

Creative Cooking

DR. HELEN STODDART DDCC000028

SEASON 3 EPISODE 4 BEANS, BEANS! GOOD FOR YOUR HEART!



ROSEMARY WHITE BEANS

INGREDIENTS

- 4 cans of organic cannellini beans, drained and rinsed
- 1 medium onion, finely chopped
- 2 large garlic cloves, minced or finely chopped
- 2 bay leaves
- 2 cups boiling water
- 1 low sodium vegan chicken bouillon cube
- 4 rosemary sprigs finely chopped
- salt to taste

INSTRUCTIONS

In a large stockpot, sauté onions and garlic in a little water for about 2 minutes, stirring to prevent garlic from burning.

Add rinsed cannellini beans; 2 bay leaves, and one cup of boiling water to the pot.

Dissolve bouillon cube in remaining cup of hot water and add to pot.

Bring to a boil, add rosemary sprigs, reduce heat and simmer 20-30 minutes or until the beans are tender.

Add salt to taste.

BLACK BEAN SOUP

INGREDIENTS

- 1 pound (16 ounces or scant 2 ½ cups) dried black beans
- 1 medium red onion, chopped
- 4 medium cloves garlic, peeled and mashed
- 2 bay leaves
- 1 tsp sea salt
- 1 tsp ground cumin
- 8 cups water, more if needed
- 2 Tbsp finely chopped cilantro, optional
- 1 Tbsp lime juice

INSTRUCTIONS

In a bowl, soak the beans overnight with enough water to cover them.

The next day, in a pot, sauté the onion and garlic.

Add the drained, soaked, black beans to the pot and cover with water. Add bay leaves, sea salt, and ground cumin.

Bring to a boil and simmer until the beans are soft. Add lime juice.

Finish with chopped cilantro and season with salt to taste.

Creative Cooking

DR. HELEN STODDART DDCC000028

**SEASON 3
EPISODE 4
BEANS, BEANS!
GOOD FOR
YOUR HEART!**



RED BEANS WITH GINGER AND PEPPERS

INGREDIENTS

- 1 package dry red beans (small), soaked overnight
- 10 cloves garlic
- 4-6 cups of fresh water
- 1 bay leaf
- 2 inches ginger, peeled
- 1 vegan chicken bouillon cube
- salt to taste
- 1 red pepper, chopped
- 1 green pepper, chopped

INSTRUCTIONS

Mash garlic cloves and add to washed, sorted, and soaked beans.

Add 4-6 cups of fresh water and bay leaf.

Add ginger and bring to boil.

After 30 minutes, add bouillon cube and salt, reduce heat and simmer beans 1 hour. Stir in the peppers in the last 15 minutes.

Enjoy!