least 10 minutes

C. Kidney beans have the highest amount of this poison

D. Beans are very inexpensive and have a long shelf life when dry

E. Egyptians deposited dried beans with their dead

- F. The navy bean, or white bean received its name because of its high use in the US Navy

## VI. Why all the noise?

- A. Beans contain certain substances that our bodies aren't equipped to digest very well
- B. Reducing gas emissions is important
  - 1. Change the water several times during soaking
  - 2. Don't use the soaking water to cook the beans
  - 3. Simmer beans slowly until they are tender which makes them easier to digest
  - 4. Consider using Beano when adding legume dishes to your diet
- C. As you add more beans to your diet, be sure to drink enough water to help your body handle the increase in fiber!!

## VII. Be'an Wondering What We're Sampling

- A. Different options include
  - 1. Mexican Salad
  - 2. Bean Dip
  - 3. Refried Beans
  - 4. Spice Cake

5. Texas Caviar

6. Other???

B. Share recipes and encourage others to do so

## VIII. Bean Soup In A Bag

A. Set out ingredients, bags and soup labels

1. Legumes to use: black, lima, pinto, small red, kidney, white, yellow/green split peas, lentils, etc

2. Spices to provide: minced onion, chicken bouillon granules, ground cumin, garlic powder, dried savory, black pepper, dried sweet pepper flakes, bayleaf

3. Label with directions for making the soup

4. Quart-size Ziploc bags for beans and small snack size bag for seasonings

B. Demonstrate assembly of soup

C. Give recipe to each person and ask them to wash hands before beginning