IDEAS TO GROW YOUR MENU AND YOUR BUSINESS

INNOVATIVE BEAN DISHES FROM LEADING COMMERCIAL AND NON-COMMERCIAL CHEFS

WHY LEGUMES ARE THE PROTEIN OF THE MOMENT—AND THE FUTURE

GLOBAL LESSONS ON USING BEANS TO CREATE CRAVEABLE, FILLING COMFORT FOODS

Bread gnocchi with beans recipe, page 31
First off, thank you. Thank you for taking the time to learn more about the benefits and possibilities of beans. At Bush’s Best® we have a long and proud history of bringing the highest-quality, best-tasting beans to our customers, but we also have a history of gratitude. Without foodservice professionals, like you, who have a desire to excite and entice guests through delicious and innovative menu items, our story would have been much shorter and we wouldn’t be where we are today: sharing insights and ideas about how beans are the perfect ingredient for a brilliant future in foodservice.

Throughout the following pages you will find educational and inspiring information from The Culinary Institute of America. As you will discover, beans are a nutritious, flavorful and versatile ingredient that can open new possibilities for menus in every foodservice segment. And the latest bean trends and strategies can make a difference in your operation immediately—such as how to decrease protein costs, bring in global cuisines, pair flavors for signature dishes and much more.

We’re also happy to share our story of responsible manufacturing. Beans offer several advantages over other crops in terms of their effect on the environment, and we’re constantly working to find and implement responsible manufacturing processes to make sure the biggest impact Bush’s Best has is always on the plate.

If you’d like to learn more about Bush’s Best products and what beans can do for you, please visit bushbeansfoodservice.com or call 888-233-1115.

Respectfully,
Erik Henry
It would be easy to say that beans are timeless, but it turns out the bean is thoroughly modern, a food that complements an array of current trends and demographic changes. That can of beans we are so familiar with is like the frumpy librarian who takes off her glasses and lets down her hair and...oh!

BEANS ARE NEW AGAIN

With today's biggest dining trends, beans fall in line.

first // customer satisfaction

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HEALTHY DINING

Consumers continue to say healthy eating is important. And it should be. Last June, The Washington Post reported that two-thirds of American adults are at an unhealthy weight. Not surprisingly, according to a 2015 Mintel survey, 61 percent of consumers say they are trying to eat healthier foods and 53 percent say they are working on eating a well-balanced diet. Two big demographic blocks—aging boomers and Hispanics (who suffer higher rates of obesity than the general population and nearly 43 percent suffer from diabetes)—say they are particularly interested in healthier dining and restaurants giving them information about healthy dining. But even Gen X and Gen Y are eating healthier: 40 percent of each say they are ordering healthier options when they eat out compared to last year, according to the Hartman Group.

The opportunity to address healthy dining by adding more beans to the menu is huge. Just look at fiber. Fiber helps your digestive and heart health. Women need 25 grams per day; men need 38. We eat about 15 on average. Just a half cup of cooked navy beans? Ten grams.

Beans have a great health story to tell beyond fiber. Check out Sanna Delmonico’s profile of bean nutrition on page 26.

GLOBAL CUISINE

World cuisine continues to be a major trend in foodservice. The National Restaurant Association’s 2016 culinary forecast has global flavors and cuisines throughout. Ranked as the twelfth biggest trend in the forecast, authentic ethnic cuisine. Among the highest ranked within that category: African, Middle Eastern and Latin American cuisines, along with ethnic-inspired appetizers, dips and breakfasts.

Beans fit squarely with all these trends. African cuisine relies heavily on beans like black-eyed peas, mung beans and red kidney beans. Middle Eastern sees fava beans boiled into one of Egypt’s most popular dishes, ful medames; fava and chickpeas in falafel; lentils and split peas also abound. And of course, killing two trends with one bean: chickpeas are the base for hummus. Read about beans for breakfast throughout the world, and why U.S. restaurants should get on the bandwagon, on page 12.

MILLENNIALS

One of the biggest trends hitting the restaurant industry and commerce in general is the emergence of Millennials, the largest demographic block in the country, and roughly defined as people 18 to 34 in 2015.

Millennials are one of America’s most studied demographic groups, and the biggest, most culturally diverse group in the history of consumer insights. And rightly so: Millennials represent nearly a quarter of the population, and control over $70 billion in spending power. Millennials are the largest, most culturally diverse group that the foodservice industry has ever had to cater to, and as such, their personas and need states are equally diverse. To accommodate this, restaurants are no longer trying to be all things to all people. Menu sizes are shrinking, and restaurant concepts are becoming more simplified and focused on a specific dish, ingredient or service style. This allows consumers more opportunities to customize their meals.

Millennials are price-conscious, but value many things other than price. Environmental concerns, fair treatment of workers or growers and traceability, as well as health and wellness are all things that Millennials will pay more for. They value transparency—where does this food come from and how was it raised—and a wide variety of choices in flavors, cuisines and flexible dayparts.

Beans and legumes are just as culturally diverse as Millennials themselves. Nearly every popular and emerging food region includes beans and legumes as part of their flavor identity. Japanese Natto beans, Indian Mung Dal, French Flageolets, Italian Lupinies, Middle Eastern Garbanzos, Mexican Pintos, and North American Navys are all examples of how beans and legumes span the globe. See our story on beans around the world on page 16.

They are all part of a healthier plant-forward diet, they are easy to prepare, more sustainable and environmentally friendly than animal proteins and provide great value to the menu.

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UNDERSTANDING Protein Prices

COMPARSED TO MEAT, BEANS OFFER A STABLE, LOW COST

BY CHEF THOMAS K. SCHNELLER
ASSOCIATE PROFESSOR

Nutritionally, beans are a great substitute for meat-based proteins. But they also offer substantial cost savings compared to other proteins.

If you look at meat prices over the years you will see that they fluctuate with the seasons. Prices for beef rib eyes and tenderloins, for instance, tend to rise around Christmas and New Year’s, while grilling cuts such as top sirloin and pork spare rib tend to fall. But one thing is an absolute: over the last 10 years meat prices overall have increased. And with changes in the environment and increases in global populations—especially in populations that are no longer in poverty and can now afford meat, increasing demand worldwide—prices will continue to rise.

At the same time, we are constantly hearing stories about another breakout of animal disease such as the recent Avian Flu that has contaminated chicken and turkey flocks, or another recall of some kind of meat product because it was contaminated with salmonella or E. coli. Midwestern droughts, West Coast wildfires and unpredictably changing weather patterns threaten livestock and thereby cause instability in pricing. Recovery from livestock challenges can also take a long time. Rebuilding herds of cattle after a drought or illness, for instance, can take several years.

Bean and legume pricing, however, has remained relatively stable over the last 10 years. As a typically northern crop, beans and legumes have remained mostly outside of the band of recent weather extremes. Furthermore, the average price per pound for beans and legumes can be as much as 75 percent less than that of the average restaurant or foodservice meat cuts. Beans and legumes are less likely to be impacted by diseases, and prices remain steady virtually year round.

According to USDA National Agricultural Statistics Service surveys, the average wholesale price for beef has risen $1.46 per pound or 63 percent over the last 10 years. Average bean and legume wholesale price has actually risen 71 percent, but that translates to a dollar increase of only $0.15, 10 percent of the rise in beef prices over the same period. Pork and poultry prices are also on the rise.

Another example of offering a non-meat alternative where meat was once common is in the caesar salad with chicken. In lieu of pan-fried chicken, falafel can be substituted at half the cost. Falafel, a puree of chickpeas, garlic, parsley and spices is becoming very popular as a meatless substitute to anything fried. As a warm garnish to a caesar salad, falafel adds crunch, spice and global flair to a brunch or lunch mainstay. With random chicken breasts at about $1.30 per pound and rising, and canned chickpeas at closer to $0.60 per pound and stable, the savings on a dish as popular as this can be significant.

