



Bean Recipes

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Easy Black Bean Salsa

4 servings

10 minutes

Ingredients

- 1 1/2 cups Black Beans (cooked and rinsed)
- 1/2 cup Corn (cooked)
- 1/2 Red Bell Pepper (finely chopped)
- 1/2 cup Red Onion (finely chopped)
- 1 Garlic (large clove, minced)
- 1/2 cup Cilantro (chopped)
- 2 tbsps Extra Virgin Olive Oil
- 1 Lime (large, juiced)
- Sea Salt & Black Pepper (to taste)

Directions

- 1 Add everything to a mixing bowl and stir to combine. Season with additional lime juice or salt and pepper if needed. Enjoy!

Nutrition

Amount per serving	
Calories	179
Fat	7g
Carbs	23g
Fiber	7g
Sugar	3g
Protein	7g
Cholesterol	0mg
Sodium	4mg
Potassium	357mg
Vitamin A	660IU
Vitamin C	26mg
Calcium	28mg
Iron	2mg
Vitamin D	0IU
Vitamin E	2mg
Thiamine	0.2mg
Riboflavin	0.1mg
Niacin	1mg
Vitamin B6	0.2mg

Folate	113µg
Vitamin B12	0µg
Phosphorous	118mg
Magnesium	55mg
Zinc	1mg
Selenium	1µg



Black Bean Dip

6 servings

15 minutes

Ingredients

2 1/4 cups Black Beans (cooked, from the can)
 2 tsps Cumin
 1/2 tsp Smoked Paprika
 2 tsps Extra Virgin Olive Oil
 1 Lime (juiced)
 1 tsp Sea Salt

Directions

- 1 Add all ingredients to the jar of your food processor and process until very smooth.
- 2 Transfer into a bowl and enjoy!

Nutrition

Amount per serving	
Calories	130
Fat	5g
Carbs	16g
Fiber	6g
Sugar	0g
Protein	6g
Cholesterol	0mg
Sodium	396mg
Potassium	254mg
Vitamin A	111IU
Vitamin C	2mg
Calcium	25mg
Iron	2mg
Vitamin D	0IU
Vitamin E	1mg
Thiamine	0.2mg
Riboflavin	0mg
Niacin	0mg
Vitamin B6	0.1mg
Folate	97µg
Vitamin B12	0µg
Phosphorous	95mg
Magnesium	49mg

Zinc	1mg
Selenium	1µg



Black Bean Brownies

9 servings

40 minutes

Ingredients

- 2 cups Black Beans (cooked)
- 3 Egg
- 1/4 cup Coconut Oil (melted)
- 1 tsp Vanilla Extract
- 1/4 tsp Sea Salt
- 3/4 cup Cocoa Powder
- 1/4 cup Coconut Sugar
- 1/4 cup Raw Honey
- 1/2 tsp Baking Powder
- 3 1/2 ozs Dark Chocolate (chopped and divided)
- 1/4 cup Sliced Almonds

Nutrition

Amount per serving	
Calories	276
Fat	15g
Carbs	31g
Fiber	8g
Sugar	14g
Protein	9g
Cholesterol	62mg
Sodium	120mg
Potassium	348mg
Vitamin A	97IU
Vitamin C	0mg
Calcium	62mg
Iron	4mg
Vitamin D	14IU
Vitamin E	1mg
Thiamine	0.1mg

Directions

- 1 Preheat oven to 350°F (177°C) and line an 8 x 8 baking dish with parchment paper. (Use a bigger dish if making more than 9 servings.)
- 2 Add the cooked black beans and eggs to a food processor. Turn it on and stream in the coconut oil. Let the food processor blend for about 60 seconds, or until the black beans are very smooth.
- 3 Add vanilla, salt, cocoa powder, coconut sugar, honey and baking powder to the black bean batter. Blend until all incorporated, scraping down the sides of the bowl if needed.
- 4 Add half of the chocolate to the brownie batter and pulse 5 or 6 times until it is mixed in.
- 5 Transfer brownie batter to the prepared baking dish and smooth into an even layer. Sprinkle the remaining chocolate and the sliced almonds evenly over top of the brownies.
- 6 Bake for 30 to 35 minutes, or until a toothpick inserted into the center comes out with just a few moist crumbs.
- 7 Let the brownies cool completely before transferring to the fridge for at least 4 hours before cutting into squares. Enjoy!

