

TRACY TALKS TRUTH

# Beans for *Breakfast*



37 simple, whole-food recipes to help you start the  
day steady.

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WELCOME

# Hi, I'm *Tracy*.

I started eating beans for breakfast because I was sick and tired of being sick and tired.

I battle with chronic illness. I wanted to do the small, faithful things. Seek the Lord for healing, and take care of the body He gave me. Beans turned out to be one of the simplest ways to do both.

This is what came out of that. Every recipe uses one can of beans and a few simple ingredients. No oil. No dairy. No fuss. The sweet ones are how I start most mornings, and yes, beans can taste like dessert. The savory ones are here for the days you want something heartier.

The first pages explain why this works, for your blood sugar, your gut, your hormones, and your energy. I linked the research so you can see it for yourself.

However you got here, I'm glad you did. Let's get well, together.

## *Tracy*

*"Bless the Lord, O my soul, and forget not all His benefits. Who forgives all your iniquities, who heals all your diseases."*

PSALM 103:2-3

# The case for *beans*.

You do not have to take my word for it. Here is what the research actually found, with a link on each one so you can read it yourself.

- ***It starts with your blood sugar***

Beans are high in fiber and protein, so they break down slowly and your blood sugar rises gradually instead of spiking and crashing. In trials of people with and without diabetes, beans lowered the blood sugar spike after a meal. Long term, in people with type 2 diabetes, they lowered fasting blood sugar, HbA1c, and insulin resistance. Diabetes groups around the world now recommend them. [Eur. J. Nutrition, 2021](#)

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- ***Breakfast changes how you handle lunch***

This is the part most people miss. What you eat at breakfast changes how your body handles the next meal. Researchers named it the second-meal effect back in 1982. Beans in the morning keep your blood sugar steadier at lunch too, not just at breakfast, so one good first meal sets up the whole day. [J. Nutrition and Metabolism, 2012](#)

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- ***It lowers your cholesterol***

A review of 26 clinical trials, more than a thousand people, found that eating about one serving of beans a day, roughly three quarters of a cup, lowered LDL, the bad cholesterol, by about 5 percent. The researchers estimated that alone could mean 5 to 6 percent fewer heart attacks and strokes. [CMAJ, 2014](#)

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## WHY IT WORKS, CONTINUED

### ● *It feeds your gut*

Beans are loaded with fiber and resistant starch, the kind your body cannot digest but your gut bacteria can. They turn it into compounds like butyrate that strengthen the gut lining and lower inflammation. A large part of your immune system lives in your gut, so feeding it well reaches far past digestion.

[Nutrients review, 2022](#)

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### ● *It keeps you full*

Beans hold you over. In head-to-head tests, a bean meal left people as satisfied as a meat meal, and they ate 12 to 13 percent less at the next meal. Across 21 trials, people who added beans lost weight without setting out to eat less. [Meal-test trial, 2016](#)

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### ● *It helps balance your hormones*

The fiber in beans helps your body carry out the extra estrogen it is finished with instead of reabsorbing it, and high-fiber eating has been shown to lower circulating estrogen. Because beans hold your insulin steady, they are a staple for women managing PCOS, where more fiber is tied to lower testosterone and better insulin sensitivity. Chickpeas even carry natural plant estrogens of their own. [Am. J. Clinical Nutrition, 1991](#)

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## WHY IT WORKS, CONTINUED

### ● *Made for the days you are fighting*

When you battle a chronic illness, the small daily choices matter more, not less. Beans bring iron for the fatigue, magnesium for sleep and mood, and folate in the natural form your body can use directly, which matters if yours does not process synthetic folic acid well. Steady blood sugar means you are not crashing by mid-morning. All of it from one cheap can. [Folate review, 2022](#)

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### ● *It is what the longest-living people eat*

This is the one that got me. Researchers followed people over 70 across five cultures, in Japan, Sweden, Greece, and Australia. Out of every food they studied, beans were the single strongest predictor of living longer. Every 20 grams a day, about two tablespoons, was tied to a 7 to 8 percent lower risk of dying. In the Blue Zones, where reaching 100 is common, beans are on the table every day. [Asia Pac. J. Clin. Nutrition, 2004](#)

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### ● *And it is cheap*

A can of beans is one of the cheapest sources of protein and fiber in the store, usually a dollar or two. They also need a fraction of the water and land that meat does, so eating them is easier on the planet.