Yale University recently started a campaign titled “More This, Less That,” which encourages students to choose more plant-based ingredients and less animal proteins. One way they promote this is by offering three colorful and flavorful vegetable and grain based salads such as quinoa, sweet potato & garbanzo bean salad with pumpkin seeds and lime-cilantro vinaigrette. This approach is a win-win as students are encouraged to choose healthier options, and the college benefits from reduced animal-protein consumption.

At Google World Headquarters in California, the salad bar has been redefined. Instead of the “Raw Vegetable Trough” as named by Google Director of Global Food Service Michiel Bakker, the “Salad Bar of the Future” includes an array of composed salads including many that are based on beans and legumes. At the end of the salad bar there are a few hot dishes where a small piece of hot meat or fish can be added to the plate. This concept is known at Google as “The Protein Flip,” where large portions of center-of-the-plate animal protein are replaced with vegetables and plant proteins. By using this system, Google cut meat purchases by 20 percent while seeing consumer satisfaction scores rise.

There are a number of strategies for using beans and legumes instead of animal proteins. The best one is to start small and slowly train your customers to expect less meat and more beans.
CANNED VS. DRIED

BY CHEF JOHN DE SHETLER, PROFESSOR

WHY THE MODERN KITCHEN BENEFITS FROM CANNED BEANS

Beans are a variety of vegetable in the legume family. What distinguishes them from most other legumes is that they can be eaten in their green state, while others such as lentils and peas are more typically dried for storage, or alfalfa and clover which are normally planted to harvest their sprouts. Although beans can be eaten when green, the vast majority of bean production is allowed to mature on the vine. Most beans are harvested when they have a moisture content of 65 to 75 percent of their weight. The beans are shucked from their pods and dried further until they have a moisture content of only 10 percent. At this point they are shelf stable.

Canned beans begin by soaking dry beans, combining them with a sauce, brine or water, and sealing them in the can. The beans are cooked in the can during the retort, a process where the cans are treated with high heat and pressure to sterilize the contents and preserve the products. The result is fully cooked beans flavored by the liquids.

Whether to use canned beans or dry is a hotly debated issue by both professionals and lay people alike. There is a stigma behind canned beans that they are unhealthy, too salty or have lots of chemicals added. While it is true that some varieties of canned beans include additives to enhance flavor or preserve the beans’ firmness, there are also a number of varieties that are low or no sodium added and preservative free. From a nutrient perspective, there is no difference in the protein content of canned and dried beans.

Dry beans have a fairly extensive preparation protocol. They first need to be sorted to remove unwanted matter, which may include stones, twigs or other organic or inorganic substances. Next, the beans must be rinsed and soaked in about three times their weight of water for a period about 12 hours. Finally, the soaked beans can be simmered for several more hours until they are fully cooked. Other cooking techniques include the use of a pressure cooker or slow cooker.

Canned beans offer the advantage of being fully cooked and ready to use. They have less preparation time and labor, less required skill level and greater consistency than dry beans; although canned beans are about twice as much per finished pound as dried, not considering labor. Canned beans take up more storage space than dried beans do as well. Furthermore, many chefs feel they can better customize the flavor of dried beans as they soak and cook as opposed to canned beans which are already cooked.

In today’s delicate restaurant economy, there is a lot to be said for the labor and cooking efficiencies that canned beans provide. Sorting beans is a time intensive task that, if done improperly, can leave physical hazards in the mix. Also, when scaling up production, soaking and cooking dozens of pounds of dried beans at a time can be tedious and taxing on kitchen resources such as storage space and cooking equipment.

Dry beans will absorb their weight in water when soaked. They will also double in volume. For this reason, the basic rule of thumb is to substitute twice as much canned beans as the recipe calls for in dried. Dried beans will not absorb any additional moisture or increase in volume during the cooking process.

When using canned beans, best practice is to drain the liquid from the beans and rinse prior to using them in a recipe, unless those beans are packed in a sauce or brine. The liquid that is drained from the beans can be used as an ingredient in the recipe—some chickpea liquid to adjust the consistency of hummus, for example—or the liquid can be saved and used to make aqua faba (see article on page 10).
We all do it: open a can of beans, drain the liquid down the sink, maybe rinse the beans a bit and proceed with the recipe. We do it, but we shouldn’t, because bean liquid is a valuable product.

Consumer websites are abuzz with the realization that bean liquid can be whipped into a super smooth, high volume foam similar to an egg white meringue. But for all the consumer-based social media frenzy, there’s very little use in the professional setting.

Aqua faba (aqua meaning water or liquid and faba meaning bean) is a term coined by software engineer and bean-meringue pioneer Goose Wohlt. Wohlt’s trials and tribulations working with “vegan meringue” can be followed in the Facebook group Vegan Meringue Hits and Misses (facebook.com/groups/VeganMeringue). Contributors to this group almost exclusively discuss meringue made with garbanzo liquid in a sweet application.

To explore potential savory and commercial uses for bean-based foams, students in the CIA’s Culinary Science program experimented with four different types of bean liquids from canned garbanzos, red kidney beans, black beans and great northern beans (all low sodium varieties); and in two different applications: macaroons and savory glaçage. Liquid was drained from each can and whipped. Even though each bean liquid had a different viscosity at the onset, they all whipped up to between three and five times the original volume, and, with the exception of the garbanzo liquid, all held that volume for at least an hour (most recipes suggest reducing garbanzo liquid by half before whipping; in order to keep comparisons equal, we did not reduce it). Egg whites, as a control, increased nearly 10 times in volume but began to decompose after only a few minutes. Each bean took a different amount of time to whip to stiff peaks, with garbanzo liquid taking the least amount of time and great northern taking the longest. Egg whites whipped the fastest of them all (see chart).

Macaroons made using foam from each bean liquid were compared with macaroons made with egg whites. With the exception of the garbanzo macaroons, all were very comparable to the egg-white variety. When compared side by side, the egg white macaroons were noticeably fluffier and a bit cake-ier in texture, while the bean-based products were flatter and chewier. When presented on their own, tasters were not able to tell that they were a bean-based product.

In addition to the macaroons, each bean foam, as well as egg whites, were mixed with breadcrumbs and grated parmesan cheese to make a glaçage topping. All of the glaçages browned equally well and all held their shape.

While performing these experiments, culinary science students discussed a number of potential uses for the bean-based foam that were both sweet and savory. The biggest takeaway from the testing was that while the foams are stable and can help lighten and add volume to a preparation, they do not provide the structure and stability that egg whites contribute. Any protein that leached from the beans into the liquid will have denatured and coagulated. Egg whites are rich in un-coagulated albumen proteins that are in the raw state. To mimic this structure, bean liquid would need other starches, such as tapioca, or possibly other proteins, such as pea protein, to be added. There is a lot of excitement building among consumers for this unique meringue treatment. You can be one of the first to tap into that excitement in a restaurant setting.
Beans for Breakfast

Maybe we should blame Johnny Cash. In his song “Beans for Breakfast,” the Man in Black sang about a guy who’d lost his woman. This man reached the depth of his depression when he found himself so lost he was eating beans for breakfast.

Whatever the reason, the United States is unique in its reluctance to embrace beans in the a.m. But as consumers look for healthier, more sustainable forms of eating and are more open than ever to flavor exploration, perhaps it’s time to re-examine the role of the bean on the American breakfast table.

Beans are part of an elite group of foods that are particularly well suited to an energizing breakfast. The USDA lists beans in both the vegetable and protein group, garnering the status as a “superfood.” Beans are packed full of high-quality protein (up to 7 grams per ½ cup), soluble fiber (5 to 8 grams), vitamins, minerals, antioxidants and complex carbohydrates, and deliver no cholesterol and minimal calories, fat and sodium. Regular consumption of beans has been shown to aid in digestion, stabilize blood glucose levels, reduce fatigue, help build muscles and keep you feeling full longer. Beans even act as a cancer fighter. Fact is, when paired with eggs, whole grains and vegetables, beans make the current “breakfast all day” trend not only better, but better for you.

