



THE

Bean Bible

The cheapest anti-aging food in your kitchen.

A complete guide to beans, lentils & chickpeas,
the science, the no-bloat masterclass, and 15 recipes.

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A NOTE FROM

Hannah

If I could get every patient to do one thing, it would be this: eat more beans.

Not the flashiest advice, no exotic superfruit, no expensive powder. Just the humble can in the back of your pantry. But in my years of clinical practice, nothing else delivers as much, for as little, as consistently as beans, lentils, and chickpeas.

They are, at once, the cheapest food in the store, one of the most protein- and fiber-dense, the single dietary thread among the world's longest-living people, and one of the best things you can feed your gut. No other food checks all of those boxes.

Most people avoid them for one reason, which we solve completely in the No-Bloat Masterclass. After that you'll find the science (briefly, because you're here to eat), a field guide to every bean, fifteen recipes from five-minute toast to brownies nobody believes, a seven-day plan, and answers to every question I get asked.

Cook through even half of this and you'll feel it, in your energy, your digestion, and your grocery bill.

Hannah

PART ONE

Why Beans

The science, briefly, because the rest of this book is about eating them.



CHAPTER 1

The world's #1 longevity food

When researchers mapped the Blue Zones, the five places people most reliably live past 100, they expected a magic food. They found beans. Across Okinawa, Sardinia, Nicoya, Ikaria, and Loma Linda, with wildly different cuisines, the common thread was a daily serving of legumes.

It isn't magic. It's fiber, plant protein, slow carbohydrate, folate, magnesium, and potassium, eaten consistently for decades. Higher legume intake tracks with lower rates of heart disease, diabetes, and early death.

THE ONE-LINE VERSION

The longest-living people on earth don't share a superfood or a supplement. They share beans, about a cup a day.

Beans & your mood

Longevity isn't only about years, it's about feeling good in them, and beans help there too. They're rich in folate, magnesium, and the amino-acid building blocks (like tryptophan and tyrosine) your brain uses to make and regulate serotonin and dopamine, the chemistry behind a steady, motivated mood. Your gut does much of that serotonin-making itself, so feeding it well reinforces the effect. It's part of why people who eat beans regularly tend to report calmer, more even emotions.

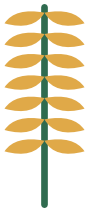
Beans & your gut

Around seventy percent of your immune system lives in your gut, and your biggest lever over it is fiber diversity, the number of different plant fibers you feed your microbes weekly. Beans are among the richest sources there are, delivering both soluble fiber and resistant starch, the exact fuels good bacteria thrive on.

Protein without the powder

A serving delivers eight to eighteen grams of protein, no tub, no shaker, no cost, plus the fiber, iron, and folate that ride along with it. Gram for gram, beans are the best protein value in the entire store.

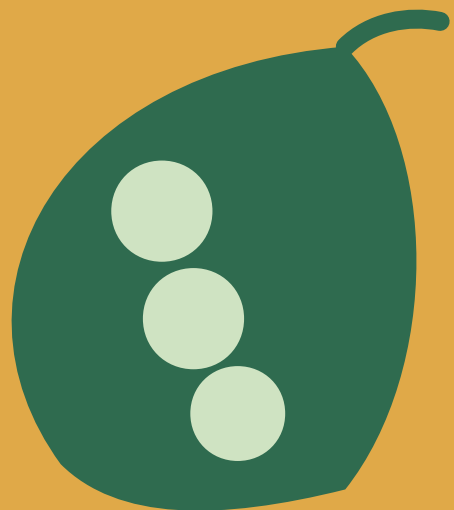
BEAN	SERVING	PROTEIN	FIBER
Lentils	1 cup	18g	16g
Chickpeas	1 cup	15g	13g
Black beans	1 cup	15g	15g
Edamame	1 cup	17g	8g
White beans	1 cup	17g	11g
Split peas	1 cup	16g	16g



PART TWO

The No-Bloat Masterclass

The #1 reason people avoid beans is the easiest thing here to fix.



READ THIS ONCE

Why beans cause gas, and the seven fixes

Beans contain oligosaccharides, sugar chains your small intestine can't fully break down. They pass to the large intestine, where your bacteria ferment them. That fermentation is exactly what makes beans so good for your microbiome, but until your gut adapts, it makes gas. The discomfort isn't a sign beans are bad; it's a sign your microbes are out of practice. Give them two weeks and it largely disappears.

