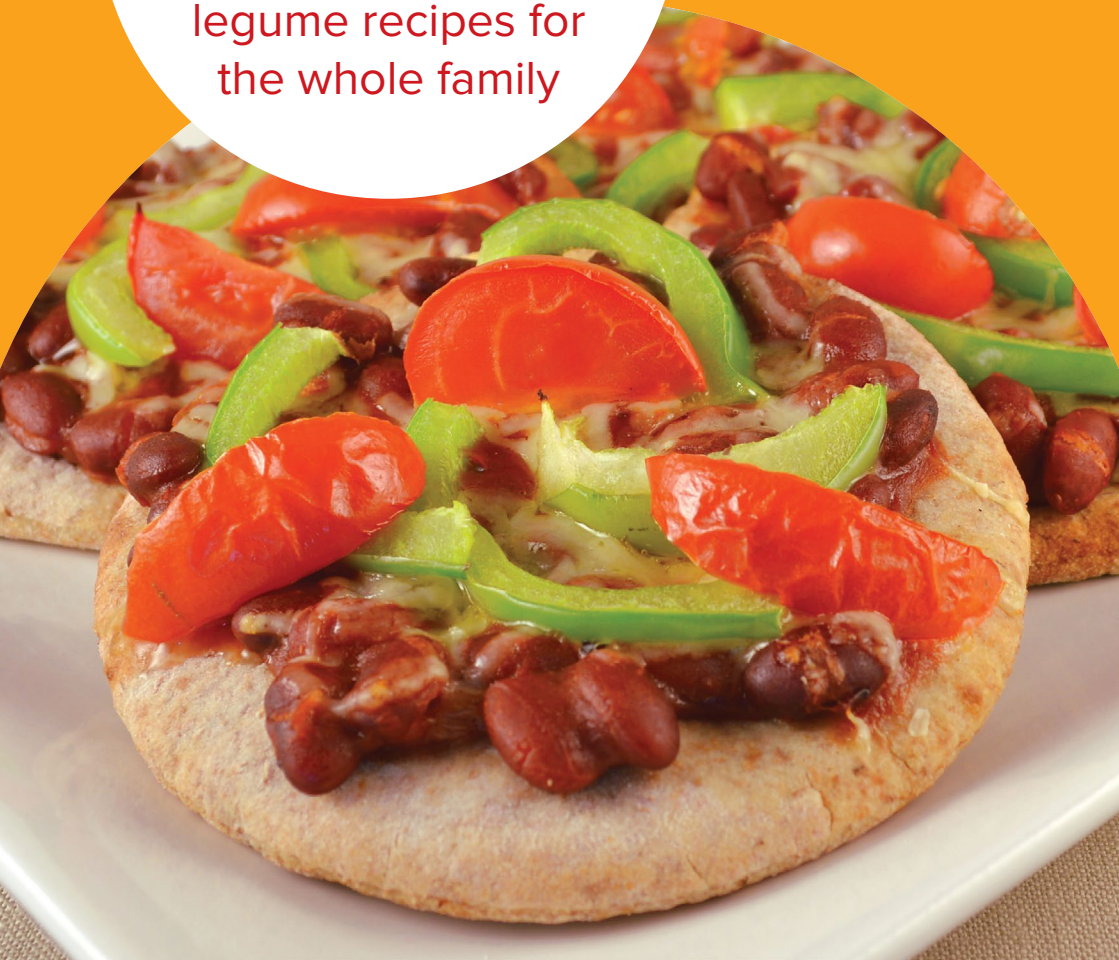


Full o' Beans

Tasty and affordable
legume recipes for
the whole family



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Why it's good to be "Full o' Beans"

Legumes and beans are full of goodness as well as being cheap, tasty and quick to use.

Beans, legumes or pulses?

There are many different names for legumes, including dried peas, dried beans, lentils and pulses. You might know them better as kidney beans, chickpeas or lentils. In New Zealand, legumes are mostly eaten as baked beans.

Around the world

While they might not feature in many traditional Kiwi dishes, legumes are commonly eaten around the world. In the Mediterranean you'll find them in minestrone soup, pasta dishes, stews, salads or dips. In Middle Eastern dishes, chickpeas are made into hummus and falafel. Mexican dishes feature beans in burritos, nachos and chilli con carne. Indian dishes feature lentils and chickpeas in dishes like dhal and curries. Asian cuisine has dishes with edamame beans and tofu made from soybeans.

