



Favorite Foods: Beans!

<http://www.compassionatecook.com/media/podcast-media/favorite-foods-beans>

You wouldn't believe how much there is to say about beans. Take a listen to see what all the fuss is about! Learn how easy it is to make beans "from scratch," get permission to eat canned beans, learn a number of fast dishes you can make with black beans, white beans, kidney beans, pinto beans, black-eyed peas, and chick-peas, and find out once and for all how to deal with the discomfort that some people experience when they eat the big, bad bean. By the end of this episode, you'll realize that the bean has been your best friend all along; you just needed to understand where this luscious legume was coming from.

(Colleen starts to talk about beans after 7 minutes in the podcast!)

Favorite Food: For the Love of Lentils

<http://www.compassionatecook.com/media/podcast-media/favorite-food-for-the-love-of-lentils>

Our conversation today revolves around lentils, an appropriate food to celebrate in the beginning of this new year, as they are traditionally eaten on New Year's Eve in many cultures around the world to symbolize wealth, prosperity, and abundance in the coming year. In this episode, we discuss different types of lentils, how to cook them, some favorite simple recipes, and nutrition information, interspersed with information about our compassionate business partners: Earth Balance and Field Roast. Enjoy!

(Colleen starts to talk about lentils after 9 minutes in the podcast!)

All About Tofu

<http://www.compassionatecook.com/media/podcast-media/all-about-tofu>

In today's episode we talk all about this delicious, nutritious food: its history, its versatility, and how it's made. Undergoing a process that resembles the production of dairy-based cheese, tofu has many advantages over its animal-based cousin, namely that no calf is harmed in the making of it. Tune in for more on that, for tips on cooking with it, and for information about the different textures (silken, soft, medium, firm, extra firm). This is an information-packed episode that will inspire and empower you and demystify the "big white blob".

(Colleen starts to talk about tofu after 3 minutes in the podcast!)