



Choose Beans



"Transition paths to sSustainable legume-based systems in Europe (TRUE), has received funding from the European Union's Horizon 2020 research and innovation programme under grant agreement No. 727973".



Recipes for sustainability & health

Healthy eating means having a complete, balanced and varied diet. Eating healthily means a daily intake in the proportions recommended of food from all 7 food groups that make up the food wheel. It is recommended that one tablespoon of dry LEGUMES or three tablespoons of fresh or cooked LEGUMES be consumed daily.

LEGUMES are very complete foods, since they have a whole gamut of nutrients, including B vitamins, minerals (magnesium and iron), plant fibres and vegetable proteins. They are considered a functional food, as they contain bioactive compounds with obvious health benefits. They are also recognized as having a low glycaemic index value and facilitating gastrointestinal transit.

When combined with cereals, LEGUMES provide an excellent source of protein identical in quality to proteins of animal origin. The complementary nature of cereals and LEGUMES allows us to eat nutritious meals low in fat with a high soluble fibre content.

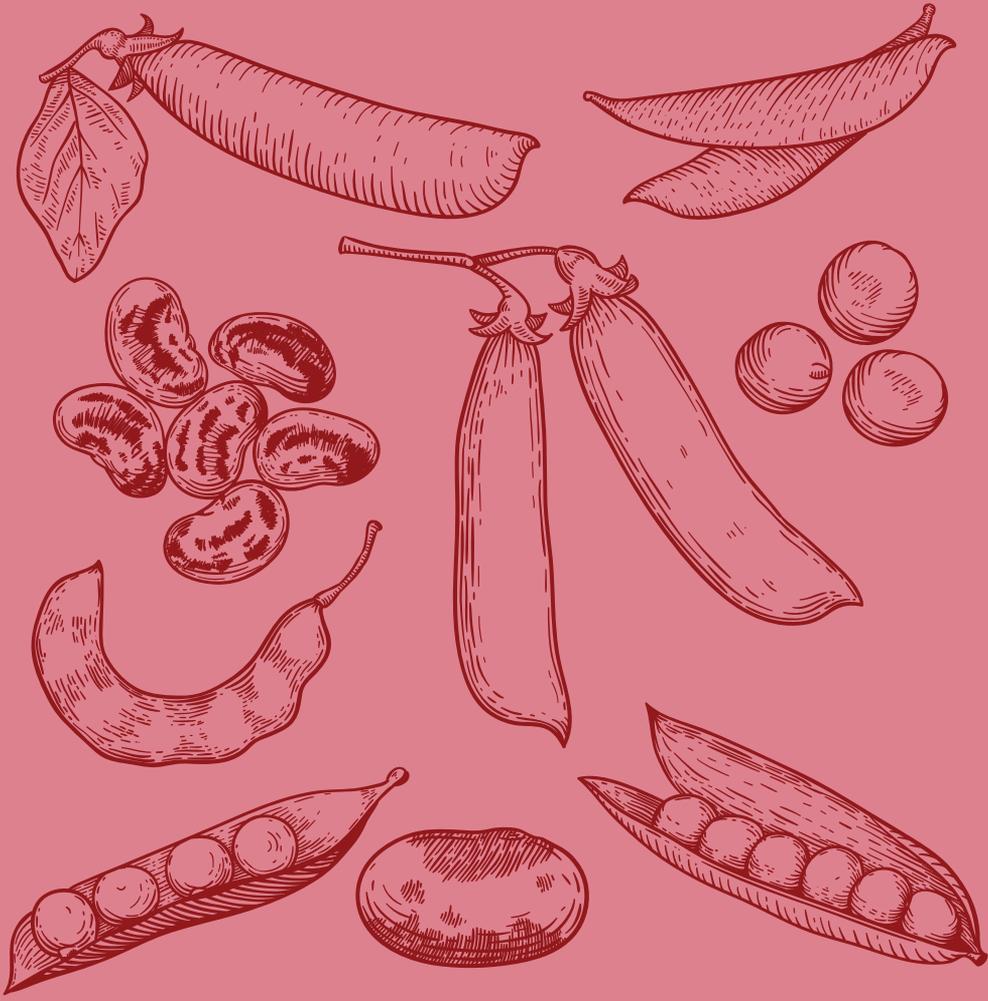
According to the 2008-2012 food balance, consumption of legumes is much lower than recommended. The imperative of promoting LEGUMES is therefore justified not only because of the nutritional benefits but also because of the benefits for the environment. The 21st century has seen considerable changes in food consumption and challenges in the production and processing of food.

