

# How to Make Black Bean Pasta

With Trini Kaopuiki and Mama T

Trini: Coming up this morning on Living 808...

Something smells good in our studio...

Taizo Braden: Oh... Yeah!

It looks delicious too!

But the best part... It is healthy...

Down to Earth's Mama T is here to show us...

How to cook their roasted vegetable with black bean pasta dish...

You'll definitely be serving this at your next dinner party...

I know I will...

Taizo: You know Trini... Coming up... I gotta say...

I wish this was one of the few times that we had smell-o-vision as well...

And next dinner party...

You want it packed with protein...

But you also want it healthy as well...

Well Down to Earth... Yes the one, the only, Mama T is joining us in studio...

She's going to show us a delicious dish of roasted vegetables with black beans pasta.

Oh my gosh... I wish I could eat it right now!

But we'll have to wait...

When Living 808 returns...

[Music Playing]

Trini: Here with us today is Mama T from Down to Earth...

So Mama T, you got to hear some of the questions that we asked people...

How did they get their protein?

What do you think about their answers?

Mama T: So that's very typical of what I hear from students in our classes...

And they always ask me... Because I am a vegetarian.

Where do you get your protein from Mama T?

And so I did bring some examples to show you...

Where we can get them from plant-based sources...

And get ample... Plenty for our daily need...

Trini: Enough... Alright...

Well, protein is an important part of one's diet...

It reduces muscle loss... Builds lean muscle...

It helps you maintain a healthy diet...

And curbs hunger...

Now these are just a few of the benefits...

Mama T from Down to Earth...

Joins us this morning for all of our... For our Healthy and Delicious segment...

And you'll be cooking for us this morning...

Mama T: Yes... I'm going to show you a very protein-rich pasta dish...

With black bean pasta...

Black beans... Actually one cup of black beans...

You get about nine grams of protein...

And a woman my size and age...

Should have about 40-45 grams of protein a day...

And we can easily do that with Tempeh and beans.

And legumes...

Even almonds... National Almond Day...

We get eight grams of [protein] in one cup of almonds...

So you're doing well with your snacks in your drawer...

[Laughter]

Trini: Good... Except when Taizo eats it all...

[Laughter]

So what are we making today?

Mama T: So today we have the black bean pasta...

And this is wonderful... It's a new product that we're carrying...

And you boil them...

Just according to package directions...

And we have about 7-8 minutes...

They're delicious... If you haven't tried them, I really recommend that you do...

And then we have our vegetables...

With cauliflower, broccoli, tomatoes, red onions...

And we're going to make a quick sauce for that...

With some Miso, which is also full of protein...

And Miso is made from fermented soybeans...

Soybeans... One cup of soybeans...

With Tempeh or tofu...

You're getting about 24-25 grams of protein...

Which is half of what you need for the whole day...

Trini: Wow... That's wonderful...

That's great... A lot of children like tofu...

They like the soybeans...

The actual soybeans...

They like to eat that...

Mama T: Yes... I actually make my daughters Musubi...

With tofu...

And marinate it...

And she absolutely loves it...

Trini: So this is actually very good...

Because I am a big meat eater...

But you're teaching us today that...

For people who are vegetarians...

Or you want to try and incorporate other...

Different proteins into your diet...

Mama T: Absolutely...

Trini: You can do it...

Mama T: So every health organization recommends that we have 5-10...

Fruits and vegetables daily...

So by doing this on a plant-based way...

Getting our protein...

Getting all of those wonderful fibers...

And vitamins that we need...

It's very easy to do it with plant-based sources...

Trini: Wonderful... Now...

How long does this dish take?

Because a lot of busy Moms...

Mama T: Like myself...

Trini: They just don't have time...

Mama T: Absolutely... So it's so simple...

Boil your pasta... You prep your vegetables...

Right now we're making a quick marinade with the Miso water...

We're going to put some kick in it...

With some red pepper chili flakes...

We're also going to add some...

A nice nutty cheesy flavor with...

Nutritional yeast...

Have you ever tried nutritional yeast?

Trini: No... I haven't...

Mama T: Oh... It's delicious...

Sold in our bulk section...

And you can put it on popcorn...

It's like vegan parmesan cheese...

And it's nutty and delicious...