- 1. Rinse canned beans.** A good rinse washes away much of the gas-causing liquid, an instant win.
- 2. Start small, ramp up.** Begin with a quarter-cup a day and build over two to three weeks. The single most important step.
- 3. Cook with carminative spices.** Cumin, ginger, fennel, and bay are traditional digestive aids.
- 4. Add kombu.** A strip of seaweed in the pot helps break down the sugars (remove before serving).
- 5. Soak and drain dried beans.** Discard the soak water and cook in fresh.
- 6. Choose the gentle ones first.** Lentils, split peas, and edamame are easiest to digest.
- 7. Hydrate and move.** Fiber needs water, and a short walk after a meal helps everything along.

THE TWO-WEEK PROMISE

Ramp up gradually for two weeks and most people go from 'beans wreck me' to 'beans are a daily staple.' Your gut is adaptable, give it the chance.

Soaking & cooking quick reference

LEGUME	SOAK	COOK	NOTES
Red lentils	none	15–20 min	No soak ever; melt into purée
Green / Puy	none	20–25 min	Hold shape; great in salads
Chickpeas	8–12 hr	60–90 min	Peel for silkiest hummus
Black beans	8 hr	60–75 min	Hold shape well
White / cannellini	8 hr	60–75 min	Creamy when mashed
Kidney	8 hr	60–90 min	Boil hard 10 min if dried

CANNED BEANS COUNT, FULLY

Canned beans are every bit as nutritious as dried, and far more convenient. Give them a good rinse and you lose almost nothing. Dried just cost a little less and let you control the salt, but a can is a perfectly healthy shortcut, and it's what most of the recipes in this book use.

PART THREE

The Bean Field Guide



Know your beans and you'll know what to reach for. A quick tour of the family.

Black beans

Earthy and meaty; the backbone of Latin cooking, tacos, bowls, soups, and brownies.

Chickpeas

Nutty and firm, the most versatile bean: hummus, roasting, curries, salads, cookie dough.

Red lentils

Tiny and quick; collapse into a silky purée. No soaking, gentle, your starter legume.

Green & Puy lentils

Hold their shape and bite, perfect for salads and grain bowls.

Cannellini

Creamy and mild. Mash for dips and toast, or keep whole in Tuscan soups.

Kidney beans

Robust and glossy, the classic chili bean.

Edamame

Young soybeans, sweet and the easiest of all to digest.

Split peas

Humble and cozy. The soul of a good split-pea soup.

Pinto beans

Soft and creamy, the heart of refried beans and a fine burrito filler.

Navy beans

Small, mild, and silky. The classic baked-bean and white-soup bean.

Great Northern beans

Mild and tender, a roomy white bean that takes on whatever you cook with it.

Lima beans (butter beans)

Buttery and plush. Lovely in succotash or just gently stewed.

Black-eyed peas

Earthy and quick-cooking, a Southern staple with a tender bite.

Cranberry (borlotti) beans

Nutty and creamy, the pride of Italian soups and stews.

Mung beans

Tiny and fast. Gentle on the gut, and lovely in a dahl or sprouted.

PART FOUR

The Recipes

Fifteen, from a five-minute breakfast to brownies nobody believes.



RECIPES

Breakfasts & Sweet Starts



5-Minute White Bean Toast



SERVES 2 · 5 MIN · ~\$0.80/SERVING · 11G PROTEIN · 9G FIBER

The fastest high-fiber breakfast there is.

INGREDIENTS

- 1 can cannellini beans, rinsed
- 2 slices whole-grain bread
- 1 clove garlic
- Juice of ½ lemon
- Olive oil, chili flakes, salt

METHOD

1. Mash beans with garlic, lemon, oil, and salt until spreadable.
2. Toast the bread; rub with the cut garlic clove.
3. Spread thickly; finish with chili flakes and oil.

HANNAH'S TIP

Rinsing the beans washes away much of the gas-causing starch, and the lemon brightens everything.

Black Bean Breakfast Tacos



SERVES 2 · 15 MIN · ~\$1.20/SERVING · 16G PROTEIN · 11G FIBER

Protein and fiber to keep you full till lunch.