We believe that apart from being healthy and socially just, food has to be both sustainable and affordable. Currently, sustainability is one of the selection criteria consumers use when choosing food products.

LEGUMES are an excellent answer to this problem, since their environmental cost of production is much lower than that of meat: their water and carbon footprint alone are 88% and 93% lower respectively.

Besides being unique in nutritional terms, LEGUMES are an excellent sustainable food option.

Enjoy the healthy Choose Beans recipes we have chosen for you.



Choose Beans



SOUPS

Black-eyed pea soup with a hint of mint

Serves 4

Black-eyed peas 200g (7 oz)

Onion 150g (5.3 oz)

Carrot 300g (10 oz)

White celery 200g (7 oz)

Olive oil to taste

Mint to taste

Salt to taste

Leave the black-eyed peas to soak overnight in a covered container.

Boil the whole peeled onion with the beans and salt in 1.5 litres water for 25 minutes. Remove the onion and mash the black-eyed peas until creamy and smooth. In a separate pan, sauté the carrot in olive oil together with the diced celery. Add water until the vegetables are covered and leave to cook.

Once cooked, add the creamed black-eyed peas and leave to simmer. Season to taste.

NUTRITION DECLARATION PER 100g (3.5 oz)

Energy	kJ 464,57	kcal 111
Total fat	0.64g 0.02 oz	
Saturated fat	0.34g 0.01 oz	
Total carbohydrates	18.53g 0.65 oz	
Sugars	2.86g 0.1 oz	
Proteins	7.30g 0.26 oz	
Salt	0.35g 0.012 oz	

Source: Food composition data - Instituto Nacional de Saúde Dr. Ricardo Jorge

Allergens

Celery



SOUPS

Black bean soup with coriander

Serves 4

Black beans 200g (7 oz)
Whole grain (brown) rice 180g (6 oz)
Carrot 450g (15 oz)
Coriander to taste
Salt to taste
Olive oil to taste

Cook the black beans, carrots and rice in 2 litres water, preferably in a pressure cooker, for 20–30 minutes.

Once cooked, add the fresh coriander and blend using a hand-held blender.

NUTRITION DECLARATION PER 100g (3.5 oz)

Energy	kJ 699.67	kcal 167
Total fat	1.24g 0.04 oz	
Saturated fat	0.24g 0.009 oz	
Total carbohydrates	30.97g 1.1 oz	
Sugars	2.70g 0.095 oz	
Proteins	7.94g 0.28 oz	
Salt	2.89g 0.1 oz	

Source: Food composition data - Instituto Nacional de Saúde Dr. Ricardo Jorge

Allergens

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SOUPS

Cream of broad bean and pea soup with bacon

Serves 4

Broad beans 100g (3.5 oz)
Peas 100g (3.5 oz)
Carrots 4
Onions 2
Garlic 2 cloves
Potatoes 4
Olive oil to taste
Bacon 50g
Salt to taste

Fry the chopped garlic in olive oil until golden brown.
 Add the chopped onion and cook.
 Add water and season with a pinch of salt.
 Bring to the boil. Add the carrots, potatoes, peas and broad beans.

When cooked, blend using a hand-held blender.

Fry the strips of bacon in their own fat and cut into small pieces.

Place on top of the creamed soup.

NUTRITION DECLARATION PER 100g (3.5 oz)

Energy	kJ 525.24	kcal 126
Total fat	7.75g 0.27 oz	
Saturated fat	2.46g 0.09 oz	
Total carbohydrates	6.31g 0.22 oz	
Sugars	1.23g 0.043 oz	
Proteins	7.54g 0.27 oz	
Salt	0.67g 0.024 oz	

Source: Food composition data - Instituto Nacional de Saúde Dr. Ricardo Jorge

Allergens

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STARTERS

Lupin hummus

Serves 2

Olive oil 15ml | 0.5 fl oz

Onion 200g (7 oz)

Garlic 2 cloves

Lemons 2

Lupins 200g (7 oz)

Salt to taste

Chilli/pepper to taste

Chopped parsley to taste

Sliced bread to taste

Put the olive oil and chopped garlic in a pan. Fry until the garlic is golden brown. Add the chopped onion and cook until soft and translucent.