In the U.K., baked beans are often spread on toast for a quick, hearty breakfast or added as part of the classic English Breakfast with eggs, sausage, grilled tomato, mushrooms and potatoes. In Egypt and the Middle East, ful medames is a popular street food of pureed fava beans with olive oil, lemon and flatbread. In Japan, natto, a dish of fermented soy beans, has been eaten for centuries. South of the border there are countless versions of breakfast bean dishes including chilaquiles, frijoles alla charra quesadillas, burritos and the classic huevos rancheros. And closer to home, in New Orleans, Basin Street style pairs stewed red beans with rice fritters (calas), poached eggs and a little andouille sausage. In central Texas, breakfast tacos with refried beans, scrambled eggs, potatoes and salsa are a breakfast staple. Many dishes were adapted from the American Indian trinity known as the “Three Sisters” (corn, beans and squash). Most recently even breakfast cereals incorporating beans and lentils have been introduced.

Beans would make a great addition to any contemporary American breakfast. Try some left-over pork and beans in a bean and bacon hash. Many different combinations of beans can be put in omelets, scrambled eggs and even quiches. To increase the fiber in your pancakes, muffins and scones simply replace up to 25 percent of the flour by weight with pureed canned white or black beans that have been drained and rinsed. As a final thought, make eggs benedict for, try making socca, a traditional Mediterranean French chickpea pancake. Combine equal parts chickpea puree and water to make a gluten-free panzanella. Cook on a griddle or spread thin in a pan and bake in an oven until they are golden brown and crispy. Garbanzos roasted this way make a great topping to a Greek salad, and chipotle seasoned roasted black beans in lieu of croutons can change the classic huevos rancheros into a bold Southwestern treat.

ADDIMG UNEXPECTED CRUNCH TO SALADS AND SNACKS

Move over croutons, there’s a new crunch on the plate. Roasted, toasted and fried, beans are making a bold impact in salads and as a snack. Today’s consumer is not just looking for big bold flavors, but textures are crucial as well. In a world where gluten is falling under greater scrutiny, alternatives to the crouton are also important. Enter the bean.

To include beans as a textural element, consider roasting them. Drain and rinse canned beans and allow them to dry a bit by spreading them on a towel-lined sheet pan and leaving them uncovered in the refrigerator for a few hours. Then lightly toss with oil, season to your liking and slowly roast in a 325º to 350ºF oven until they are golden to dark brown and crunchy. Garbanzos roasted this way make a great topping to a Greek salad, and chipotle seasoned roasted black beans in lieu of croutons can change a traditional Caesar into a bold Southwestern treat.

Beans may also be pan fried, quickly producing a crispy toasted exterior that also gives off a pleasant, charred smokiness. Heat some olive oil to just below the smoking point, add drained and dried beans, and toss well until the outsides are crispy and brown. Serve them hot on top of a new age Waldorf salad or even with some wilted spinach or field greens. If it is a crouton you are looking for, try making socca, a traditional Mediterranean French chickpea pancake. Combine equal parts chickpea puree and water with a small amount of olive oil and seasonings of your choice. It is important to allow the mixture to rest for a few hours so that the chickpea starches can hydrate. Cook on a griddle or spread thin in a pan and bake in an oven until they are golden brown and crispy. Then cut into triangles or diamonds and toss with boiled potatoes and spiced yogurt to make a twist on an Indian chaat papri, or toss with tomatoes and garlic for a gluten-free panzanella.

BY CHEF BRYAN TOBIAS

Roasted, Toasted & Fried
Much of the benefits of beans new applications for beans. Vanderbilt University is finding Executive Chef Bill Claypool of [animal] protein.

Doing Indian food is a [natural] is looking to new cuisines. “We are

On the college campus, Chef Steven Miller, Director of Culinary Operations at Cornell University, is looking to new cuisines. “We are doing a lot more Indian foods and have increased using legumes in vegan food across campus. Doing Indian food is a [natural] for using more vegetables and less [animal] protein."

Executive Chef Bill Claypool of Vanderbilt University is finding new applications for beans. “Much of the benefits of beans and legumes is their flavor and texture, and they pair well with meat or stand alone in vegetarian offerings.” Chef Claypool’s menu features such unique items as a vegetarian olla and chickpea tagine and caramelized onion and white bean flatbread.

At Penn State, Executive Chef Mark Kowalski features a bean bourguignon and a vegetable paella on the menu to try to “get as much crossover appeal with students that would be solely looking for animal protein items.”

The trend is big in healthcare as well. Executive Chef Todd Daigneault of Atlantic Health Systems Overlook Campus, a full-service medical center in Summit, New Jersey, creates a distinctive vegetable bolognese, made with white cannellini beans and pesto served with whole wheat pasta. He uses a similar concept to make his Tuscan bean lasagna rolettes, where he grinds red kidney and white cannellini beans to mimic the texture of meat sauce in between the layers.

Regional Executive Chef Tyler Ehler of Intermountain Healthcare, a Utah-based, not-for-profit system of 22 hospitals and 185 clinics, creates lentil tacos using all of the traditional ingredients and garnishes, except the beef.

Many outlets throughout the non-commercial segment use similar strategies to promote healthier options. Menu boards, nutrient information and weekly or monthly health and wellness promotions are all means of raising awareness. Certified Master Chef Ron DeSantis, of Yale University Dining recently introduced a “More This, Less That” campaign to entice students to eat more vegetables and less meat. Chef DeSantis explains, “That doesn’t mean we don’t like or don’t serve great beef, pork, chicken or fish. It means that we offer enticing vegetable-based choices.”

In those wise words may lie the key to unlocking the challenge of increasing plant-protein consumption. Identifying dishes as meatless, vegetarian or vegan is nice but it has the potential of turning off people that may not be looking for those dishes specifically. If it’s just really good looking and tasting food that happens to be meatless, vegetarian or vegan, that may have more of an appeal to the masses.

For as much as commercial restaurants have been involved in the evolution of menus to more healthful and sustainable fare, it is in non-commercial foodservice where the most widespread changes have been put into practice. Whether in healthcare, where reducing animal protein has been a long-term cause, or at colleges and universities, where forward-thinking students have pushed for more changes, non-commercial has found ways to add healthful ingredients in flavorful and unexpected ways.

On the college campus, Chef Region Chef Stephen Bryant suggests using “flavored bean purees as a [sauce or] base…” for a reduced meat-protein portion and “as a substantial complimentary relish or garnish for the animal protein.”

Chef Christina Bodanza of Morrison Community Living, a senior living community in Grand Rapids, Michigan, combines lentils and quinoa and dusts patties of this mixture in chickpea flour. Pan-fried and served on a potato roll, this mixture makes a unique meatless slider.

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OVER THOUSANDS OF YEARS, BEANS AND LEGUMES HAVE BECOME INTERWOVEN IN EVERY CULTURE

With the advent of agriculture over 11,000 years ago, people slowly found themselves with an excess of food that could be stored: beans and grains enough to meet their needs with some in reserve. As Clifford A. Wright explains in his book, *A Mediterranean Feast*, with an excess of food it became desirable to experiment with food to make it more pleasurable. We went from sustenance to enjoyment. Over time, a particular group would choose to eat one specific bean preparation more than others, perhaps because of taste, culture or resources. The more they chose to eat certain dishes over others the more their culinary choices defined them. Over time their chosen dishes became part of a distinct regional cuisine. Today, as the world shrinks, regional dishes are fast becoming everyone’s cuisine.

BEANS IN MEXICO
Travel to Mexico and rice and beans are a staple food along with corn that provides the nutritional foundation of a nation. The same holds true of India with its lentils and rice and China with rice and soybean preparations.

Mexicans treat beans with a respect and an appreciation that borders on reverence. A pot of frijoles de charro, or cowboy beans, is a common treat flavored with jalapenos, cilantro and chorizo and frijoles borrachos, or drunken beans, are cooked with Mexican dark beer for a distinctive rich maleness. Look for anise-flavored avocado leaves or epazote to flavor black beans. Even humble refried beans can become something special in the hands of a sensitive cook: refried beans mashed and cooled until crispy in flavorful lard, at service, folded in thirds like a French omelet, turned from the pan, drizzled with goat cheese crema and topped with a pico de gallo salsa. With that kind of treatment, a simple bean becomes a luxury.