People who try it absolutely fall in love with it...

Put it on your salads...

So once we have our...

And it's fortified with vitamin B12 so...

It's a wonderful source of that as well...

Trini: Tell me about Down to Earth...

How many locations do you have now?

Mama T: So we have four on Oahu and one on Maui...

Trini: And that's your original one... The one on Maui...

Mama T: Yes... And we're kama'aina...

So we've been serving the island community for over 37 years...

And we're just pleased to be able to do that...

We offer free cooking classes...

At three of our store locations here on Oahu...

And I'm going to hand that to Jordan... My assistant over there...

And then also Maui once a month...

So you can look on our website... [DowntoEarth.org](http://DowntoEarth.org)

For those locations and times...

And then there's also about 1000-1500 recipes...

Of plant-based recipes...

And you can go to the source...

Trini: I was going to say that, because I did look up your recipe...

And it's very, very good...

But you do...you have recipes...

You talk about all of the classes that you offer...

You have your calendar on there...

Mama T: Yes... Absolutely...

Ok... So now our next step...

Sorry...

Trini: There we go...

Mama T: In our classes, I call the front row the splash zone...

So you gotta be careful...

Trini: Ok...

Mama T: But people come early to get those seats...

Alrighty... So line your baking dish with parchment paper to help with clean-up...

So it's nice and easy... And you don't have to scrub those pans afterwards...

We're going to pre-heat the oven to 400...

And then we're going to put our vegetables in there...

I'm using a Field Roast sausage...

his is wonderful...

Trini: I was going to ask you what meat you're using here...

Mama T: Yes... It's so great!

So my dad... I served this to my dad...

And he thought I started eating meat...

And he's like, "what happened... You're not a vegetarian any more?"

But... No...

And this one link of veggie sausage....

Is 24 grams of protein...

And so... It is so easy to be on a plant-based diet these days...

Because they make all these wonderful substitutes...

That taste amazing...

So Field Roast is my favorite brand...

And we do sell... They have three different flavors...

And, I'm going to hand that to Jordan...

Trini: So 400 degrees for how long?

Mama T: For 30 minutes until the vegetables are soft...

Trini: Ok...

Mama T: Yes...

And we'll have this recipe on our website as well...

So you can get it there...

And then I have...

Trini: Through the magic of television...

Is that the finished product?

Mama T: Yes...

So here we have the beautiful roasted vegetables...

Mmm... Taizo's belly is rumbling...

Ok... So we're going to toss this...

Maybe not all of them because our bowl is tiny...

But we're going to definitely share with you... Taizo

Later. So soon...

Trini: I am going to make this dish... I really am...

My husband's watching right now...

Probably rolling his eyes.

Because I'm not very good at the kitchen...

But this does seem easy...

Mama T: Look how easy it is...

And it's wonderful to bring to parties...

Because nothing will spoil...

So you can put it out on a hot day at a picnic.

And it's wonderful...

And it's going to be easy...

And delicious!

Alright... Now we're going to top it off with some condiments...

So we have...



Can you open up that jar for me right there?

Trini: Sure...

Mama T: We have some fresh basil.

That we're going to toss into here...

We're also going to put in some lemon...

If you can go ahead and pour some of those pine nuts...

Trini: This one?

Mama T: Yes... thank you.

Trini: I love that you're asking me to help you...

[Laughter]

People never ask me to help them in the kitchen...

Mama T... Thank you so much!

We are out of time....

Mama T: Ok...

Trini: But we can see how it looks...

And I can tell you that it smells delicious!

Mama T: Awesome!

Trini: And its healthy...

And for the recipe... in case you did not have a pad and paper...

Mama T: Yes... [DowntoEarth.org](http://DowntoEarth.org)

Trini: Or we're going to have it on our website as well...

So you can check on our website later today...

Mama T... thank you so, so much!

Mama T: Thank you for having us... and we'll be back next month...

Trini: Alright... we look forward to that...

Mama T: Alright... Aloha!

Trini: Coming up next... we are starting our Chinese New Year tradition....

Panda Express...

Check out the recipe on the Down to Earth website:

<https://www.downtoearth.org/how-to-videos/videos/how-to-make-black-bean-pasta-w-miso-sauce> .