INGREDIENTS

- 1 can black beans, rinsed
- 4 small corn tortillas
- 2 eggs (or tofu)
- ½ tsp cumin, smoked paprika
- Avocado, salsa, lime

METHOD

1. Warm beans with cumin and paprika; mash lightly.
2. Scramble the eggs.
3. Char the tortillas; layer beans, egg, avocado, salsa, lime.

HANNAH'S TIP

A pinch of cumin is a traditional digestive aid that makes beans gentler.

Socca (Chickpea Pancake)



SERVES 4 · 15 MIN · ~\$0.60/SERVING · 8G PROTEIN · 6G FIBER

A naturally gluten-free, protein-rich flatbread.

INGREDIENTS

- 1 cup chickpea flour
- 1 cup water
- 2 tbsp olive oil
- ½ tsp salt, rosemary

METHOD

1. Whisk to a smooth batter; rest 20 min.
2. Heat an oven-safe skillet under the broiler.
3. Pour in batter; broil 6–8 min until golden.
4. Slice and top with greens or a soft egg.

HANNAH'S TIP

Resting the batter makes it lighter and easier to digest.

RECIPES

Dips & Snacks



Classic Hummus, 4 Ways



SERVES 6 · 10 MIN · ~\$0.70/SERVING · 8G PROTEIN · 8G FIBER

A third the price of store-bought and twice as good.

INGREDIENTS

- 1 can chickpeas, rinsed
- 2 tbsp tahini
- Juice of 1 lemon
- 1 clove garlic
- 2 tbsp olive oil, cumin

METHOD

1. Blend everything until very smooth.
2. Thin with 1–2 tbsp cold water.
3. Adjust salt and lemon.
4. Spin off: roasted pepper, beet, herbs, or harissa.

HANNAH'S TIP

Peel the chickpeas first for the silkiest, gentlest hummus, worth the five minutes.

Crispy Roasted Chickpeas



SERVES 4 · 30 MIN · ~\$0.70/SERVING · 9G PROTEIN · 8G FIBER

The crunchy snack that out-protein-bars the protein bar.

INGREDIENTS

- 1 can chickpeas, dried very well
- 1 tbsp olive oil
- 1 tsp smoked paprika
- ½ tsp garlic powder, cumin, salt

METHOD

1. Pat the chickpeas completely dry.
2. Toss with oil and spices.
3. Roast at 425°F for 25–30 min, shaking once.
4. Cool fully, they crisp as they cool.

HANNAH'S TIP

Roasting and rinsing both reduce the compounds that cause gas.

RECIPES

Soups & Stews



Tuscan White Bean Soup



SERVES 4 · 35 MIN · ~\$0.90/SERVING · 13G PROTEIN · 13G FIBER

A cozy, freezer-friendly pot from the Blue Zones.

INGREDIENTS

- 2 cans cannellini beans
- 1 can diced tomatoes
- 4 cups kale
- Onion, carrot, garlic
- 4 cups broth, rosemary

METHOD

1. Sauté onion, carrot, garlic.
2. Add beans, tomatoes, broth, rosemary; simmer 15 min.
3. Mash a ladle of beans to thicken.
4. Stir in kale; finish with olive oil.

HANNAH'S TIP

A Parmesan rind simmered in adds incredible depth (skip for vegan).

Red Lentil Dahl



SERVES 4 · 30 MIN · ~\$1.10/SERVING · 16G PROTEIN · 13G FIBER

Golden, velvety, ready in half an hour.

INGREDIENTS

- 1½ cups red lentils
- 1 can coconut milk
- Onion, garlic, ginger
- Turmeric, cumin, curry powder
- Spinach, rice

METHOD

1. Sauté aromatics; bloom the spices.
2. Add lentils, coconut milk, 2 cups water; simmer 20 min.
3. Stir in spinach.
4. Serve over rice with lime.

HANNAH'S TIP

Red lentils need no soaking and digest the most easily of any legume.

Loaded Bean Chili



SERVES 6 · 45 MIN · ~\$1.20/SERVING · 17G PROTEIN · 16G FIBER

A giant, freezer-friendly pot of protein for pocket change.

INGREDIENTS

- 1 can each kidney, black, pinto
- 2 cans diced tomatoes
- Onion, pepper, garlic
- Chili powder, cumin, paprika
- Corn; toppings

METHOD

1. Sauté onion, pepper, garlic.
2. Add beans, tomatoes, corn, spices.
3. Simmer at least 30 min.
4. Top with avocado, yogurt, or cheese.