A great idea for beans that is also taken from Mexico is adding beans to snacks and sandwiches. From nachos to tacos, empanadas, tamales and the newly popular tamales and the newly popular tortas ahogadas. Imagine the Mexican pork sandwich cochinita pibil torta on a crispy, but soft roll, pickled red onions, refried black beans and roasted tomato habanero salsa, or the recipe on the following page for tortas ahogadas.

BEANS IN INDIA

One early recipe that speaks to this idea of dependable, storable nutrition is Noah’s pudding or asure. This unique dessert is part of Turkey’s rich cultural tradition. Folklore has it that when Noah’s Ark struck ground on Mt. Ararat in northeastern Turkey, it was cause for celebration. Unfortunately, supplies were nearly exhausted and so the family gathered together all that was left in the pantry: grains and beans, dried fruit and nuts, and cooked it into a pudding that is still enjoyed today.

NOAH’S PUDDING

**INGREDIENTS**
- 3 cups uncooked whole grain wheat or barley
- 1 ¼ cups chicken stock, canned, drained, rinsed
- 1 ½ cups navy beans, canned, drained, rinsed
- 1 cup uncooked rice
- 3 tbsp dried currants
- 3 tbsp pine nuts
- 8 dried apricots, cut in chunks
- 8 dried figs, cut in chunks
- 3 paranoia sugar
- 2 cinnamon sticks
- zest of 1 orange (optional)
- zest of 1 lemon (optional)
- 2 tbsp rose water (optional)

**PREPARATION**

The night before, put the wheat or barley in a large pot and cover it with plenty of water. Bring it to a boil, cover and reduce the heat. Allow it to boil gently for about 10 minutes. Turn off the heat and leave the grain to cool and soak overnight.

The next morning, the grain should have absorbed most, if not all, the liquid. Add the chickpeas, beans, rice, dried fruits, sugar and optional rose water or orange and lemon zest. Add more water to just cover the ingredients, if needed. Bring the mixture to a boil. Stir gently with a wooden spoon until it thickens.

By Chef Bill Briva, Professor of Culinary Arts

RICE AND BEANS

To appreciate the global variations of bean dishes, consider rice and beans. In New Orleans, it is easy to fall in love with red beans and rice, the stew of kidney beans flavored with tender, long simmered ham hocks served over white rice. Travel east across the South and you will quickly discover another version, Hoppin’ John. Traditional at the New Year, this version of rice and beans features black eyed peas— which the slave trade brought from Africa to America—smoked pork and Carolina rice. By eating so frugally at the New Year you were believed to be forecasting good luck for the coming year. Superstition also holds that the dish offers the chance to connect with relatives who have passed on. The eyes of the beans are your dear departed staring back at you and when you eat the beans your relatives are enlivened.

Rice and beans in the Caribbean are often enriched with coconut milk rather than pork and one celebrity Cuban version flavored with cumin and oregano, onions and peppers and brightened with vinegar is known as moros y cristianos. The black beans and white rice of this version are symbolic of the historic battle between Moors and Christians.

BEANS AROUND THE WORLD

One early recipe that speaks to this idea of dependable, storable nutrition is Noah’s pudding or asure. This unique dessert is part of Turkey’s rich cultural tradition. Folklore has it that when Noah’s Ark struck ground on Mt. Ararat in northeastern Turkey, it was cause for celebration. Unfortunately, supplies were nearly exhausted and so the family gathered together all that was left in the pantry: grains and beans, dried fruit and nuts, and cooked it into a pudding that is still enjoyed today.

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BEANS AROUND THE WORLD

With the advent of agriculture over 11,000 years ago, people slowly found themselves with an excess of food that could be stored: beans and grains enough to meet their needs with some in reserve. As Clifford A. Wright explains in his book, *A Mediterranean Feast*, with an excess of food it became desirable to experiment with food to make it more pleasurable. We went from sustenance to enjoyment. Over time, a particular group would choose to eat one specific bean preparation more than others, perhaps because of taste, culture or resources. The more they chose to eat certain dishes over others the more their culinary choices defined them. Over time their chosen dishes became part of a distinct regional cuisine. Today, as the world shrinks, regional dishes are fast becoming familiar and are redefining how we eat. The exciting flavors of the global kitchen are quietly becoming everyone’s cuisine.
**TORTAS AHOGADAS**

**INGREDIENTS**
- 3 lb pinto beans, canned
- 1/2 cup white vinegar
- 1 garlic clove
- 1 white onion
- 3 roma tomatoes
- 20 de árbol chiles
- 4 tbsp Canola oil
- 1/2 lb pinto beans, canned
- 1/2 cup Canola oil
- 1/2 tsp dried oregano
- 1 white onion
- 8 birotes, or thin and crispy baguette
- 2 fresh sprigs thyme

**INGREDIENTS**
- 3 lb pinto beans, canned
- 1/2 cup white vinegar
- 1 garlic clove
- 1 white onion
- 3 roma tomatoes
- 20 de árbol chiles
- 4 tbsp Canola oil

**YIELDS 8 SERVINGS**

**PREPARATION**

1. Place the pork, 2 garlic cloves, thyme and bay leaves in a Dutch oven and cover with water. Simmer for one hour, or until the meat is very tender. Drain the meat and set aside.

2. For the salsa dulce, place the tomatoes, onion, garlic and oregano in the blender, blend well until smooth. In a saucepan heat the oil over moderate heat, add the sauce and stir it until changes color, season with salt to taste. Keep the sauce warm.

3. For the salsa picante, remove the stems from the chiles. In a small saucepan, bring 1 cup of water to a boil and add the tomatoes, chiles, onion, garlic, vinegar and oregano. Reduce the heat and simmer for 15 minutes. Remove from heat and let cool.

4. Transfer the mixture to a blender and process until smooth. Transfer to a serving bowl and serve at room temperature.

5. For the bean paste, heat the oil in a medium frying pan over medium heat. Sauté the onion until smooth. Transfer to a serving bowl and keep the flavored oil in the pan.

6. Puree the beans in the blender with enough water to form a thick puree. Reheat the flavored oil, add the bean puree and water to form a thick puree.

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**BAKED BEAN FUSION**

This final recipe is not traditional, but is built firmly on the backs of two very traditional dishes that everyone loves: traditional and simple baked beans and char siu bao, the delicious barbequed pork buns of China’s Guangdong region. The recipe replaces a portion of the pork filling with savory-sweet baked beans. There are lots of good reasons for this simple innovation. Pork and beans have a natural affinity. They share a similar sweet and savory flavor profile. And there is a nutritional benefit in replacing a rich cut of pork with beans. The over-rich pork gets an assist from the beans, which are at once meaty and lean. The beans are baked along with the pork inside a layer of dough, which assures they stay moist and tender. The fiber that the beans add to the dish ups the likelihood that you will find these buns not just delicious but also satisfying. Finally the added complexity of making these new combinations makes each of these dishes new again.

Creating a new dish like this is always an exciting exercise, which seems to be happening more often these days. With the popularity of global flavors, more cooks are drawn to explore what was once a no-mans-land between the established regional cuisines of the world.

While there are lots of opportunities to experiment, studying the evolution of legumes in world cuisines will guide you to new, great ideas.

**GLOBAL LESSONS**

- Properly cooking dry beans so they are tender and velvety makes a huge difference in the flavor and texture of the beans and the final dish. Properly cooked beans are tender and have a fully developed flavor. Bean soups and stews become rich and flavorful when they are properly cooked.
- Add plenty of flavor. Herbs, spices, chilies, and spices. Seasoning can be as simple as adding a head of roasted garlic and a chipotle pepper to your beans as they cook and dressing beans with different spices makes a world of difference.
- Learn to braise. Braise in the way to simulate the conditions of beans and pork, which can provide a significant nutritional boost. From rice and beans to smoked pork and char siu bao, you can use braise with beans in many ways to achieve these benefits.
- Properly cooking dry beans so they are tender and velvety makes a huge difference in the flavor and texture of the beans and the final dish.
- Learning to braise is a huge advantage in preparing beans on the stovetop.

