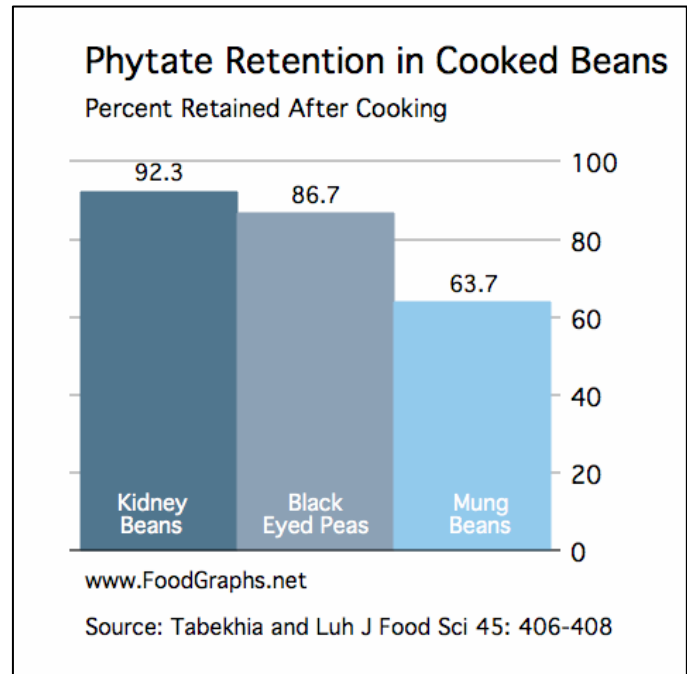
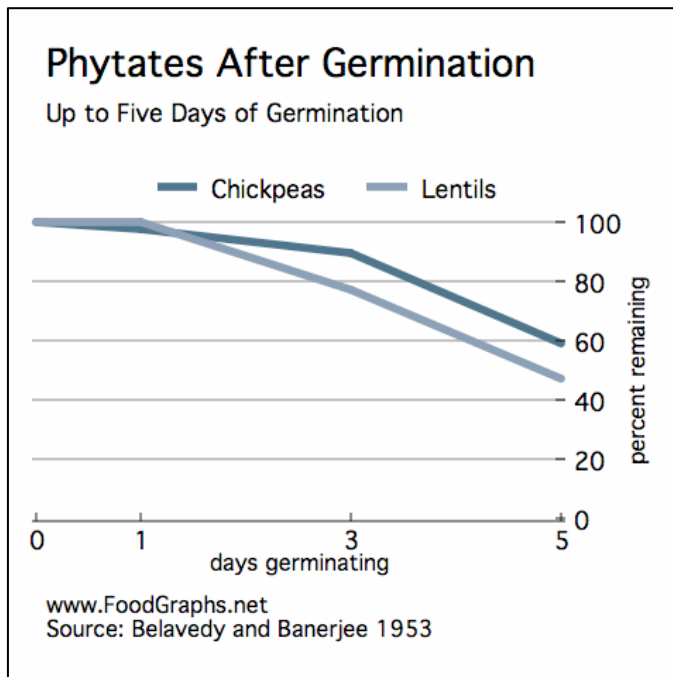


## Beans

Beans are so tasty and inexpensive. We have a five-gallon stainless steel cooking pot that we fill with beans, vegetables, and meat and create the most fantastic meals. Back when I relied on beans to provide my core nutrition, I should have known better how to prepare them.

When I later came to read about beans, we conducted some experiments in our kitchen with research-quality precision. The steps we used came right out of the literature on phytic acid in legumes (also known as “beans”). I do not want to deprive you of that research.

If you could just cook phytic acid out of beans, cooking would not be nearly so adventuresome. Researchers have examined the phytic acid level in cooked beans compared to the original phytic acid content in their uncooked state.



One study found between sixty-three and ninety-three percent of the phytic acid remaining in the beans.

Beans have some of the fundamentals going for them: Moisture + Warmth + Acid pH + Time.

They cook in hot water usually over some hours, depending on their size.