

LOVE YOUR BEANS – EAT DRY BEANS, PEAS AND LENTILS!



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Eat dry beans, split-peas, lentils and soya regularly

As part of a healthy eating plan with a variety of foods and eaten at least 4 times per week.

Eating dry beans, peas and lentils regularly contribute to better health

- Help stabilise blood sugar levels and are therefore suitable for diabetics
- Gluten-free
- Are cholesterol-free and low in fat
- Can help reduce the risk of heart disease
- Are a good source of proteins, some vitamins, plant-based iron and other substances that may have anti-cancer properties
- Can improve colon health
- Can help prevent and manage high blood pressure
- Promote bone help
- Can help relieve menopausal symptom and help prevent mental loss with aging

These foods also have other benefits...

- They are an economical source of protein;
- We can use them to make meat 'go further';

- They help the environment as they are water-efficient and help to keep the soil fertile and healthy;
- They don't require refrigeration to be stored before being cooked.

Dry beans, peas, lentils and soya can be used in many different dishes

- Use them instead of meat such as on Meatless Mondays, or added to meat as a meat extender.
- They are versatile as salad or soup dishes
- Keep a variety of canned lentils, beans, or chickpeas prepare a quick meal
- Change your favourite recipe by replacing half the meat with dry beans, peas, lentils or soya.
- Try a vegetarian burger with a salad when eating out.
- Cook a large batch of beans and freeze into smaller portions.
- Try hummus, or other bean dips, with fresh cut vegetables for a healthy snack



Don't let concerns about being bloated stop you from eating dry beans, peas and lentils. Take steps to prevent this from happening.

- Introduce these foods gradually in your eating plan and then eat them regularly
- Soak dry beans and chickpeas before cooking
- Drain and rinse canned beans and peas and beans that have been soaked
- Simmer dry beans, peas and lentils slowly until they are tender to make them easier to digest.

Before cooking, soak dry beans and chickpeas overnight in plenty of cold water.

- Soak the beans or peas for 12 hours or overnight in plenty of water, drain well, discard soak water and rinse with fresh cool water
- It is not necessary to soak split-peas and lentils or canned beans, peas or lentils



Dry beans, and to a lesser extent peas and lentils, should be cooked thoroughly and drained well before serving

- Add seasonings such as bay leaves, onion, garlic, pepper corns when starting cooking, but leave salt, acidic foods and condiments, such as tomatoes, lemon juice and vinegar until after cooking as it can harden beans
- Dry beans, peas and lentils increase 2 – 3 times in size when cooked
- Most beans, whole peas and chick-peas will cook to tenderness in 1 to ½ hours, speckled beans 2 ½ - 3 hours, split-peas about 45 minutes and whole lentils 20 – 30 minutes. Soya and kidney beans take longer to cook: about 3 – 4 hours
- Beans, peas and lentils cook quicker in a pressure cooker

- A wonderbag or haybox works like a slowcooker without an electrical outlet and is useful to save energy. About 15 minutes boiling time on the stove is needed. Then place in wonderbag:

- Kidney beans: 5 – 6 hours;
- Chickpeas: 4 – 5 hours;
- Lentils: 1 – 2 hours

Get the most out of dry beans, peas and lentils – store them properly

- Store them in an airtight container in a cool, dark and dry place and consume within 3 months
- Cooked beans, peas and lentils that are kept in the fridge should be eaten within two days
- Cooked dry beans, peas and lentils can be frozen for 2 – 3 months.

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