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## **Beans & Grains Flavor Combination Guide**

### **RED (KIDNEY) BEANS**

Chili Powder  
Cilantro  
Cumin  
Curry  
Onion  
Oregano  
Garam Marsala  
Garlic  
Lemon  
Lime  
Mayonnaise, including non-egg or non-dairy (such as Vegemise)  
Mustard  
Pasta  
Pimentos  
Rice  
Sauerkraut  
Savory  
Sweet Potato  
Tomatoes  
Vegetables, all  
Vinegar  
Yogurt, non-dairy options are available, too

### **PINTO BEANS**

Bacon  
Vegetarian bacon such as Fakin' Bacon. Eat sparingly - this is not a health food!)  
Beer  
Brown Sugar (oe Sucanat)  
Cheese, especially Cheddar and Monterey Jack, including non-dairy versions available at the Potsdam Food Co-op & Nature's Storehouse)  
Chiles  
Cilantro  
Coconut  
Garlic  
Nuts  
Olives, especially black  
Onions  
Oregano  
Rice  
Salsa  
Savory  
Tomatoes  
Vegetables, all

*Favored combinations with your favorite beans!*

Adapted from [www.vegancoach.com/how-to-cook-beans.html](http://www.vegancoach.com/how-to-cook-beans.html) with adjustments for broad appeal to vegan and non-vegan eaters.

### **BLACK BEANS**

Avocados  
Cheese, especially Cheddar and Monterey Jack, including non-dairy versions available at the Potsdam Food Co-op & Nature's Storehouse)  
Chiles, especially serrano  
Chives  
Cilantro  
Coriander  
Cumin  
Garlic  
Jalapenos  
Mint  
Onions  
Oranges  
Peppers  
Rice  
Savory  
Sour cream, non-dairy  
Tequila  
Tomatoes  
Vegetables, all

### **GARBANZO BEANS**

Bulgur  
Caraway  
Carrot  
Cinnamon  
Cumin  
Extra-virgin olive oil  
Garlic  
Ginger  
Green Onions  
Lemon Juice  
Onion  
Mustard  
Savory  
Seeds, especially sesame  
Tahini  
Tomatoes  
Vegetables, all  
Vinegar  
Yogurt, non-dairy options are available, too

## **WHITE BEANS**

**(Great Northern, Navy, etc.)**

Bacon  
Vegetarian bacon such as Fakin' Bacon. Eat sparingly - this is not a health food!  
Barbecue Sauce  
Basil  
Bragg's Liquid Aminos (or soy sauce)  
Brown Sugar (I prefer Sucanat)  
Carrots  
Celery  
Chiles, especially Chipotle  
Crushed Red Pepper  
Cumin  
Beer, especially dark  
Dijon Mustard  
Leeks  
Lemon Juice  
Onion  
Oregano  
Paprika  
Savory  
Thyme  
Tomatoes  
Vegetable Broth  
Vegetables, all  
Worcestershire Sauce, vegetarian

## **ADZUKI/ADUKI BEANS**

Allspice  
Balsamic vinegar  
Basil  
Bay Leaf  
Bragg Liquid Aminos  
Cilantro  
Dijon  
Garlic  
Green Bell Pepper  
Marjoram  
Mayonnaise, including non-egg or non-dairy (such as Vegenaïse)  
Nuts, especially hazelnuts, almonds and walnuts  
Onion  
Orange  
Oregano  
Pineapple  
Red Pepper Flakes  
Rice, especially brown and sweet gelatinous  
Rosemary  
Sauerkraut  
Savory  
Soy sauce  
Tabasco  
Thyme  
Vegetables, especially squash, potato, and sweet potato  
Whole Grains  
Worcestershire Sauce

You can access all of the Flavor Matches found in VeganCoach.com with this e-book [Your Guide To Vegan Flavor Matches](http://www.vegancoach.com/vegan-cookbooks.html#anchor-vegan-flavor-matches) (<http://www.vegancoach.com/vegan-cookbooks.html#anchor-vegan-flavor-matches>).

