

The Anasazi (an-a-sa-zee) were Indians who lived in the four corners area of Colorado-Utah - Arizona - and New Mexico, dating back to 130 A.D. They are best identified with their substantial architectural achievements know today as "cliff dwellings." Mesa Verde National Park, Hovenweep, Canyon de Chelly and many other dwellings which dot the arid countryside, represent these structures. "Anasazi" is a Navajo word best translated as "the ancient ones."

**Anasazi Beans®** were on of the few cultivated crops grown by the Anasazi. They were found in the ruins by settlers to the four corners area in the early 1900's. Presently they are grown at 7,000 ft. elevation on the same lands the Anasazi inhabited.

**Anasazi Beans®** are considered an unusually tasty baking bean, very scrumptious with ham and flavorful in Mexican dishes. This sweeter and mealier bean will allow many culinary delights.

Cholesterol and fiber continue to be expressed as an important factor in our diet. Dietitians have identified beans as an ideal source of nutrition that has no cholesterol with high levels of soluble fiber that can reduce cholesterol levels. **Anasazi Beans®** provide these attributes along with a sweeter flavor and faster cooking times.

### Discomfort

	Anasazi Beans®	Pinto
Raffinose	0.36	1.37
Stachyose	0.11	0.55
Verbascose	0.04	0.21
Total	.51	2.13
Ratio	1	4.18

The above carbohydrates are the primary source of flatulence in dry beans. The **Anasazi Beans®** contains less than 25% of the carbohydrates that are responsible for the gastric distress often times associated with dry beans. It should be noted that **Anasazi Beans®** do contain these compounds and thus with certain individuals distress may occur.

### Cooking Hints

**Anasazi Beans®** do not require presoaking. Although, presoaking will accelerate the cooking time.

Adding spices or condiments is not recommended during the cooking process, as it will lengthen the cooking time. Adding these afterward will still accomplish the desired flavor.

### Nutritional Facts

Dry beans are endorsed by:  
 American Cancer Society  
 American Heart Association  
 National Diabetes Society

NUTRITION FACTS			
Serv. Size: 1/4 cup 47 g Dry			
Servings Per Container: 9			
Calories: 170 Fat Cal. 0			
Amt./Serving	% Daily Value *		
Total Fat 0g	0%		
Total Carbohydrate 22g	7%		
Saturated Fat 0g	0%		
Cholesterol 0g	0%		
Sodium 45 mg	0%		
Dietary Fiber 13g	28%		
Sugers 1g			
Protein 11g			
Vitamin A 0%	Vitamin C 0%		
Calcium 30 mg	Iron 3.7 mg		
* Percent Daily values (DV) are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories	2,000	2,500
Tot. Fat	Less Than	65g	80g
Sat. Fat	Less Than	20g	25g
Cholest.	Less Than	300mg	300mg
Sodium	Less Than	2,400mg	2,400mg
Carb.		300g	375g
Fiber		25g	30g
Calories Per Gram: Fat 9 • Carbohydrates 4 • Protein 4			

### Recipes

#### Anasazi Beans® and Ham Hocks

from the kitchen of Ernie Waller

- 2 cups dry Anasazi Beans®, washed
  - 1 large onion- quartered
  - 2 ham hocks -lean
  - 2 cloves garlic - pressed
  - salt and pepper to taste
- Cook beans until almost done, keep covered with water while cooking. Add ham hocks, onion, garlic, salt and pepper. Cook until done. Serve with corn bread or tortillas.

#### Refried Anasazi Beans®

from the kitchen of Joyce Waller

- 1 pound dried Anasazi Beans®
- 6 slices chopped bacon
- 1/4 cup finely chopped onion
- 1/4 cup finely chopped green pepper
- 1 clove crushed garlic
- 1 teaspoon chili powder

Add 6 cups fresh water and cook 1-1/2 hours or until tender at gentle boil, Drain beans, save liquid. Saute onion, green pepper, garlic and bacon. Mash beans together with sauteed mixture, adding liquid a little at a time, until bean mixture is smooth. Can be frozen. Serves 6 to 8

#### Harvest Festival Baked Beans

from the kitchen of Ellen Warren

- 6 cups cooked Anasazi Beans®
  - 1 cup tomato juice
  - 2 tablespoons brown sugar
  - 2 tablespoons molasses
  - 3-4 medium sliced carrots
  - 1 medium chopped apple
  - 4 pieces of fried bacon crumbled with drippings
  - 1 tablespoon vinegar
  - 1 teaspoon dry mustard
  - 1 small minced clove garlic
  - 1 medium chopped onion
  - 1-1/2 teaspoons salt
- Mix all ingredients together in a bean pot or large casserole dish. Cook on hour in 375 degree oven. Serve with piping hot cornbread.

Serves 6-8