

WHY EAT



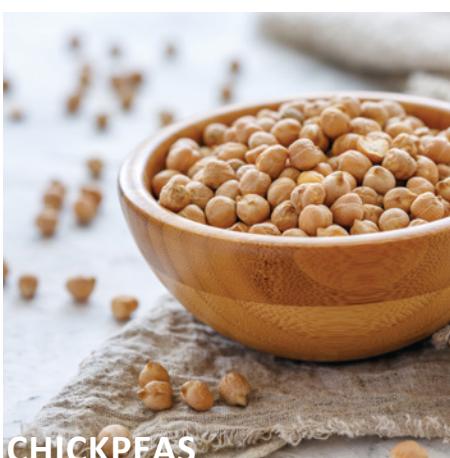
Beans and Lentils?

What are Beans and Lentils?

Beans and Lentils are seeds of plants called “legumes” and are cousins to peas, chickpeas, and peanuts.

Beans and Lentils are versatile, nutritious, environmentally friendly, grown locally in Canada, and inexpensive!





Why eat Beans and Lentils?

1

They are great for your health

Beans and lentils lower the risk of type 2 diabetes, colon cancer, and can help lower cholesterol and high blood pressure levels.

2

They are inexpensive

Both canned and dried beans and lentils are cheap protein sources at the grocery store. A serving of canned lentils costs as little as \$0.40!

3

They are high in fibre

Beans and lentils are a source of soluble fibre. The soluble fibre in beans and lentils slows digestion which helps to control blood sugar, and lower cholesterol in the blood. Fibre also keeps us full and satisfied after meals.



Why eat Beans and Lentils?

4

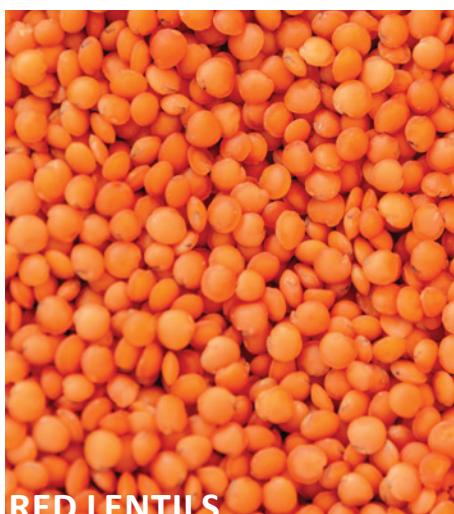
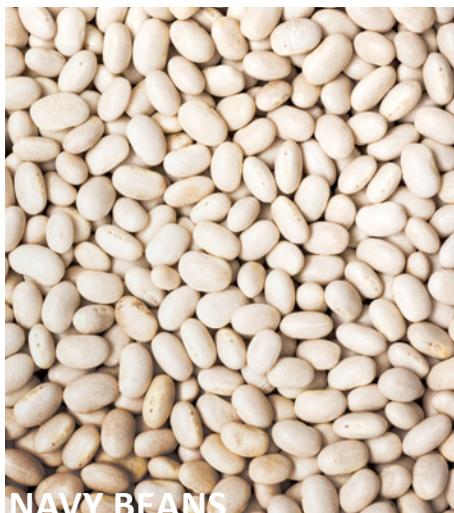
They have a long shelf life

Whether canned or dried, beans and lentils can last in your cupboard for 1-3 years!

5

They are a good source of protein

The protein found in beans and lentils builds and maintains muscle and helps you feel fuller longer. Beans and lentils can be used instead of meat as a protein source.





Cooking Beans and Lentils

How do I cook beans?

Soaking

Since most dried beans have a thick skin around them, they will need to be soaked in water before cooking. After soaking the beans, drain and rinse, then cook using the desired method.

Short on time?

You can quickly soak by bringing the beans and water to a boil. Boil gently for 2 minutes, remove from heat, cover, and let sit for 1 hour.

What type of lentils should I use?

Red lentils are best used in soups and stews.

Brown and green lentils hold their shape well during cooking and are best used in salads, casseroles, soups, and stews.

For **dried beans and lentils**, follow the cooking guide on the next page!

Cooking times may vary, cook until beans or lentils are tender and can be mashed with a fork.



