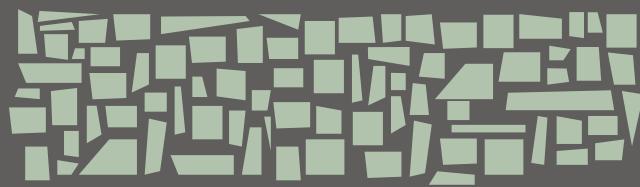


# SMALL BITES Vol.1 BEANS

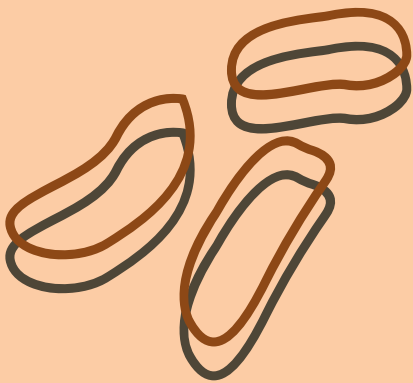
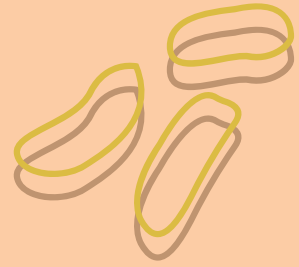


By The Corporate Veggie

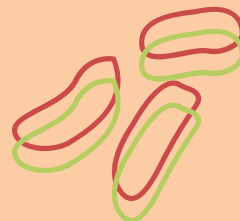


# TABLE OF CONTENTS

- 01 NOTE FROM THE AUTHOR
  - 02 BEANS AT A GLANCE
  - 03 FEATURE: SOY BEANS
  - 04 RECIPES
  - 05 GET IN TOUCH
  - FIN REFERENCES
- 



## THE BEANS ISSUE



# A NOTE FROM THE AUTHOR



## YOU DON'T KNOW BEANS. YET.

Welcome to the first edition of Small Bites by The Corporate Veggie. The inaugural volume is focused on one of, if not *the* most important foods known to man. In fact, it is the number one food predictor of life longevity in humans, as indicated in numerous studies (1,2). This issue is dedicated to the humble bean. Yes, that's right, that infamous magical "fruit" we're all familiar with. It's unfortunate that the bean gets such a bad rap--it really *is* a magical food, as I know you will come to see.

I wanted to kick Small Bites off with the Beans Issue for two reasons. First, protein requirements are a classic concern for people who are just starting out on their plant-based

journey, and an oft-cited rebuttal to going plant-based. Beans are the plant holy grail of protein, and I will show you how to enjoy them just as much as any other protein! Second, someone very close to me recently considered a diet plan that specifically negated beans, and I couldn't think of a more important topic than debunking the myth that beans are anything but extraordinarily healthful and should be enjoyed every single day!

Thanks for reading! Cheers,

A stylized, handwritten signature in black ink, consisting of a large 'M' followed by a flourish.

# BEANS

## AT A GLANCE

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Beans, including pulses and legumes, have been an important staple in the human diet for tens of thousands of years. A reliable source of protein, fiber, various minerals and vitamins, antioxidants, and impressively low on the glycemic index (1,2), beans are a veritable miracle food. In fact, studies have shown that legumes are the most important dietary predictor of longevity across ethnicities (3).

The nutritional value of beans varies from one variety to another, but some of the most common beans here in the west include chickpeas, black beans, and lentils, so we'll focus on those.

Each one cup serving of these types of beans, on average, contains:

**Calories:** 242 (4), compared with the equivalent weight of lean chicken breast at 267 calories, broiled lean beef flank at 330 calories, and 265 calories from cooked sockeye salmon at 265 calories (5).

**Fiber:** 14g (4), compared with 0g in beef, chicken, or salmon (5). Diets high in fiber have been shown to be protective against various forms of cancer, including colon, breast, and gastrointestinal cancers among others (6,7). Beans and legumes are high in soluble fiber and facilitate regular bowel movements. Studies have shown an increase in fiber intake is correlated with lower levels of free cholesterol and estrogen in the body, decreasing the risk of cardiovascular disease and breast cancer (8,9).