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#### One cup of cooked beans

**15g**

FIBER

**15g**

PLANT PROTEIN

**64%**

DAILY FOLATE

**739mg**

POTASSIUM

**0mg**

CHOLESTEROL

Values per cup of cooked beans ([USDA / Linus Pauling Institute](#)), plus iron and magnesium, with almost no fat.

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## HOW TO USE THIS BOOK

# A few *simple* rules.

### *The framework*

Every recipe uses one 15 to 15.5 oz can of beans. No oil, no dairy, no eggs, no meat. Just beans, fruit, spices, and pantry basics. U.S. measurements throughout.

### *How it is organized*

Sweet first, since that is how I eat them, then savory. Each one is grouped by bean: white, black, pinto, chickpea. Look for the tags on every card.

### *Storage*

Keeps 3 to 4 days in the fridge. Reheat with a splash of water, or freeze in single portions.

### *New to beans?*

Add them in slowly and drink plenty of water. Your gut settles in a week or two, and it is worth it.

*This is food, not medical advice. If you have a health condition, loop in your provider.*

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## THE RECIPES · PART ONE

# *Sweet.*

This is how I start most mornings. Cocoa, dates, maple, and fruit make a can of beans taste like dessert.

WHITE · BLACK · PINTO · CHICKPEA

## ● *White Beans*

### Cinnamon-Maple White Beans

WHITE BEANS

SWEET

*Warm porridge with maple and cinnamon.*

#### INGREDIENTS

1. 1 can white beans, drained and rinsed
2. 1/4 cup water
3. 1 tbsp maple syrup
4. 1/2 tsp cinnamon
5. Pinch salt
6. Optional: 1/4 cup diced apple or mashed banana

#### STEPS

1. Warm beans and water over medium heat.
2. Stir in maple syrup, cinnamon, and salt.
3. Simmer 4 to 5 min, mashing to a warm porridge.
4. Fold in fruit at the end if using.

### Vanilla-Date White Beans

WHITE BEANS

SWEET

*Smooth mash sweetened with dates and vanilla.*

#### INGREDIENTS

1. 1 can cannellini or great northern beans, drained and rinsed
2. 1/4 cup water
3. 2 pitted dates, finely chopped (or 1 tbsp date syrup)
4. 1/2 tsp vanilla extract
5. Pinch salt

#### STEPS

1. Warm beans and water over medium heat.
2. Stir in dates and salt; simmer 5 min until dates dissolve.
3. Mash to a smooth porridge.
4. Stir in vanilla off the heat.

### Blueberry White Bean Mash

WHITE BEANS

SWEET

*Jammy purple mash from burst blueberries.*

#### INGREDIENTS

1. 1 can cannellini or great northern beans, drained and rinsed
2. 1/3 cup blueberries (fresh or frozen)
3. 1/4 cup water
4. 1 tbsp maple syrup
5. Pinch salt

#### STEPS

1. Warm beans, blueberries, and water over medium heat.
2. Simmer 5 to 6 min; the berries burst and turn it purple.
3. Mash to a jammy, chunky texture.
4. Stir in maple syrup and salt.

## ● *White Beans* CONTINUED

### Banana Bread White Beans

*Mashed banana with cinnamon and vanilla.*

WHITE BEANS

SWEET

#### INGREDIENTS

1. 1 can white beans, drained and rinsed
2. 1/2 ripe banana, mashed
3. 1/4 cup water
4. 1/2 tsp cinnamon
5. 1/2 tsp vanilla extract
6. Pinch salt

#### STEPS

1. Warm beans and water over medium heat.
2. Mash beans to your preferred texture.
3. Stir in banana, cinnamon, and salt; simmer 4 to 5 min.
4. Add vanilla off the heat.