Add the lupin and lemon juice and blend with the hand-held blender.

Season with salt and pepper Sprinkle with parsley.

Cut bread into fingers and toast. Serve hummus on the toasted bread fingers.

NUTRITION DECLARATION PER 100g (3.5 oz)

Energy	kJ 426.17	kcal 102
Total fat	5.07g 0.18 oz	
Saturated fat	0.7g 0.02 oz	
Total carbohydrates	5.28g 0.19 oz	
Sugars	1.35g 0.048 oz	
Proteins	8.71g 0.31 oz	
Salt	3.02g 0.11 oz	

Source: Food composition data - Instituto Nacional de Saúde Dr. Ricardo Jorge

Allergens

Cereals containing gluten; lupins.



STARTERS

Lentil croquettes

Makes 10 croquettes

Lentils 280g (9.9 oz)
Bread crumbs 340g (12 oz)
Wheat germ 200g (7 oz)
Onion 1, medium-sized, chopped
Oil to taste
Salt to taste
Eggs 3

Leave the lentils to soak overnight in a covered container.

Crush lentils. Mix with 240g (8.5 oz) breadcrumbs. Put the rest of the breadcrumbs to one side. Add the wheat germ, onion and salt to the mixture. Beat the eggs and stir into the mixture until evenly mixed.

Form mixture into croquette shapes and roll in the remaining 100g (3.5 oz) breadcrumbs.

Fry in hot oil.

NUTRITION DECLARATION PER 100g (3.5 oz)

Energy	kJ 1,063.23 kcal 254	
Total fat	4.29g 0.15 oz	
Saturated fat	0.95g 0.03 oz	
Total carbohydrates	42.30g 1.5 oz	
Sugars	1.47g 0.052 oz	
Proteins	7.54g 0.27 oz	
Salt	0.67g 0.024 oz	

Source: Food composition data - Instituto Nacional de Saúde Dr. Ricardo Jorge

Allergens

Cereals containing gluten, eggs.



Chickpea dumplings in tomato & parsley sauce

Serves 4

Dumplings

Cooked chickpeas 250g (8.8 oz)

Olive oil 10ml | 0.5 fl oz

Carrot 150g (5.3 oz)

Onion 100g (3.5 oz)

Parsley 5g (0.18 oz)

Oats 15g (0.53 oz)

Salt to taste

Pepper to taste

Sauce

Onion 100g (3.5 oz)

Olive oil 15ml (0.5 fl oz)

Peeled tomato 200g (7 oz)

White wine 35ml (1.23 fl oz)

Paprika 115g (4 oz)

Bay leaf 1 leaf

Garlic 2 cloves

Water 60ml (2 fl oz)

Chickpea dumplings

Season with salt and pepper and put to one side. Place the cooked chickpeas in a liquidiser and blend until smooth.

Mix the blended chickpeas with the onion carrot and oats mixture. Shape the mixture into little balls about 2 centimetres (3/4 in) in diameter and put to one side.

Tomato gravy

Finely chop the onion, pepper and the two cloves of garlic. Add the bay leaf to the onion, pepper and garlic and fry. Add the finely chopped peeled tomato and leave to boil. Add the white wine.

Add water until the desired consistency for the sauce is achieved and leave to boil for approximately 10 minutes. Add the chickpea dumplings and leave to simmer for about another 10 minutes. Adjust seasoning if required. Serve with spaghetti.

NUTRITION DECLARATION PER 100g (3.5 oz)

Energy	kJ 319.43 kcal 76	
Total fat	3.43g 0.12 oz	
Saturated fat	0.46g 0.02 oz	
Total carbohydrates	7.69g 0.27 oz	
Sugars	2.37g 0.084 oz	
Proteins	3.04g 1.1 oz	
Salt	4.14g 0.14 oz	

Source: Food composition data - Instituto Nacional de Saúde Dr. Ricardo Jorge

Allergens

Cereal containing gluten, sulphur dioxide and sulphites.



MAIN COURSE DISHES

Assorted vegetables with sultanas and couscous

Serves 4

Cooked chickpeas 120g (4.23 oz)
Carrot 300g (11 oz)
Green beans 200g (7 oz)
Onion 200g (7 oz)
Red peppers 2
Garlic 2 cloves
Olive oil to taste
Sultanas 50g (1.76 oz)
Couscous 300g (11 oz)
Salt to taste
Water 350ml (12.32 fl oz)
Paprika to taste
Fresh herbs to taste

Soak the chickpeas in water overnight. Cover with a lid and boil the chickpeas in salted water for 45 minutes until soft.