**CHAR SIU - CANTONESE ROAST PORK**

**INGREDIENTS**
- 7 tbsp honey
- 2 tbsp hoisin sauce
- 1/4 tsp red bean curd
- 1/4 cup Chinese soy sauce
- 5 tbsp Canola oil
- 1 tbsp shaoxing (Chinese rice wine)

**GLAZE**
- 1 large clove garlic, minced
- 2 lbs pork butt, cut in long strips

**PREPARATION**

1. Stir together 4 tablespoons honey, hoisin, red bean curd, soy sauce, sugar, wine and garlic in a baking pan. Add the meat. Toss to coat well with the marinade. Cover and refrigerate for 4 to 6 hours.

2. Preheat oven to 350°F. Pour 1/2 cup water into a baking pan fitted with a roasting rack. Place meat on rack and roast for 1 hour, basting with sauce every 15 minutes and turning meat after 30 minutes. When cooked, brush meat with the remaining honey and allow to cool.

**BAKED BUN DOUGH**

**INGREDIENTS**
- 1 tbsp active dry yeast
- 3-1/2 tbsp sugar
- 1 tsp warm milk (100 to 110°F)
- 3 eggs
- 1/2 cup all-purpose flour; extra for kneading
- 1/2 cup soft butter
- 1/3 cup all-purpose flour; extra for kneading

**FILLING**
- 1/2 cup water
- 2 tbsp sugar

**PREPARATION**

1. Stir together the yeast and 1 tbsp of sugar in the mixing bowl of an electric mixer. Add 1/4 cup of the warm milk. Let stand 5 minutes, then stir to dissolve. It should foam and bubble. If it does not, discard, and use a fresh package of yeast. Stir in the butter and remaining milk.

2. Place 1/2-cups of flour on top of the liquids in the mixing bowl, attach dough hook and turn the machine on low. Mix well until the dough comes together and pulls away from the sides of the bowl. Add the eggs in one at a time mixing well in between each addition. Place dough in oiled bowl and let proof in a warm spot for 30 minutes.

3. After the first 30 minutes, flatten out the dough into a rectangle. Fold the sides into the center and roll the dough up like a jellyroll. Repeat this every 30 minutes, returning to bowl each time for 5-10 hours.

4. Place bun pleated side down on a parchment square. Repeat with the remaining dough and filling.

5. Place dough in a circle in palm of your hand. Put a bit of the pork mixture in the center of the dough. Put thumb over the pork. With your other hand, bring up edge and make a pleat in it. Rotate circle a little and make a second pleat. As you make each pleat, gently pull it up and around as if to enclose your thumb. Continue rotating, pleating and pinching, then gently twist into a spiral. Pinch to seal. Place bun pleated side down on a parchment square. Repeat with the remaining dough and filling.

6. Place buns 15” apart on a baking sheet. Let rise until doubled in size, 30 minutes to 1 hour.


8. Add ginger, stir fry 30 seconds, add diced pork and stir, stir fry 30 seconds. Pour in water mixture, bring to a boil. Stir cornstarch/water slurry into a smooth mixture, then pour into the pork, stirring constantly. It should thicken up in about 30 seconds. Add the sesame oil. Remove to a pan to cool. Chill in refrigerator until cool.

9. Cut prepared dough in half. Form each into a 12-inch long log; cut into 10 pieces. Roll each piece into a 4” circle. Roll outer circle of each circle in 1/8” thin, leaving the center slightly thicker.

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11. Place buns 15” apart on a baking sheet. Let rise until doubled in size, 30 minutes to 1 hour.

12. Preheat oven to 350°F. Beat egg yolks with sugar and water in a bowl (for sauce).
Global Comfort Food
WARM, FULL-BELLY DISHES FROM AROUND THE WORLD TO INSPIRE YOUR NEXT LTO

Soups and stews made with a myriad of types of beans are enjoyed all day, every day worldwide. The dishes are classic and the history runs deep. Beans are and have been one of the most important sources of nutrition, essential to the human diet since the dawn of civilization. Considered the food of kings and pharaohs alike. In fact, beans were so important to the Roman Empire that the emperor Favius is named for the fava bean and Cicero is derived from the chickpea.

Every continent and people on the planet has a bean dish that is synonymous with its culture. Around the world beans and legumes are served with everything from lamb to lobster and all things in between. But they can also be the star of the show.

- **Red Beans & Rice**
  - **NEW ORLEANS**
  - Take the leftover ham bone from Sunday’s meal, simmer it all day with some red kidney beans and sausage.

- **Feijoada**
  - **BRAZIL**
  - This import from Portugal features black beans, pork and beef and has become a national tradition.

- **Porotos Granados**
  - **CHILE**
  - Red beans or black eyed peas are used to prepare this staple, usually served with rice.

- **Waakye**
  - **GHANA**
  - Red beans or black eyed peas are used to prepare this staple, usually served with rice.

- **Cholent**
  - **ISRAEL**
  - A slow-cooked stew of white or red beans, barley, potatoes and chicken or beef.

- **Baked Beans**
  - **UNITED KINGDOM**
  - The iconic savory-sweet dish typically made from navy beans.

- **Fasol**
  - **RUSSIA**
  - In the Ukraine, cabbage might be added to this kidney bean soup.

- **Rajma**
  - **INDIA**
  - This thick, curried red bean stew is popular in the north of India.

- **Cassoulet**
  - **SOUTHERN FRANCE**
  - Classic slow-cooked casserole with white beans, sausages and duck confit.

- **Soupe Corse**
  - **CORSICA**
  - Hearty mountain soup of navy beans, pork, and pasta.

- **Cholent**
  - **ISRAEL**
  - A slow-cooked stew of white or red beans, barley, potatoes and chicken or beef.

- **Minestrone**
  - **TUSCANY**
  - The highly adaptable vegetable, pasta and cannellini bean soup.

- **Hoppin’ John**
  - **SOUTH CAROLINA**
  - Black eyed peas simmered with bacon, ham and vegetables is eaten on New Years Day for good luck.

- **Puchero**
  - **URUGUAY/PARAGUAY**
  - Explorers from Spain introduced this hearty stew of chick peas, pork, vegetables and potatoes.
The Experience of Dining

How Chefs are Using Beans to Create Excitement Around Healthy Eating

BY ASSOCIATE PROFESSOR REBECCA PEIZER C.H.E., C.E.C.

Beans are a single food product that can cross pollinate menus from regions all around the world, can replace meat as a valuable source of protein, be served hot or cold, sweet or savory, pureed or whole and can be as simple as opening a can. In this day of better-for-you foods, beans can’t be ignored.

Nutrient density is a current buzzword with consumers looking for healthful ways to feel satiated. According to the USDA, Americans eat an average of 71.1 pounds of red meat a year. But recent studies by the World Health Organization and The International Agency for Research on Cancer have identified that red meats and any processed meats, including high temperature cooking (such as grilling and roasting) of beef, veal, pork, lamb and other widely consumed meats are carcinogenic. In light of this, menus across the country and the globe should be looking for alternative, plant-based options that can meet the consumers’ need for protein.

The goal should be to create menu options using plant-based foods where even meat eaters don’t feel they are missing anything. This is the idea of “craveability.” Often, the craveable aspects of many of the world’s bean dishes are due to pairing beans with fatty and smoky meats such as in the French cassoulet, or the Brazilian feijoada.

But beans can be prepared as the star of any dish, and if paired with other whole grains or nuts, can be as nutritionally balanced, fulfilling and indeed craveable as any meat-based menu item. Plus, beans create less waste than traditional meat-based proteins, are more affordable and are very profitable.

Recently there has been a wave of chefs who are cooking with the understanding that consumers want to feel good about what they are putting into their bellies. Take Chef Tal Ronnen of Crossroads in Beverly Hills and author of The Conscious Cook, a bible of vegan cookery. His Motto is “you won’t miss the meat.” He accomplishes his goal by adding layers of flavors such as smoke to the classics as in his smoked cannellini bean hummus, leek pate, and tomato braised banana peppers. Or Chef Daniel Humm of Nomad and Eleven Madison Park, whose veggie burger with piquillo peppers is packed with beans, and for $18 one certainly feels like a luxury burger.

