

adzuki beans & adzuki bean express | 3 SUPER FOODS & READY IN AS LITTLE AS 10 MIN

1 cup **adzuki beans**
 5 inches **kombu**
 4 cups water
 2 bay leaves
 1 tsp sea salt

adzuki bean (serves 4)

1. wash beans with cool water (no soaking necessary)
2. place kombu, beans and water in a pot, bring to a boil
3. add bay leaves
4. cover and reduce to simmer for 1 hour. Add sea salt
5. check for softness
6. season with **umeboshi plum vinegar** for taste

to check for softness, squeeze cooked beans between your thumb and pointer finger. If beans press easily they are ready to enjoy. If they feel hard in the middle, you may want to cook them a little longer.

adzuki bean express (serves 2)

1. Pop open a can of adzuki beans
2. Flavor with umeboshi plum vinegar or other numerous options including salsa, sour cream, avocado and/or hot sauce (Tennessee sunshine is my fav), green onions or whatever else you like.

basic adzuki beans

QUICK PREP	★ ★ ☆ ☆ ☆
EASY PREP	★ ★ ★ ★ ★
NUTRITION	★ ★ ★ ★ ★
ECONOMICAL	★ ★ ★ ★ ★

adzuki bean express (beans from a can)

QUICK PREP	★ ★ ★ ★ ★
EASY PREP	★ ★ ★ ★ ★
NUTRITION	★ ★ ★ ★ ☆
ECONOMICAL	★ ★ ★ ★ ☆

nutrients:

Adzuki beans are one of the highest protein and lowest fat varieties of bean. They contain high levels of potassium and fiber, as well as B vitamins such as thiamin, niacin, and riboflavin, calcium plus minerals such as iron, zinc and manganese. Tonifies the kidneys and adrenals, a superior carbohydrate for people with sugar imbalances, and contain isoflavones that help prevent cancer and heart disease.

Kombu is a member of the kelp family. Greatly increases nutritional value of all food prepared with it, as it is considered the most completely mineralized food. Added to beans, as the minerals help to balance the protein and oils in them and increase digestibility. Benefits kidneys; diuretic; anti-coagulant effect on the blood; is a natural fungicide; relieves hormone imbalances and especially effects the thyroid.

Umeboshi: Salty-sour pickled plum from Japan; highly alkaline; antibiotic; regulates intestines. Note: sometimes referred to aduki beans or azuki beans.

Go to www.HealthyAlterEgo.com and search on "Healthy Food Experience" to find all HFE recipes.