Riboflavin	0.1mg
Niacin	0mg
Vitamin B6	0.1mg
Folate	67µg
Vitamin B12	0.2µg
Phosphorous	179mg
Magnesium	90mg
Zinc	2mg
Selenium	7µg



Chickpea Stir Fry

3 servings

25 minutes

Ingredients

- 2 tbsps Avocado Oil
- 2 cups Chickpeas (cooked and rinsed)
- 2 Carrot (peeled, chopped)
- 1/2 cup Red Onion (chopped)
- 2 stalks Celery (chopped)
- 2 cups Broccoli (florets, chopped)
- 1 cup Water
- 1/4 cup Tamari
- 1 tbsp Sesame Seeds

Directions

- 1 In a medium pan, over medium heat, add the avocado oil. Add the chickpeas and cook for 5 minutes.
- 2 Add the carrots, onion, celery, broccoli, water and tamari. Stir to combine. Cook the mixture for 15 to 20 minutes or until everything is slightly soft, stirring every few minutes.
- 3 Divide between plates, sprinkle sesame seeds on top, and enjoy!

Nutrition

Amount per serving	
Calories	345
Fat	14g
Carbs	43g
Fiber	12g
Sugar	10g
Protein	15g
Cholesterol	0mg
Sodium	1421mg
Potassium	813mg
Vitamin A	7322IU
Vitamin C	61mg
Calcium	154mg
Iron	5mg
Vitamin D	0IU
Vitamin E	1mg
Thiamine	0.2mg
Riboflavin	0.2mg
Niacin	3mg
Vitamin B6	0.4mg
Folate	256µg

Vitamin B12	0µg
Phosphorous	302mg
Magnesium	97mg
Zinc	2mg
Selenium	7µg



Lentil Chickpea Salad

4 servings

30 minutes

Ingredients

- 1 cup Green Lentils (cooked, drained)
- 2 cups Chickpeas (cooked, drained)
- 1/2 cup Red Onion (small, diced)
- 1 Red Bell Pepper (medium, diced)
- 1 Tomato (large, diced)
- 1/4 cup Parsley (chopped)
- 2 tbsps Extra Virgin Olive Oil
- 2 tbsps White Wine Vinegar
- 1/2 tsp Oregano
- 1/4 tsp Sea Salt

Directions

- 1 Add all ingredients to a large bowl. Mix well. Taste and adjust flavor if desired.
- 2 Divide onto plates and enjoy!

Nutrition

Amount per serving	
Calories	275
Fat	9g
Carbs	37g
Fiber	12g
Sugar	7g
Protein	13g
Cholesterol	0mg
Sodium	170mg
Potassium	595mg
Vitamin A	1695IU
Vitamin C	51mg
Calcium	65mg
Iron	5mg
Vitamin D	0IU
Vitamin E	2mg
Thiamine	0.2mg
Riboflavin	0.1mg
Niacin	1mg
Vitamin B6	0.3mg

Folate	262µg
Vitamin B12	0µg
Phosphorous	251mg
Magnesium	67mg
Zinc	2mg
Selenium	5µg



Roasted Chickpea Tacos

3 servings

45 minutes

Ingredients

- 1 3/4 cups Chickpeas (cooked)
- 1 Red Bell Pepper (sliced)
- 1 1/2 tbsps Extra Virgin Olive Oil
- 1/2 tsp Chili Powder
- 1/8 tsp Sea Salt
- 1 Avocado
- 1/2 Lime (juiced)
- 1 Garlic (clove, minced)
- 1 tbsp Water
- 6 Corn Tortilla

Nutrition

Amount per serving	
Calories	479
Fat	20g
Carbs	64g
Fiber	15g
Sugar	7g
Protein	12g
Cholesterol	0mg
Sodium	125mg
Potassium	708mg
Vitamin A	1501IU
Vitamin C	61mg
Calcium	262mg
Iron	4mg
Vitamin D	0IU
Vitamin E	4mg
Thiamine	0.2mg
Riboflavin	0.2mg
Niacin	2mg
Vitamin B6	0.5mg

Directions

- 1 Preheat the oven to 425°F (218°C) and line a baking sheet with parchment paper. Add the chickpeas and red pepper to the sheet. Drizzle with 1/3 of the olive oil and toss to coat. Add the chili powder and sea salt. Bake for 15 to 20 minutes.
- 2 Remove from the oven, shake the baking sheet and cook for 10 to 15 minutes more.
- 3 Add the avocado flesh, lime juice, garlic, water and remaining olive oil to a blender or food processor. Blend until smooth and creamy.
- 4 Add the avocado sauce to the tortillas. Top with the chickpeas and peppers. Serve and enjoy!

Folate	238µg
Vitamin B12	0µg
Phosphorous	210mg
Magnesium	72mg
Zinc	2mg
Selenium	4µg



Edamame Hummus & Veggies

3 servings

5 minutes

Ingredients

- 2 cups Frozen Edamame (thawed, plus extra for garnish)
- 1/2 cup Hummus
- 3 tbsps Water
- 1 tbsp Extra Virgin Olive Oil (optional, for garnish)
- 1 tsp Sesame Seeds (optional, for garnish)
- 1 1/2 cups Broccoli (cut into small florets)
- 1 1/2 cups Radishes (quartered)

Directions

- 1 In a food processor, add the edamame, hummus, and water. Blend until a creamy consistency forms. Add more water if necessary.
- 2 Transfer the edamame hummus to a serving bowl. Top with oil, sesame seeds, and extra edamame, if using. Serve with broccoli and radishes. Enjoy!

