

1 pot of beans: 3 things!



Spotlight: Adzuki Beans

WHAT'S ON THE MENU

1. Adzuki beans for salads
2. Adzuki bean hummus
3. Adzuki bean brownies

TO SOAK OR NOT TO SOAK

Adzuki beans are pretty quick cooking. Unsoaked, they'll cook in about an hour. So if you don't want to soak, just go for it!

That said, soaking does reduce cooking time, and if you're new to eating beans, the soaking can help reduce gassyness. Soaked beans will cook in 20-30 minutes.

Pro tip: Soak your beans in the pot you're going to cook them in to reduce dishes.

Option 1: Long soak. Cover the beans with 3 inches of water and soak for 5 hours or more. Drain before cooking.

Option 2: Quick soak. Cover the beans with boiling water. Lid the pot to trap the heat in, and soak for 1 hour. Drain before cooking

QUICK NOTES ON COOKED BEANS:

1. For enhanced flavour, store beans in their cooking liquid.
2. Cooked beans can be frozen for future use. Just cool them completely then freeze them in their cooking liquid.

LET'S GO SHOPPING!

- 1 pound dried adzuki beans
- 1/2 cup natural peanut butter (or sub a different nut/seed butter)
- 1/2 cup maple syrup (I haven't tried it, but I'm sure you could sub agave or brown rice syrup)
- 5 tbsp cocoa powder
- Baking soda – 1/2 tsp
- Baking powder – 1/2 tsp
- 1/3 cup vegan chocolate chips – divided
- Tahini 1/4 cup
- Lemon Juice 1/4 cup
- 1 tsp cumin
- 1/2 tsp garlic powder

TIME TO START COOKING! STEP BY STEP INSTRUCTIONS.

1. Cook those beans.

- Place 1 pound of (soaked) adzuki beans in a large pot and cover with water.
- Bring to a boil, then reduce heat and simmer until tender. If soaked, test for doneness after 20 minutes. If not soaked, test after 45 minutes. The beans should be creamy and easily smashed. You know they're done when you've tasted FIVE CREAMY BEANS!
- Drain and rinse the beans when they're done cooking. You can reserve some cooking liquid to store your salad beans, but it isn't required. If that seems complicated, just drain and rinse.

You need 2 cups for hummus and 2 cups for brownies. The rest are for salads.

2. Salad beans.

What do I mean by this? I literally mean just tossing some cooked beans into salads. I'm a simple girl, that's how I roll. If that doesn't sound good to you, make a bean salad, or try adding your beans to tabbouleh.

Adding beans to salads is a great way to make salads more satisfying. Beans add fiber, protein, antioxidants, iron, potassium, magnesium and more. Adding high-fiber, nutrient-dense beans to your meals will help signal your body when you've had enough! They help us to naturally eat the right amount for our bodies.

3. Make the hummus

- 2 cups cooked adzuki beans
- ¼ cup tahini
- ¼ cup lemon juice
- ¼ cup water
- 1 tsp cumin
- 1/2 tsp garlic powder
- 1/4 to 1/2 tsp salt (to taste)
- Sumac for serving – optional

1. Using either a blender or a food processor fitted with an S blade, process all ingredients together until smooth.
2. Taste and adjust seasoning. I like to serve with a dusting of sumac.

4. Make the Brownies

- 2 cups cooked adzuki beans
- 1/2 cup natural peanut butter (or sub a different nut/seed butter)
- 1/2 cup maple syrup (sub agave or brown rice syrup)
- 5 tbsp cocoa powder
- 1/2 tsp salt
- 1/2 tsp baking soda
- 1/2 tsp baking powder
- 1/3 cup vegan chocolate chips – divided

METHOD

1. First, preheat that oven to 350 degrees and line an 8X8 pan with parchment paper. Alternatively, lightly oil your pan to prevent stickage.
2. Now get out the food processor and pop in the S blade. Process the beans, peanut butter and maple syrup until it's smoooooth. Next add the rest of the ingredients (save a couple tablespoons of chocolate chips to sprinkle on top) and process until everything is well combined.
3. Spread the mixture in the prepared pan, sprinkle the top with the remaining chocolate chips, and bake! 30 minutes should do it. Bake until it's no longer jiggly in the middle and a toothpick comes out clean.
4. Finally, cool completely before cutting. Waiting will be difficult! But they really do benefit from some time to cool and set up.
5. Cut and store in the fridge. Enjoy with a bit of banana nice cream on top for a super treat.

YOU DID IT!

NICE WORK. YOU'RE A BEAN STAR