

NATURE'S     FOOD PATCH

Market & Café

Your Organic Supermarket

since 1987



ALL ABOUT ADZUKI BEANS

ADZUKI BEAN & WINTER SQUASH SOUP

- 1 Cup Dry Adzuki Beans
- 6 Cups Stock or Water
- 1/3 Cup Kombu, scissor cut into small pieces
- 1/2 Butternut Squash, cubed
- 1 Onion, chopped
- 3 Celery Ribs, chopped
- 1 Carrot, chopped
- 2 Tbsp. Balsamic Vinegar
- 3 Bay Leaves
- 1 tsp. Thyme
- 1 tsp. Rosemary
- 3 Tbsp. Seasonal Miso

Sort and wash beans. Place in a pot with the stock and Kombu. Cover. Bring to a boil. Simmer 30 minutes. Add vegetables and herbs. Bring to a boil. Simmer 25 minutes. Add seasonal Miso.

Season to taste and serve.

TARRAGON NOODLE BEAN SALAD

- 1 Cup Adzuki Beans, cooked and drained
- 2 Cups Dry Noodles, cooked and drained
- 1 Cup Celery, chopped
- 1/2 Cup Sunflower Seeds, soaked & drained
- 1 Cup Carrots, grated
- 1 Red Bell Pepper, chopped
- 1/2 Cup Parsley, minced
- 1/2 Cup Scallions, chopped

TARRAGON MISO DRESSING

- 3 Tbsp. White Miso
- 3 Tbsp. Tahini
- 3 Tbsp. Lemon Juice and Zest
- 5 Tbsp. Water
- 3 Garlic Cloves, minced
- 1 Tbsp. Tarragon

Blend until smooth. Pour over noodles, beans and vegetables.

Chill or serve warm.

*Free Vegetarian (Vegan)
Cooking Class
By Chef Debby DeGraaff*