Beans and Lentils Cooking Guide

	Beans	Whole Peas	Whole Lentils	Whole Chickpeas
RINSE				
<i>The first step for all dried beans and lentils is rinsing with water.</i>				
SOAK				
1 cup dry + 3 cups fluid:	4-8 hours	1-2 hours	no soaking needed	4-8 hours
STOVETOP				
Amount of fluid: for 1 cup of beans:	2.5-3 cups	2.5-3 cups	2.5-3 cups	2.5-3 cups
Simmer for:	1-1.5 hours	1.5-2 hours	10-30 minutes	1.5-2 hours
SLOW COOKER				
Amount of fluid for 1 cup of beans:	3 inches above beans	3 inches above peas	6 cups fluid to 1 cup lentils	3 inches above chickpeas
Cook on low for:	8 hours	8 hours	4 hours	8 hours
INSTANT POT				
Amount of fluid: for 1 cup of beans:	<i>Fill to 1/2 mark with dried beans or lentils. Cover with water.</i>			
Dry cooking time:	12-30 minutes	16-20 minutes	8-10 minutes	35-40 minutes
Soaked cooking time:	6-9 minutes	10-12 minutes	N/A	10-15 minutes

Adapted from: Pulse Canada "Pulses: cooking with beans, peas, lentils and chickpeas."



Thick and Hearty Red Lentil Soup

Preparation Time: 20 minutes

Cooking Time: 60 minutes

You'll need: large pot, large mixing spoon, large frying pan, can opener, wooden spoon, measuring cups and spoons, knife, cutting board.

Makes: 16 servings (4 litres)

Ingredients

2 cups whole red lentils, dry
1/3 cup pot barley
10 cups low sodium beef broth
1lb/500g lean ground meat
1 large onion, diced
2 carrots, chopped
2 large celery stalks, chopped
2 garlic cloves, diced
1 can diced tomatoes (798 ml)
1 bay leaf
1/2 teaspoon salt
1/4 teaspoon pepper

Directions

- 1 Combine lentils, barley, and beef broth in a large pot. Bring mixture to a boil, then reduce heat and simmer for 30 minutes.
- 2 Place ground meat into a large frying pan and place over medium heat. Stir and cook until browned.
- 3 Add beef, onion, carrots, celery, garlic, tomatoes, and remaining ingredients to the large pot. Break up tomatoes with a wooden spoon.
- 4 Bring pot to a boil and simmer, stirring occasionally, for 20-30 minutes, or until vegetables are tender and soup has thickened.
- 5 Remove bay leaf before serving.



Cranberry Orange Muffins

Preparation Time: 15 minutes

Cooking Time: 25 minutes

You'll need: muffin tin, medium bowl, measuring cups and spoons, mixing bowl, mixing spoon, zester/grater, can opener.

Makes: 12 muffins

Ingredients

2 cups all-purpose flour

2 teaspoons baking powder

A pinch of salt

1/4 cup oil

2/3 cup white sugar

2 eggs

1 cup canned beans or cooked red lentils

3/4 cup orange juice or water

Zest of whole orange

1 cup cranberries, frozen or fresh

Topping: Mix 3 teaspoons white sugar and 1 teaspoon cinnamon.

Directions

- 1** Preheat oven to 375F. Prepare muffin tins with large muffin cup liners or lightly grease the sides of the tin.
- 2** In a medium bowl, stir together flour, baking powder, and salt.
- 3** Drain and rinse beans and mash with a fork until smooth.
- 4** In another bowl, beat oil, sugar, and eggs. Add mashed beans or cooked lentils, orange juice, and zest.
- 5** Gently fold in dry ingredients until just blended and add cranberries. Do not over mix.
- 6** Spoon mixture into prepared muffin tins three-quarters of the way full. Sprinkle with cinnamon topping.
- 7** Bake for 20-25 minutes or until a toothpick inserted into the center of the muffins comes out clean.



Country Chili

Preparation Time: 20 minutes

Cooking Time: 25 minutes

You'll need: large frying pan, large mixing spoon, wooden spoon, measuring cups and spoons, can opener, knife, cutting board, large pot.

Makes: 16 servings

Ingredients

- 1lb/500g** lean ground meat
- 1 tablespoon** canola oil
- 2** garlic cloves, minced
- 2** cups onion, chopped
- 1** green pepper, chopped
- 2** celery stalks, chopped
- 1 can** tomato sauce (398 ml)
- 1 can** tomatoes, halved (796 ml)
- 1 tablespoon** chili powder
- 1 teaspoon** Worcestershire sauce
- 4 cups** red kidney beans, cooked
OR 2 cans (540 ml each) red
kidney beans, rinsed and drained
- 1 tablespoon** lemon juice
- A pinch** of salt and pepper

Directions

- 1** In a large frying pan, cook ground meat until browned.
- 2** In a large pot, heat oil and sauté garlic, onion, green pepper, and celery for about 5 minutes.
- 3** Add ground meat, tomato sauce, tomatoes, chili powder, and Worcestershire sauce.
- 4** Cook for 10 minutes on medium heat.
- 5** Add beans and bring to a boil.
- 6** Season with lemon juice, salt, and pepper.