

SPROUTING BEANS

Bean sprouts can be used in a variety of tasty ways, as a vegetable, as a salad, in stews, or as a replacement for onions or mushrooms in fried or roasted dishes. Many people who use the fresh sprouts in salad prefer them to any other ingredient used.

1. Select clean, bright, new-crop beans. Yellow soybeans are less conspicuous than black, but black may be preferred.
2. Discard all except clean, whole beans.
3. Wash beans and place in one or two-quart fruit jar. Remember that sprouts increase about six times original volume.
4. Cover seed with four times volume of lukewarm water and let stand over night, until swollen, (no longer).
5. Pour off water and rinse thoroughly, pouring off last wash water.
6. Cover jar top with cheesecloth or quarter-inch mesh screening. Tie securely.
7. Invert jar in a pan and place in cupboard or dark place, in a slightly tilted position, so that excess water can drain away.
8. At least three times a day or every four hours, place jar under water tap or pour on plenty of cool water, to wash away molds or bacteria which may have developed. The better the washing, the better the sprouts. Return jar to inverted position.
9. In from three to four days, at room temperature, the sprouts will be from one to two inches long and ready for use. Pour sprouts into clean cold water and shuck off skins if desired, but this is not necessary.

A flower pot can be used for sprouting, but must have a piece of cloth over bottom drain and also a moist cloth over surface of beans to prevent drying. Otherwise, the sprouts will be tough. It is not wise to attempt sprout production in summer unless temperature can be kept about 70°F.

Refrigerated sprouts should be kept in covered container to prevent wilting. Bean sprouts freeze admirably. They should be blanched for two minutes, cooled in ice water and frozen in moisture-vapor-proof containers.

Cook with beans attached. Soybeans have a chewy texture; crisp and waxy as a peanut. Cook only long enough to remove "raw bean" flavor--10 to 20 minutes. Use as little water as possible. As some of the vitamin C will be in the cooking water, it also should be used. The Chinese method of "panning" or sauteing saves Vitamin C. Sprouts can be fried without water--with or without onions.

Here is an analysis of the vitamin and mineral content of about one cup of soybeans and Mung bean sprouts:

	<u>Soybeans</u>	<u>Mung beans</u>
Calcium	48 mg	29 mg
Phosphorus	67 mg	59 mg

Iron	1 mg	.8 mg
Vitamin A	180 Int'l Units	10 Int'l Units
Vitamin B		
Thiamin	.23 mg	.07 mg
Riboflavin	.20 mg	.09 mg
Niacin	.8 mg	.5 mg
Vitamin C	13 mg	15 mg

Brand names appearing in this publication are for product identification purposes only. No endorsement is intended, nor is criticism implied of similar products not mentioned.

“Knowledge for Life”

Kansas State University Agricultural Experiment Station and Cooperative Extension
Service