### Strawberry White Bean Mash

*Jammy mash with fresh or frozen strawberries.*

WHITE BEANS

SWEET

#### INGREDIENTS

1. 1 can cannellini or great northern beans, drained and rinsed
2. 1/3 cup chopped strawberries (fresh or frozen)
3. 1/4 cup water
4. 1 tbsp maple syrup
5. Pinch salt

#### STEPS

1. Warm beans, strawberries, and water over medium heat.
2. Simmer 5 to 6 min until the berries break down.
3. Mash to a jammy texture.
4. Stir in maple syrup and salt.

### Cranberry White Beans

*Burst cranberries with maple and cinnamon.*

WHITE BEANS

SWEET

#### INGREDIENTS

1. 1 can cannellini or great northern beans, drained and rinsed
2. 1/3 cup fresh or frozen cranberries
3. 1/4 cup water
4. 1 1/2 tbsp maple syrup
5. 1/4 tsp cinnamon
6. Pinch salt

#### STEPS

1. Simmer cranberries and water 4 to 5 min until they burst.
2. Add beans, maple syrup, cinnamon, and salt.
3. Cook 5 min.
4. Mash to a jammy porridge texture.

## ● *White Beans* CONTINUED

### Chocolate-Date White Bean Bowl

WHITE BEANS

SWEET

NEW

*Fudgy cocoa and date bowl. My TikTok original.*

#### INGREDIENTS

1. 1 can cannellini or great northern beans, drained and rinsed
2. 3 pitted dates, finely chopped
3. 1/3 cup water
4. 1 tbsp unsweetened cocoa powder
5. 1/2 tsp vanilla extract
6. 1/4 tsp cinnamon (optional)
7. Pinch salt

#### STEPS

1. Simmer dates and water 4 to 5 min until soft.
2. Add beans; warm through and mash smooth.
3. Stir in cocoa, cinnamon, and salt; simmer 2 to 3 min until glossy.
4. Add vanilla off the heat.

### Chai-Spiced White Bean Porridge

WHITE BEANS

SWEET

NEW

*Warm chai spices in a smooth porridge.*

#### INGREDIENTS

1. 1 can cannellini or great northern beans, drained and rinsed
2. 1/4 cup water
3. 1 tbsp maple syrup
4. 1/4 tsp cinnamon
5. 1/4 tsp ground ginger
6. 1/8 tsp ground cardamom
7. Pinch ground cloves
8. Pinch salt
9. 1/4 tsp vanilla extract

#### STEPS

1. Warm beans and water over medium heat; mash smooth.
2. Stir in maple and all the spices with the salt.
3. Simmer 4 min until fragrant and thick.
4. Add vanilla off the heat.

### Cherry-Almond White Bean Mash

WHITE BEANS

SWEET

NEW

*Jammy cherries with a little almond.*

#### INGREDIENTS

1. 1 can cannellini or great northern beans, drained and rinsed
2. 1/3 cup pitted cherries (fresh or frozen), chopped
3. 1/4 cup water
4. 1 tbsp maple syrup
5. 1/4 tsp almond extract
6. Pinch salt

#### STEPS

1. Simmer cherries and water 4 to 5 min until they break down.
2. Add beans and salt; cook 5 min.
3. Mash to a jammy texture.
4. Stir in maple and almond extract off the heat.

## ● *White Beans* CONTINUED

### Carrot Cake White Beans

WHITE BEANS

SWEET

NEW

*Grated carrot, warm spice, a little raisin.*

#### INGREDIENTS

1. 1 can cannellini or great northern beans, drained and rinsed
2. 1/3 cup finely grated carrot
3. 1/4 cup water
4. 1 tbsp maple syrup
5. 1/2 tsp cinnamon
6. Pinch nutmeg
7. Pinch salt
8. 1/4 tsp vanilla extract
9. Optional: 1 tbsp raisins

#### STEPS

1. Simmer grated carrot and water 4 to 5 min until soft.
2. Add beans, maple, cinnamon, nutmeg, salt (and raisins).
3. Cook 5 min; mash to a soft porridge.
4. Stir in vanilla off the heat.

