



## CREAM OF THE CROP ORGANIC

Most cultures intuitively have a primary grain and a bean that goes with it, because whole grain and beans combine to provide 'complete protein,' an essential building block, with just about all necessary nutrients. Regionally, Americans have a locally popular bean like navy beans in New England, black eyed peas in the South, and pinto beans in the South-west. Everybody has favorites. Eden Foods gets the best of the U.S.A. organic crop each year from its dynamic, family farm network.

## WHERE EDEN BEANS GROW

Since 1968 we have worked to secure organic beans from local family growers. These salt-of-the-earth farmers have used organic methods now for decades. Their vital soil teems with life and is nutrient rich, practiced tending then produces the finest beans on earth. Most EDEN beans are grown in the Midwest as close as practicable to our HQ. Not all beans grow in this area, so garbanzo beans are from Arizona or southern California, and Montana grows lentils.

**Ben & Denise,  
California,  
Black Eyed Peas**



## MAGNIFICENT WITH NO ADDITIVES WHATSOEVER

We were certain that convenient precooked organic beans would be appreciated, so we located a cannery with an established reputation for the best 'fill and finish,' and began canning EDEN beans in 1991. All EDEN beans are thoroughly cooked at Meridian Foods, our certified organic © cannery in east central Indiana. We prepare them in ways that were worked out in the kitchens of our homes.

EDEN beans are always soaked overnight. This is commercially unheard of because it is 'inefficient.' It does, though, make the beans much easier to digest and taste much better. Most are cooked with a bit of kombu sea vegetable. You don't taste the kombu but its valuable, rare amino acids smooth mouthfeel and enhance flavor.

## PURE & PURIFYING...

Since April 1999 EDEN beans come in custom, oleoresin c-enamel lined cans that are free of the endocrine disruptors bisphenol-A (BPA), BPS, or PVC. As far as we know Eden is the only U.S. food manufacturer to date that uses these bisphenol-A (BPA) free lined cans.

In the mid-80s as Eden explored making canned beans, we were told that at least two chemicals must be added - calcium chloride to harden the skins so they will not fall apart in cooking, and calcium disodium EDTA (ethylenediaminetetraacetic acid) to hold the color. These chemicals are in virtually all canned beans. We experimented canning beans with just pure water and they came out perfectly. Due to the vital organic soil that grows EDEN beans, the skins have a much higher mineral content that allows canning them without needing the extremely undesirable, usually undeclared processing chemicals.

## "BEST HUMAN PLANT FOOD"

"Beans are probably the best human plant food there is," says plant geneticist, George L. Hosfield, referring to the high protein, high fiber, low fat, vitamins, minerals, and antioxidants of beans. Dr. Hosfield and researchers at Michigan State University discovered high amounts of potent antioxidants in bean skins, especially in dark color beans. For proper health benefits you must choose great, pure beans. Comparing EDEN with other canned bean labels, differences are striking. All EDEN beans are at least a good source of fiber, and most are excellent with over 20% daily value (DV) per serving. They provide a full spectrum of efficacious phytonutrients, plus potassium, B vitamins (including folate B9), antioxidants, and the most deliciousness.

## KOMBU ENHANCED

The small green 'fleck' in EDEN beans are kombu sea vegetable. They serve to soften beans and enhance their flavor with a unique set of amino acids. We do not taste the kombu, but because it brings out the bean's full flavor, salt is unnecessary. EDEN plain beans have no added salt. Seasoned beans are lightly EDEN sea salted. All are U.S.A. Cream of the Crop organic.



- U.S.A. family, vital organic soil beans
- Soaked overnight, never adulterated
- Deliciously seasoned, Refried, and no-salt-added Varieties
- Bisphenol-A (BPA), bisphenol-S (BPS), and polyvinyl chloride (PVC) free custom can linings
- No calcium chloride or disodium EDTA
- Best tasting, more nutritious
- EDEN Purity © pareve
- No. 1 Rated by *Men's Health* Magazine and the *Nutrition Action Healthletter*

**BPA  
FREE  
Lining**

### Heart Healthy

Diets containing foods that are a good source of potassium and that are low in sodium may reduce the risk of high blood pressure and stroke. Diets low in saturated fat and cholesterol that include 25 grams of soy protein a day may reduce the risk of heart disease.



Tom, Michigan, Black Soybeans

**PLAIN BEANS** Award winning unseasoned beans belong in your pantry. Soaked overnight and cooked without salt. Use them to create soups, stews, salads, dips, hummus, salsa, burritos, tacos... Nature's finest complement to Whole Grain.

