Peggy Kraus COACHING

3 super bean recipes for FAST and PERMANENT weight loss

Bubba's Black Beans

6 SERVINGS

Beans are the BEST for weight loss. The more often you eat them, the lower your weight will go. You may balk at having beans for breakfast, but many cultures eat beans at every meal. This recipe is so full of flavor that you'll want to make it part of your regular routine.

INGREDIENTS

½ jar salsa (mild, medium, or hot -- your pick)
1 avocado, chopped
1 1/2 cups of frozen corn, thawed
2 cans (15 oz each) black beans, rinsed and drained
1 small red onion, diced
Juice of one lime
2 Tbs cilantro, rinsed and chopped fine

INSTRUCTIONS

Mix all the ingredients together.

Sriracha Chickpea Salad with Arugula and Sun-dried Tomatoes

4 SERVINGS

These sandwiches will add color to your lunch box, and they'll bring a smile to your taste buds. Chipotle Mayo is a good variation for this recipe. You can also substitute a few tablespoons of hummus for the Sriracha Mayo to turn down the heat a bit but still provide a binder, so it keeps together.

INGREDIENTS

1 can (15 oz each) garbanzo beans, drained and rinsed
½ cup sun-dried tomato, diced
1 handful of arugula micro greens or baby arugula (more to taste if desired), chopped
Pinch of salt
½ teaspoon smoked paprika
¼ teaspoon garlic powder
¼ teaspoon onion powder
2 to 4 tablespoons of Just Mayo Sriracha Mayo (or hummus, plain or garlic flavor)
Sprouted grain bread

INSTRUCTIONS

Using a fork, mash the garbanzo beans to desired texture. (If you use a food processor, pulse gently so the beans don't turn into hummus). Add Just Mayo (start with about 1 tablespoon and add more to desired consistency.) Add salt, garlic powder, paprika and mix well. Add in sun-dried tomatoes and arugula and mix well. Serve on sprouted grain bread.

Crazy Beans

4 SERVINGS

This recipe is called Crazy Beans because it's CRAZY easy. The prep takes about 5 minutes and cooking time is 30 minutes. You can switch up the spices and the beans to vary the flavors.

INGREDIENTS

3 garlic, frozen cubes (Dorot brand is available in the freezer section at your supermarket)
½ cup onions, frozen diced
2 cans (15 oz each) of beans any kind, rinsed
1 can (15 oz each) of fire-roasted, diced, no-salt-added tomatoes
3 tablespoons dried basil
2 tablespoons dried oregano
1 teaspoon rosemary
1/2 teaspoon smoked paprika
3 tablespoons nutritional yeast
½- 1 cup water
¼ cup brown rice, barley, or other uncooked grain (optional)

INSTRUCTIONS

In a pot or skillet, sauté the onions and garlic in a bit of water until the onions are translucent and the garlic is thawed. Add the beans, the tomatoes, the spices, and the water. Cover and simmer for 30 minutes. You can add ¼ cup of uncooked grains like brown rice or barley right to the mixture. If you do, add ½ cup more water.