### Raspberry-Maple White Beans

WHITE BEANS

SWEET

NEW

*Tart and sweet raspberry mash.*

#### INGREDIENTS

1. 1 can cannellini or great northern beans, drained and rinsed
2. 1/3 cup raspberries (fresh or frozen)
3. 1/4 cup water
4. 1 tbsp maple syrup
5. Pinch salt

#### STEPS

1. Warm beans, raspberries, and water over medium heat.
2. Simmer 5 to 6 min until the berries burst.
3. Mash to a jammy texture.
4. Stir in maple syrup and salt.

## ● *Black Beans*

### Cocoa Black Bean Breakfast Bowl

BLACK BEANS

SWEET

*Chocolatey porridge with cocoa, maple, and vanilla.*

#### INGREDIENTS

1. 1 can black beans, drained and rinsed
2. 1/4 cup water
3. 1 tbsp unsweetened cocoa powder
4. 1 tbsp maple syrup or 2 chopped dates
5. 1/2 tsp vanilla extract
6. Pinch salt

#### STEPS

1. Warm beans and water over medium heat.
2. Mash to your preferred texture.
3. Stir in cocoa, sweetener, and salt; simmer 3 to 4 min until glossy.
4. Add vanilla off the heat.

### Banana-Cocoa Black Bean Bowl

BLACK BEANS

SWEET

NEW

*Tastes like brownie batter. Banana and cocoa.*

#### INGREDIENTS

1. 1 can black beans, drained and rinsed
2. 1/2 ripe banana, mashed
3. 1/4 cup water
4. 1 tbsp unsweetened cocoa powder
5. 1 tbsp maple syrup or 2 chopped dates
6. 1/2 tsp vanilla extract
7. Pinch salt

#### STEPS

1. Warm beans and water; mash to preferred texture.
2. Stir in banana, cocoa, sweetener, and salt.
3. Simmer 3 to 4 min until glossy.
4. Add vanilla off the heat.

### Mango-Lime Black Beans

BLACK BEANS

SWEET & SAVORY

*Soft mango with whole beans and lime.*

#### INGREDIENTS

1. 1 can black beans, drained and rinsed
2. 1/2 cup diced mango (fresh or frozen)
3. 1/4 cup water
4. 1/4 tsp salt
5. 1 tbsp lime juice

#### STEPS

1. Simmer mango and water 3 to 4 min until soft.
2. Add beans and salt; cook 5 to 6 min.
3. Mash lightly, leaving most beans whole.
4. Stir in lime juice off the heat.

## ● *Pinto Beans*

### Apple-Cinnamon Pinto Beans

PINTO BEANS

SWEET

*Soft apple with maple and cinnamon.*

#### INGREDIENTS

1. 1 can pinto beans, drained and rinsed
2. 1/2 cup diced apple
3. 1/4 cup water
4. 1 tbsp maple syrup
5. 1/2 tsp cinnamon
6. Pinch salt

#### STEPS

1. Simmer the apple and water 3 to 4 min until soft.
2. Add beans, maple syrup, cinnamon, and salt.
3. Cook 5 to 6 min.
4. Mash to a warm porridge consistency.

### Maple-Cinnamon Pinto Mash

PINTO BEANS

SWEET

*Smooth porridge with maple and vanilla.*

#### INGREDIENTS

1. 1 can pinto beans, drained and rinsed
2. 1/4 cup water
3. 1 tbsp maple syrup
4. 1/2 tsp cinnamon
5. 1/4 tsp vanilla extract
6. Pinch salt

#### STEPS

1. Warm beans and water over medium heat.
2. Mash to a smooth porridge texture.
3. Stir in maple, cinnamon, and salt; simmer 4 min.
4. Add vanilla off the heat.

### Gingerbread Pinto Mash

PINTO BEANS

SWEET

NEW

*Molasses and warm spice. Like gingerbread.*

#### INGREDIENTS

1. 1 can pinto beans, drained and rinsed
2. 1/4 cup water
3. 1 tbsp molasses (or maple syrup)
4. 1/2 tsp cinnamon
5. 1/4 tsp ground ginger
6. Pinch ground cloves
7. 1/4 tsp vanilla extract
8. Pinch salt

#### STEPS

1. Warm beans and water; mash to a smooth porridge.
2. Stir in molasses, cinnamon, ginger, cloves, and salt.
3. Simmer 4 min until fragrant.
4. Add vanilla off the heat.

