Could beans really be magical after all?

Jack and the Bean STEW

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Lean & Green Kids    San Diego
Jack was having a bad day.

In science class everyone’s bean sprouted, except Jack’s. At recess, he lost his special gold coin, and nobody turned it in. And a bigger kid shoved his best friend… big bully. At least it was pizza night.
Oh no.

A new recipe? Bean Stew?
“Just try it,” his mom encouraged.
“No,” he said. “It looks weird.”
But he threw it out the window,

and fell asleep very hungry that night.
The next morning, Jack discovered a giant beanstalk had appeared! With the most peculiar pods — each containing one purple bean, one green, and the other a deep, dark red.

Now, even though Jack had read about people-eating giants in the sky,
and began to climb!

Up and up he went,

climbing higher

and higher,

until...
He discovered a whole other magical world in the sky. Animals scampered around him as if to say,

“Welcome stranger!”

A cool stream offered him a drink after his long climb.
Even a little fish seemed to say,

“Hello.”

But just as Jack took a sip of water...

**BANG!**
BOOM!
“We should be on our way,”
a voice called out from the trees.

“It’s not safe when the hunter is near.”

He ran back, but was trapped!
There in the woods was a young girl with long, golden dreadlocks.

“I’m Goldie. Who are you?” she asked.
“T’m Jack… and I’m lost,” he answered.
“Oh dear, come with me then. We’ll be safe in my cottage.”
While Jack explained about the bean stew and the giant beanstalk, Goldie made him a bowl of porridge. It wasn't too hot, or too cold.

**It was just right.**

“Eat up. You have a long journey ahead,” she said. “Follow the path over the hill and past the lake. There you will find Queen Bean’s Castle. She is the one who knows all about beans and their magic. Perhaps she can help you find your way home.”

As Jack waved goodbye, Goldie warned, “Stay on the path. There’s a hunter in the woods.”
Jack followed the path for a long time, kept company by his new animal friends.

At the lake, they rested.

Something shiny caught Jack’s eye. There in the grass… a nest of shimmering golden eggs.

Just one could make him rich!
But soon a Mother Goose waddled out of the water.

Jack thought about his own mother. How she must be missing him.

He knew he needed to leave the eggs where they belonged, and he needed to get going!
Will Jack find his way home?
Will his animal friends survive the hunter?
Are beans really magical?

The following are the final pages of the book, that include a brief science lesson about the health and environmental benefits of eating beans for protein, plus the recipe for *Queen Bean’s Stupendous Bean Stew!*
Are Beans Really Magical?

Beans have the power to save forests and animals!
You see, for over a hundred years, humans have been cutting down forests...replacing them with food crops—to feed farm animals. Because of the very high demand for hamburgers (from cows), chicken nuggets (from chickens) and pizza (pepperoni is from pigs), forests are disappearing all around the world. Millions of wild animals have lost their homes. Many are now endangered.

Beans however, are an excellent source of protein and require only a small fraction of land and water to grow, compared to farm animals. As more and more people choose bean burritos, bean burgers and Stupendous Bean Stew, it will become possible to restore our forests and return them to wild animals.

Beans have the power to help you live longer!
Beans come from plants, and plant foods have up to ten times more nutrition than animal foods! In fact, scientists studied people around the world who lived the longest and discovered...they all ate mostly beans for protein!

Beans are good for you and the planet too! For so many reasons, more and more people are choosing meals with beans for protein. It’s a kind deed for farm animals too.

So, could beans really be magical after all?

You decide!
Queen Bean’s Stupendous Bean Stew

**Ingredients**

- 3 potatoes, chopped into bite sized pieces
- 1 tablespoon olive oil
- 1 small onion, chopped fine
- 1 small bell pepper, chopped
- 2 celery stalks, sliced thin
- 2 - 3 cloves of garlic, minced
- 1 can (14.5 oz) tomato sauce
- 2 bay leaves
- 1 - 2 teaspoons (each) thyme & oregano
- 4 cups vegetable broth
- 2 carrots, sliced thin
- 3 cups vegetables - seasonal favorites, chopped into bite sized pieces
- 3 cups cooked beans (kidney, garbanzo, or a mix of your favorites)
- 1 cup corn
- 1 - 2 tablespoons soy sauce (for “umami” flavor)
- 1 tablespoon balsamic vinegar
- Salt and pepper to taste

**Preparation**

In a saucepan, boil or steam 2 (of 3) chopped potatoes until they are soft. Drain, reserving just enough water to mash the potatoes. Mash and set aside.

In a large dutch oven or stockpot, heat oil over medium heat. Add onions, peppers, celery and garlic and sauté for about 5 minutes. Stir in all remaining ingredients including mashed potatoes, and simmer on medium/low heat, stirring occasionally, until vegetables are tender - about 30 minutes. Stir in corn.

Add salt and pepper to taste.

Serves a queen, seven small men and one adventurous kid.

Find more delicious bean recipes for cool school lunches and fun classroom cooking activities at leanandgreenkids.org
About the Author
Barbara Cole Gates
(a.k.a. Queen Bean)

When Barbara was a little girl, she loved nature and wanted to protect animals. She would find homes for stray animals and "relocate" spiders from inside her house to the remarkable outdoors.

As a mom and a teacher, Barbara wanted to protect children too. She learned that teaching good nutrition was a way to protect children, animals and nature.

Barbara wrote *Jack and the Bean Stew* so she could help create a healthier, greener and kinder world, one little bean at a time.

Also by Barbara Cole Gates
*Eating Lean and Green with Super Foods to Save the Planet!*

About the Artist
Mary Lois Thompson
(Barbara's very own mom)

Mary Lois grew up on a farm where she loved every one of the many animals like family, including Peaches the cow, Goo-Goo the barn cat, and even a little runt pig named Princess.

Her first art lessons were in a neighbor's barn with horses, cows and kittens all around. She lived those early years in such a beautiful setting of nature and animals, that recording it with paint and pencil became a life long love.

While Mary Lois has won art awards and even had her art chosen to hang at the California State Capitol, *Jack and the Bean Stew* is her first children's book.