



Cream of the Crop Organic

The Eden network of trusted families growing organic crops, results in the best USA grown organic staple food.

Having ceaselessly worked to secure sustainable supply of organic beans from local sources since 1968, most of these salt-of-the-earth folks have been using organic methods for decades. Vital soil teems with life, and their practiced tending produces the best tasting beans on earth. Not only the most delicious, but also more nutritious and easier to digest. Protein, antioxidants, vitamins, minerals, complex carbs, all grown without toxic farm chemicals. Good food realized!

Tom farms
organic Eden beans.



Magnificent - No Chemical Additives

Eden Foods was pretty sure that convenient pre-cooked organic beans would be appreciated, so an Indiana cannery with a well established reputation for the best 'fill and finish' in the industry began canning EDEN beans in 1991. Since then, Meridian Foods has become part of the Eden family. It is a jewel of a medium-sized, certified organic, (K), Midwestern cannery. The beans are prepared using the ways we perfected in the kitchens of our homes.

EDEN beans are always soaked overnight. We know of no other cannery that does so, it is inefficient. It does, however, make beans easier to digest and taste much better. A bit of kombu sea vegetable is used, its unique amino acids smooth mouthfeel of cooked beans, and enhances their flavor.

"Best Human Plant Food"

"Beans are probably the best human plant food there is," says plant geneticist George L. Hosfield Ph.D. 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 sought after and proper health benefits of beans, first great, pure beans must be chosen. The sure way of doing that are authentically organic, USA, EDEN beans. Comparing EDEN with other canned bean labels, and their tastes, differences are striking. The nature of EDEN beans, living soil, and loving care come through clearly.

Pure & Purifying™

Since April 1999, EDEN bean cans contain no BPA, BPS, or phthalates. This began with an oleoresin c-enamel can lining which was not usable for high-acid foods. In late 2016 an updated lining was implemented. It is also BPA, BPS, and phthalate free, and good for both low- and high-acid food. It is the safest and best performing can lining in the USA.

Eden bean canning research began in the mid-80s. It was standard thinking and practice that two chemicals must be added - calcium chloride to harden the skins so they will not fall apart when cooked, and ethylenediaminetetraacetic acid (EDTA) to hold the color. Those additives are in virtually all canned beans. Yet, EDEN authentically organic beans, grown in healthy soil, are cooked with just water and come out perfectly. Sturdier, healthier, tastier beans do not require the processing chemicals.

Kombu Enhancement

Small green flecks in EDEN beans are kombu seaweed. It softens and makes them taste and digest better with a unique set of amino acids. Kombu brings out the full flavor of authentically organic beans, so there's no need for salt and processing chemicals. EDEN canned beans have the best fill and finish in the industry.



- Rated # 1 by *Men's Health Magazine* and the *Nutrition Action Healthletter*
- USA organic family beans, authentically organic food
- Cooked and canned at Eden Foods' organic, (K), and non-GMO bean cannery
- Deliciously Seasoned, Refried, Rice & Beans, and Chili w/ whole grain no-salt added varieties
- The BPA, BPS, and phthalate free pioneer – 15 oz, 29 oz, & 108 oz
- No calcium chloride or test-tube EDTA



Jim farms aduki beans
edenfoods.com

Unsalted Beans Award winning unseasoned beans belong in the pantry. Soaked overnight and cooked without salt. Use for soups, stews, salads, dips, hummus, salsa, burritos, and tacos. They round out whole grain perfectly.

Aduki *Adzuki / Azuki*
Black Turtle
Black-Eyed Peas
Black Soybeans
Butter Beans *Baby Lima*
Cannellini *White Kidney*
Garbanzo Beans *Chickpeas*
Great Northern
Dark Red Kidney
Navy *Pearl Haricot*
Pinto
Small Red Beans



Seasoned Beans Prepared with all organic spices, herbs, and vegetables. Ready to eat or serve, just open and heat. Make quick soups, stews, chili, corn bread pie, veggie burgers, barbecue beans, and Mexican food. Boundlessly versatile.

Baked Beans with Sweet Sorghum & Mustard
Caribbean Black Beans
Chili Beans
Green Lentils with Onion & Bay Leaf
Spicy Pintos



Refried Beans Authentically Eden organic, 3 plain and 2 spicy, puréed with added whole bean and pieces, lightly sea salted - less than half the sodium of other refrieds. Quick healthy meals of tostadas, tacos, burritos, enchiladas, quesadillas, tamales, dips, and an excellent creamy soup starter.

Refried Black Beans
Refried Pinto Beans
Refried Kidney Beans
Spicy Refried Black Beans
Spicy Refried Pinto Beans



Lentil Chickpea Sloppy Joes

Serves 6 Prep 15 minutes Cook 25 minutes

- 1 Tbsp EDEN Extra Virgin Olive Oil
- ¼ cup shallots, minced
- 1 clove garlic, minced
- ½ cup red bell peppers, small diced
- 14 oz EDEN Crushed Tomatoes
- 3 Tbsp organic tomato paste
- 1 Tbsp organic maple syrup
- 2 tsp EDEN Red Wine Vinegar
- 1½ tsp EDEN Shoyu Soy Sauce
- 1 tsp smoked paprika
- ½ tsp EDEN Brown Mustard
- 1 tsp EDEN Chili Powder
- ¼ tsp EDEN Cumin
- ¼ tsp EDEN Sea Salt
- ⅛ tsp black pepper, fresh ground
- 15 oz EDEN Lentils with Onion & Bay Leaf
- 15 oz EDEN Garbanzo Beans, drained, rinsed
- 6 whole grain buns

Heat oil in a large skillet and sauté shallots and garlic for 2 to 3 minutes. Add peppers and sauté another 2 minutes. Add other ingredients except lentils, garbanzo beans, and buns. Mix to thoroughly combine. Simmer for 7 to 10 minutes, stir occasionally. Add lentils and garbanzos to the sauce, mix and cook another 10 minutes. Spoon onto the buns. Garnish.



