



## Sprouted Heirloom Bean Chili

3 C total of dry heirloom beans such as Rattlesnake, Appaloosa, Cranberry, Tongues of Fire and Jacob Cattle Trout beans (Whole Foods Bulk Bins), soaked and sprouted  
3 yellow onions  
1 green bell or hot green pepper, chopped  
1-2 zucchini, grated  
1-2 japanese eggplant, grated  
2 local carrots, grated  
1 head of local kale, de-stemmed and chopped  
Texas Trilogy Spices:  
10 - 15 Tbs. chili powder, 5 Tbs. garlic granules, 5 Tbs. ground cumin  
3 medium organic tomatoes, chopped  
24 oz. can of Muir Glen diced tomatoes  
1 lb. ground meat: we used dark meat ground chicken from Whole Foods Meat Department  
Can also use: ground turkey, grass fed beef or bison/buffalo or keep it vegetarian.  
Sea salt, to taste  
Extra virgin olive oil  
Optional: 1 Qt. home-made bone broth for cooking beans  
Optional: Kombu (a type of seaweed)  
Filtered water

**Sprouting Guide:** Soak dry beans in bowl or jars with 2 times the amount of water to beans for 6 - 8 hours (overnight is easiest). Drain beans and cover lightly to keep the bugs out (we use a kitchen towel). This is the “growth” phase lasting 1-2 days and requiring rinsing every 4 - 8 hours. The beans are ready to cook once they have a small tale. Note: if your sprouts begin to smell funky, add a few ounces of hydrogen peroxide to their rinse water and soak them for a few minutes, drain and rinse well.

Cook the beans in enough water or bone broth to cover about 2 inches over the beans for at least a couple hours (until soft, but not total mush). Bring liquid to boil and then reduce to a low simmer. Or use a crock pot and cook them for a longer period (like overnight or while you are at work). You can add a strip of Kombu during cooking for minerals and improved digestibility.

Slice your onions and sauté them in olive oil until golden brown. Add the ground meat and spices. Once the meat is cooked add this to the cooked beans along with the canned tomatoes. Then add your grated zucchini, yellow squash, carrots, eggplant, chopped bell peppers to the skillet with olive oil and cook until soft and tender. Toward the end add your kale and chopped fresh tomatoes. Add your cooked veggies to the cooked beans.

PHONE

Traci 808.377.6320  
Skya 808.782.0210

ADDRESS

150 Hamakua Drive, #393  
Kailua, Hawaii 96734

E-MAIL & WEB

info@OlaLoaWellness.com  
www.OlaLoaWellness.com





Mix well and allow the flavors to meld by simmering on low heat. Then add the sea salt to taste and extra olive oil. The olive oil is for texture, not necessary if you used bone broth. Enjoy with grated cheese or a dollop of sour cream.

## Sprouting

All seeds contain potent enzyme inhibitors known as phytates. These help keep the seed in a dormant phase (often for years) until the conditions are right for sprouting and growth of the new plant. Seeds generally sprout in the presence of water because it washes away the phytates and allows the enzymes to go to work.

This is why soaking and sprouting beans, grains, nuts and seeds is a good idea for our nutrition and digestive health. It removes the anti-nutritious phytates and increases the nutritional content by turning these foods into living plants!

Check out <http://sproutpeople.org/> for detailed info about sprouting and supplies you may need to get started.

Here are some of our favorite uses of sprouts.

### Grains:

Sprouted grain breads (Ezekiel, Manna or make your own!).

Sprouted grain porridge and breakfast cereals.

Soak rice, quinoa, amaranth and millet before cooking it. Use a little less water when you cook it so it doesn't turn into mush.

Sprouted buckwheat pancakes, waffles and cereal. Soak buckwheat for a few hours, drain and rinse well. Then blend with an egg, milk, salt and a touch of baking soda to form a healthy pancake/waffle batter.

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### **Beans:**

Sprouted mung, lentils and adzuki can be eaten raw in salads or cooked into soups or bean dishes.

Sprouting kidney, black, turtle, pinto, garbanzo or white, etc. will make any cooked bean dish more delicious and easier to digest.

Sprouted garbanzo hummus.

### **Seeds:**

Chia drink: stir a tablespoon of whole chia seeds into a glass of water or juice. Let soak for a few minutes to a few hours before drinking.

Flax or chia crackers: soak whole flax seeds until they become a thick slime. After soaking for a few hours flavor this mixture with herbs and salt. Spread thin and dehydrate into crackers. Warning: flax seeds can be somewhat hard to digest, so if you get bloated when you eat them we recommend chia instead. They both have similar properties but chia is easier to digest.

### **Nuts:**

Soak any raw nut to make it easier to digest. Store in fridge or dry in a dehydrator or oven on low temperature. Most nuts will not sprout a tail, so they can generally be used right after soaking.

\*\*The best place to get most raw nuts, seeds, grains and beans is the bulk bins at your favorite health food store.

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