So what strategy are these chef’s using? Stimulation of all the senses. Showcasing bold world flavors, exciting textures and trendy concepts which all lead towards the “experience” of eating food. It is a more holistic approach to serving a nutrient dense “good for you” meal that more and more chefs and food service operators are catching on to. Chef Yotam Ottolenghi of Nopi in

(continued on p. 24)
THE EXPERIENCE OF DINING

London uses the trendy technique of pickling and pairs a simple but delicious white bean puree with pickled mushrooms. Chef Alison Roman, Senior Food Editor at Bon Appetit, employs the burnt-food trend in her white beans and charred broccoli with Parmesan. For an even more innovative way to use beans, Chef Enrique Olivera of Moxi restaurant in San Miguel de Allende, Mexico, incorporates beans into his famous Hidden Black Bean Tamales with cheese and tamale dough as a flavoring in his restaurant in Mexico. It is evident that beans have been incorporated into many different cultures.

Appetizers:

- Ancho Adobo: A flavorful sauce that pairs well with beans.
- Grasshopper Protein Alternative: A unique take on protein.
- Pickled Mushrooms: A traditional dish that adds a tangy flavor.
- Delicious White Bean Puree: A versatile spread that can be used as a dip or in sandwiches.

Main Dishes:

- Egg Dish Pairs Beans with Yet Another Broccoli with Parmesan: A simple yet delicious combination.
- Tamale Dough as a Flavoring: A creative way to add flavor to a dish.
- Pickled Beans as a Spread Instead of Mayonnaise: An alternative to traditional condiments.
- Toast Bars with Bean Puree: A fast-casual restaurant concept that allows consumers to customize their own toast.

Illustration by Jason Walton

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Illustration by Jason Walton
The powerful, healthful story of legumes

BY SANNA DELMONICO, LECTURING INSTRUCTOR

R emember in grade school, your teacher gave you a dry bean and put it between wet paper towels? With nothing else, the beans grew. Beans contain virtually everything they need to germinate and grow into new plants. Those vitamins, minerals, fiber and macronutrients that help beans grow also make them some of the most nutritious foods around.

The Scientific Report of the 2015 Dietary Guidelines Committee states that “dietary patterns with positive health benefits are described as high in vegetables, fruit, whole grains, seafood, legumes and nuts,” and that a healthy dietary pattern includes 1.5 to 3 cups of legumes each week (adults in the United States eat about 1 cup per week).

BEAN NUTRITION

Eating beans has a positive impact on some of the most debilitating chronic diseases in the United States. Eating more beans can help lead to a reduced risk of metabolic syndrome, type 2 diabetes, colorectal cancer and coronary heart disease. Higher bean intake is also associated with lower waist circumference and lower body weight. Eating beans may be protective against obesity, especially abdominal obesity, which is linked to increased risk of heart disease.

One reason beans may help with weight management is that they are so nutrient-dense. They provide high levels of vitamins and minerals, but have few calories. They are rich in protein, B vitamins, including folate and niacin, minerals including iron, zinc and potassium, as well as important phytochemicals. Several of these vitamins and minerals, including folate, iron and potassium, are nutrients of concern in the U.S. diet. Potassium is important for blood pressure reduction. Adequate folate intake during pregnancy can help prevent birth defects such as spina bifida. A low level of iron is the most common nutrient deficiency worldwide and is especially a concern for young women and children. The absorption of the “non-heme” iron—iron that is not attached to a protein—in beans can be enhanced by pairing them with a source of heme-iron, such as a small amount of meat or with a source of vitamin C, such as citrus fruit or tomatoes. Serving black beans with a citrus salsa, for example, maximizes iron absorption.

The higher a person’s intake of beans, the higher their overall nutrient intake tends to be. Because of the variety of nutrients in beans, the U.S. Dietary Guidelines and MyPlate count beans as both vegetable and protein. Several international food guides, such as those of Mexico, Antigua and Barbuda and South Africa, call out the dietary and culinary importance of beans and legumes by putting them in their own distinct food groups.

BEANS AND BLOOD SUGAR

Beans contain complex carbohydrates, including starch, “resistant starch” (starch that doesn’t digest and acts like fiber) and both soluble and insoluble fibers. This combination of slow-digesting carbohydrates and fiber means beans are low glycemic-index foods. While sweets, white bread and other foods high in refined carbohydrates raise blood sugar quickly, eating beans results in much slower and lower rises in blood sugar. This makes beans great choices for people concerned about preventing and treating type 2 diabetes. Like the fiber in other nutrient-dense foods, including vegetables and fruit, fiber in beans helps you feel full and keeps you feeling satisfied longer, without adding many calories.

THE MICROBIOME AND BEYOND

Today, there is tremendous interest in the human microbe, the variety of microorganisms that live on and within our bodies, especially those found in our digestive tracts. Emerging research indicates that the diversity of microorganisms—including probiotic, or good bacteria, in the gut—greatly impacts not just our digestive health, but cardiovascular health, and protection from infections, obesity and even mental illness.

Beans are good sources of prebiotic soluble fiber, which is food for prebiotic bacteria. This prebiotic soluble fiber also helps reduce LDL-cholesterol levels in the blood. Soluble fiber binds bile—which is made from cholesterol—in the small intestine and carries bile out of the body along with the fiber, so cholesterol will not be recirculated. Insoluble fiber holds onto water as it passes through the digestive tract. This softens the stool, helping with regularity and reducing risk of colorectal cancer. The downside of some fibers can be occasional gasiness. However, research shows this effect may be overestimated and that when people eat beans several times per week, it becomes much less of a concern. Consider smaller amounts of beans that appear more frequently on menus, in more menu categories. A number of important culinary herbs and spices, such as sage, oregano, in Mexican and Central American cuisine, and asafetida in Middle Eastern and Indian cuisine, are said to reduce gasiness, but research is limited.

EAT THE RAINBOW OF BEANS

Fruits and vegetables aren’t the only foods rich in colorful, health-promoting phytochemicals. Think of the gorgeous variety of colors and color patterns on black beans, kidney beans, red beans, cranberry beans, pink beans and black-eyed peas. Phytochemicals are frequently responsible for the unique colors, aromas and flavors in plant foods. Beans contain a variety of antioxidant and other phytochemicals, like lignans and saponins, as well as flavonoids and phytoestrogens. These phytochemicals contribute to the cancer-preventing properties of beans.

BEANS DISPLACE LESS HEALTHFUL FOODS AND NUTRIENTS

Besides being incredibly nutrient rich, more beans in the diet means that less nutrient dense, potentially less healthful foods, are displaced. It is pretty simple. An appetizer of white bean bruschetta drizzled with flavorful olive oil, for example, is significantly lower in saturated fat than bruschetta topped with cheese such as mozzarella or burrata. An entree of red beans and rice, even if flavored with a bit of toaso or sausage, contains much less processed meat, and likely less sodium, than a less plant-forward entree. Adding beans to the menu can help reduce some of the things Americans need to reduce in their diets, like saturated fat, sodium and processed meats.

The varied colors, textures and flavors of beans make them versatile ingredients on all parts of the menu. We can look to traditional world cuisines and classic dishes for ideas and inspiration, as well as looking to innovative chefs and current menu concepts. Adding beans to the menu enhances nutritional quality and nutrient density. As more meals are eaten away from home, restaurants and foodservice have more opportunities to positively impact the health of guests, and beans can do that deliciously.

REFERENCES


What We Eat in America, NHANES 2011-2012. Food Patterns Equivalent Database (FPED) 2011-2012 available at www.ars.usda.gov/ba/bhnrc/fpd/


At Bush’s Best®, how we grow our beans is just as important as how they taste. Beans are already a wonderfully sustainable, earth-friendly crop, and with the additional steps we take at our Chestnut Hill facility, we are working to ensure that every can of Bush’s Best beans is good for our customers and the planet.