## ● Chickpeas

### Pumpkin Spice Chickpea Porridge

CHICKPEAS

SWEET

*Pumpkin puree with maple and spice.*

#### INGREDIENTS

1. 1 can chickpeas, drained and rinsed
2. 1/3 cup canned pumpkin puree
3. 1/4 cup water
4. 1 tbsp maple syrup
5. 3/4 tsp pumpkin pie spice
6. Pinch salt

#### STEPS

1. Combine chickpeas, pumpkin, and water over medium heat.
2. Simmer 5 min, then mash until mostly smooth.
3. Stir in maple syrup, spice, and salt.
4. Cook 2 more min to thicken.

### Peach-Ginger Chickpeas

CHICKPEAS

SWEET

*Soft peach with ginger and maple.*

#### INGREDIENTS

1. 1 can chickpeas, drained and rinsed
2. 1/2 cup diced peach (fresh, frozen, or canned)
3. 1/4 cup water
4. 1 tbsp maple syrup or honey
5. 1/4 tsp ground ginger
6. Pinch salt

#### STEPS

1. Simmer peach and water 3 to 4 min until soft.
2. Add chickpeas, ginger, and salt; cook 6 to 8 min.
3. Mash a portion against the pan to thicken.
4. Stir in sweetener at the end.

### Apple Pie Chickpea Porridge

CHICKPEAS

SWEET

NEW

*Diced apple, cinnamon, and nutmeg.*

#### INGREDIENTS

1. 1 can chickpeas, drained and rinsed
2. 1/2 cup diced apple
3. 1/4 cup water
4. 1 tbsp maple syrup
5. 1/2 tsp cinnamon
6. Pinch nutmeg
7. Pinch salt

#### STEPS

1. Simmer apple and water 3 to 4 min until soft.
2. Add chickpeas, cinnamon, nutmeg, and salt; cook 6 to 8 min.
3. Mash to a chunky porridge, adding splashes of water.
4. Stir in maple syrup off the heat.

## ● Chickpeas CONTINUED

### Date & Cinnamon Chickpea Porridge

CHICKPEAS

SWEET

NEW

*Sweet date porridge with cinnamon.*

#### INGREDIENTS

1. 1 can chickpeas, drained and rinsed
2. 3 pitted dates, finely chopped
3. 1/3 cup water
4. 1/2 tsp cinnamon
5. 1/4 tsp vanilla extract
6. Pinch salt

#### STEPS

1. Simmer dates and water 4 to 5 min until they dissolve.
2. Add chickpeas, cinnamon, and salt; cook 6 to 8 min.
3. Mash to a smooth porridge, adding splashes of water.
4. Stir in vanilla off the heat.

### Orange-Ginger Chickpeas

CHICKPEAS

SWEET & SAVORY

*Orange juice cooked down with ginger.*

#### INGREDIENTS

1. 1 can chickpeas, drained and rinsed
2. 1/4 cup orange juice
3. 1/4 cup water
4. 1 tbsp maple syrup
5. 1/4 tsp ground ginger
6. Pinch salt

#### STEPS

1. Combine chickpeas, orange juice, and water over medium heat.
2. Simmer 8 to 10 min until the liquid coats the beans.
3. Stir in maple syrup, ginger, and salt.
4. Mash a portion against the pan to thicken.

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THE RECIPES · PART TWO

# *Savory.*

For the mornings you want something heartier. Garlic, herbs, a little smoke, a squeeze of citrus. Still just a can of beans.

