

# LEGUME GUIDE

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Legumes are pantry staples, easily and cheaply adding flavour, protein and bulk to your meals. You can prepare them in advance and use them in countless ways.

There are around 20 varieties of legumes commonly consumed by humans, each with their own nutrient profile and delicious characteristic.

In short, they're all wonderful.

To best access the nutrition they have to offer us, create maximum taste, minimise their potential harm and make them as cheap as possible is simple.

>> SOAK // SPROUT // COOK <<

*How?*

Check out this simple 6-step process.

1. Whatever legumes you prefer, buy them fresh (it's way cheaper for a start!)
2. Pour the desired quantity you need into a large bowl and cover with cold water
3. Soak overnight until starting to sprout (think: tadpole tails)
4. Drain and rinse well
5. Add to a saucepan again with cold water covering the legumes
6. Cook until tender (reference guide on the next page)

To make the best use of your time, soak, sprout and cook in large batches. Legumes prepared in this way will last in an airtight container in the fridge for up to four days, easily and deliciously added to a variety of [meals](#).

Check out the reference guide on the next page and video guide [here](#).

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## QUICK REFERENCE GUIDE

1 cup of dry legumes gives you 2-3 cups when cooked

1 cup of dry legumes needs to be cooked in around 3 cups of water

## AVERAGE COOKING TIMES

Chickpeas 20-30 minutes

Lentils 10-20 minutes

Kidney Beans 40-50 minutes

Black Eye Beans 15-20 minutes

## TINS & CANS

The plastic that lines most tins and cans is called Bisphenol-A (BPA). It disrupts our endocrine system; as it mimics the hormone estrogen. Studies have shown harmful biological effects on animals using low-doses of the chemical and harmful effects on humans have been observed outside of studies.

To be safe – avoid cans and plastics not declared BPA-free.  
Learn the simple art of soaking and sprouting instead.  
Better for your body and wallet!