

Anasazi Beans®

Touted as the “Best beans in the World”

Brown Beans Addendum

Full article at [http://pine3.info/Brown Beans.htm](http://pine3.info/Brown%20Beans.htm)

by Dan Gill, Ethno Gastronomist

After I wrote about brown beans cooked Mountain style, I tried to find heritage beans similar to the dried “shelly” beans that pioneers and Indians lived on in the mountains of Virginia. Some of the surviving heritage varieties have been collected and preserved but none are commercially available. I then discovered that the beans originally grown by the mysterious Anasazi Indians were being grown commercially in Colorado. I ordered some to try and found they were much better than pintos, red beans or other commonly available varieties.

The Anasazis were cliff-dwelling Pueblo peoples in the “Four Corners” region, which includes part of New Mexico and Colorado. Anasazi means “ancient ones” in Navaho. They flourished about 1300 years ago and then mysteriously disappeared. One story goes that explorers found a pot of these beans in the long abandoned cliff dwellings and were able to grow them. Not only do these beans taste better than most varieties, they also cook quicker and contain less than 25 percent of the problem carbohydrates of other beans and are therefore “socially acceptable”.

Cooking – Mountain Style: Anasazi beans do not need to be soaked prior to cooking, so you do not discard the water-soluble nutrients and flavor components. Pick them over for rocks and other foreign matter, put them in a pot with plenty of plain water and bring to a boil. I add a scant teaspoonful of kelp powder at the beginning, but no salt: salt and acid make beans tough and mealy if added too early. You can also use potato water or un-salted stock for added flavor. Reduce the heat and simmer at around 190° F for two to three hours, or until they get fairly tender. Next add some salt pork, such as fatback, ham hock, bacon or jowl and continue to simmer for another couple of hours until they attain the desired tenderness and flavor. Season to taste with salt and pepper – We use our KA seasoning blend. Serve with cornbread (we serve our hoecakes) and a dollop of freshly minced raw onion.

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ANASAZI BEANS®

The Anasazi (an-a-saw-zee) were Indians who lived in the four corners area of Colorado - Utah - Arizona - and New Mexico, dating back to 130 A.D. They are best identified with their substantial architectural achievements known today as "cliff dwellings." Mesa Verde National Park, Hovenweep, Canyon de Chelly and many other dwellings which dot the arid countryside, represent these structures. "Anasazi" is a Navajo word best translated as "the ancient ones."

Anasazi Beans® were one of the few cultivated crops grown by the Anasazi. They were found in the ruins by settlers to the four corners area in the early 1900's. Presently they are grown at 7,000 ft. elevation on the same lands the Anasazi inhabited.

Anasazi Beans® are considered an unusually tasty baking bean, very scrumptious with ham and flavorful in Mexican dishes. This sweeter and mealier bean will allow many culinary delights.

Cholesterol and fiber continue to be expressed as an important factor in our diet.

Dietitians have identified beans as an ideal source of nutrition that has no cholesterol with high levels of

soluble fiber that can reduce

cholesterol levels. **Anasazi**

Beans® provide these

attributes along with

a sweeter flavor

and faster

cooking times

Available at
some grocery stores
or via UPS:

Adobe Milling Company, Inc.

PO Box 596

Dove Creek, Colorado 81324

1-800-542-3623

E-mail: adobe@centurytel.net

Web Site: www.anasazibeans.com

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Nutritional Facts

Dry beans are endorsed by:
American Cancer Society
American Heart Association
National Diabetes Society.

NUTRITION FACTS	
Serving Size: 1/4 cup (35g) Dry	
Servings Per Container: 13	
Calories: 120 Fat Cal.: 0	
Amt./Serving	% Daily Value*
Total Fat 0g	0%
Total Carbohydrate 22g	7%
Saturated Fat 0g	0%
Cholesterol 0g	0%
Sodium 0mg	0%
Dietary Fiber 7g	28%
Sugars 0g	
Protein 8g	
Vitamin A 0%*	Vitamin C 0%*
Calcium 4%*	Iron 0%
* Percent Daily values (DV) are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories	2,000 2,500
Tot. Fat Less Than	65g 80g
Sat. Fat Less Than	20g 25g
Cholest. Less Than	300mg 300mg
Sodium Less Than	2,400mg 2,400mg
Carbo. Fiber	25g 30g
Calories Per Gram:	
Fat 9 • Carbohydrates 4 • Protein 4	

Discomfort

Anasazi Beans®	Pinto
Raffinose	1.37
Stachyose	0.11
Verbascose	0.04
Total	.51
Ratio	1 : 4.18

The above carbohydrates are the primary source of flatulence in dry beans. The **Anasazi Beans®** contains less than 25% of the carbohydrates that are responsible for the gastric distress often times associated with dry beans. It should be noted that **Anasazi Beans®** do contain these compounds and thus with certain individuals distress may occur.

* Information provided from Colorado State University

Cooking Hints

Anasazi Beans® do not require presoaking. Although, presoaking will accelerate the cooking time.

Adding spices or condiments is not recommended during the cooking process, as it will lengthen the cooking time. Adding these afterward will still accomplish the desired flavor.

Recipes

Anasazi Beans® and Ham Hocks
from the kitchen of Ernie Waller

- 2 cups dry **Anasazi Beans®**, washed
- 1 large onion - quartered
- 2 ham hocks - lean
- 2 cloves garlic - pressed
- salt and pepper to taste

Cook beans until almost done, keep covered with water while cooking. Add ham hocks, onion, garlic, salt and pepper. Cook until done. Serve with corn bread or tortillas.

Refried Anasazi Beans®
from the kitchen of Joyce Waller

- 1 pound dried **Anasazi Beans®**
- 6 slices chopped bacon
- 1/4 cup finely chopped onion
- 1/4 cup finely chopped green pepper
- 1 clove crushed garlic
- 1 teaspoon chili powder

Add 6 cups fresh water and cook 1-1/2 hours or until tender at gentle boil. Drain beans, save liquid. Sauté onion, green pepper, garlic and bacon. Mash beans together with sautéed mixture, adding liquid a little at a time, until bean mixture is smooth. Can be frozen. Serves 6 to 8.

Colorado Baked Beans
from Helen Dollaghan, Rocky Mountain Gourmet,
Denver Post Editor

- 1 lb. dry **Anasazi Beans®**, washed
- 2 cups orange juice
- 2 cups water
- 1 can (8 oz.) tomato sauce
- 3/4 cup chopped onion
- 1/4 cup molasses
- 2 tbsls Worcestershire Sauce
- 1/4 lb. salt pork, cut in sm. pieces
- Mix all ingredients in 3 quart ovenproof dish. Bake, covered, in preheated 300° oven 3 hours until beans are softened but still slightly firm. Increase heat to 325°. Uncover, stir and bake about 30 minutes longer or until beans are soft but not mushy and sauce has thickened to desired consistency. 8 to 10 servings.