

Healthy Beans

Healthy Bean List	Serving	Calories	Protein	Fiber
Adzuki, dry	¼ cup	130	8	5
Adzuki, cooked	½ cup	147	9	8
Black, dry	¼ cup	70	9	15
Black, cooked	½ cup	113	8	8
Black-eyed Peas, dry	¼ cup	90	9	10
Black-eyed Peas, cooked	½ cup	100	7	6
Fava (Broad), dry	¼ cup	70	7	12
Fava (Broad), cooked	½ cup	93	7	5
Garbanzo (Chickpeas), dry	¼ cup	160	9	8
Garbanzo, cooked	½ cup	134	7	3
Great Northern, dry	¼ cup	160	10	18
Great Northern, cooked	½ cup	104	7	6
Kidney, dry	¼ cup	160	11	10
Kidney, cooked	½ cup	112	8	7
Lentil, dry	¼ cup	150	10	7
Lentil, cooked	½ cup	115	9	8
Lima, dry	¼ cup	70	8	15
Lima, cooked	½ cup	115	7	7
Mung, dry	¼ cup	160	11	9
Mung, cooked	½ cup	106	7	8
Navy, dry	¼ cup	170	12	13
Navy, cooked	½ cup	129	8	3
Pinto, dry	¼ cup	150	9	10
Pinto, cooked	½ cup	117	7	7
Popcorn, raw	¼ cup	170	5	7
Soybean, dry	¼ cup	160	12	4
Soybean, cooked	½ cup	149	14	5
Split Peas, dry	¼ cup	160	12	4
Split Peas, cooked	½ cup	116	8	8
White, dry	¼ cup	70	8	14
White, cooked	½ cup	124	9	6

Dried Bean Information

Dried Bean Math

Since dry beans must be rehydrated, they will expand to about 2 1/2 times their dried measure size.

How to Store Dried Beans

Dried beans can be stored in plastic bags or containers in a cool, dry cabinet, drawer or shelf. High humidity and temperatures are BAD for dried beans. And beans that are OLD will never cook correctly. I would only keep dried beans for a year.

The Dried Bean Sort

Measure out the beans you will cook. Use a white plate or bowl and sprinkle a few on the plate to search for dirty beans, tiny stones or damaged, wrinkled or broken beans that may be mixed in with the good beans.

Remove any misshaped or damaged beans, dirt or stones.

Yes, you must do this step or you could damage teeth when eating them later!

Pour the checked beans into a large bowl.

Cover the beans with water and remove any “floaters”. Floaters are DUDS and will not cook properly.

The Flatulent Dried Bean Soak

“I can’t eat beans, they give me GAS!”

If you experience abdominal gas “flatulence” from eating beans, this little step may eliminate that problem for you.

After inspecting the beans and rinsing them, put them in a large bowl and fill with COLD water... water amount should be three times the amount of beans measured or more.

Soak the beans overnight... you’ll see them double in size and most of the water will have been absorbed by morning.

In the morning, rinse and drain the beans three or four times till the water runs clear.

Why Soaking Dried Beans Eliminates GAS

Many readers have emailed me wanting to know why soaking the beans works. So here’s a simple explanation for “Flatulent Free Beans”!

Soaking dried beans activates the beans to begin the germination process. Once wet, the beans release enzymes that begin to break down their complex sugars into more simple ones. It is the bean’s complex sugars that give you gas and indigestion after eating beans that haven’t been pre-soaked. The overnight soak method reduces 60% of the complex sugars in most beans.

Never cook canned beans in their liquid! Rinse several times in water and drain before cooking, otherwise your flatulence will be great!

HINT: There is no need to pre-soak dried black-eyed peas, split peas, peas, or any variety of lentils.

NO SALT When Cooking Dried Beans

Add NO SALT until the beans are tender and cooked completely. Adding salt to the dried bean cooking water will result in an undercooked bean or a bean that never seems to cook through.

Adding salt will prevent the beans from absorbing water. This is because a bean has an opening that is large enough for water molecules to enter it, but salt molecules are larger and will plug the bean opening, preventing the water to enter... thus you have HARD beans that never seem to cook right. Some say the bean is TOUGH, but the scientific reality is that the bean only got to absorb the water you soaked it in.