Heart health benefits

For heart health, we recommend eating beans and legumes regularly. When beans and legumes are eaten in place of meat, it lowers our cholesterol and helps to reduce the risk of heart disease.

What makes them heart-healthy?

Legumes provide fibre, protein, vitamins and minerals like iron, zinc, potassium and folate; plus they help you to feel full for longer.

Legumes can help you to eat more plant foods and can be added to most of your favourite meals.

This cookbook gives ideas to get you started. It contains family-friendly dishes like burgers, bolognese, shepherd's pie, soups and salads.

Types of legumes

Here are a few different types of legumes:



Chickpeas



Puy Lentils



Green Split Peas



Azuki Beans



Mung Beans



Red Lentils



Mixed Beans



Black Eyed Peas



Kidney Beans



Yellow Split Peas



Flageolet Beans



Soya Beans



Green Lentils



Pinto Beans



Marrowfat Peas



Black Turtle Beans

Cost saving tips

- Canned legumes like lentils and chickpeas are quick and easy to use. Keep them in the cupboard for a quick meal.
- Choose canned legumes with the lowest sodium (salt) per 100 grams.
- Rinse canned legumes under water before using them to get rid of the salty liquid.
- For an even cheaper option, buy dried legumes and cook them yourself (see page 6).
- Use legumes as your plant-based source of protein in a vegetarian or vegan meal.
- Add legumes to a meat-based dish such as a curry, stew or mince dish to save money and make the meal go further.
- Instead of buying dips, blend chickpeas, butter beans or cannellini beans with garlic and lemon for a tasty homemade version.

Time saving tips

- Top a microwaved potato with baked beans or chilli beans and avocado, with a salad on the side.
- Throw together a salad with four bean mix, canned tuna, diced cucumber and tomato.
- Use up leftover potato, kūmara or taro by mashing with a can of kidney or butter beans and turning them into burger patties.
- Add a can of beans to a ready-prepared soup to make it more filling.
- Heat up a can of refried beans and serve in a wholemeal wrap with salad vegetables like tomato, lettuce and avocado.
- Add a can of butter beans or cannellini beans to a casserole or tomato-based pasta sauce.
- Add legumes to your next slow cooker meal. Put it on in the morning and you'll have a hot meal ready when you get home.

Cooking dried beans and legumes

When cooking dry legumes some types (see below) need pre-soaking to shorten the cooking time and make them more digestible. Lentils and split peas don't need to be pre-soaked.

Soak dry legumes overnight in a big bowl of water or cover with boiling water and leave for a couple of hours. Always drain and rinse before cooking.

Cook legumes using the stovetop, microwave or pressure cooker. One cup of dry legumes makes 2-3 cups cooked.

Cooking times on the stove:



15 minutes: unsoaked red lentils.



45 minutes - 1 hour: soaked pinto beans and unsoaked split peas.



1 hour: soaked black beans and azuki beans.



1 - 1 ½ hours: soaked borlotti beans, cannellini beans, chickpeas, lima beans, red kidney beans and unsoaked brown lentils.

Legumes are cooked when they are soft and easily squashed between your fingers. Never eat legumes that are still hard inside. Under-cooked legumes (especially red kidney beans) can make you very sick.





Beef and lentil burgers serves 6

Ingredients

250g lean beef mince

400g can lentils, drained
and rinsed

2 Tbsp tomato sauce

1 egg

$\frac{1}{3}$ cup parsley, chopped

$\frac{1}{2}$ medium onion, finely
chopped

1 cup dried breadcrumbs

1 carrot, grated

Pinch ground pepper

Method

1. Combine all ingredients.
2. Knead mixture until well combined and sticking together.
3. Divide mixture into six portions, then roll into a ball and flatten.
4. Heat the grill in your oven.
5. Place the burger patties on a baking tray and grill until well browned on each side.
6. Serve with salad vegetables and a wholegrain burger bun.

