

ARE COOKING DRY BEANS A PROBLEM?

A practical & personal approach to
digestion



Why Beans Cause Issues

- Beans contain lectins which protect them from insects animals and humans.
- Problems caused by lectins can be any of the following:
 - nausea and or vomiting
 - Diarrhea
 - upset stomach
 - bloating and gas



Nutrient Concern

- Lectins may reduce absorption of nutrients
Mainly minerals.
- This can be remedied by taking a pinch of Celtic salt, allowing it to dissolve on the tongue and followed by half a glass of water.
- Use this salt 4 to 8 times a day.

! Canned beans

Canned beans for some people have eliminated the lectins because they are boiled in the canning process. If this is insufficient for you place the beans in a pot and boil for 10 to 15 minutes. Rinsed the beans in use as desired.



Sprouting Method

Soak overnight

Rinse and place in a jar covered with cloth

Place jar where it is warm and dark

Rinse twice a day

beans usually sprout in 2-4 days



Simple Cooking

- Soak overnight
- Pressure cook next day

Simplest Cooking

- Soak overnight
- Drain & rinse
- Cook as directed with pressure canner

Common cooking method

- Soak and rinse 4 to five times a day
- rinse and soak overnight
- Rinse in the morning and boil 15 to 20 minutes
- drain and rinse, cook until soft
- The herb asafoetida maybe added to the cooking step

★ My Personal Method

A 3 day process

- Soak and rinse for two days rinsing 4 to five times per day
- 3rd day - Rinse and cover with clean water
- add 1 teaspoon asafetida and bring to a boil for 15 to 20 minutes
- remove from pot and rinse
- return to pot, add another teaspoon of asafetida and cook as desired



Practical Tips

- Cook 2 cups at a time for multiple recipes
- Freeze in quantities for recipes
- Alter amount of asafetida to suit your needs



Closing

- Genesis 1:29 “ God said, behold I have given you every herb bearing seed... to you it shall be for meat.
- AMEN