

## Bean Around The World

### Preparation and Cooking Tips

You can buy legumes from your local supermarket in either a dried or tinned form- either form is fine. Both are affordable, healthy and easy to store.

Legumes (also known as beans or pulses) can be used in a variety of meals and are very good for you.

Legumes are:

- ✓ low in fat
- ✓ no cholesterol
- ✓ low GI
- ✓ high in vitamins and protective phytochemicals that we need to feel good, such as: folate, iron , potassium and magnesium
- ✓ a good source of protein and fibre
- ✓ a healthy substitute for meat

### Cooking tips

#### Dried legumes

*Slow absorption method:*

1. Soak legumes (except lentils and split peas) overnight (6-8 hours) in a bowl of room temperature water. Drain legumes.  
Note: lentils and split peas only need to be washed before cooking.
2. Cook legumes as per recipe instructions.

*Rapid absorption method:*

1. Place legumes in water and bring to a boil for two minutes.
2. Cover and allow the beans to soak for an hour. Once water has been absorbed into legumes they are ready to cook.

#### Canned legumes

1. Open can of legumes- *don't forget to recycle the can*
2. Thoroughly rinse legumes in tap water
3. Add to recipe as per instructions.

#### ***On a smelly note!***

Eating too many legumes, too fast can lead to a feeling of bloating and the formation of gas inside your stomach. You can reduce the gas forming properties of legumes by:

- ❖ Change the water several times when soaking and cooking
- ❖ Throw out the water used to soak or cook the legumes in
- ❖ Simmer legumes slowly until tender
- ❖ Gradually introduce and increase the amount of legumes eaten.