Curried kūmara and lentil filo parcels serves 6

Ingredients

½ medium kūmara, diced
1 tsp canola oil
1 medium onion, finely diced
1 Tbsp curry powder
2 cloves garlic, crushed
1 can lentils, drained and rinsed
2 Tbsp dried currants
1 Tbsp lemon juice
1 tsp honey
12 filo sheets
1 egg, lightly beaten
1 Tbsp sesame seeds

Method

1. Heat oven to 200°C.
2. Put kūmara in a saucepan, cover with water, bring to the boil then simmer until kūmara is soft. Drain and set aside.
3. In a large frying pan gently sauté the diced onion in oil until soft. Add curry powder and garlic and sauté for another minute. Add lentils, drained kūmara, currants, ¼ cup water, lemon juice and honey. Cook gently until most of the water has evaporated. Remove from heat and allow to cool.
4. Lay one sheet of filo on your bench. Place ¼ cup of filling towards the short edge of the filo, in a sausage shape. Fold the long edges toward the middle, covering some of the filling. Roll the filo into a cylinder shape.
5. Place on a lightly greased baking tray. Brush the tops of the filo parcels with egg. Sprinkle with sesame seeds.
6. Bake for approximately 25 minutes or until golden brown.





Beef and lentil bolognese serves 4

Ingredients

1 tsp oil
 1 small carrot, diced
 ½ medium onion, diced
 1 stick celery, diced
 250g lean beef mince
 2 cans crushed tomatoes
 ½ cup dried red lentils
 1 tsp dried mixed herbs
 1 tsp vinegar
 ½ cup water
 Pinch ground pepper

Method

1. Gently sauté the diced onion, carrot and celery in a large pot, until soft and lightly browned.
2. Add mince and stir constantly to break up and brown evenly.
3. Add all other ingredients.
4. Bring to the boil then reduce heat to a gentle simmer.
5. Simmer gently for approximately one hour.
6. Serve with spaghetti noodles.

Tip

Use this bolognese sauce:

- as a base for cottage pie or lasagne
- to top a baked potato or kūmara
- as a filling for wraps or tacos.

Roast pumpkin and lentil soup

Serves 4

Ingredients

*2 ½ cups pumpkin,
peeled and diced*

2 Tbsp oil

1 cup dried red lentils

1 large onion, diced

2 cloves garlic, crushed

2 tsp curry powder

*1 Tbsp fresh ginger,
finely grated*

*2 Tbsp fresh coriander,
chopped*

*½ cup reduced fat,
unsweetened yoghurt*

Method

1. Heat oven to 225°C.
2. Coat the pumpkin in 1 Tbsp oil.
3. Spread out the pumpkin on a roasting tray and roast in oven for approximately 25 minutes or until browned and cooked through.
4. Heat a large saucepan with remaining oil. Sauté onion until soft.
5. Add garlic, ginger and curry powder and sauté for 1 minute.
6. Add lentils and 4 cups water.
7. Simmer gently for approximately 30 minutes or until the lentils are soft.
8. Remove from heat and add pumpkin. Puree to smooth consistency.
9. Garnish with yoghurt and coriander.





Meatloaf magic serves 6

Ingredients

400g beef mince
1 can lentils, drained
and rinsed
1 egg
½ cup dry breadcrumbs
2 carrots, grated
½ cup chopped parsley
¼ cup tomato sauce or
puree

Method

1. Pre heat oven to 180°C.
2. Mix together the mince, lentils, egg, breadcrumbs, carrot, parsley and 2 tablespoons of the tomato sauce until thoroughly mixed.
3. Press mixture into a greased loaf tin or similar sized baking dish (can be free formed into a loaf shape and placed in a small roasting dish).
4. Spread remaining tomato sauce over the top.
5. Bake for approximately 45 minutes or until cooked through.
6. Remove from oven and allow to cool.
7. Slice into 8 slices.



Family favourite shepherd's pie

Serves 4

Ingredients

1 tsp oil

1 medium carrot, diced

1 stick celery, diced

1 small onion, diced

2 cloves garlic, crushed

250g lean beef mince

2 cans crushed tomatoes

1 tsp vinegar

*1 can kidney beans,
drained and rinsed*

*6 medium potatoes,
peeled and diced*

½ cup trim milk

*½ cup Edam cheese,
grated*

Pinch paprika

Method

1. Pre-heat oven to 180°C.
2. In a large pot gently sauté the onion, carrot and celery with oil until soft and lightly browned. Add garlic and mince and stir continuously to break up the mince.
3. Add tomatoes, vinegar, and kidney beans and simmer.
4. Cover the potatoes in water in a separate large pot. Bring to the boil then turn heat down to a gentle simmer. Cook until a knife inserts easily. Drain and mash with trim milk.
5. Put the mince mixture in the bottom of a casserole dish. Spread mashed potato over the top and sprinkle with cheese, then paprika.
6. Bake for 45 minutes or until piping hot in the middle. Serve with vegetables.

