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43334 Bryant St. Suite 9
Fremont, CA 94539

Phone: (510) 498-8730
Fax: (510) 498-8757
www.TheReferencePoint.com

Fermented Bean Recipe

Ingredients:

- ☞ 1 (15 ounce) can – organic pinto or black beans or prepared organic beans from scratch
- ☞ 2 tablespoons – Alessi Balsamic Vinegar (please use ONLY this brand)
- ☞ 5 capsules Premier Turmeric – opened
- ☞ Optional: 1 teaspoon – organic Chili Blend (example: a blend of organic chili pepper, cumin, coriander, garlic, allspice, cloves - or any combination)

Directions:

1. Open the can of pre-cooked beans and place in a glass or ceramic bowl.
2. Add the vinegar, turmeric and optional spices. Mix the beans and spices together thoroughly. (A great way to do this is to “squish” the contents thoroughly with your hands.)
3. Next, place the mixture in a large glass quart jar or two smaller glass pint jars. Pack the mixture into the jar so that very little air space remains. Leave about one or two inches of space at the top of the jar.
4. Cover each jar with a small cloth (such as cheesecloth or a wash cloth), anchoring it with a rubber band around the neck of the jar.
5. Place the jars next to (touching) a Food Dehydrator that is set to 105 degrees F. Leave the jars in place for at least 6 to 8 hours – or up to 48 hours continuously. After fermenting, place the jars in the refrigerator.

Before eating, please feel free to add sea salt or other tasty additions. You can start eating and get the benefits of the fermented beans even after they have been fermented for only 6 to 8 hours. If you start the bean fermentation in the morning, you can eat delicious, fermented beans as part of your evening meal.

Please enjoy this nutritious, fermented super food often!

Please Note: As always, when fermenting any food, if you notice any bits of mold growing on the top of the beans during the fermentation process, it may be best to discard the batch and start over. Always try to troubleshoot what factors may have created this result so you can create a fabulous fermented food the next time.