



## Pumpkin and adzuki bean casserole

Adzuki beans are small and the most condensed (yang) of all the beans. This gives us a great source of energy. Adzuki beans in particular are shaped like our kidneys and are therefore particularly nourishing for these organs, which in turn governs overall vitality. The kidneys and our ears are connected and so too is our hearing and balance.

Adzuki beans are a good source of a good quality of protein fat and carbohydrate. For women, they are amazing at strengthening our reproductive system, and the fibre allow the intestines to function smoothly.

Adzuki beans are also used in many home remedies and are particularly good for kidney problems and varicose veins. When cooking these beans, the preparation is just as important as the cooking itself. Lots of washing the beans before cooking, and I always discard the 1st lot of water that comes to a simmer when cooking. This removes all the wind out of the beans. For women, eating slow cooked adzuki bean casserole 3 times a week is very beneficial for your health.



**PREPARATION TIME: 30 mins** | **COOKING TIME: 3-5 hours** | **SERVING: 5**

### Ingredients:

Adzuki beans  
Pumpkin  
Salt  
Water  
Shoyu  
Grated ginger  
Sesame oil  
Chopped carrot (Optional)

### Method:

Pre-soak adzuki beans overnight (throw water out, and don't add salt at this stage as it hardens the outside of the adzuki bean and prevents it from breaking down in your body).

Cook adzuki beans in a big pot of water for 40 minutes, change water after 20 minutes, or scoop foam out during the cooking, but keep the water for the stew. Set adzuki beans in water aside.

Heat sesame oil and sauté chopped onions until transparent and add a pinch of sea salt and set aside, as this brings out the sweetness from the onions.

Cut pumpkin into 4 cm pieces and fry in a pot with sesame oil with lid on. Stir every 15/20 mins.

Add onion and water to the pot (amount of water depends on the consistency of the soup you desire).

Cook for 15 minutes, then add the adzuki beans with its water.

Cook for 3-4 hours.

At the end, add shoyu and grated ginger to taste.