Chilli beans with roasted pumpkin Serves 6

Ingredients

2 Tbsp oil
1 medium onion, diced
2 tsp ground cumin
¼ tsp ground cinnamon
Pinch chilli powder
3 cloves garlic, crushed
1 can whole peeled tomatoes
1 Tbsp white vinegar
1 cup capsicum, diced
2 cans kidney beans, drained and rinsed
2 ½ cups pumpkin, peeled and diced
½ cup fresh coriander or parsley, chopped

Method

1. Heat oven to 225°C.
2. In a large saucepan heat 1 Tbsp of oil. Add onion and sauté until soft.
3. Add cumin, cinnamon and chilli and fry for 30 seconds, then add garlic and sauté briefly without browning.
4. Add tomatoes, 1 cup water and white vinegar and bring to the boil. Reduce the heat to a gentle simmer and add capsicum and drained beans.
5. Gently cook until the liquid has formed a thick sauce and the vegetables are cooked.
6. While the beans are cooking, coat pumpkin in remaining oil and roast in oven for 20 minutes or until well browned and cooked through.
7. When cooked, mix together with the coriander and serve.



Full o'beans pizza serves 6

Ingredients

6 small wholemeal
pita bread

1 can chilli beans

½ cup Edam cheese,
grated

¼ capsicum, sliced

2 small tomatoes, sliced

Method

1. Heat oven to 200°C.
2. Lay pita bread out on a baking tray.
3. Spread chilli beans evenly over pita bread, then sprinkle with cheese.
4. Place sliced capsicum and tomato on top of cheese.
5. Bake for approximately 15 minutes or until lightly browned.





Butter bean, kūmara and tuna salad serves 4

Ingredients

1 medium kūmara

1 tsp oil

¼ cucumber, diced

2 small tomatoes, diced

185g can tuna in spring water, drained

½ small red onion, sliced

¼ cup reduced fat, unsweetened yoghurt

2 Tbsp chopped parsley

Juice of ½ a lemon

1 Tbsp olive oil

1 tsp cracked pepper

1 can butter beans, drained and rinsed

Method

1. Heat oven to 220°C.
2. Wash the kūmara thoroughly and cut into 2cm cubes.
3. Coat kūmara in oil and spread out on a roasting dish.
4. Roast kūmara for approximately 25 minutes until soft through and golden brown, turning once. Allow to cool.
5. Gently mix together all ingredients in a large bowl.

Vegetable and bean burgers

Serves 4

Ingredients

1 can butter beans,
drained and rinsed
2 carrots, grated
2 courgettes, grated
1 clove garlic, crushed
2 eggs
½ cup dry breadcrumbs
1 Tbsp oil
4 wholemeal burger buns
4 Tbsp tomato sauce
1 lettuce
2 tomatoes, sliced

Method

1. Mash beans.
2. Mix mashed beans with grated carrots, courgette, garlic, eggs and breadcrumbs.
3. Heat oil over medium heat in large frying pan.
4. Spoon mixture into frying pan a few at a time. Cook on both sides until golden brown and cooked through.
5. Serve in burger buns with tomato sauce, lettuce and tomato.





Homemade baked beans serves 4

Ingredients

1 Tbsp oil
1 onion, finely chopped
2 cloves garlic, crushed
1 can chopped tomatoes
1 Tbsp smoked paprika
2 cans cannellini or
butter beans, drained
and rinsed
¼ cup chopped fresh
herbs (optional)

Method

1. Heat the oil in a medium-sized pot over a medium heat and cook the onion until soft.
2. Add the garlic and cook for a further minute.
3. Add the tomatoes, paprika and beans and continue to cook for approximately 20 minutes or until the sauce has thickened.

Tips:

Add an egg for a more filling meal.

Herbs such as chives, basil and parsley are great additions.