**THE NATURAL GOODNESS OF BEANS**

Beans are already known to be rich with life-sustaining nutrients when eaten, but they also do a lot of good while they’re still growing. Beans have a “nitrogen-fixing” bacteria that lives in their roots and draws nitrogen from the air and returns it to the soil.

Beans are tough, too—they don’t require as much water or fertilizer as other crops, and they’re drought tolerant. Plus, after harvesting, they’re dried without the use of fossil fuels. So every acre of beans is an acre living symbiotically with the environment, making a much smaller impact than other major crops.

**THE SUSTAINABLE PROMISE OF BUSH’S**

Even though beans are already an earth-friendly crop, we are continually exploring further sustainable practices at our Chestnut Hill facility. We have implemented numerous environmentally responsible practices to minimize waste and set a standard for the industry.

These are just some of the steps we’re taking today to lessen our environmental impact while still providing nutritious, great-tasting beans to our customers. In the years ahead, Bush’s will continue searching for new and better ways to produce our beans, and serve our customers, using responsible manufacturing practices—because we plan on providing the very best beans for generations to come.

**ROASTED, TOASTED AND FRIED**

**SWEET-N-SALTY GARBANZO BEANS**

**YIELDS 12 SERVINGS**

**INGREDIENTS**

- 18 cups Bush’s Best® Low Sodium Garbanzo Beans, drained and rinsed
- 3 cups honey
- 12 cups water
- 1 1/2 cups Wondra® flour
- 2 tbsp sea salt, ground
- 3 tsp pepper, black, cracked
- Thyme, fresh, hand-picked as needed
- Vegetable oil as needed

**INSTRUCTIONS FOR FRYING**

Combine honey and water in saucepan. Add beans and bring to a simmer. Once simmering, remove from heat. Strain and transfer to parchment-lined sheet tray. Freeze beans for at least 2 hours.

Once frozen, toss beans with Wondra® Flour and fry for 1 1/2 to 2 minutes at 350°F (warning: beans will pop in oil). After frying, season with salt and pepper. Allow the beans to sit for a few minutes to become crispier.

**INSTRUCTIONS FOR BAKING**

Preheat convection oven to 425°F or conventional oven to 450°F. Combine honey and water in saucepan. Add beans and bring to a simmer. Once simmering, remove from heat. Strain and transfer to parchment-lined sheet tray. Freeze beans for at least 2 hours.

Once frozen, lightly toss in vegetable oil. Return to parchment-lined sheet pan and bake for 5 minutes. After baking, season with salt and pepper. Serving suggestion: Serve 1 cup and garnish with thyme.

**BEANS FOR BREAKFAST**

**CUBAN RICE & BEANS CON HUEVOS**

**YIELDS 24 SERVINGS**

**INGREDIENTS**

- 3 qts Low Sodium Bush’s Best® Black Beans with brine
- 4 cups chopped onion
- 4 cups chopped green and red bell pepper
- 1/4 tsp chopped garlic
- 2 tbsp ground cumin
- 2 tbsp dry oregano
- 1 cup chopped fresh cilantro
- 4 bay leaves
- Olive oil as needed
- 3 qts cooked white rice
- 1 cup gluten-free vegetable stock
- 3 tbsp apple cider vinegar
- Kosher salt as needed
- Crushed black pepper as needed
- 2 dozen eggs

**PREPARATION**

Heat olive oil over medium-high heat in medium sauté pan. Add onions, carrots, garlic and ginger and sauté for 5 to 6 minutes. Stir in rice, Low Sodium Bush’s Best® Black Beans with brine, vegetable stock, vinegar, salt and pepper.

When mixing all of the ingredients, make sure to warm the rice and beans until the vegetable stock has completely integrated all of the ingredients. Once everything is warm, mixed and combined, add the cilantro and check for seasoning. Garnish with eggs prepared to style, and serve.

**BEANS ARE NEW AGAIN**

**MOROCCAN SCENTED BAKED BEANS**

**YIELDS 30 SERVINGS**

**INGREDIENTS**

- 1 #10 can Bush’s Best® Bean Pot Vegetarian Baked Beans
- 2 tbsp olive oil
- 2 yellow onions, medium dice
- 2 carrots, peeled and medium dice
- 3 fresh cloves garlic, minced
- 3 tbsp fresh ginger, peeled and minced
- 8 oz pitted dates, chopped
- 3 tbsp ground coriander
ground turmeric 1 tsp
- 1/4 tsp crushed red chili flakes
- 1 tbsp paprika
- 1/4 tsp ground cinnamon
- 2 tbsp black pepper
- 2 tsp kosher salt

**PREPARATION**

Heat olive oil over medium-high heat in medium sauté pan. Add onions, garlic and ginger and sauté for 5 to 6 minutes. Add the dates and remaining spices. Stir to combine and continue to cook for another 2 to 3 minutes. Add baked beans to a 4 inch half hotel pan, then add vegetable mixture and stir well to incorporate. Cover with foil and bake for 30 minutes in a 350°F pre-heated convection oven. After 30 minutes remove foil and cook for another 30 minutes. Serve 1/4 cup portions.
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**BLACK BEAN CORN CAKES**

YIELDS 16 SERVINGS

**INGREDIENTS**
- 1 tsp onions, sweet, chopped
- 1/2 cup corn kernels, frozen, thawed, drained
- 2 cups red bell peppers, seeded, finely chopped
- 2 tbsp garlic, minced
- 1/2 cup sliced green onions
- 1/4 cup vegetable oil
- 3 cups Bush’s® Black Beans, drained (can substitute low-sodium black beans, great northern, pinto or kidney)
- 2 tsp salt, divided
- 1/4 tsp black pepper
- 1/2 tsp rubbed cumin
- 1/2 tsp chili powder
- 1/2 tsp cumin
- 1/4 tsp ground cinnamon
- 3/4 cup vegetable stock
- 1/4 cup chopped fresh cilantro
- 1/4 cup lime juice
- 1/4 cup olive oil
- Kosher salt as needed

**SUBSTITUTING PROTEINS**
- 1 lb ground beef
- 1 lb ground turkey

**BEANS AROUND THE WORLD**

YIELDS 35 SERVINGS

**INGREDIENTS**
- 17 oz can Bush’s® Best® Pinto Vegetarian Baked Beans
- 3 tbsp olive oil
- 8 oz tofu, extra-firm, drained, cubed
- 1 tbsp red pepper flakes
- 1 tsp salt
- 3 tbsp olive oil
- 4 cups onion, diced
- 2 cups carrots, cut into roundelles
- 3/4 cup red bell peppers, chopped
- 4 1/2 oz can pinto beans
- 1 cup vegetable stock
- 1/4 cup crushed red pepper flakes
- Kosher salt as needed

**PREPARATION**
- In a large skillet with canola oil over medium-high heat, sauté the onions, carrots and celery for 5 minutes. Add the beans, corn and vegetable stock. Bring to a boil. Reduce heat and allow to simmer. Add the reserved tomatoes, carrots, and corn. Simmer for 10 minutes. Add garlic and sauté another 2 to 3 minutes.

