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## Bean Recipes

### **Bean & Nut Butter Burgers**

1 medium onion, minced, or green onions in spring & summer

2 cloves garlic, minced or pressed

3 cups cooked beans of choice (kidney, black, chick pea, pinto.....learn to soak & cook, they ARE better textured & tasting!

½ cup natural peanut butter

1/3 cup organic ketchup or tomato paste (organic avoids the corn syrup & crap ingredients, paste avoids all sugars)

½ to 1 cup whole grain flour: oat, corn, buck wheat, amaranth, millet, quinoa. I recommend avoiding wheat, even whole wheat. Buy organic to avoid GMO corn. All these grains and oat flakes can be ground into fresh flour, when you need it, if you have a good blender. Some of this flour can be left as oat flakes to make the burgers 'heartier'. You will have to play with amounts to get the right consistency so the bean mix is easy to work with to form into burgers.

Spices: I use 1 ½ tsp each of cumin, coriander, turmeric & chili powder. I throw in curry powder if I have it, sort of redundant but I like spice.

Other options are Italian spices: rosemary, thyme, oregano, parsley, basil, marjoram.....  
OR, create your own spice blend, have fun with the process, eating included! I bet a cinnamon, cardamon, ginger, vanilla, nutmeg blend would be snappy & fun!

Saute onion & garlic in olive oil or pasture raised butter. Mash or food process the beans. Add all other ingredients & mix well. Form into patties and fry as you would meat burgers. Dress as you like and serve!

The mix also works well as a raw bean spread on toast or for veggie dipping.

## Curried Chick Peas

2 cups dry chickpeas  
1 to 1 ½ cups organic tahini (sesame seed butter)  
2-4 cloves garlic minced or pressed  
2 tbsp low salt organic soy sauce or Bragg's Amino Acids  
¼ cup chopped fresh cilantro  
¼ cup chopped fresh basil  
½ tsp fresh chopped thyme  
¼ tsp cardamon  
¼ tsp nutmeg  
2 tbsp toasted sesame oil

SAVE bean water after cooking. You can drizzle small amounts into the dish to make it less pasty, more saucy, and easier to mix everything

Optional ingredients: ½ to 1 cup finely chopped peanuts, ½ cup finely chopped dried cherries (raisins work well as cherries not always easy to find), ¼ cup unhulled sesame seeds – get these at the Potsdam Food Coop)

Cover beans with water and soak overnight in pot so they are in darkness. Change soak water in AM and cover & soak for another 24 hours. Soaking in darkness prevents bitterness and the soaking for 48 hours makes them easy to cook in 1 hour 15 minutes- not 4 hours! You can drain & cover and soak for another 24 – 48 hours and use the beans raw as sprouted beans and make this into a raw, sprouted bean dish, do not cook the beans at all.

Put cooked (or raw, sprouted) beans in large bowl. Add the tahini, soy sauce, sesame oil, garlic & spices. Mix well adding the bean soak/cook water to loosen things up as needed.

Add the peanuts, sesame seeds and cherries to add some interesting flavors.

Serve over whole grain rice or whole grain pasta with a seasonal raw salad: & voila'... dinner!