

HOW TO COOK WITH DRIED BEANS, PEAS AND LENTILS

The star of many global cuisines and a staple food for vegetarians, dried beans, peas and lentils form the base of a wide variety of dishes, such as soups, salads and dips. Try one of these flavourful recipes as part of your next meal.

Adzuki Beans

Mild and a little sweet and nutty, adzuki beans can be used in place of kidney beans in most recipes.



- 1 Mash, then combine with sautéed onions, eggs and breadcrumbs to make vegetarian burgers.
- 2 Toss with other beans and your favourite vinaigrette for a quick bean salad.
- 3 Make Asian-style sweet porridge congee, which is popular in Korean and Chinese cooking.

Black Beans

These glossy beans have a mild sweetness and smooth texture.



- 1 Serve up beans and rice with chorizo sausage, diced tomatoes and corn.
- 2 Bake gluten-free black bean brownies for a rich dessert.
- 3 Mix with lime juice, corn and diced tomatoes to make a salsa for nachos.

Chickpeas (Garbanzo Beans)

Mild and nutty, chickpeas have a hearty, al dente texture.



- 1 Add to your usual tomato pasta sauce for a twist on traditional *ceci e pasta*, or pasta with chickpeas.
- 2 Sauté with vegetables for an Asian-style stir-fry.
- 3 Roast with Cajun-style spices for a snack.

Lentils

Meaty, earthy and tender, lentils come in many colours, including red, black and green.



- 1 Make a hearty cumin-spiced lentil and cauliflower soup.
- 2 Pack a make-ahead salad, layering dressing, lentils, grated carrot, feta and spinach in a jar.
- 3 Replace half the beef with lentils in your favourite lasagna recipe.

Red Kidney Beans

Named for their kidney-like shape, red kidney beans are neutral in flavour and therefore take on spices well.



- 1 Cook a classic beef, bean and veggie stew.
- 2 Serve in a make-your-own fajita bar alongside cheese, vegetables, sour cream and salsa.
- 3 Create a soup gift jar: Layer with other bean varieties and include a packet of spices and a recipe card.

Romano Beans

Romano beans are mildly nutty, earthy and creamy inside. Their pretty pink shade turns beige after cooking.



- 1 Combine with ground turkey or chicken for a twist on chili.
- 2 Make a quick bean salad and serve with grilled sausage and garlic bread.
- 3 Cook a filling pasta and bean soup, with bacon and a sprinkling of Parmesan cheese.

White Kidney Beans

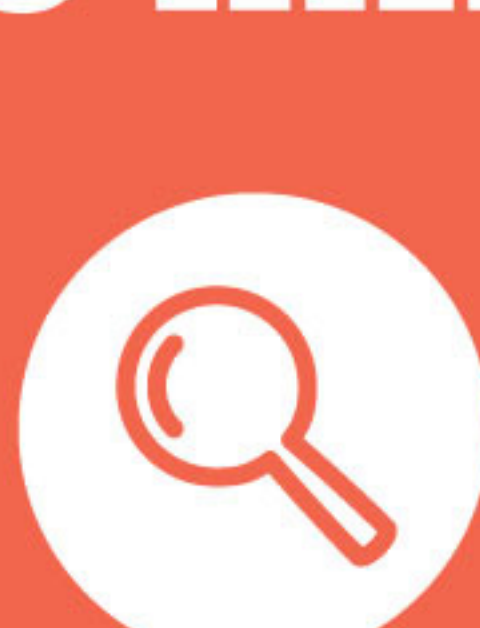
Slightly more creamy and sweet than red kidney beans; the two are usually interchangeable in recipes.



- 1 Purée with oil, lemon zest and juice, capers, garlic, thyme and hot pepper flakes for a zesty dip.
- 2 Load up slices of toast with English-style baked beans, then top with grated cheddar.
- 3 Make French-style chicken and bean cassoulet, a slow-cooked casserole.

HOW TO HANDLE

Selection



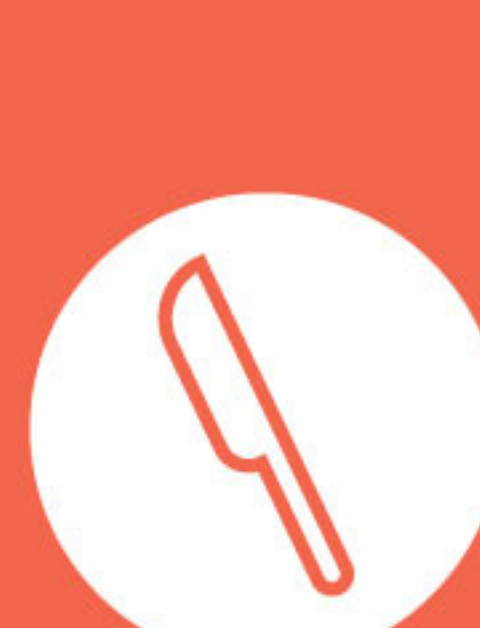
Choose dried beans that are bright in colour, smooth and evenly sized, with as few broken or shrivelled specimens as possible.

Storage



Keep dried beans in a cool, dry and dark spot.

Prep



Sort through dried beans and remove any discoloured ones or tiny stones, then rinse in fresh, cold water before cooking.