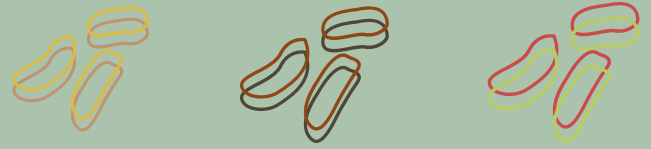
**Protein:** 16g (4) compared with 45g in salmon, 47g in beef, and 55 g in chicken(5). Studies consistently find that Americans significantly exceed their protein requirements. The dietary allowance, which covers 98% of healthy adults, is 0.8g protein per kg per day, or 60g for a 165lb person. In this case, it's not for the better. There is strong evidence suggesting that diets high in protein, particularly animal protein, increase the likelihood of developing cancer (10,11,12).

**Folate:** Folate and/or folic acid are imperative for building new cells. This is particularly important before and during pregnancy, because it helps form the neural tube of the fetus. Lack of folate and/or folic acid can lead to severe birth defects, which is why OBGYN's consistently emphasize the importance of getting enough of it to their patients (13). The CDC recommends 400 mcg of folate for women of child bearing age, which it cites as difficult to achieve by diet alone (13). Not so with a diet rich in beans and legumes. Just one cup of lentils contains a whopping 358mcg of folate (14)! Compare this with an alternative protein source, beef, which contains a measly 18 mcg (15).

**Cost:** If you described the health benefit facts above, without revealing that they're about beans, most people would probably assume you were referring to an exotic, expensive health superfood, supplement, shake, or powder. But, in fact, beans are extremely cheap and readily available nearly everywhere! At less than \$1 per lb, they're about 75% less expensive than other major protein sources like beef or chicken (16).



# FEATURE: SOY BEANS



## 01 NOT YOUR MOTHER'S ESTROGEN

When people think of soy, they generally also think of the hormone estrogen. And that puts a lot of people off of soy products, including soy beans. However, soy beans provide astounding protective health benefits. So, where's the confusion here? Soy beans and other soy products contain a plant-specific compound called phytoestrogen. While phytoestrogen does function in the body in a similar manner as other hormones, it actually runs interference against some of the most deleterious functions of human estrogen, in both men and women (17, 18). The confusion is owed to semantics—the assumption that phytoestrogen, in plants, functions entirely like the human hormone, oestrogen. So how does it work and what are the benefits?

## 02 BREAST HEALTH

Studies have found that high soy intake is related to decreased incidences and mortality from breast cancer (19,20,21). In fact, one 2012 study showed that women in the study who ate the most soy had a 29% lower risk of dying from breast cancer, and a 36% lower risk of cancer recurrence(20). How does soy do this? There are several explanations presented in the scientific literature, but one of the most cited explanations is that the phytoestrogens in soy can displace human estrogen and effectively block the binding of human estrogen to breast cancer cells, preventing the promotion of the breast cancer tumor(21). Soy beans and soy products have been shown to be a healthful, protective food choice for women of all ages. American women are up to 5 times more likely to get breast cancer than Japanese women, and the science has shown that the higher consumption of soy by Japanese women is a protective contributor(22,23). Considering the evidence linking dairy cow's milk to an increase in breast cancer incidence, soy milk should be considered as healthful, protective alternative (24).