Prawn and bean patties serves 6

Ingredients

2 cloves garlic, crushed
 500g raw prawn meat
 2 cans cannellini beans
 3 spring onions,
 chopped
 ¼ cup parsley, chopped
 2 Tbsp lemon juice
 1 tsp fresh chilli, chopped
 finely
 2 Tbsp oil for frying

Method

1. Combine garlic, one quarter of the prawns and half of the beans.
2. Pulse in the food processor until blended but not pureed.
3. Add remaining prawns, beans, spring onion, parsley, lemon juice and chilli to food processor.
4. Pulse until mixture is roughly chopped and just combined.
5. Shape mixture into patties (whatever size you desire).
6. Refrigerate for at least half an hour or overnight.
7. Heat oil in a heavy pan.
8. Fry patties until golden brown on each side and cooked through.

Baked vegetable and butter bean slice serves 4

Ingredients

Vegetable oil

1 onion, finely chopped

*1 can butter beans,
drained and rinsed*

*1 ½ cups seasonal
vegetables, finely sliced
or chopped*

*¼ cup tasty cheese,
grated*

3 eggs

1 cup reduced-fat milk

½ cup self-raising flour

*Freshly ground pepper
to taste*

Method

1. Pre-heat oven to 200°C.
2. Very lightly oil a 20cm baking dish.
Place onion, beans and other vegetables into the baking dish and scatter with cheese.
3. Lightly beat the eggs and milk together. Add the self-raising flour and mix well, ensuring there are no lumps. Pour over the vegetables.
4. Sprinkle with pepper and bake for 30-35 minutes or until golden brown and set.
5. Serve hot or cold with salad.

WHITE BEANS



Five-minute hummus Serves 6

Ingredients

*1 can chickpeas,
drained and rinsed*

1 clove garlic

¼ cup tahini

Juice of one lemon

Pinch ground cumin

Pinch ground pepper

1 Tbsp olive oil

1 Tbsp water

Method

1. Place all ingredients in a food processor and blend until smooth.





Chicken and chickpea curry

Serves 6

Ingredients

2 Tbsp oil
1 onion, peeled and diced
4 cloves garlic, crushed
750g boneless and skinless chicken thigh fillets, diced
2 Tbsp curry powder
2 tsp garam masala powder
1 can chopped tomatoes
2 cups water
1 can chickpeas, drained and rinsed
1 cup plain unsweetened yoghurt
3 cups mixed vegetables, (fresh or frozen)
½ cup chopped coriander, (optional)

Method

1. Heat oil in a large pot over low heat.
2. Add onion and cook until soft.
3. Add the garlic, chicken, curry powder and garam masala to the pot and cook gently for 5 minutes.
4. Add the canned tomatoes, water and chickpeas.
5. Cook gently for about 30 minutes or until chicken is cooked through and no longer pink in the middle.
6. Add yoghurt and vegetables and return to a gentle simmer and continue to cook for a further 5 minutes or until the vegetables are hot.
7. Remove from the heat.
8. Garnish with coriander and serve with brown rice.

Lebanese chickpea and eggplant stew

serves 4

Ingredients

2 eggplants, diced

$\frac{1}{4}$ cup oil

1 onion, diced

3 cloves garlic, crushed

$\frac{1}{2}$ cup water

1 can crushed tomatoes,
or 2 fresh tomatoes

1 Tbsp tomato paste

1 Tbsp paprika

1 can chickpeas, drained
and rinsed

2 Tbsp mint, chopped

Method

1. Heat oven to 200°C.
2. Place chopped eggplant in a roasting dish and mix with half of the oil.
3. Roast eggplant until soft and golden brown.
4. While eggplant is roasting, heat remaining oil in a large pot and sauté the onion until soft.
5. Add garlic, water, canned tomatoes, tomato paste, paprika and chickpeas and bring to a simmer.
6. Add roasted eggplant and cook over a low heat for 30 minutes or until thick.
7. Remove from heat and add the mint.





Crunchy chickpeas Serves 4

Ingredients

*1 can chickpeas,
drained and rinsed
2 tsp curry powder
1 tsp oil*

Method

1. Pre-heat oven to 200°C.
2. Drain and rinse the chickpeas, then dry on a tea towel.
3. Mix together the chickpeas, curry powder and oil.
4. Spread out on a roasting dish.
5. Bake for approximately 30 minutes or until lightly browned, dry and crunchy.

