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**Nutritional Counseling**

**Five-Spice Adzuki Beans**

**Ingredients**

½ cup adzuki beans, dry  
3 cups water or organic vegetable broth  
½ to 1 whole yellow onion, slivered long  
½ teaspoon - 1 teaspoon Braggs Amino Acids  
1 teaspoon tamari  
2 tablespoon organic apple juice  
black pepper to taste  
½ cup lima beans

**Directions:**

Bring water or broth to boil. Put in beans. Reduce heat and let simmer. Let cook for 25 min then add the onions, Braggs Amino Acids, tamari and apple juice.

Let cook for 15 minutes more and then add the lima beans. Cook for 5-10 more min or until beans are starting to fall apart.

Let cool for 5 more minutes. Serve over brown rice.

**Serves: 2-3**

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