

Bean feast

Beans are a great plant source of protein whether they are dried, canned or frozen. They come in a diverse range of colours, sizes, textures and flavours. Why not try some of these beans to dishes such as soups, casseroles and salads?

Red kidney beans



Add red kidney beans to your chilli

Broad beans



Add broad beans to your salad

Top tip!
Always follow the instruction when cooking with dried beans.

Black beans



Add black beans to your tacos

Mung beans



Add mung beans to your curry

Lima beans



Make a bean-based dip using lima beans

Black eyed beans



Add black eyed beans to your stew

Flageolet beans



Add flageolet beans to your casserole

Haricot beans



Make your own baked beans using haricot beans

Pinto beans



Add pinto beans to your stir fries

How many of these beans have you tried?

Share your beany creations with us on twitter @NutritionOrgUK #HEW22 or email us at postbox@nutrition.org.uk