

WASHINGTON

Beans and Lentils

Beans and lentils are known as “pulses”— the dry edible seeds of plants in the legume family. They grow well in Eastern Washington and are an excellent source of protein.

Cook After Soaking

Beans should be soaked overnight before cooking. They will soften up and cook more quickly. Most beans will cook in about 1-2 hours after soaking – just check them for tenderness to see if they are done after cooking about an hour, then every 15 minutes. If you're short on time, “quick soak” dried beans by bringing them to a boil in water, removing from heat and letting them sit for 1½ hours before cooking. Garbanzo beans and black beans can also be cooked 2-4 hours without a presoak.

Garbanzo Beans, also known as Chickpeas, originated in the Middle East. Add your beans to a large pot and cover with 3 inches of cold water. Bring the water to a boil; lower the heat and simmer, covering the pot until the beans are softened. Chickpeas can be blended with olive oil, salt and lemon to make a simple hummus, or add curry spice and yogurt for an Indian twist.

TASTE TIPS

- A ½ cup of pulses contains up to 9 grams of protein and is naturally low in fat! Pulses are also affordable: one serving costs just around 10 cents.
- Pulses are both gluten free and vegetarian, making them a delicious option for people with special diets, allergies or sensitivities.
- Pulses will keep for years if stored in tightly covered containers in a cool, dark, place. Pulses can often also be found precooked in cans and simply need to be drained and rinsed before use.
- Pulses freeze well after cooking. If you soaked beans but missed the chance to cook them right away, you can freeze the soaked beans in air-tight bags to extend the shelf life for a week or so.
- Don't add salt, tomatoes, lemons, or other acidic ingredients while pulses are cooking as it may dramatically increase cooking time.
- Pulses can be added to almost any recipe. Mix them into salads or soups, blend into a dip, or even add to brownies by substituting mashed beans for half of the butter or oil in the recipe.

Pinto Beans Place pinto beans in a large saucepan and cover with 1-2 inches of water (add garlic or bacon ends for extra flavor!). Bring to a boil, then lower to a simmer. Beans are finished cooking when they can be easily mashed with a fork. Pinto beans are great for making refried beans. Or, mash beans with sautéed onion, garlic, and salt. Top with sautéed collard greens or kale, and wrap in a whole grain tortilla for a delicious, complete meal!

Black Beans are especially common in Latin American or Cajun and Creole foods. Add the beans to a large pot with chopped onion and garlic for extra flavor and cover with 3 inches of water. Bring to a boil then reduce the heat, cover, and simmer until tender. Black beans can be tossed after cooking with lime juice, olive oil, corn and tomatoes for a delicious summer salad!

Yellow-Eyed Beans are a delicious bean —similar to a navy bean, but much creamier! Bring the beans to a boil, and then reduce to a simmer until the beans are soft. Yellow-eyed beans are mild in flavor and can be used in most recipes. They will take on the flavors of whatever you cook them with: carrot, garlic, and onion, or ham hock and bacon ends. For a delicious easy soup, sauté onion and garlic in a pot, add chicken stock and cooked yellow-eyed beans, simmer, add chopped kale and salt to taste!

Cook Without Soaking

Lentils and split peas do not need to be soaked before cooking, and are quicker to prepare than other dried pulses.

Split Peas Since they are “split,” split peas have shorter cooking time than other legumes. Split peas can be green or yellow! They are traditionally simmered on the stove with a ham hock, garlic and onion. Add diced carrot, stock, and bacon ends for a traditional split pea soup.

Lentils should always be rinsed before cooking and checked for small rocks or other debris. Cook the lentils on the stove top, using 3 cups of liquid for every 1 cup of lentils. Use a saucepan that can accommodate the cooked lentils as they may double or triple in size as they cook. Bring the lentils to a boil, reduce heat and simmer until they are tender. Whole lentils typically cook in 15-20 minutes. Some varieties, such as black lentils, may take up to 35 minutes. Add a squeeze of lemon, a pinch of salt, and olive oil to elevate the flavor of the lentils once they are done cooking.



GARBANZO BEANS



PINTO BEANS



KIDNEY BEANS



YELLOW-EYED BEANS



SPLIT PEAS



LENTILS



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