Cut the carrots into rounds, the red peppers and green beans into squares and finely grate the onion and garlic. Heat the oil in a pan and fry the onion. Add the vegetables and the sultanas. Season with salt and paprika

Add the couscous and cover completely with water. Leave to simmer for 3 to 5 minutes on low heat.

Mix the couscous well with the vegetables and sprinkle with fresh herbs.

NUTRITION DECLARATION PER 100g (3.5 oz)

Energy	kJ 444.94	kcal 106
Total fat	0.97g 0.03 oz	
Saturated fat	0.08g 0.003 oz	
Total carbohydrates	20.12g 0.71 oz	
Sugars	3.87g 0.14 oz	
Proteins	4.42g 0.16 oz	
Salt	4.06g 0.14 oz	

Source: Food composition data - Instituto Nacional de Saúde Dr. Ricardo Jorge

Allergens

Cereals containing gluten.



MAIN COURSE DISHES

Chickpea curry, Brussels sprouts and chives with rice

Serves 4

Pumpkin 500g (1 lb 2 oz)
Cooked chickpeas 250g (8.8 oz)
Brussels sprouts 750g (1 lb 11 oz)
Chilli/pepper to taste
Chives to taste
Coconut milk 400ml (14 fl oz)
Curry powder 10g (0.35 oz)
Turmeric 10g (0.35 oz)
Lime 1
Rice 350g (6 oz)

Leave the chickpeas to soak overnight in a covered container.

Put a pot on the heat, add the creamier part of the coconut milk, and the pumpkin. Add the spices: curry, turmeric and chilli.

Boil on high heat for 15 minutes.
 Add the chickpeas and Brussels sprouts. Stir well, and add the more watery part of the coconut milk.

Leave to cook for another 15 minutes. Remove from heat and add the lime juice. Cook the rice separately.

To serve, place curry on a bed of rice and sprinkle with chopped chives.

NUTRITION DECLARATION PER 100g (3.5 oz)

Energy	kJ 497.65	kcal 119
Total fat	6.10g 0.22 oz	
Saturated fat	3.22g 0.11 oz	
Total carbohydrates	11.65g 0.41 oz	
Sugars	2.23g 0.079 oz	
Proteins	4.90g 0.17 oz	
Salt	9.37g 0.33 oz	

Source: Food composition data - Instituto Nacional de Saúde Dr. Ricardo Jorge

Allergens

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MAIN COURSE DISHES

Kidney bean croquettes with rice

Serves 4

Corn 160g (5.6 oz)
Carrot 160g (5.6 oz)
Breadcrumbs 150g (5.3 oz)
Eggs 2
Onion 120g (4.2 oz)
Garlic 20g (0.71 oz)
Kidney beans 180g (6.35 oz)
Parsley to taste
Chili/pepper to taste
Salt to taste
Olive oil to taste
Oil to taste

Soak the kidney beans overnight.

Boil the beans, corn and carrots. Once cooked, transfer to a bowl and add the grated onion, grated garlic and parsley. Mix well, and reduce to a purée sauce of even consistency using a hand-held blender.

Heat up the mixture with a little olive oil in a pot. Stir constantly. Form mixture into croquette shapes, dip in the beaten egg, roll in the breadcrumbs, and fry.

Serve with rice.

NUTRITION DECLARATION PER 100g (3.5 oz)

Energy	kJ 720.36	kcal 172
Total fat	3.89g 0.14 oz	
Saturated fat	1.18g 0.04 oz	
Total carbohydrates	26.24g 0.93 oz	
Sugars	2.20g 0.078 oz	
Proteins	8.73g 0.13 oz	
Salt	0.24g 0.009 oz	

Source: Food composition data - Instituto Nacional de Saúde Dr. Ricardo Jorge

Allergens

Cereals containing gluten, eggs.



MAIN COURSE DISHES

Chickpea hamburgers

Serves 4

Chickpeas 360g (12.7 oz)
Courgette 200g (7 oz)
Breadcrumbs 150g (5.3 oz)
Onion 120g (7.05 oz)
Grated cheese 80g (2.82 oz)
Garlic 3 cloves
Flour 40g (1.41 oz)
Caraway seeds to taste
Salt to taste
Chilli/pepper to taste
Eggs 2
Oil to taste
Óleo Q.b.