Nutrition

Amount per serving	
Calories	292
Fat	18g
Carbs	21g
Fiber	10g
Sugar	4g
Protein	17g
Cholesterol	0mg
Sodium	219mg
Potassium	862mg
Vitamin A	605IU
Vitamin C	55mg
Calcium	132mg
Iron	4mg
Vitamin D	0IU
Vitamin E	2mg
Thiamine	0.3mg
Riboflavin	0.3mg
Niacin	2mg

Vitamin B6	0.3mg
Folate	385µg
Vitamin B12	0µg
Phosphorous	297mg
Magnesium	116mg
Zinc	2mg
Selenium	5µg



Lemon & Mint Edamame Salad

1 serving

5 minutes

Ingredients

1 cup Frozen Edamame (thawed)
 1/4 Cucumber (quartered, sliced)
 2 tbsps Parmigiano Reggiano
 1 tbsp Hemp Seeds
 1 tbsp Mint Leaves
 1 tbsp Lemon Juice
 1 1/2 tsps Extra Virgin Olive Oil
 Sea Salt & Black Pepper (to taste)

Directions

1 Add all ingredients to a bowl and toss to combine. Enjoy!

Nutrition

Amount per serving	
Calories	373
Fat	24g
Carbs	19g
Fiber	9g
Sugar	5g
Protein	27g
Cholesterol	12mg
Sodium	102mg
Potassium	931mg
Vitamin A	711IU
Vitamin C	18mg
Calcium	272mg
Iron	5mg
Vitamin D	0IU
Vitamin E	2mg
Thiamine	0.5mg
Riboflavin	0.3mg
Niacin	2mg
Vitamin B6	0.3mg
Folate	503µg
Vitamin B12	0µg

Phosphorous	447mg
Magnesium	181mg
Zinc	3mg
Selenium	1µg



Mango, Edamame & Cabbage Salad with Peanut Sauce

2 servings

15 minutes

Ingredients

2 tbsps All Natural Peanut Butter
 2 tbsps Extra Virgin Olive Oil
 1 tbsp Rice Vinegar
 1 1/2 tsps Tamari
 2 tbsps Raw Honey
 2 cups Purple Cabbage (finely sliced)
 1 cup Frozen Edamame (thawed)
 1 cup Frozen Mango (thawed)
 1/4 cup Raw Peanuts (roughly chopped)

Directions

- 1 In a large salad bowl, whisk together the peanut butter, olive oil, rice vinegar, tamari and honey until well combined.
- 2 Add remaining ingredients and toss until evenly coated. Enjoy immediately or let marinate overnight.

Nutrition

Amount per serving	
Calories	553
Fat	35g
Carbs	50g
Fiber	10g
Sugar	35g
Protein	20g
Cholesterol	0mg
Sodium	287mg
Potassium	921mg
Vitamin A	2117IU
Vitamin C	85mg
Calcium	124mg
Iron	4mg
Vitamin D	0IU
Vitamin E	6mg
Thiamine	0.4mg
Riboflavin	0.3mg
Niacin	6mg
Vitamin B6	0.5mg

Folate	351µg
Vitamin B12	0µg
Phosphorous	298mg
Magnesium	132mg
Zinc	2mg
Selenium	4µg



Coconut Rice with Beans

5 servings

25 minutes

Ingredients

- 1 cup Water
- 3/4 cup Canned Coconut Milk
- 1 cup Jasmine Rice (uncooked, rinsed)
- 2 cups Black Beans (cooked)

Nutrition

Amount per serving	
Calories	283
Fat	7g
Carbs	48g
Fiber	7g
Sugar	1g
Protein	9g
Cholesterol	0mg
Sodium	11mg
Potassium	299mg
Vitamin A	4IU
Vitamin C	0mg
Calcium	25mg
Iron	1mg
Vitamin D	0IU
Vitamin E	1mg
Thiamine	0.2mg
Riboflavin	0mg
Niacin	0mg
Vitamin B6	0mg
Folate	103µg
Vitamin B12	0µg
Phosphorous	96mg
Magnesium	49mg
Zinc	1mg
Selenium	1µg

Directions

- 1 Combine the water, coconut milk and rice in a pot and bring to a boil. Lower the heat to a simmer, cover with a lid and cook for 18 minutes.
- 2 Stir in the black beans and cook for 3 to 5 minutes, or until warmed through.
- 3 Divide onto plates and enjoy!