## 03 PROSTATE HEALTH

Prostate cancer is the second leading cause of cancer death in American men(26). Studies have shown a significant link between diet and the occurrence and progression of prostate cancer, particularly soy bean products. The Adventist Health Study followed 12,000 men for 16 years and found that men who consumed more than one cup of soy milk per day experienced a 70% decrease in prostate cancer risk(18). Geinsein, a soy derived phytoestrogen, has been shown, with statistical significance to impede the metastases of prostate cancer tumors, at a level of soy consumption that is achievable by humans(24). This is highly significant since death from prostate cancer occurs as a result of the spread of the cancer, rather than from the cancer in the prostate itself. A 2004 control group study performed by Dr. Dean Ornish showed that men with prostate cancer, who consumed a single serving of tofu and 58g of soy milk beverage per day, along with other lifestyle changes including consuming a largely plant-based diet, daily moderate exercise, and stress management/support group, decreased their PSA (prostate specific antigen) levels by 4% whereas the control group's levels increased by 6% after 1 year(25). PSA serum level is the primary indicator of whether a prostate cancer treatment is effective in stymying the advancement of the cancer. Interestingly, six of the control group individuals dropped out of the study early for various reasons, including increase PSA levels and prostate cancer spread, whereas none of the experimental group participants dropped out of the study. One out of every forty-one men in America will die from prostate cancer(26). Consuming more soy based products, including tofu, soy beans, and soy milk on a routine basis is a healthy, cost effective way to stay on the healthy side of that statistic.



The image features two glass jars filled with beans, set against a background of burlap fabric. The jar in the upper right contains pinto beans with purple and white speckles. The jar in the lower left contains green lentils. The text "Eat Beans!" is overlaid in a large, white, cursive font with a red shadow. A small Instagram handle "@the.corporate.veggie" is visible near the bottom of the text.

# Eat Beans!

@the.corporate.veggie



# RECIPES

## BREAKFAST: POTATO TOFU SCRAMBLE SERVINGS: 6

**INGREDIENTS:** 3 teaspoon extra virgin olive • 1-1/2 cup shredded red potato • 10 shitake mushrooms, sliced in to strips • 1-1/2 cup chopped broccoli\* • 1 red onion, diced • 3/4 teaspoon iodized salt • 1 block firm tofu, drained • 1 teaspoon turmeric • 1 teaspoon black pepper • 3 tablespoon vegan sour cream (Boil 1/2 cup cashews for 10 minutes and drain. Blend with 1/4 cup water, 1/2 tablespoon lime juice, 1/2 tablespoon apple cider vinegar, and 1/4 teaspoon iodized salt until smooth) • 2 tablespoon nutritional yeast • 1 teaspoon each: garlic powder, ground cumin, chili powder, red pepper flakes • 6 tablespoon salsa (fresh store-bought is good to use) • 3 tablespoon lemon juice • 2 cup spinach

\*Be sure to let broccoli sit for 15-30 minutes after chopping. Frozen broccoli florets OK to use, but be sure to sprinkle a small amount of mustard powder on them prior to using. Chopping and/or sprinkling with mustard powder activates a protective compound in broccoli (or any other cruciferous vegetable) called sulforaphane.



**INSTRUCTIONS:** 1.Heat two large pans over medium heat and add half the oil to each. Spread the shredded potato in one pan. Add the mushrooms, broccoli, and onion to the other pan. Sprinkle half the salt over each of the pans. Cook for 4-5 minutes, tossing every once in a while to prevent sticking.  
2.Transfer the veggies in to the potato pan and mix together. In the empty pan, crumble the tofu with your hands into small pieces. Add the turmeric, black pepper, and sour cream to the tofu, and scramble to incorporate. Add a bit more sour cream if you prefer creamier mixture.  
3.Cook the tofu and veggie mixture in separate pans for 5 minutes, stirring occasionally to keep from sticking.  
4.Transfer the tofu in to the veggie pan and stir. The pan the tofu was in is no longer needed, remove the heat and set aside. Stir in the nutritional yeast, garlic powder, cumin, chili powder, and red pepper flakes. Cook for 2 minutes.  
5.Add the salsa, lemon juice. And stir.  
6.Start folding in the spinach by a handful at a time. Cook until all of the spinach has been folded in and is wilted.  
7.Taste and add a small amount of salt, salsa, or sour cream as desired. Top with cilantro. Spoon on to whole grain toast.

