Varieties of Legumes

There are thousands of different types of legumes all around the world. These are the main categories that most people are familiar with:

**Beans**
- Most widespread of all pulses and can be found virtually in every country on the earth
- These include black beans, cannellini beans, kidney beans, pinto beans, soybeans, garbanzo beans (otherwise known as chickpeas), and many more

**Lentils**
- One of the oldest and hardiest foods
- Come in a variety of colors, including red, yellow, green, and brown

**Peanuts**
- A legume crop that actually grows underground
- Mainly eaten roasted and salted

**Peas**
- Available either whole or split
- Disintegrate easily into a thick puree, making them perfect for soups

**Soy Nuts**
- Made from soybeans soaked in water, drained, and then baked or roasted