

# Organic Adzuki Beans

Country of Origin: China      Certified Organic

Pro-Cert

## Nutrition Facts Valeur nutritive

Per 1/4 cup (50 g) / par 1/4 tasse (50 g)

Amount Teneur	% Daily Value % valeur quotidienne
<b>Calories / Calories</b> 160	
<b>Fat / Lipides</b> 0 g	<b>0 %</b>
Saturated / saturés 0 g + Trans / trans 0 g	0 %
<b>Cholesterol / Cholestérol</b> 0 mg	
<b>Sodium / Sodium</b> 0 mg	<b>0 %</b>
<b>Carbohydrate / Glucides</b> 31 g	<b>10 %</b>
Fibre / Fibres 6 g	<b>25 %</b>
Sugars / Sucres 1 g	
<b>Protein / Protéines</b> 10 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	4 %
Iron / Fer	15 %

## Factoid:

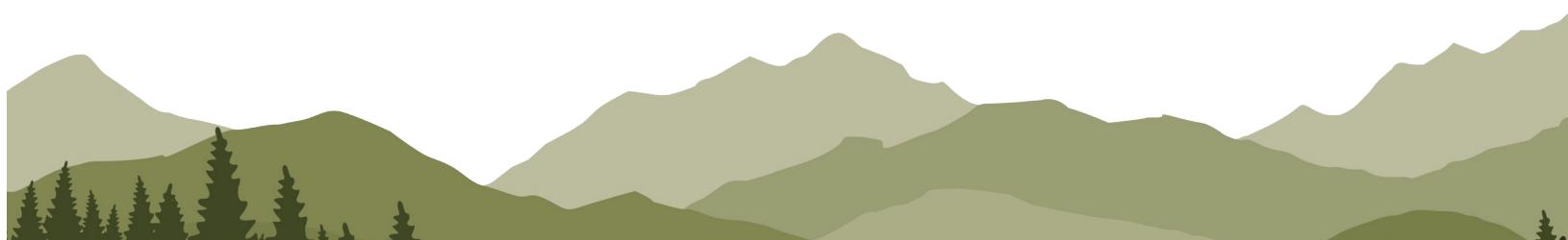
The adzuki bean is grown throughout East Asia and the Himalayas. In these regions, it has been traditionally cooked with sugar to create a bean paste that is used in many desserts, confections, dumplings, and to sweeten meats. These small beans are a rich red in colour, with a distinctive white streak. They are mild in flavour and sweeter than most beans.

## Allergen Information:

This product may contain peanuts, tree nuts, sesame and soy.

## Ingredients:

Organic Adzuki beans



**Recipe:**

**left coast  
ORGANICS**

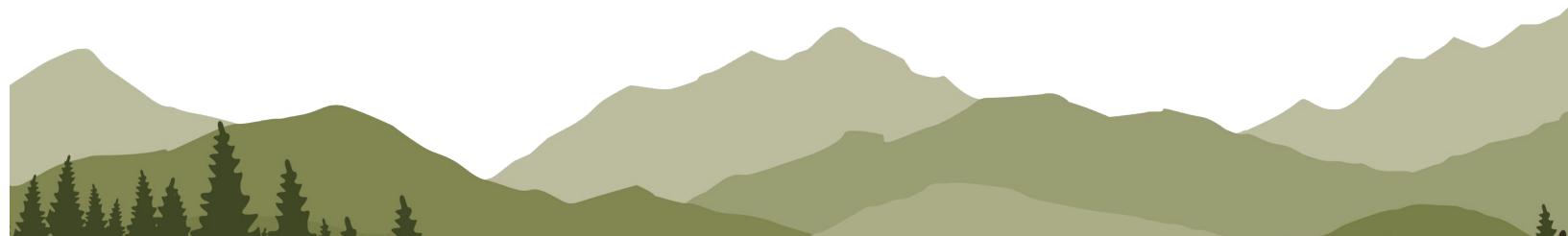
# Kale and Adzuki Beans

## Ingredients:

1 C uncooked adzuki beans  
1 Tbl olive oil  
2 cloves garlic, peeled and crushed  
6 C kale, roughly chopped  
2 Tbl water  
1/4 C tamari  
1 tsp ground cumin  
1 tsp ground coriander  
Salt and pepper to taste

## Instructions:

1. Place adzuki beans in a medium saucepan with enough water to cover. Bring to a boil, reduce heat, and simmer 30-45 minutes, until tender.
2. Heat olive oil in a medium skillet over medium heat, and saut&eacute; garlic about 1 minute. Mix in kale and 2 tablespoons of water. Season with tamari, cumin, and coriander. Thoroughly blend in adzuki beans. Reduce heat to low, cover, and simmer about 20 minutes, until kale is tender. Season with salt and pepper.



## Cooking Note:

1. Remove and discard any damaged beans or debris.
2. Place the dry beans in a strainer. Rinse them off thoroughly in cold water.
3. If you want to reduce cooking time by presoaking the beans, place the adzuki beans in a large pot. Cover the beans with enough water, so they will still be covered after they expand.
4. Place the pot in the refrigerator.
5. Soak the beans at least overnight, if not for 24 hours. Or, you can boil the water immediately for a few minutes and then set the beans aside to soak for 1-3 hours.
6. Drain the beans, and refill the pot with clean water. Have 2 inches of water above the top of the beans.
7. Boil the water and beans and then lower the heat to a simmer for 45-50 minutes, or until tender.

