



THE CONSCIOUS HEALTH COACH
Come and Embrace a New Vitality

Simple Beans

Method #1: Slow-Cooker Style

1 pound of favorite dried beans
1 2-inch piece of kombu
1 bay leaf

Optional add-ins:

1-2 stalks celery, chopped into thirds
1-2 carrots, chopped into thirds
1 onion, peeled and quartered
3-6 garlic cloves, peeled

1. Soak beans overnight in water. Drain and rinse in the morning.
2. Add beans, kombu, bay leaf, and any optional add-ins you are using to slow-cooker. Add enough water to cover them by at least two inches.
3. Set slow cooker on low for 8 hours. After they are done cooking, drain water and discard kombu, bay leaf, and add-ins.
4. Cool and store in an airtight container. Beans will keep for 1 week in the fridge or for 2 or more weeks in the freezer.

Method #2: Stove Top Style

Use the same ingredients

1. Soak beans overnight or all day (6+ hours) in water. Drain and rinse.
2. Add beans, kombu, bay leaf and any optional add-ins you are using to large stock pot. Add 3 cups water for every 1 cup of beans.
3. Bring to a boil. Skim off any foam that rises. Reduce heat, cover and simmer on low heat for 60-90 minutes.
4. Begin checking beans every 15-20 minutes for doneness after 1 hour. After they are done cooking, drain water and discard kombu, bay leaf, and add-ins.
5. Cool and store in an airtight container. Beans will keep for 1 week in the fridge or for 2 or more weeks in the freezer.

Note: Kombu is a sea vegetable found in the Asian section of the market that is filled with minerals and a plethora of anti-cancer, immune system healing properties. It helps make the beans easier to digest.