

# Make Your Own Favorite Dish With, “Beans, Beans, Those Lovable, Eatable, B E A N S”

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## Dried Beans:

Beans are not fully utilized unless they have been properly and fully cooked.



When cooked, the nutrition values come to play and they are soft.

Sprouting is always a greater nutritional value of all other dried beans.

All beans have natural toxins that are destroyed when you cook them.

The body is affected, because beans have many disagreeable and nasty properties from beans.



By soaking beans overnight, reduces the time for beans to cook and the nutritional value is increased which is to your best benefit and good health.

Beans are an excellent source of protein, a “Poor Man's Meat”.

Beans are deliciously served with as:

1. Taco's
2. Taco dinner
3. Burrito's
4. Bean Dip
5. Bean's as replacement meats
6. Bean's with Rice, provides the essential amino acids, a complete meal protein meal, when combined
7. Bean soups
8. Bean casseroles
9. Bean desserts (like; Pinto Bean Fudge)
10. Bean (Etc.) Your imagination is the best creator



Beans are a common and affordable ingredient, when costs go up for other food items – beans are you best bet for food savings.

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Many people have noticed that beans for them, are hard to digest, which tells us that all of the food values are not getting to your system and a lot of toxins are not removed from the beans.



Pioneers and parts of the world today, add about a teaspoon full of wood ashes (lye = alkaline [baking soda is better]) to the pot of soaking beans; they would flush the wood ashes out by rinsing with fresh clean water.

The wood ashes (baking soda) changed the condition of the amino acids in the beans, so amino acids are assimilated by the digestive tract for better health.

Baking soda is better at removing many toxins and may reduce some gassing effects.

Beans are high in antioxidants.

The American Dietetic Association Recommends Beans because they are high in soluble fiber.

Branch out with your beans; pinto beans, white beans, black beans, and etc.

Most people do not thoroughly cook the beans and it causes a lot of gas and pain and adding a little oil will help with the cooking.



Beans are not appealing to a lot of people.

Weber State University; beans have a positive effect on your endorphins and serotonin that are formed inside your body.



Beans are also extremely and amazingly nutritious.

Beans help you to lower your cholesterol levels.

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Beans are low in fat.

We need to start eating beans in our diet, slowly with a small amount and over time, work up to a larger amount.

This is because we have been eating the wrong foods, which have affected our digest system for so long; it will take time to adjust to eating beans.



Sprouting beans is easier on your system to digest.

When sprouting beans, they become a vegetable.

Store bought fresh (?) vegetable loses its value after being cut in the field and when canned, it is cooked, and there is very little value left.



Remember, start with small amounts and increase the amount size slowly, so your body gets use to them and they can be your nutritional friend – not your enemy.

Beans can be a comfort food.



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