

Powerhouse of Nutrition

Beans and Pulses are a powerhouse of nutrition. They are among the oldest recorded crops in civilization and are an almost perfect food.



In many cultures, they are a main form of nutritional sustenance, and with addition of a rice or grain, form a complete protein during digestion. Beans are a vegetarian's best friend.

Beans are high in soluble fibre and have been shown to lower the risk of cancer, equalize blood sugar and lower blood cholesterol levels.

They are economical in many ways, providing excellent nutrition in a product that grows abundantly, dries easily, stores well and transports readily. It is no wonder this important crop has sustained many cultures for thousands of years.

To learn more about the Health Benefits of Beans and Pulses please visit us at www.pulsehealth.in.



We wish you bon appétit!

AMERICAN
TOPNOTCH
PRODUCT OF U.S.A.

The Brand you can Trust

Our quality originates from the regions where pulses flourish naturally and purely - in the best cultivation areas of the world - Grown in U.S.A.

Selected carefully by our experts, their journey leads to the one of the most modern plant in America for gentle further processing - at which American Topnotch family thrives on a tradition dating back over hundred years. In this way, the quality of American Topnotch emerges, and in your hand it becomes a unique and healthy pleasure.

BRAND FACTS

- Grown in United States of America
- #1 Quality - Graded by USDA Laboratory
- Healthy, Uniform and Natural Product
- Easy to cook
- 100% Satisfaction Guaranteed



GLOBAL AGRO
COMMODITIES

1137, Michener Way, Suite 123

Irving, Texas - 75063, USA

Tel. : +1-214-727-2545

Fax : +1-888-723-2545

E-mail us at usa@globalagco.com

Visit us at www.globalagco.com

AMERICAN
TOPNOTCH
PRODUCT OF U.S.A.

Beans &
Pulses



Powerhouse
of Nutrition



www.pulsehealth.in





Preparing Beans & Pulses

SELECTING Look for dried beans with smooth surfaces and clear, bright colors. Cracked seams & wrinkled surfaces indicate beans that are past their prime.

STORING Keep in an airtight glass jar away from heat and direct sunlight. Use within 2 years.

SORTING & RINSING Spread beans out on a clean kitchen towel or a rimmed cookie sheet and remove shriveled beans and pebbles. Rinse in cold water.

SOAKING & PRE-BOILING Most dried beans and pulses contain complex sugars that cause gas and indigestion. Soaking or pre-boiling removes up to 80% of these sugars, making digestion much easier. In warm weather, soak beans in the fridge to avoid fermentation.

Add water to about 3 inches above beans, or 4-5 cups of water per cup of dried beans.

Pre-boil Method : Boil beans in water for 3 minutes in a heavy pot. Cover and set aside for 2-4 hours. Drain and discard water. Rinse beans. Proceed with cooking. This method removes more complex sugars than other methods of soaking.

Long Soak Method: Soak beans for 8 hours or overnight. Drain and discard water. Rinse beans. Proceed with cooking.

COOKING Cook beans in fresh water (not the water used for soaking) in a large, covered pot. Use 3-4 cups of water for each cup of dry beans. Do not add salt or acidic flavors until beans are fully cooked. Each cup of dry bean yields 2-2½ cups of cooked beans.

SEASONING BEANS Except for onion and garlic, do your seasoning 30-45 minutes before beans are done, as spicing too early can cause flavors to break down.

Add a final dash of flavor with the following: fresh lemon and grated Parmesan; yogurt; fruity olive oil and balsamic vinegar; toasted sesame oil; rice wine and soy sauce; red wine; miso and toasted sesame seeds; fresh basil; cilantro; parsley; garlic or ground black pepper.



Instructions & Serving Suggestions

US Origin Bean / Pulse	Boiling	Pressure Cooking	Ideas, Information & Serving Suggestions
Adzuki*	2 hrs.	30 min.	Lower in fat and easier to digest than most beans. A slightly sweet flavor. Add cubed winter squash during last 30 minutes or add tamari and barley malt for an asian flair.
Anazazi	1.5 hrs.	30 min.	An ancient bean from the southwest, sweeter than Pinto and very digestible. Mottled colour fades during cooking. Great served with enchiladas, with dressing as a salad, or cooked with cumin and chilis.
Black	1.5 hrs	30 min.	A rich, hearty flavor. A Latin and Southwestern staple. Add cumin, garlic and cilantro for soups, tacos and enchiladas. Combine with rice and cumin for a Cuban-inspired dish.
Black Eyed Peas	1 hr.	25 min.	A smoky, bacony flavor. Easily digestible. A true Southern staple. Often served with rice or cornbread. Can be tossed with a sweet vinaigrette, tomatoes and fresh herbs for a great salad.
Canellini	1 hr.	20-25 min.	Also called white kidney beans and taste similar to navy beans, but are larger. An Italian staple. Good in soups, salads or as a side with olive oil and herbs.
Cranberry Beans	45 min.	20 min.	An Italian pink bean quite similar to a Pinto, but milder in flavor. Combine with cooked pasta, or use in a rustic soup or a New England Succotash.
Red Kidney Beans (Rajma)	40 min.	20 min.	American Kidney Beans are often used as a Soup and Indian Rajma dish and goes well with Rice and Naan. Insist for 'American Topnotch' Red Kidney Beans for cooking.
Garbanzo (Kabuli Chick Peas)	3 hrs.	45-50 min.	Also called chick peas. Puree well-cooked beans with tahini, garlic, lemon juice, sea salt and olive oil to make hummus. Add cooked to salads, soups and pasta. In North India, insist for 'American Topnotch' Chick Peas for cooking.
Great Northern	2 hrs.	30 min.	Good in pasta dishes with tomatoes, basil, Parmesan, cheese and olive oil. Toss into Italian soups or serve as a salad with pasta and roasted vegetables.
Green Lentils (Yellow Dal)	45 min.	20 min.	Season with tarragon in soups. Puree with cumin, ginger and turmeric for an Indian-style Dal. Combine with dressing, parsley and garlic for salad. Insist for 'American Topnotch' Green Lentils / Yellow Dal for cooking.
Lima (Baby)	1.5 hrs.	-	Very buttery flavor and starchy texture. Combine with corn and green beans for succotash. Add to minestrone soup.
Mung*	1.5 hrs	35 min.	An Asian and Indian favorite. Easy to digest. Great in curries and dals. Beans tend to fall apart during cooking, producing a porridge-like texture.
Navy	2.5 hrs	35 min.	Great in soups with greens. Mix with vegetables and marinate for a salad. Boston Baked Beans; combine 3 cups cooked beans with 1 chopped onion, 2 tbsp. oil, ½ molasses, 4 tbsp. soy sauce, and 2 tbsp. of mustard. Bake at 325° F for 45 minutes.
Pinto	2.5 hrs.	35 min.	A Southwestern staple. Combine with onions, chili powder, garlic and tomatoes for chili-style beans. Most often used in refried beans.
Red Lentils	20-25 min.	-	Combine with olive oil, onion and vinegar for a salad. Mix with curry paste to serve over couscous or basmati rice.
Green Peas (Split)	1-1.25 hrs.	-	Most often used in soups with carrots and celery. Add curry to either variety and serve with minted yogurt over basmati rice for an Indian touch.
Green Peas (Whole)	1.5 hrs.	35 min.	Most often used as India Mutter dish and goes well with Rice and Naan. Insist for 'American Topnotch' Green Peas for cooking.

* No soaking required.