WHITE · BLACK · PINTO · CHICKPEA

## ● White Beans

### Herbed White Bean Mash

WHITE BEANS

SAVORY

*Garlic and rosemary or thyme with lemon.*

#### INGREDIENTS

1. 1 can cannellini or great northern beans, drained (save the liquid)
2. 1/4 cup water or reserved liquid
3. 1 garlic clove, minced
4. 1/2 tsp dried rosemary or thyme
5. 1/4 tsp salt
6. Squeeze of lemon

#### STEPS

1. Warm the water in a pan; add garlic and herb, cook 1 min.
2. Add beans and 1/4 cup liquid; simmer 4 to 5 min.
3. Mash to your preferred texture.
4. Finish with salt and a squeeze of lemon.

### Lemon-Dill White Beans

WHITE BEANS

SAVORY

*Garlic and dill with lemon.*

#### INGREDIENTS

1. 1 can cannellini or great northern beans, drained (save the liquid)
2. 1/4 cup reserved liquid or water
3. 1 garlic clove, minced
4. 1/2 tsp dried dill
5. 1/4 tsp salt
6. 1 tbsp lemon juice

#### STEPS

1. Warm the liquid; add garlic and dill, cook 1 min.
2. Add beans and salt; simmer 4 to 5 min.
3. Mash lightly for a chunky spread.
4. Stir in lemon juice off the heat.

### Smoky Tomato White Beans

WHITE BEANS

SAVORY

*Diced tomato with smoked paprika.*

#### INGREDIENTS

1. 1 can cannellini or great northern beans, drained (save the liquid)
2. 1/3 cup diced tomato
3. 1/4 cup reserved bean liquid
4. 1 garlic clove, minced
5. 1/2 tsp smoked paprika
6. 1/4 tsp salt

#### STEPS

1. Warm a splash of water; cook garlic 1 min.
2. Add tomato and smoked paprika; simmer 3 min until saucy.
3. Add beans, reserved liquid, and salt; simmer 6 to 7 min.
4. Mash a portion against the pan to thicken.

## ● *Black Beans*

### Cumin-Lime Black Beans

BLACK BEANS

SAVORY

*Garlic and cumin with lime.*

#### INGREDIENTS

1. 1 can black beans, drained (save the liquid)
2. 1/4 cup water or reserved bean liquid
3. 1 garlic clove, minced
4. 1/2 tsp ground cumin
5. 1/4 tsp salt
6. Pinch smoked paprika or chili powder
7. 1 tbsp lime juice

#### STEPS

1. Heat water in a pan; add garlic, cook 1 min until fragrant.
2. Add beans, 1/4 cup liquid, cumin, salt, and paprika.
3. Simmer 5 min, mashing lightly for a thicker texture.
4. Stir in lime juice off the heat.

### Salsa Black Beans

BLACK BEANS

SAVORY

*Quick beans simmered in salsa or diced tomato.*

#### INGREDIENTS

1. 1 can black beans, drained (save the liquid)
2. 1/3 cup salsa or diced tomato
3. 1/4 cup reserved bean liquid
4. 1/2 tsp cumin
5. 1/4 tsp garlic powder
6. 1/4 tsp salt

#### STEPS

1. Combine beans, salsa, and reserved liquid over medium heat.
2. Add cumin, garlic powder, and salt.
3. Simmer 6 to 7 min.
4. Mash a portion to thicken; leave the rest whole.

## ● *Black Beans* CONTINUED

### Chili-Lime Black Beans

BLACK BEANS

SAVORY

*Toasted chili and cumin with lime.*

#### INGREDIENTS

1. 1 can black beans, drained (save the liquid)
2. 1/4 cup reserved liquid or water
3. 1/2 tsp chili powder
4. 1/2 tsp cumin
5. 1/4 tsp garlic powder
6. 1/4 tsp salt
7. 1 tbsp lime juice

#### STEPS

1. Dry-toast chili powder and cumin in a pan 30 sec.
2. Add beans, liquid, garlic powder, and salt.
3. Simmer 5 to 6 min, mashing lightly.
4. Stir in lime juice off the heat.

