

A taste of... *Slow Beans*

Featuring 2 Beans on the:



The Ark of Taste is Slow Food's online catalog of 3,000 foods that are at risk of extinction. It invites everyone to take action to help protect them. Choosing these items sustains their supply. Anyone can nominate a food item for the Ark.

1 “Christmas Lima Bean”
(or Chestnut Lima Bean)

Size: Flat quarter-size beans
Color: White w/maroon spots and swirls
Flavor: Nutty, similar to chestnuts
Texture: Baked potatoes
Prep: Fresh, frozen, canned, or dried

2 “Jacob’s Cattle Bean”
(part of the Heirloom Blend)

Shape: Plump, kidney shape
Color: White and red speckles, vivid maroon splashes
Flavor: Full flavor, rich aroma, a bit tannic, similar to green beans with a slight fruity aftertaste
From: Prince Edward Island, Canada

(Recipes on flip side)

Beans are small and powerful!
Economically sound, and Earth friendly

Nutritional benefits:

- Source of protein and fiber
- Copper, folate, iron, magnesium, zinc, potassium
- Metabolizes slowly (helps sustain energy, helps assimilate nutrients)

“Slow” because:

- Slow soak and cook times
- Sustainable for our body, and our planet
- Supports heirloom varieties



Heirloom Slow Bean Stew with Dill & Coconut Cream

Serves: 6

- 1 c. dried heirloom beans

NOTE: If you can't find Heirloom Blend, use an unseasoned soup bean mix. They usually contain about 12-15 varieties of beans.

- 1 1/2 tbsp. olive oil
- 1 onion, diced
- 2 carrots, chopped
- 1 fennel bulb, chopped
- 1 garlic clove, minced
- 3 tbsp tomato paste
- 2 cups 1/2-inch cubes butternut squash (peeled)
- small handful of Jasmine rice
- 3 cups water
- 1 can coconut cream
- salt + pepper

Garnish

- coconut cream
- fresh dill

1. Soak the beans overnight in filtered water. Drain, rinse and set aside until ready to use.
2. In a large pot, heat the oil over medium heat. Add the onions, carrots, and fennel. Sauté until golden, about 15-20 minutes.
3. Stir in the garlic, saute until golden, about a minute.
4. Stir in the tomato paste and mix well to dissolve.
5. Add butternut squash, rice, beans, water.
6. Open the coconut cream. Reserve about 1/3 c. of the solid cream for garnish. Add the rest to the pot.
7. Bring the stew to a gentle boil. Reduce to a simmer, let cook until beans are tender, about 45 minutes. Cooking time will vary based of the type of beans you are using. If it gets too thick, add more water.
8. Using a hand held blender, puree part of the stew. You're looking for a chunky and smooth texture.
9. Season with salt and pepper to taste.
10. To serve, portion the stew into bowls. Top with a dollop of the reserved coconut cream. Sprinkle with dill.



Christmas Lima Slow Bean Sauté with Basmati Rice

Serves 6

- 2 cups Christmas lima beans
- 1 cup Basmati rice
- 1/4 cup olive oil
- 1 garlic clove, minced
- 1/2 cup yellow onion, diced
- 1/4 cup lemon juice + 1 tbsp lemon zest
- 2 tbsp fresh dill, chopped
- 1 tbsp fresh marjoram, chopped
- 1/4 cup feta cheese
- sea salt and pepper

1. In a large pot, cover beans with cold water and soak overnight. The next day, drain, rinse and cover with cold water. Bring to a boil and simmer until tender but not mushy, about 30 minutes. Drain.
2. Cook rice according to package directions, set aside.
3. In a large saute pan, heat olive oil and saute onions and the cooked lima beans until browned, about 10 mins.
4. Add the garlic, saute until golden.
5. Add the cooked rice, lemon juice and zest and herbs. Add salt and pepper to taste.
6. Before serving, stir in fresh Feta cheese and garnish with fresh dill.

<http://foodconfidence.com/2015/03/12/christmas-lima-bean-saute-with-basmati-rice/>

<http://www.theclevercarrot.com/2015/01/heirloom-bean-stew-with-dill-coconut-cream/>