





# Choose Beans



"Transition paths to sUustainable 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	
<b>Saturated fat</b>	<b>0.34g   0.01 oz</b>	
Total carbohydrates	18.53g   0.65 oz	
<b>Sugars</b>	<b>2.86g   0.1 oz</b>	
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	
<b>Saturated fat</b>	<b>0.24g   0.009 oz</b>	
Total carbohydrates	30.97g   1.1 oz	
<b>Sugars</b>	<b>2.70g   0.095 oz</b>	
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	
<b>Saturated fat</b>	<b>2.46g   0.09 oz</b>	
Total carbohydrates	6.31g   0.22 oz	
<b>Sugars</b>	<b>1.23g   0.043 oz</b>	
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	
<b>Saturated fat</b>	<b>0.7g   0.02 oz</b>	
Total carbohydrates	5.28g   0.19 oz	
<b>Sugars</b>	<b>1.35g   0.048 oz</b>	
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	
<b>Saturated fat</b>	<b>0.95g   0.03 oz</b>	
Total carbohydrates	42.30g   1.5 oz	
<b>Sugars</b>	<b>1.47g   0.052 oz</b>	
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	
<b>Saturated fat</b>	<b>0.46g   0.02 oz</b>	
Total carbohydrates	7.69g   0.27 oz	
<b>Sugars</b>	<b>2.37g   0.084 oz</b>	
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	
<b>Saturated fat</b>	<b>0.08g   0.003 oz</b>	
Total carbohydrates	20.12g   0.71 oz	
<b>Sugars</b>	<b>3.87g   0.14 oz</b>	
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	
<b>Saturated fat</b>	<b>3.22g   0.11 oz</b>	
Total carbohydrates	11.65g   0.41 oz	
<b>Sugars</b>	<b>2.23g   0.079 oz</b>	
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  
**Chilli/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	
<b>Saturated fat</b>	<b>1.18g   0.04 oz</b>	
Total carbohydrates	26.24g   0.93 oz	
<b>Sugars</b>	<b>2.20g   0.078 oz</b>	
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	
<b>Saturated fat</b>	<b>1.58g   0.06 oz</b>	
Total carbohydrates	37.74g   1.3 oz	
<b>Sugars</b>	<b>2.06g   0.073 oz</b>	
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	
<b>Saturated fat</b>	<b>3.97g   0.14 oz</b>	
Total carbohydrates	8.84g   0.31 oz	
<b>Sugars</b>	<b>2.10g   0.074 oz</b>	
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 powder, 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
<b>Saturated fat</b>	<b>6.08g</b>	<b>0.21 oz</b>
Total carbohydrates	47.16g	1.7 oz
<b>Sugars</b>	<b>35.51g</b>	<b>1.3 oz</b>
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
<b>Saturated fat</b>	<b>2.81g</b>	<b>0.1 oz</b>
Total carbohydrates	47.31g	1.7 oz
<b>Sugars</b>	<b>28.67g</b>	<b>1.0 oz</b>
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	
<b>Saturated fat</b>	<b>11.07g   0.39 oz</b>	
Total carbohydrates	39.46g   1.4 oz	
<b>Sugars</b>	<b>29.93g   1.1 oz</b>	
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	
<b>Saturated fat</b>	<b>1.57g   0.06 oz</b>	
Total carbohydrates	44.91g   1.6 oz	
<b>Sugars</b>	<b>21.10g   0.74 oz</b>	
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.