HANNAH'S TIP

The long simmer softens the beans and the cumin eases digestion.

RECIPES

Salads & Bowls



Three-Bean Longevity Salad

SERVES 8 · 20 MIN · ~\$1.40/SERVING · 15G PROTEIN · 15G FIBER

High protein, huge fiber, keeps for days.

INGREDIENTS

- 1 can each cannellini, kidney, chickpeas
- Red onion, pepper, tomato, cucumber
- Parsley, mint, basil
- Tahini-lemon-Dijon dressing

METHOD

1. Whisk the dressing until smooth.
2. Add beans, chopped veg, torn herbs.
3. Toss to coat.
4. Chill 20 min; toss again before serving.

HANNAH'S TIP

One bowl can add a dozen plants toward your weekly 30.

Chickpea Shawarma Bowl

SERVES 4 · 30 MIN · ~\$1.60/SERVING · 15G PROTEIN · 12G FIBER

Spiced, roasted chickpeas over grains, a meal-prep dream.

INGREDIENTS

- 2 cans chickpeas, dried
- Cumin, coriander, paprika, turmeric
- Quinoa or rice
- Tomato, cucumber, onion, parsley
- Tahini, lemon

METHOD

1. Toss chickpeas in oil and spices; roast 25 min at 425°F.
2. Cook grains; whisk tahini-lemon sauce.
3. Chop the salad veg.
4. Build bowls and drizzle generously.

HANNAH'S TIP

Roasting with warm spices flavors the chickpeas and reduces gas-causing compounds.

RECIPES

Hearty Mains



Lentil Bolognese



SERVES 4 · 35 MIN · ~\$1.30/SERVING · 18G PROTEIN · 14G FIBER

*A rich, meaty pasta sauce with zero meat.***INGREDIENTS**

- 1 cup brown/green lentils
- 1 can crushed tomatoes
- Onion, carrot, celery, garlic
- 2 tbsp tomato paste
- Italian herbs, pasta

METHOD

1. Sauté the diced veg and garlic.
2. Add paste, then lentils, tomatoes, herbs, 2 cups water.
3. Simmer 25 min until glossy.
4. Toss with pasta and olive oil.

HANNAH'S TIP

A splash of balsamic at the end adds the savory depth meat usually brings.

Black Bean Street Tacos



SERVES 4 · 20 MIN · ~\$1.10/SERVING · 13G PROTEIN · 12G FIBER

*A 99-cent can becomes a whole dinner.***INGREDIENTS**

- 2 cans black beans, rinsed
- Corn tortillas
- Onion, garlic
- Cumin, smoked paprika
- Lime, cilantro, avocado, salsa

METHOD

1. Sauté onion and garlic; add beans, spices, splash of water.
2. Simmer 10 min, smashing some to thicken.
3. Warm the tortillas.
4. Pile in beans with avocado, cilantro, lime.

Chickpea Curry



SERVES 4 · 30 MIN · ~\$1.40/SERVING · 14G PROTEIN · 11G FIBER

Pantry to plate in 30 minutes.

INGREDIENTS

- 2 cans chickpeas
- 1 can coconut milk
- 1 can diced tomatoes
- Onion, garlic, ginger
- Curry powder, spinach, rice

METHOD

1. Sauté aromatics; bloom the curry powder.
2. Add chickpeas, tomatoes, coconut milk; simmer 15 min.
3. Stir in spinach.
4. Serve over rice with lime.

RECIPES

Secret-Bean Desserts



Black Bean Brownies



SERVES 9 · 30 MIN · ~\$0.60/SERVING · 6G PROTEIN · 6G FIBER

Fudgy, rich brownies made from black beans. Nobody guesses.

INGREDIENTS

- 1 can black beans, rinsed
- 2 eggs
- ⅓ cup cocoa
- ⅓ cup maple syrup
- ¼ cup oats, vanilla, chocolate chips

METHOD

1. Blend everything except chips until smooth.
2. Fold in the chips.
3. Pour into a lined 8×8 pan.
4. Bake at 350°F for 22–25 min; cool fully.

HANNAH'S TIP

Puréeed and baked, the beans are undetectable, and high in fiber.