Tips:

Instead of curry powder use cumin, paprika or your favorite spice mix.

Cook for 20 minutes and use as a vegetarian filling for wraps or to top a salad.



Falafel serves 4

Ingredients

1 cup dry chickpeas
 1 slice wholegrain bread
 2 cloves garlic
 ⅔ cup parsley
 ½ cup coriander
 ½ onion, diced
 Pinch chilli powder
 1 tsp ground coriander
 1 tsp paprika
 1 tsp baking soda
 2 Tbsp oil

Method

1. Cover the chickpeas in plenty of cold water and leave to soak overnight.
2. Drain the chickpeas thoroughly.
3. In a food processor place the drained chickpeas and all other listed ingredients except the baking soda and oil.
4. Blend well until a smooth paste is formed.
5. Mix baking soda into the mixture just before cooking.
6. Form the mixture into 1 tablespoon sized balls and flatten slightly.
7. Heat oil in a large frying pan and cook the falafel until browned on each side and cooked through.

Tips:

Serve with pita bread, hummus and salad.
 Freeze the mixture after step 4 for later use.

Warming chicken and bean chowder

serves 6

Ingredients

1 Tbsp oil
1 ½ cups onion, diced
2 cups celery, diced
3 cloves garlic, crushed
6 cups water
3 medium potatoes, diced
450g boneless chicken thighs, diced
1 can four bean mix, drained and rinsed
1 can corn kernels
4 Tbsp cornflour
1 can lite evaporated milk

Method

1. Heat oil in a large saucepan. Sauté onion and celery until soft.
2. Add garlic and sauté briefly.
3. Add water, potato, beans and chicken.
4. Moisten cornflour with ¼ cup of water and mix until smooth.
5. When the chicken and potatoes are cooked slowly pour in the cornflour mixture stirring constantly.
6. Remove from the heat and add evaporated milk.





Zesty rice and bean salad serves 6

Ingredients

1 cup brown rice
1 ½ cups water
2 cans mixed beans,
drained and rinsed
1 cup frozen or fresh
green beans, sliced
1 cup capsicum, diced
¾ cup parsley, chopped
3 spring onion, sliced
1 cup celery, diced
½ cup white vinegar
¼ cup oil
2 tsp sugar

Method

1. In a saucepan cover the brown rice with the water and bring to the boil with a lid on.
2. Reduce heat to the lowest setting and cook until the water has all been absorbed and the rice is cooked (about 30 minutes). Remove from heat and allow to cool.
3. Blanch the green beans in boiling water for one minute then drain.
4. Mix together all of the ingredients.
5. Refrigerate for at least half an hour before serving.

Tip:

Use any seasonal, canned or frozen vegetables such as corn, beetroot, cucumber or tomato instead of capsicum and celery.

Weights and measures

Abbreviations

Tbsp	tablespoon
tsp	teaspoon
°C	degrees Celsius
g	grams
mg	milligrams
L	litre



Kitchen measures

1 Tbsp	= 15ml
1 tsp	= 5ml
3 tsp	= 1 Tbsp (NZ)
1 cup	= 250ml
½ cup	= 125ml
4 cups	= 1 litre

Food safety – clean, cook, chill

Foodborne illness is caused by bacteria like *Campylobacter* and *Salmonella*. Bacteria multiply very fast in warm, moist conditions. Luckily these illnesses are avoidable by following some simple food handling tips. Clean, cook and chill will help you keep your friends and family safe from foodborne illness. Search ‘clean, cook, chill’ at mpi.govt.nz.

Other free cookbooks

For more free cookbooks packed with tasty and affordable meal ideas visit: heartfoundation.org.nz/freecookbooks.

The Heart Foundation is New Zealand's heart charity, leading the fight against our country's biggest killer – heart disease. As a charity, the Heart Foundation relies on the generosity and goodwill of everyday Kiwis to support its work.

We provide support, care and advice to help people and their families affected by heart disease. We also fund leading-edge research and specialist training for cardiologists, while our education and prevention programmes tackle heart disease head-on in the community.

Through our work with young children, we create a foundation for keeping hearts healthy into the future.

**To make a donation, please go to
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