



Savory Black Bean Sauce

By Dylan Sabuco

Prep Time 5 / **Cook Time** 10 / **Serves** 4 - 6

Fun-Da-Mentals Kitchen Skills

measure: to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

sauté: to cook or brown food in a pan containing a small quantity of butter, oil, or other fat.

stir: to mix together two or more ingredients with a spoon or spatula, usually in a circle pattern, or figure eight, or in whatever direction you like!

Equipment

- Medium saucepan
- Can opener
- Measuring cups
- Measuring spoons
- Wooden spoon

Ingredients

Savory Black Bean Sauce

- 1 15-oz can black beans (for LEGUME ALLERGY sub 1/4 C sesame seeds if no sesame allergy present + 1 pinch red pepper flakes)**
- 1 vegetable bouillon cube **
- 2 C water
- 1 T soy sauce *(for GLUTEN ALLERGY sub 1 T liquid aminos; for SOY/GLUTEN ALLERGY sub coconut aminos)**

- 2 tsp rice wine vinegar
- 1 garlic clove, grated
- 1 tsp grated ginger
- 1 T vegetable oil **
- 2 tsp granulated sugar or honey
- 2 tsp cornstarch

Food Allergen Substitutions

Savory Black Bean Sauce

Legume: For 1 15-oz can black beans, substitute 1/4 C sesame seeds (if no sesame allergy is present) + 1 pinch of red pepper flakes.

Gluten/Soy/Nightshade: Check bouillon label for possible allergens and, if necessary, use water only.

Gluten/Wheat: Substitute liquid aminos or coconut aminos for soy sauce.

Soy: Substitute coconut aminos for soy sauce. Substitute canola oil or other nut-free oil for vegetable oil.

Instructions

Savory Black Bean Sauce

measure + simmer

For this super simple and tasty sauce, into a medium saucepan, measure and combine **1 can of black beans, 1 vegetable bouillon cube, 1 cup water, 1 tablespoon soy sauce, 2 teaspoons rice wine vinegar, 1 grated garlic clove, 1 teaspoon grated ginger, 1 tablespoon vegetable oil, 2 teaspoons sugar, and 2 teaspoons cornstarch**. Simmer until a thick, spreadable sauce forms. Stir the sauce as often as you like along the way.

Featured Ingredient: Black Beans!

Hi! I'm Black Bean!

"My full name is "black turtle bean" because of my hard outer shell, but you can just call me "black bean." I'm a variety of common bean, although I'm anything but common! I bring a distinctive shiny look, sweet taste, and meaty texture to Latin American, South Asian, Cajun, and Creole cuisines."

History

Globally, there are 13,000 known varieties of beans. They include the white bean, like the Italian Cannelini, Great Northern, and Navy Bean; the black turtle bean (usually shortened to black bean); and the pinto bean. What kind of beans are you using today?

Beans were one of the first foods gathered, according to archaeologists. Our hunter-gatherer ancestors used beans as food tens of thousands of years ago. They were grown around 7,000 years ago in the Middle East.

In ancient Greece, public officials were elected if they picked the single white bean from a bunch of black beans.

In the 15th century, Spanish explorers brought beans to Europe when they returned from voyages to the New World. Then, Spanish and Portuguese traders took them to Africa and Asia to sell.

Beans are now prevalent worldwide, primarily due to their use as an inexpensive, plant-based protein.

Today, the largest commercial producers of common dried beans are India, China, Indonesia, Brazil, and the United States.

North Dakota grows forty percent of the beans in the US, more than any other state!

Brazil grows the most beans in the world.

In Nicaragua, newlyweds are given a bowl of beans for good luck.

Anatomy & Etymology

Did you know: Beans are technically a fruit!

Beans are legumes, so they have seeds that dry in the seed pod. Other legumes include lentils, peas, peanuts, and soybeans.

Beans plants leave the soil better and healthier than before they were planted. Most plants deplete the soil, but not beans. This is because they have nodules on their roots that add nitrogen, which the soil needs.

The world's tallest bean plant was over 45 feet tall! That's the equivalent of three average-sized giraffes stacked on top of one another. The plant was grown in the USA in 2003.

The word "bean" was first used before the 12th century. It comes from the Old English "bēan," from the Proto-Germanic "bauno," and is related to the Dutch "boon" and German "Bohne."

How to Pick, Buy, & Eat

Beans are harvested at full maturity when their pod reaches about six inches long, and the leaves turn brown and fall off about 75 days after the beans are planted.

When harvested, the shells are broken open, and the beans are collected as long as they are dry. If they're

not thoroughly dried, they can be hung up to finish drying before they're popped from their shells.

We can't eat raw, uncooked beans. Why? Because beans have something called lectins that are poisonous, and the only way to remove most of these lectins is to cook the beans.

If you're using dried beans, soak them before cooking to remove "antinutrients," compounds that block the absorption of nutrients.

Dried beans are generally available in prepackaged containers as well as bulk bins; both canned and dried beans are available throughout the year.

Canned beans can stay fresh for years!

Combine the creamy texture of beans with a whole grain such as brown rice, and you have a virtually fat-free high-quality protein meal.

Beans are made into burgers, dips, brownies, cakes, dips, fudge, muffins, pies, and drinks (coffee and cocoa beans). They can also be used in jewelry, toys, and musical instruments. "Bean bag chairs" are made with polystyrene "beans," but the small bean bags for play are sometimes made with real dried beans.

Nutrition

Beans are complex carbohydrates and high in fiber, which keeps our digestion strong and smooth and our tummies happy.

Beans are excellent sources of iron, magnesium, and potassium. The body needs these minerals to grow, develop, and stay healthy.

Beans supply several B vitamins to our diet, especially folate (B-9). These vitamins contribute to healthy brain function, formation of red blood cells, increased energy, and decreased cancer and cardiovascular disease risk.

The fiber and protein in beans are good for stabilizing blood sugar. They are popular with vegans and vegetarians because they replace some of the nutrients found in meat.

Beany Expressions:

Bean counter = an accountant

Bean feast = a party with food and drink

Bean pole = describing someone tall and thin

Cool beans = when something is cool

It doesn't amount to a hill of beans = when something doesn't add up to much

Full of beans = full of energy, enthusiasm

Hasn't got a bean = doesn't have any money

Has-been = once was something, maybe famous or rich, and now those days are gone

Not worth a bean = not worth anything

Spill the beans = dish the dirt, tell the truth