Chickpea Cookie Dough



SERVES 6 · 10 MIN · ~\$0.70/SERVING · 7G PROTEIN · 7G FIBER

Edible, no-bake dough, protein masquerading as dessert.

INGREDIENTS

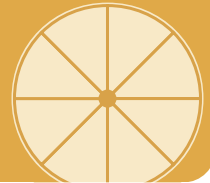
- 1 can chickpeas, rinsed
- ¼ cup nut butter
- 2–3 tbsp maple syrup
- Vanilla, pinch salt
- Chocolate chips

METHOD

1. Blend chickpeas, nut butter, maple, vanilla, salt until smooth.
2. Stir in chips.
3. Chill 20 min.
4. Scoop with apple slices or eat by the spoonful.

PART FIVE

The 7-Day Bean Plan



A gentle week that ramps your beans up the smart way. Leftovers are the point.

DAY	BREAKFAST	LUNCH	DINNER
Mon	White bean toast	Three-bean salad	Red lentil dahl
Tue	Yogurt + berries	Leftover dahl + rice	Lentil bolognese
Wed	Socca + egg	Hummus + veg plate	Black bean tacos
Thu	Overnight oats	Leftover bolognese	Chickpea curry
Fri	White bean toast	Mediterranean lentils	Tuscan white bean soup
Sat	Breakfast tacos	Leftover soup	Chickpea shawarma bowls
Sun	Cookie-dough + yogurt	Three-bean salad	Loaded bean chili (batch)

COST CHECK

Built on beans, grains, and fresh/frozen staples, this whole week lands at roughly \$35–\$45 for one person, about a dollar a serving.

FREQUENTLY ASKED

Your bean questions



"I can't eat beans, they make me gassy."

Here's the secret almost nobody tells you: most of the time it isn't the beans, it's a gut that simply isn't used to fiber yet. Most people don't eat nearly enough of it, so the system is out of practice. Ramp up slowly over two weeks, rinse your canned beans, and cook with a little cumin or ginger, your gut adapts, and the bloating fades as your microbiome catches up.

Can I really eat beans every day?

Yes, a daily serving is exactly what the longevity research points to. Just rotate the types (black, white, lentil, chickpea) so you're feeding a wider range of gut bacteria.

Do beans actually help your mood?

There's real signal here. Beans supply the folate, magnesium, and amino acids your brain uses to make serotonin and dopamine, and they feed the gut, where most of your serotonin is produced. They're not a replacement for real support when you need it, but they're a genuinely mood-friendly food.

Canned or dried, does it matter?

Nutritionally they're close. Dried are cheaper and let you control salt; canned are faster and just as healthy, just rinse them. Keep both on hand.

How do I store cooked beans?

Up to 4 days in the fridge, or freeze in portions for 3 months, with a little liquid so they don't dry out.

Can I eat beans if I have IBS?

Often not, with care. Lentils and rinsed chickpeas in small portions are frequently tolerated. Ramp slowly, and work with a dietitian if symptoms are significant.

Cook through this book and your weekly plant count climbs on its own.

To see it in a number, take the free Hara Score at hannahcovenrd.com, then re-test in a few weeks and watch your Diversity score rise. Build any recipe in seconds with the Smart Recipe Builder, and come cook with me.

YOUR NEXT STEP

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Then build any meal in seconds with the Smart Recipe Builder.

腹 *Eat from your center.*

MEET YOUR DIETITIAN

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Hannah Coven is a registered dietitian nutritionist with a master's in nutritional science and one simple mission: cut through the noise and help people eat well, without the guilt, the fads, or the fine print.

She treats more than a thousand patients a year, teaches nutrition at a cancer research center, and has published peer-reviewed research, but she's just as happy showing you how to turn a 99-cent can of beans into dinner. This book is that work, put into your hands.

- **MS, Nutritional Science**
Graduate-level clinical training in human nutrition.
- **Registered Dietitian Nutritionist (RDN)**
Licensed, credentialed, and held to the highest clinical standard.
- **1,000+ patients treated every year**
3+ years of hands-on clinical experience across conditions, ages, and goals.
- **Nutrition educator at a cancer research center**
Translating evidence into practical guidance for patients and clinicians.
- **Published, peer-reviewed researcher**
Featured in *Nutrients* (2024) and *Clinics in Dermatology* (2025).
- **Recipe developer & author**
Turning the science into food people actually want to eat.

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