Soak chickpeas overnight.
 Put the chickpeas in a saucepan, cover with water and add salt.
 Leave to boil for 30 minutes. Drain and allow to cool.

Chop the onions and garlic roughly and mix with the chickpea;
 reduce it all to a purée.
 Wash the courgette, grate it and add it to the chickpea purée.

Add the breadcrumbs, flour, cheese and egg and season with a
 pinch of caraway seed. Mix well and form into hamburgers. Dip
 in beaten egg, roll in breadcrumbs and fry in hot oil.

When golden brown, remove from pan and drain on absorbent
 paper.
 May be served with or without a hamburger bun.

NUTRITION DECLARATION PER 100g (3.5 oz)

Energy	kJ 1,139.70	kcal 272
Total fat	6.45g 0.23 oz	
Saturated fat	1.58g 0.06 oz	
Total carbohydrates	37.74g 1.3 oz	
Sugars	2.06g 0.073 oz	
Proteins	14.87g 0.52 oz	
Salt	9.04g 0.32 oz	

Source: Food composition data - Instituto Nacional de Saúde Dr. Ricardo Jorge

Allergens

Cereals containing gluten, eggs, milk.



MAIN COURSE DISHES

Dhaal - lentil curry with coconut

Serves 4

Onions 2
Garlic 8 cloves
Lentils 500g (1 lb 2 oz)
Tomatoes 150g (5.3)
Turmeric to taste
Curry powder to taste
Piri-piri to taste
Coriander to taste
Coconut milk 400ml (14 fl oz)
Olive oil to taste
Dessicated grated coconut to taste

Soak lentils overnight.

Boil the lentils. Stir-fry the chopped onions and garlic in olive oil. Add the peeled tomato and add the cooking water from the lentils.

Blend with a hand-held blender, and then strain to remove all lumps. Add the coconut milk.

On low heat, add the cooked lentils to the stir-fry and tomato blend and stir. Add the turmeric and curry powder and season to taste with salt and piri-piri. Leave to simmer.

Just before serving, sprinkle with chopped coriander. Add the grated coconut. Serve with rice

NUTRITION DECLARATION PER 100g (3.5 oz)

Energy	kJ 445.01	kcal 106
Total fat	6.25g 0.22 oz	
Saturated fat	3.97g 0.14 oz	
Total carbohydrates	8.84g 0.31 oz	
Sugars	2.10g 0.074 oz	
Proteins	3.87g 0.14 oz	
Salt	22.10g 0.78 oz	

Source: Food composition data - Instituto Nacional de Saúde Dr. Ricardo Jorge

Allergens

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DESSERTS

White bean cake

Serves 10

Self-raising

flour 220g (7.8 oz)

Sugar 220g (3.5 oz)

Oil 100ml (3.5 fl oz)

Cooked white beans 350g
(12.4 oz)

Eggs 6

Chocolate powder 80g (3.5 oz)

Fennel to taste

Icing sugar to taste

Cake mixture

Blend the beans, oil, chocolate powers fennel and eggs in a liquidiser.

Transfer the mixture to a mixing bowl and add the flour and sugar and mix well.

Put in a greased and floured baking tin.

Bake in the oven pre-heated to 180°C (350°F or gas mark 4).

Topping

Sprinkle with icing sugar.

NUTRITION DECLARATION PER 100g (3.5 oz)

Energy	kJ 1,390.90	kcal 332
Total fat	14.15g	0.5 oz
Saturated fat	6.08g	0.21 oz
Total carbohydrates	47.16g	1.7 oz
Sugars	35.51g	1.3 oz
Proteins	4.32g	0.15 oz
Salt	11.79g	0.42 oz

Source: Food composition data - Instituto Nacional de Saúde Dr. Ricardo Jorge

Allergens

Cereals containing gluten, eggs.



DESSERTS

Black bean cake with chocolate topping

Serves 10

Cooked black beans 250g (8.8 oz)**Oil** 80ml (2.82 fl oz)**Sugar** 180g (6.35 oz)**Wheat flour** 180g (6.35 oz)**Baking powder** 2 teaspoons**Eggs** 6**Topping****Chocolate powder** 100g (3.5 oz)**Sugar** 110g (3.9 oz)**Milk** 50ml (1.76 fl oz)**Cake mixture**

Put the beans, oil, egg yolks, sugar and baking power in a liquidiser. Whisk the egg whites

Put the liquidised mixture into a bowl, add the wheat flour and mix well. Fold in the whisked egg whites.