**AVOCADO HUMMUS**

YIELDS 24 SERVINGS

**INGREDIENTS**
- 2 avocados, ripe
- 1/4 cup extra virgin olive oil
- 1/2 cup canned white beans
- 1/2 cup canned garbanzo beans
- 1/2 cup canned black beans
- 1/2 cup canned red kidney beans
- 1/2 cup canned pinto beans
- 1/4 cup chopped fresh cilantro
- 1/4 cup chopped fresh red onion
- 1/4 cup chopped fresh parsley
- 1/4 cup lime juice
- 1/4 cup lime zest

**SUBSTITUTING PROTEINS**
- 1 cup chicken, cooked and chopped
- 1 cup turkey, cooked and chopped

**BEAN SPREADS**

YIELDS 4 SERVINGS

**INGREDIENTS FOR TOMATO AND PANCETTA SAUCE WITH ROBBIOTTI BEANS**
- 1/4 cup extra virgin olive oil
- 2 oz pancetta, minced
- 1 rosemary sprig, chopped
- 4 large sage leaves, chopped
- 1/4 cup chopped flat-leaf parsley
- 2 garlic cloves, minced
- 1 bay leaf

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**VEGETARIAN BAKED BEAN CHILI WITH TOMATO AND KALE**

YIELDS 16 SERVINGS

**INGREDIENTS**
- 7 10 oz cans Low Sodium Bush’s® Pinto Baked Beans
- 3 tbsp olive oil
- 8 oz tofu, extra-firm, drained
- 1/2 cup red pepper flakes
- 1 tsp salt
- 3 tbsp olive oil
- 4 cups onion, diced
- 2 cups carrots, cut into roundelles
- 2/3 cup red bell peppers, chopped
- 4 1/2 oz can pinto beans
- 1 cup vegetable stock
- 1/4 cup crushed red pepper flakes
- Kosher salt as needed

**PREPARATION**
- In a large stock pot over medium-high heat, add oil. Add onions, carrots and kale. Sauté for 5 minutes just to soften.

**PISAREI E FAGIOLI**

YIELDS 24 SERVINGS

**INGREDIENTS**
- 100 gr of whole wheat flour
- 100 gr of bread crumbs
- 100 gr of ground chicken
- 1/2 cup of vegetable stock
- 1/4 cup chopped fresh basil
- 1/4 cup chopped fresh parsley
- 1/4 cup chopped fresh cilantro
- 1/4 cup chopped fresh red onion
- 1/4 cup lime juice
- 1/4 cup lime zest

**SUBSTITUTING PROTEINS**
- 1 cup chicken, cooked and chopped
- 1 cup turkey, cooked and chopped

**BEANS AROUND THE WORLD**

YIELDS 24 SERVINGS

**INGREDIENTS**
- 1 lb 1/8 oz Bush’s® Best® Low Sodium Garbanzo Beans, drained and reserved
- 1/2 cup canola oil
- 1/4 cup cumin
- 1/2 cup red pepper flakes
- 1/2 cup red bell peppers, chopped
- 1/2 cup onions, chopped
- 1/2 cup carrots, chopped
- 1/2 cup celery, chopped
- 1/4 cup carrots, chopped
- 1/4 cup corn, chopped
- 1/4 cup tomatoes, chopped
- 1/4 cup red onion, chopped
- 1/4 cup jalapeno pepper, chopped
- 1/4 cup fresh cilantro
- 1/4 cup lime juice

**PREPARATION**
- In a large skillet, add the beans with their liquid to the sauce. You may need to thin with a little water. Simmer the sauce until slightly thickened, about 10 minutes. Keep the sauce warm or let it cool and store in a covered container in the refrigerator for up to 3 days.

**COVER**

Place the bread crumbs in a large bowl and place the boiling water over them. Let rest for 5 minutes.

**AVOCADO HUMMUS**

YIELDS 24 SERVINGS

**INGREDIENTS**
- 2 avocados, ripe
- 1/4 cup extra virgin olive oil
- 1/2 cup canned white beans
- 1/2 cup canned garbanzo beans
- 1/2 cup canned black beans
- 1/2 cup canned red kidney beans
- 1/2 cup canned pinto beans
- 1/4 cup chopped fresh cilantro
- 1/4 cup chopped fresh red onion
- 1/4 cup chopped fresh parsley
- 1/4 cup lime juice
- 1/4 cup lime zest

**SUBSTITUTING PROTEINS**
- 1 cup chicken, cooked and chopped
- 1 cup turkey, cooked and chopped

**BEAN SPREADS**

YIELDS 4 SERVINGS

**INGREDIENTS FOR TOMATO AND PANCETTA SAUCE WITH ROBBIOTTI BEANS**
- 1/4 cup extra virgin olive oil
- 2 oz pancetta, minced
- 1 rosemary sprig, chopped
- 4 large sage leaves, chopped
- 1/4 cup chopped flat-leaf parsley
- 2 garlic cloves, minced
- 1 bay leaf
- 1 medium onion, minced

**PREPARATION**
- Heat the oil in a rondeau over medium-high heat. Add the meats and sauté. Add onion, pepper and bay leaves, reduce heat to medium and allow to sauté for 5 to 10 minutes. Add garlic, sauté additional 2 to 3 minutes, add bowl stock and reduce to medium-low heat. Allow to simmer for 1 to 4 hours, until meat is half apart tender.

**PISAREI E FAGIOLI**

YIELDS 24 SERVINGS

**INGREDIENTS**
- 100 gr of whole wheat flour
- 100 gr of bread crumbs
- 100 gr of ground chicken
- 1/2 cup of vegetable stock
- 1/4 cup chopped fresh basil
- 1/4 cup chopped fresh parsley
- 1/4 cup chopped fresh cilantro
- 1/4 cup chopped fresh red onion
- 1/4 cup lime juice
- 1/4 cup lime zest

**SUBSTITUTING PROTEINS**
- 1 cup chicken, cooked and chopped
- 1 cup turkey, cooked and chopped

**BEANS AROUND THE WORLD**

YIELDS 16 SERVINGS

**INGREDIENTS**
- 7 10 oz cans Low Sodium Bush’s® Pinto Baked Beans
- 3 tbsp olive oil
- 8 oz tofu, extra-firm, drained
- 1/2 cup red pepper flakes
- 1 tsp salt
- 3 tbsp olive oil
- 4 cups onion, diced
- 2 cups carrots, cut into roundelles
- 2/3 cup red bell peppers, chopped
- 4 1/2 oz can pinto beans
- 1 cup vegetable stock
- 1/4 cup crushed red pepper flakes
- Kosher salt as needed

**PREPARATION**
- In a large stock pot over medium-high heat, add oil. Add onions, carrots and kale. Sauté for 7 to 10 minutes. Add garlic and sauté another 2 to 3 minutes. Add tomatoes, green chilies, vegetable stock and red pepper flakes. Bring to a boil. Reduce heat and allow to simmer. Add the reserved tomatoes, kale, chili powder and cumin. Simmer for 20 to 30 minutes. Reserve warm.

**TO SERVE**
- Place in a bowl, ladle 12 oz of chili. Serve.
PRINCIPLES OF Healthy, Sustainable Menus

What if leaders in the culinary arts, business, public health and environmental sciences all worked together to develop business-friendly solutions to today’s most pressing social and environmental concerns: obesity, diabetes and healthcare costs; the sourcing and production of our food; the challenge of feeding an additional two billion people by 2050, as global resources decline.

Menus of Change: The Business of Healthy, Sustainable, Delicious Food Choices is a groundbreaking initiative from The Culinary Institute of America and Harvard T.H. Chan School of Public Health that examines these key issues. Launched in 2012, the initiative aims to create a world-class network of collaboration among America’s most talented chefs, nutrition and environmental scientists, farm and fisheries experts, foodservice executives and policy makers. As part of this effort the CIA and Harvard have put together 24 principles of healthy, sustainable menus. Legumes are part of the solution.

Be transparent about sourcing and preparation.
Buy fresh and seasonal, local and global.
Reward better agricultural practices.
Leverage globally inspired, plant-based culinary strategies.
Focus on whole, minimally processed foods.
Grow everyday options, while honoring special occasion traditions.
Lead with menu messaging around flavor.
Reduce portions, emphasizing calorie quality over quantity.
Celebrate cultural diversity and discovery.
Design health and sustainability into operations and dining spaces.
Think produce first.
Make whole, intact grains the new norm.
Limit potatoes.
Move nuts and legumes to the center of the plate.
Choose healthier oils.
Go “good fat,” not “low fat.”
Serve more kinds of seafood, more often.
Reimagine dairy in a supporting role.
Use poultry and eggs in moderation.
Serve less red meat, less often.
Reduce added sugar.
Cut the salt; rethink flavor development from the ground up.
Substantially reduce sugary beverages; innovate replacements.
Drink healthy: from water, coffee, and tea to, with caveats, beverage alcohol.

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