

Bean Flour

Bean Facts

- ◆ A 3-oz steak will provide 350 calories and only about 15 grams of usable protein. 1¼ cups of cooked beans will provide the same number of calories and yet deliver 50% *more* usable protein. And, since beans are only 2-3% fat, you have a virtually fat-free source of protein, with NO cholesterol. Most beans contain at least 20% Protein.

How much protein is enough? – 30 Grams

“The United States Government’s own 70-gram recommendation was established on the basis of research that clearly showed 30 grams to be completely adequate. The extra 40 grams were labeled a ‘margin of safety.’ Though one Food and Nutrition board member reported that the real reason behind the high figure was that the board feared a ‘public outcry’ over the 30 gram figure.” George Beinhorn, in Bike World Magazine

Great sportsmen often consume large amounts of meat as a source of protein in order to build large muscles. But if they quite exercising, this type of protein will not be retained and hold its firmness in the body. However, muscles built from the protein of herbs and fruit will hold their own and remain firm and in good tone. Ask any gorilla. (Regenerative Diet by Dr. John R. Christopher)

- ◆ Most beans are high in carbohydrates, which provide long-lasting energy. In addition, beans provide essential B Vitamins, Iron, and are one of the richest sources of fiber. Adding beans to your daily meals insures total nutrition!
- ◆ Bean flours provide the fastest and easiest way to prepare bean meals.

Cooking Bean Flour

Beans ground to a fine flour can be whisked into boiling water and seasonings to make an *almost instant soup or thickener* in only 3 minutes.

Bean flour can be used in any recipe calling for flour by *replacing up to 25% of the wheat flour with any variety of bean flour*. (Lima or small white beans are the mildest in flavor and lightest in color). So, if the recipe calls for 2 cups flour, you could add up to ½ cup bean flour.

Bean flour stores for up to 6 months on the shelf, 1 year under refrigeration, and is great to have on hand for “instant” soups, sauces, dips, sandwich fillings and gravies, and to add to almost everything you cook or bake.

Complete and Incomplete Proteins.

Cooked beans (still firm) can be chopped or coarsely ground and mixed with ground meats to stretch your dollar and improve nutrition. A meal containing legumes and seeds, legumes and grains, or seeds and grains provides complete protein needed for health and growth. *Legumes and grains, etc. eaten as much as 2 days apart will still combine properly, as the body extracts*

and stores the amino acids from the beans and combines them into proteins as a variety of foods are eaten.

Beans are classed with vegetables, so combining vegetables with seeds or vegetables with grains would also form a complete protein.

According to the information obtained from Brigham Young University agronomy department, beans mixed with grains form a high quality complete protein that can be tolerated by people of all ages, even infants, if adequate breast milk is not available. *For babies, mix ¼ cup very fine millet or brown rice flour with 2 tablespoons any kind very fine bean flour and 1 cup water for cereal, 2 cups water for formula.*

Beans that are first sprouted, then cooked are more easily tolerated. Many have verified that the *regular* inclusion of small amounts of a variety of beans in their diet (at least 2-3 times per week) helped their tolerance increase.

Bean Arithmetic

A pound of beans measures about 2 cups dry, 6 cups cooked (Some varieties only double in volume).

A pound of dry beans ground to a fine flour measures approximately 5 cups.

Use 3 cups of water per cup of dry beans for soaking.

A pound of dry beans makes about 9 servings of baked beans, 12 servings of bean soup.

A one-pound can of cooked beans measures about 1 2/3 cups.

Grinding Bean Flour

There are at least 2 electric home mills which are guaranteed to grind all types of grains and beans to a flour as fine as wheat flour. These are the K-Tec Kitchen Mill and the GrainMaster Whisper Mill.

However, during an electrical outage, these would be useless. So, the Back-To-Basics Hand Miller will also grind grains and beans to a flour, although not quite as fine.

Mills with grinding stones must be cleaned after each 2 cups of beans by grinding 1 cup of hard wheat. Do not grind soybeans if your mill uses grinding stones. If beans are too large to go easily into the grinding chamber of your electric mill, crack first with a blender or hand grain cracker. Set mill to grind on medium-fine. The resulting flour should be as fine as the wheat flour used in baking breads, cookies, etc. (Sponge filter should be cleaned after each 2 cups of beans in the K-Tec.)

Beans which have absorbed excess moisture will cause caking on electric mill parts. Thoroughly brush away flour residue from mill after each use. Then run 1 cup of dry grain through the mill to clean out internal parts.

Source: Country Beans by Rita Bingham

Recipes

Remember: Bean flour can be used in any recipe calling for flour by:
Replacing up to 25% of the wheat flour with any variety of bean flour.

Crusty Mini-Wheats

¼ C. Warm Water	¼ C Canola oil or applesauce
2 Tbs. Active Dry Yeast	3 Tbs. dry Milk powder
2 Tbs. Honey	½ C. pinot bean flour
1¼ C. Warm Water	2½ to 3 c. whole wheat flour
1½ tsp. Salt	Sesame Oil and Sesame Seeds

Combine ¼ cup warm water, yeast and honey. In mixing bowl, combine remaining ingredients and ½ of the flour. Mix well, let rest while yeast rises to double. Add yeast mixture, then remaining flour a little at a time, adding only enough to make a smooth dough.

Cut and shape into 4 mini-loaves; place on baking sheet that has been coated with cooking spray. Cover and allow to rise double in a warm place.

Option: brush loaves with ¼ tsp. flavored sesame oil and sprinkle with sesame seeds.

Bake at 375° 30-40 minutes, or until golden brown.

Oatmeal Date and Nut Bread

2 C. Boiling Water	1 Tbs. Active Dry Yeast
1 C. Rolled Oats	½ C. Lukewarm Water
½ C. Honey	2/3 C. Each Chopped Nuts and Dates
2 Tsp. Salt	¾ C. White Bean Flour
1 Tbs. Canola Oil or Applesauce	4¼ C. Whole Wheat Flour

Pour boiling water over oatmeal and let stand until cool. Combine yeast, water and a little of the honey and let rise double (about 10 minutes) add to cooled oat mixture along with only, salt and oil. Add nuts, dates and flour; mix thoroughly.

Let rise double (this step can be omitted), then shape into 2 loaves. Place shaped loaves in loaf pans that have been coated with cooking spray and let rise in a warm place until double.

Bake at 400° 20 minutes, then 350° for 40 minutes, until tops are delicately browned.