Pour into in a baking tin which has been greased with butter and dusted with chocolate powder. Bake in the oven pre-heated to 180°C (350°F or gas mark 4).

Topping

Mix the chocolate power, sugar and milk in a bowl. Stir while bringing it to the boil until it begins to thicken.

Put the topping on the cake while it is hot.

NUTRITION DECLARATION PER 100g (3.5 oz)

Energy	kJ 1,363.24	kcal 326
Total fat	11.32g 0.4 oz	
Saturated fat	2.81g 0.1 oz	
Total carbohydrates	47.31g 1.7 oz	
Sugars	28.67g 1.0 oz	
Proteins	8.97g 0.32 oz	
Salt	2.35 0.083 oz	

Source: Food composition data - Instituto Nacional de Saúde Dr. Ricardo Jorge

Allergens

Cereals containing gluten, eggs, milk.



DESSERTS

Chickpea loaf

Serves 10

Cooked chickpeas 250g (8.8 oz)

Margarine 10g (0.35 oz)

Eggs 4

Vanilla essence 1 teaspoon

Sugar 100g (3.5 oz)

Baking powder 2 teaspoons

Salt to taste

Cooking chocolate

(for melting) 90g (3.17 oz)

Cooking chocolate

(for chopping) 65g (2.3 oz)

Topping

Cream 200ml (7 fl oz)

Chocolate powder 45g (3.5 oz)

Dark chocolate, chopped 200g (7 oz)

Cake mixture

Put the cooked chickpeas, margarine and eggs in a food processor and beat until mixture is smooth. Add the vanilla essence, sugar, powdered yeast and a pinch of salt and continue beating for another minute. Transfer the chickpea mixture into a bowl, add the melted chocolate and mix gently. Grease a loaf tin (23x10 cm | 9x4 in) with margarine and dust with chocolate powder. Transfer the mixture to the tin and cook in a moderate oven preheated to 180°C (350°F or gas mark 4) for approximately 50 minutes. When ready, remove from oven and allow to cool. Remove from loaf tin. Sprinkle little pieces of chopped dark chocolate over the top and then drizzle with hot chocolate sauce.

Chocolate topping

For the hot melted chocolate, put the cream and the chocolate powder in a pot and bring to the boil on medium heat. Add the grated dark chocolate and mix well until completely melted. Drizzle over the cake while the sauce is still hot.

NUTRITION DECLARATION PER 100g (3.5 oz)

Energy	kJ 1,552.91	kcal 371
Total fat	20.22g 0.71 oz	
Saturated fat	11.07g 0.39 oz	
Total carbohydrates	39.46g 1.4 oz	
Sugars	29.93g 1.1 oz	
Proteins	7.80g 0.28 oz	
Salt	18.92g 0.67 oz	

Source: Food composition data - Instituto Nacional de Saúde Dr. Ricardo Jorge

Allergens

Eggs, milk.



DESSERTS

Courgette and chickpea scones

Serves 10

Sugar 280g (10 oz)
Cooked chickpeas 300g (10.6 oz)
Eggs 4
Margarine 60g (2 oz)
Milk 30ml (1.05 fl oz)
Lemon zest to taste
Cinnamon to taste
Grated courgette 100g (3.5 oz)
Self-raising flour 400g (14 oz)
Baking powder 2 teaspoons

Blend the cooked chickpeas in a food processor.

Place the chickpea mash in a bowl. Add the grated courgette and the fold in the remaining ingredients with a spatula.

Make small balls in the shape of round broa bread rolls and put them on a pan lined with greaseproof paper.

Bake in a moderate oven.

NUTRITION DECLARATION PER 100g (3.5 oz)

Energy	kJ 1,094.55 kcal 262	
Total fat	6.02g 0.21 oz	
Saturated fat	1.57g 0.06 oz	
Total carbohydrates	44.91g 1.6 oz	
Sugars	21.10g 0.74 oz	
Proteins	6.58g 0.23 oz	
Salt	6.76g 0.24 oz	

Source: Food composition data - Instituto Nacional de Saúde Dr. Ricardo Jorge

Allergens

Cereals containing gluten, eggs, milk.