### Black Bean & Corn Skillet

BLACK BEANS

SAVORY

NEW

*Sweet corn, cumin, and lime.*

#### INGREDIENTS

1. 1 can black beans, drained (save the liquid)
2. 1/2 cup corn (fresh, frozen, or canned)
3. 1/4 cup reserved bean liquid or water
4. 1 garlic clove, minced
5. 1/2 tsp cumin
6. 1/4 tsp smoked paprika
7. 1/4 tsp salt
8. 1 tbsp lime juice

#### STEPS

1. Warm a splash of water; cook garlic 1 min.
2. Add corn, cumin, and paprika; cook 2 to 3 min.
3. Add beans, reserved liquid, and salt; simmer 5 to 6 min.
4. Stir in lime juice off the heat.

## ● *Pinto Beans*

### No-Fat Refried Pinto Beans

PINTO BEANS

SAVORY

*Spiced and mashed to a spreadable paste.*

#### INGREDIENTS

1. 1 can pinto beans (keep the liquid)
2. 1/2 tsp ground cumin
3. 1/2 tsp chili powder
4. 1/4 tsp garlic powder
5. 1/4 tsp onion powder
6. 1/4 tsp salt

#### STEPS

1. Dry-toast the spices in a pan 30 sec until fragrant.
2. Pour in the whole can (beans plus liquid).
3. Simmer 5 to 7 min, mashing with a fork or masher.
4. Cook down to a thick, spreadable paste.

### Rosemary-Garlic Pinto Mash

PINTO BEANS

SAVORY

*Thick mash with garlic and rosemary.*

#### INGREDIENTS

1. 1 can pinto beans, drained (save the liquid)
2. 1/4 cup reserved liquid or water
3. 1 garlic clove, minced
4. 1/2 tsp dried rosemary, crushed
5. 1/4 tsp salt

#### STEPS

1. Warm a splash of water; cook garlic and rosemary 1 min.
2. Add beans, reserved liquid, and salt; simmer 5 to 6 min.
3. Mash to a thick, spreadable texture.
4. Adjust with splashes of liquid if it gets too dry.

### Southwest Pinto Mash

PINTO BEANS

SAVORY

NEW

*Smoky cumin and chili mash with lime.*

#### INGREDIENTS

1. 1 can pinto beans (keep the liquid)
2. 1 garlic clove, minced
3. 1/2 tsp cumin
4. 1/2 tsp chili powder
5. 1/4 tsp smoked paprika
6. 1/4 tsp salt
7. 2 tbsp salsa or diced tomato
8. 1 tbsp lime juice

#### STEPS

1. Dry-toast cumin, chili powder, and paprika 30 sec.
2. Add garlic and a splash of the bean liquid; cook 1 min.
3. Add the whole can, salsa, and salt; simmer 6 to 7 min, mashing.
4. Stir in lime juice off the heat.

## ● Chickpeas

### Stewed Tomato Chickpeas

CHICKPEAS

SAVORY

*Smoky paprika and cumin tomato stew.*

#### INGREDIENTS

1. 1 can chickpeas, drained
2. 1/2 cup diced tomato (fresh or canned)
3. 1 garlic clove, minced
4. 1/2 tsp smoked paprika
5. 1/2 tsp cumin
6. 1/4 tsp salt
7. Pinch cayenne (optional)

#### STEPS

1. In a splash of water, cook garlic 1 min.
2. Add tomato and spices; simmer 3 to 4 min until saucy.
3. Add chickpeas and 1/4 cup water; simmer 8 to 10 min.
4. Mash a few chickpeas against the pan to thicken.

### Curried Chickpea Mash

CHICKPEAS

SAVORY

*Warm curry, turmeric, and ginger.*

#### INGREDIENTS

1. 1 can chickpeas, drained (save the liquid)
2. 1/4 cup water or reserved liquid
3. 1 garlic clove, minced
4. 1/2 tsp curry powder
5. 1/4 tsp turmeric
6. 1/4 tsp ground ginger
7. 1/4 tsp salt

#### STEPS

1. Warm the water; add garlic and cook 1 min.
2. Stir in curry, turmeric, and ginger; toast 30 sec.
3. Add chickpeas and salt; simmer 6 to 8 min.
4. Mash to a thick, spreadable texture, adding water as needed.