## LUNCH: VEGGIE CHILI SERVINGS: 6 BOWLS

**INGREDIENTS:** 1/2 cup unsalted walnuts • 1/2 ounce dried mushroom (Shiitake or Wood ear recommended) • 2 tablespoon extra-virgin olive oil • 2 red onions • 3 celery stalks • 2 jalapeno peppers, deseeded and diced • 1 tablespoon ground cumin • 1/4 cup chili powder (less if you prefer a more mild chilli) • 3 tablespoon tomato paste • 6 garlic cloves, minced or qty. (6) 1/2 teaspoons of pre-diced garlic • Qty. (1) 28 ounce can of diced tomatoes (Do not drain) • Qty. (1) 15 ounce can of black beans, drained • Qty. (1) 15 ounce can of white beans (Canelli or Great Northern), drained • 6 cups of vegetable broth • 3 tablespoons low sodium soy sauce • 3/4 cup bulgur



**INSTRUCTIONS:** 1.Combine the walnuts and dried mushroom in to a grinder, food processor, or blender (I used a coffee grinder) and grind for about 30 seconds, until coarsely ground together.  
2.Add oil to a cast iron pot or dutch oven and heat over medium-high heat. Add onion, celery, and jalapenos. Cook for 8 minutes, stirring frequently, until onions start to brown. Reduce heat to medium.  
3.Add cumin, chili powder, tomato paste, and garlic. Stir constantly for about 1 minute.  
4.Add diced tomatoes, black beans, white beans, vegetable stock, soy sauce, bulgur, and the walnut-mushroom mix and stir.  
5.Cover the pot and slightly increase heat to bring the mixture to a boil. Then let it simmer until it thickens, approximately 30 minutes. Boil for longer for a thicker chilli.  
6.I like to garnish with thinly sliced radish or jicama and vegan sour cream (See the Tofu/Potato Scramble breakfast recipe). Corn, cilantro, and lime slices are also good options.

## DINNER: LENTIL BOLOGNESE SERVINGS: 6 BOWLS

**INGREDIENTS:** 1 tablespoon olive oil • 1 large purple onion, diced • 4 garlic cloves, minced, or 4 1/2 tsp pre-diced garlic • 1 teaspoon dried oregano • 1 teaspoon dried thyme • 1 teaspoon iodized salt • 1 (6 oz.) can of tomato paste • 1/2 cup dry red wine, or 100% cranberry juice (no sugar added) • 3 cups low sodium vegetable broth or stock • 1 cup red lentils, soaked 30-60 minutes • 1/4 cup walnuts, crushed • 1 can of crushed or diced tomatoes • 16 ounces whole wheat spaghetti\* • 1 tablespoon balsamic vinegar • parsley (flat or curly) and fresh basil, chopped for garnish

\*It is important that the pasta is whole wheat. Unlike refined, white pasta, whole wheat pasta is a good source of fiber, which minimizes the glycemic impact. A 100%whole-grain pasta includes the entirety of the wheat kernel: the bran, the germ and the endosperm.



**INSTRUCTIONS:** 1.Soak the lentils in water for 30- 60 minutes.  
2.Heat a pan or Dutch oven on medium-high heat. Add the olive oil over medium heat and then add the onions. Season with a pinch of salt. Stir occasionally and cook the onions until translucent, about 7 minutes. Add a few spoons of water to prevent sticking, if required.  
3.Add the garlic, thyme, oregano, salt, and pepper to taste. Stir frequently for about a minute.  
4.Stir in the tomato paste and cook for about 2 minutes, stirring until dark red.  
5.Pour the wine or juice into the pan and deglaze, scraping up any browned bits. Cook for 2 minutes.  
6.Pour in the broth and stir. Add the lentils and walnuts, and stir to combine. Bring to a boil, then reduce heat to medium-low to maintain a rapid simmer for 20 minutes, stirring occasionally.  
7.Add the crushed tomatoes and simmer for another 15 minutes, or until the lentils are tender but not mushy, stirring occasionally to prevent burning.  
8.Boil a pot of water and prepare pasta per instructions on box.  
9.Add the bolognese sauce to the pasta and toss until well coated.  
10.Garnish generously with chopped parsley and basil.

# THE CORPORATE VEGGIE



## ABOUT ME

The Corporate Veggie (CPVG) is a mechanical engineer turned plant based nutrition mentor, who specializes in plant based nutrition in the workplace.

## GET IN TOUCH!

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