

Einstein's Bean and Grain Mash

3 cups of a variety of beans (Choose from: Black beans, Navy beans, Pinto beans, Garbanzo beans, Adzuki beans)

(Note: the more black beans you use the darker in color the mash will be. I use only about 1/3 Cup.)

1 Cup of a variety of grains (Choose from: Buckwheat, Spelt, Hard Red Winter Wheat, Rye, Barley, Kamut, Quinoa, Millet.)

4 or 5 dried chilies. (I use Guajillo, but any hot chili will do.)

Rinse & soak beans, grains, and chilies overnight, Rinse well the next day. Put into a large stock pot (6-8 quart) and fill with water until the water is about 3 or 4 inches over the beans. (No need to be exact, just "eyeball it.")

Cook for about an hour at a bubbly simmer. Skim any foam that collects on top. Those are just impurities and can be discarded. While the beans are cooking, make a batch of Grain Pilaf in the oven. ([Recipe Here](#))

After about an hour, the beans should be still firm, but cooked to the point I'll call al dente'.

Add **1 large sweet potato** (chopped up in ½" - ¾" dice),

½ - ¾ cups of uncooked **quinoa**

1½ cup **whole wheat pasta** (I use small elbow macaroni)

1 cup of Avian Naturals Dehydrated Veggies to the beans while they finish cooking. I

recommend this product, but if you don't have it, then you may need to remove about 1 cup of the water from the pot and add some chopped fresh carrots, diced bell pepper, frozen broccoli, frozen corn etc.

Let cook at a low simmer until the sweet potato is tender.

Steam or cook in a small amount of water, a 12 oz. bag of frozen mixed vegetables. (Corn, peas, carrots, green beans) Coarsely chop in a food processor.

When beans are soft, and water is absorbed, add the chopped vegetables from the food processor

Add ¼ - ½ cup of flax seed

Add the Grain pilaf, previously prepared.

Sometimes I'll add (in moderation) safflower seed, chopped nuts (almonds, pecan, cashew, etc.) pumpkin seed, hemp seed, etc. I mix all of this together in a very large 16" diameter bowl, but any large container will work.

Package for the freezer. Makes about 83 - 2 oz. servings. (This translates into doing this about once every 80 days.)

For feeding, I combine one 2 oz serving with one 2 oz. serving of “Veggie Chop” for the evening meal. Just heat in the microwave and mix together.