### Garlic-Herb Chickpeas

CHICKPEAS

SAVORY

*Oregano and basil with lemon.*

#### INGREDIENTS

1. 1 can chickpeas, drained (save the liquid)
2. 1/4 cup reserved liquid or water
3. 1 garlic clove, minced
4. 1/2 tsp dried oregano
5. 1/2 tsp dried basil
6. 1/4 tsp salt
7. Squeeze of lemon

#### STEPS

1. Warm the liquid; add garlic and herbs, cook 1 min.
2. Add chickpeas and salt; simmer 6 to 8 min.
3. Mash to a chunky spread.
4. Finish with lemon off the heat.

## ● Chickpeas CONTINUED

### Tomato-Basil Chickpeas

*Garlic tomato with dried basil.*

#### INGREDIENTS

1. 1 can chickpeas, drained (save the liquid)
2. 1/3 cup diced tomato
3. 1/4 cup reserved liquid or water
4. 1 garlic clove, minced
5. 1/2 tsp dried basil
6. 1/4 tsp salt

#### STEPS

1. Warm a splash of water; cook garlic 1 min.
2. Add tomato and basil; simmer 3 min until saucy.
3. Add chickpeas, reserved liquid, and salt; simmer 6 to 8 min.
4. Mash a portion to thicken.

CHICKPEAS

SAVORY

### Za'atar-Lemon Chickpeas

*Za'atar and lemon.*

#### INGREDIENTS

1. 1 can chickpeas, drained (save the liquid)
2. 1/4 cup reserved liquid or water
3. 1 garlic clove, minced
4. 2 tsp za'atar
5. 1/4 tsp salt
6. 1 tbsp lemon juice

#### STEPS

1. Warm the liquid; add garlic and za'atar, cook 1 min.
2. Add chickpeas and salt; simmer 6 to 8 min.
3. Mash lightly for a chunky spread.
4. Finish with lemon juice off the heat.

CHICKPEAS

SAVORY

NEW

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## THE RESEARCH

# See it for *yourself*.

Every health note in this book traces back to published research. Here are the sources. Tap any link to read them.

- Pulse consumption and glycemic control. *European Journal of Nutrition*, 2021.  
<https://pmc.ncbi.nlm.nih.gov/articles/PMC8854292/>
- Whole grains, legumes, and the second-meal effect. Higgins, *J. Nutrition & Metabolism*, 2012.  
<https://pmc.ncbi.nlm.nih.gov/articles/PMC3205742/>
- Dietary pulses and LDL cholesterol. Ha et al., *CMAJ*, 2014.  
<https://pmc.ncbi.nlm.nih.gov/articles/PMC4016088/>
- Legumes, the top dietary predictor of survival in older people. Darmadi-Blackberry et al., 2004.  
<https://pubmed.ncbi.nlm.nih.gov/15228991/>
- Beans, pulses, and resistant starch for gut and metabolic health, 2022.  
<https://pmc.ncbi.nlm.nih.gov/articles/PMC9100130/>
- Bean and legume meals and satiety, 2016.  
<https://pmc.ncbi.nlm.nih.gov/articles/PMC5073301/>
- High-fiber diet reduces serum estrogen. Rose et al., *Am. J. Clinical Nutrition*, 1991.  
<https://pubmed.ncbi.nlm.nih.gov/1652197/>
- Gut bacteria and estrogen, the estrobolome, 2023.  
<https://pmc.ncbi.nlm.nih.gov/articles/PMC10416750/>
- Diet, glycemic index, and PCOS, 2024.  
<https://pmc.ncbi.nlm.nih.gov/articles/PMC11698792/>
- Active folate (5-MTHF) versus folic acid, 2022.  
<https://pmc.ncbi.nlm.nih.gov/articles/PMC9380836/>
- Legumes. Linus Pauling Institute, Oregon State University.  
<https://lpi.oregonstate.edu/mic/food-beverages/legumes>

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ONE LAST THING

# Real food. *Real fuel.*

Start with one recipe this week. See how you feel. That is the whole idea.

*Save it. Share it. Come tell me how it goes.*

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