**Aduki** *Adzuki*

**Black Turtle**

**Black-Eyed Peas**

**Black Soybeans**

**Butter Beans** *Baby Lima*

**Cannellini Beans** *White Kidney*

**Garbanzo Beans** *Chick Peas*

**Great Northern**

**Dark Red Kidney**

**Navy** *Pearl Haricot*

**Pinto**

**Small Red Beans**



**SEASONED BEANS** Prepared with 100% organic spices, herbs, and vegetables. Ready to eat, just heat and serve. Make quick soups, stews, chili, cornbread pie, veggie-burgers, barbecue beans, and Mexican food. Boundlessly versatile.

**Baked Beans w/ Sorghum & Mustard**

**Caribbean Black Beans**

**Chili Beans**

**Green Lentils w/**

**Onion & Bay Leaf**

**Spicy Pintos**



**REFRIED BEANS** Eden organic standards, 4 plain and 2 spicy - pureed with added whole beans and pieces, lightly salted with less than half the sodium of other refrieds. Meals in minutes: Tostadas, tacos, burritos, enchiladas, quesadillas, tamales, dips... They are also excellent as a creamy soup starter.

**Refried Black Beans**

**Refried Pinto Beans**

**Spicy Refried Black Beans**

**Spicy Refried Pinto Beans**

**Refried Kidney Beans**

**Refried Black Soy & Black Beans**





## CHILI BEAN CORNBREAD PIE

15 oz EDEN Chili Beans, do not drain  
1 cup EDEN Whole Tomatoes or EDEN Whole Tomatoes w/ Basil, chopped, do not drain  
1 cup diced green bell pepper  
1½ cups organic sweet corn, fresh or frozen  
1 cup red onion, diced  
1 tsp dried cilantro  
½ cup fresh parsley, minced

### Cornbread

1 cup organic cornmeal  
¾ cup organic unbleached white flour  
2 tsp non-aluminum baking powder  
1 cup EDENSOY Extra Original or EDENSOY Unsweetened  
½ tsp EDEN Sea Salt  
1 Tbsp EDEN Red Wine Vinegar  
2 Tbsp EDEN Safflower Oil  
1 Tbsp organic maple syrup

Preheat the oven to 375°F. In a 10" pie plate or casserole dish, combine the beans, tomatoes, bell pepper, corn, onion, cilantro, and parsley. To prepare the cornbread, combine the dry ingredients in a mixing bowl and set aside. Mix thoroughly. In a measuring cup, combine the EDENSOY, oil, vinegar, and maple syrup. Let sit for 2 to 3 minutes until thick like buttermilk. Pour EDENSOY mixture into the dry ingredients, stir until batter is smooth. Pour the batter over the bean mixture. Bake until cake tester inserted into the cornbread topping comes out dry, about 30 minutes.

• Serves 8



## HUMMUS W/ ROASTED RED PEPPER

29 oz EDEN Garbanzo Beans, do not drain  
¼ cup organic roasted tahini or sesame butter  
1 Tbsp EDEN Extra Virgin Olive Oil  
1½ Tbsp EDEN Umeboshi Paste  
3 cloves garlic, minced  
½ lemon, juiced  
2 Tbsp fresh parsley, minced  
1 small jar roasted red peppers, water or oil packed

Blend all ingredients in a food processor or blender until smooth and creamy, adjusting the consistency with a little cold water if desired. Umeboshi paste adds nice flavor in place of salt. Serve as a dip with EDEN Chips, veggie slices, or with pita bread. • Serves 6



## SPICY BEAN & RICE BURRITOS

16 oz EDEN Spicy Refried Pinto Beans or EDEN Spicy Refried Black Beans  
1 Tbsp EDEN Extra Virgin Olive Oil  
1 clove garlic, minced  
¼ cup onions, minced  
¼ cup red bell pepper, minced  
1 cup cooked brown rice  
4 whole grain flour tortillas  
½ cup prepared salsa

Place tortillas in a covered casserole dish and heat in a 300°F oven for 10 minutes. Heat oil in a skillet and sauté garlic, onion, and bell pepper for 2 to 3 minutes. Add refried beans and rice, mix and cook until hot, stir frequently. Spread ½ cup bean mixture on each tortilla. Top with salsa and roll up. Slice and serve.