Two Bean Chili Corn Bread Pie

Serves 8 Prep 15 minutes Cook 25 minutes

- 15 oz EDEN Chili Beans, do not drain
- 15 oz EDEN Spicy Pinto Beans, do not drain
- 2 cups organic tomatoes, diced
- ¼ cup carrots, diced
- ⅓ cup green bell pepper, diced
- 1 medium onion, diced
- 1 cup organic sweet corn, fresh or frozen
- 1 tsp EDEN Shoyu Soy Sauce

Corn bread

- 1 cup organic corn flour
- ¾ cup organic unbleached white flour
- 2 tsp non-aluminum baking powder
- ½ tsp EDEN Sea Salt
- 1 cup EDENSOY Extra Original
- 1 Tbsp EDEN Red Wine Vinegar
- 2 Tbsp EDEN Extra Virgin Olive Oil
- 1 Tbsp organic maple syrup
- 3 Tbsp water
- ¼ cup fresh parsley, minced

Preheat oven to 400°F. Mix the beans, carrot, pepper, onion, corn, and shoyu together and pour into a 9x13 inch baking dish.

For the corn bread, mix all the wet ingredients together in a measuring cup and let stand for 5 minutes. Mix all dry ingredients and the parsley together. Combine them all, mix well, and pour evenly over the top of the bean chili. Do not stir.

Oven bake uncovered 25 min. to heat beans and cook bread.

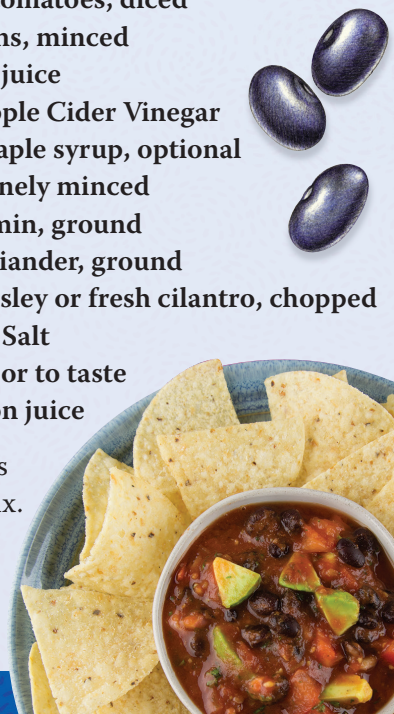


Avocado Salsa

Serves 8 Prep 10 minutes

- 1 avocado, peeled & cut into chunks
- 14 oz EDEN Crushed Tomatoes with Onion, Garlic, and Basil
- 15 oz EDEN Black Beans, rinsed, drained
- 2 cups organic tomatoes, diced
- ¼ cup red onions, minced
- 4 tsp fresh lime juice
- 1 Tbsp EDEN Apple Cider Vinegar
- 2 tsp organic maple syrup, optional
- 1 clove garlic, finely minced
- ¼ tsp EDEN Cumin, ground
- ½ tsp EDEN Coriander, ground
- ¼ cup fresh parsley or fresh cilantro, chopped
- ¾ tsp EDEN Sea Salt
- 2 tsp hot sauce, or to taste
- 2 tsp fresh lemon juice

Place ingredients in a bowl and mix. Goes well with whole grain.



Kalamata Olive Hummus

Serves 12 Prep 15 minutes

- 29 oz EDEN Garbanzo Beans, drain and reserve
- 5 Tbsp. bean cooking liquid (aquafaba)
- ¼ cup EDEN Tahini
- 5 Tbsp aquafaba, (reserved bean can liquid)
- ¼ cup EDEN EV Olive Oil
- ¼ cup fresh lemon juice
- 3 cloves garlic, minced
- 2 Tbsp parsley, minced
- ¾ tsp EDEN Sea Salt
- ½ cup pitted Kalamata olives, chopped



Creamy Bean Soup

Serves 4 Prep 10 minutes Cook 20 minutes

- 15 oz EDEN Refried Kidney Beans
- 15 oz EDEN Refried Pinto Beans
- 1½ cups organic tomatoes, diced
- 2 cloves garlic, minced
- 1 medium onion, diced
- 1 cup organic sweet corn, fresh or frozen
- ¼ cup green bell pepper, diced
- ¼ cup celery, diced
- 3 cups water
- ½ tsp EDEN Sea Salt
- ½ cup EDEN Spaghetti Sauce
- ¼ tsp dried oregano
- ¼ tsp dried basil
- ¼ cup fresh parsley, minced

Place all ingredients except the parsley in a soup pot. Mix well. Cover and bring to a boil. Reduce heat to medium-low, simmer for 20 minutes. Mix in the parsley and serve.



Eden Beans

Teresa and Doug at their organic bean farm.



Refried • Plain • Seasoned