• Serves 4



## FIVE BEAN SOUP

2 Tbsp EDEN Extra Virgin Olive Oil  
3 cloves garlic, minced  
1 medium onion, diced  
¼ cup celery, diced  
½ cup carrots, diced  
1 medium organic potato, diced  
2 Tbsp organic barley, rinsed  
3 cups water  
15 oz EDEN Pinto Beans, do not drain  
15 oz EDEN Black Beans, do not drain  
15 oz EDEN Kidney Beans, do not drain  
15 oz EDEN Navy Beans, do not drain or EDEN Cannellini or EDEN Great Northern Beans  
15 oz EDEN Aduki Beans, do not drain or EDEN Small Red Beans  
1 cup organic sweet corn  
1½ cups EDEN Spaghetti Sauce or EDEN Spaghetti Sauce No Salt  
1½ Tbsp EDEN Shoyu Soy Sauce, or to taste  
½ tsp dried oregano  
½ tsp dried basil  
1½ tsp crushed bay leaf

Heat oil in a pot, and sauté garlic and onion until the onion is translucent. Add water, celery, carrot, potato, and barley. Cover, bring to a boil. Reduce flame to medium-low. Simmer 30 minutes. Add the beans, corn, spaghetti sauce, shoyu, and herbs. Cover. Simmer 10 minutes. Serve. Great the next day. Leftovers may be placed in individual containers and frozen for a quick handy meal.

• Serves 10

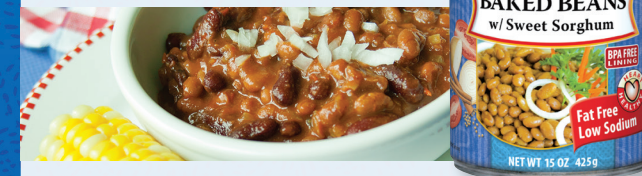


## GRILLING BEANS

1 Tbsp EDEN Extra Virgin Olive Oil  
1 cup diced onion  
15 oz EDEN Baked Beans w/ sweet sorghum  
15 oz EDEN Chili Beans  
¼ cup EDEN Crushed Tomatoes  
¼ tsp EDEN Brown Mustard  
½ tsp EDEN Apple Cider Vinegar  
2 tsp organic maple syrup

Heat oil in a medium skillet and sauté onion for 2 to 3 minutes. Add remaining ingredients and bring to a boil. Reduce flame to medium-low. Simmer 5 to 7 minutes. Serve hot or chilled.

• Serves 7



## KAMUT DITALINI & BEAN SALAD

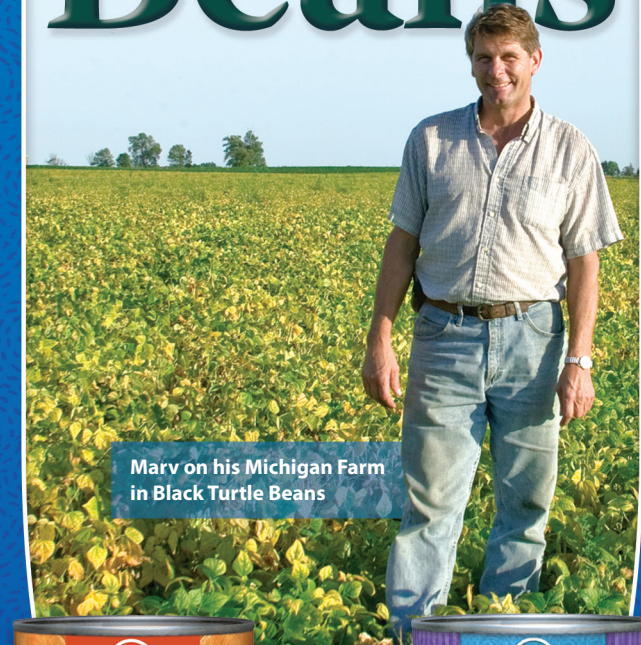
12 oz EDEN Kamut Ditalini  
15 oz EDEN Garbanzo Beans, drained  
15 oz EDEN Kidney Beans, drained  
15 oz EDEN Great Northern Beans, drained  
1 cup celery, with the leaves, thinly sliced  
3 organic tomatoes, cut into chunks  
½ cup fresh basil, chopped or fresh parsley  
12 oz water packed artichoke hearts, drained and quartered  
2 Tbsp EDEN Extra Virgin Olive Oil  
1 Tbsp EDEN Brown Mustard  
¾ tsp EDEN Sea Salt  
¼ tsp freshly ground black pepper  
2 Tbsp lemon juice

Cook pasta per package directions, rinse, and drain. Combine all ingredients in a mixing bowl. Toss to mix. • Serves 7

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# EDEN Beans



Marv on his Michigan Farm in Black Turtle Beans



Refried ♦ Plain ♦ Seasoned

