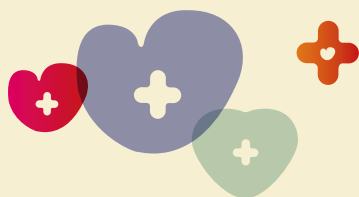


Full o' Beans

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 a great food – they’re full of goodness as well as being cheap, tasty, and quick and convenient to use.

There are lots of different names for legumes, including dried peas, dried beans, lentils and pulses. You might know them better by their individual names like kidney beans or chickpeas. Here in New Zealand, legumes are most commonly eaten as good old baked beans.

While they might not feature in many traditional Kiwi dishes, legumes are commonly eaten around the world and make a tasty addition to ethnic dishes. In the Mediterranean you’ll find them in minestrone or in pasta dishes, stews, soups and salads or white bean dip. In Middle Eastern dishes they are made into hummus and falafel. Caribbean and South American dishes use them extensively – where would Mexican cuisine be without bean burritos, refried beans and chilli con carne? Indian dishes feature legumes in dishes like dhal and spicy curries; and Asia has dishes like stuffed tofu pockets or edamame.

Legumes can also help spice up your Kiwi favourites. This cookbook gives some ideas to get you started. It contains family-friendly dishes like burger patties, casseroles, shepherd’s pie, soups and salads.

Whether you cook legumes yourself from scratch or buy them ready-prepared in cans, you’ll find them a cheap and healthy food. For heart health, we recommend eating legumes up to four or five times a week, as they can help reduce cholesterol and may help lower the risk of heart disease.

What makes them so healthy? Legumes provide a good dose of fibre, protein, phytochemicals, vitamins, and minerals like iron, zinc, potassium and folate; plus they have a low GI (glycaemic index), so help you feel full for longer.



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

- ▶ Using canned legumes is quick, convenient and cheap. They are a great standby product to keep in the pantry and quickly base a meal on.
- ▶ When purchasing canned legumes, choose brands with the lowest sodium (salt) content. Beans and legumes are naturally very low in salt, but salt gets added in the canning process. Rinsing them before use will help reduce the amount of salt further.
- ▶ You can buy dried legumes and cook them yourself. Cook up a big batch and freeze in portions to use later on. Don't add salt to the cooking water as it makes the legumes tough.
- ▶ Adding legumes to a dish is a great way to make a meal go further. Go vegetarian for a meal and use legumes as the main protein food. Meat lovers can save money by replacing part of the meat in dishes with legumes.
- ▶ Instead of buying dips, blend chickpeas, butter beans or cannellini beans with garlic and lemon for a yummy homemade version.

Time saving tips

- ▶ Top a microwaved potato with baked beans or chilli beans and guacamole, with a salad on the side.
- ▶ Throw together a salad with four bean mix, canned tuna, diced cucumber and tomato.
- ▶ Use up leftover potato, kumara 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
- ▶ Quickly make refried kidney beans and serve in a wholemeal wrap with tomato, lettuce and avocado.
- ▶ Add a can of butter beans to a casserole or tomato-based pasta sauce.
- ▶ Legumes make a great basis for meals made in a slow cooker. Put it on in the morning and you'll have a hot meal ready when you get home. If using meat in the recipe, use cheaper cuts diced into larger than normal chunks (and remove the fat).
- ▶ To quickly coat diced vegetables, eg. kumara, shake in a plastic bag with oil and seasoning.

Cooking dried beans & legumes

If you're cooking them from dry, some legumes need pre-soaking to shorten the cooking time and make them more digestible. However, lentils and split peas do not need to be pre-soaked.

If you are organised enough, soak the dried beans overnight in a big bowl of water. For a quicker soak, cover with plenty of boiling water and leave for a couple of hours. Always drain and rinse before cooking.

When you're ready, either cook them on the stovetop, in the microwave or in a pressure cooker. Note that one cup of dried legumes makes 2-3 cups cooked. The following times are for cooking on the stove:

- ▶ 15 minutes: unsoaked red lentils
- ▶ $\frac{3}{4}$ to 1 hour: soaked pinto beans; unsoaked split peas
- ▶ 1 hour: soaked black beans and azuki beans
- ▶ 1-1½ hours: soaked borlotti beans, cannellini beans, chickpeas, lima beans and red kidney beans; unsoaked brown lentils

Store dried beans and legumes in an airtight container and they should keep in the pantry for at least a year.





Beef and lentil burgers Serves 6

Ingredients

250g lean beef mince
 400g can lentils, drained
 and rinsed
 2 Tbsp tomato sauce
 1 egg
 ⅓ cup parsley, chopped
 ½ 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

Per serve (one burger pattie):

ENERGY

750KJ

SAT. FAT

1.8g

CARBS

15.6g

SODIUM

335mg

Curried kumara and lentil filo parcels Serves 6

Ingredients

½ medium kumara, 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 kumara in a saucepan, cover with water, bring to the boil then simmer until kumara 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 kumara, 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

Per serve (two filo rolls):

ENERGY

687KJ

SAT. FAT

0.4g

CARBS

26.0g

SODIUM

276mg





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

Per serve (without spaghetti):

ENERGY

947KJ

SAT. FAT

2.2g

CARBS

14.0g

SODIUM

170mg

Roast pumpkin and lentil soup

Serves 4

Ingredients

2½ 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

Per serve:

ENERGY

1071KJ

SAT. FAT

0.9g

CARBS

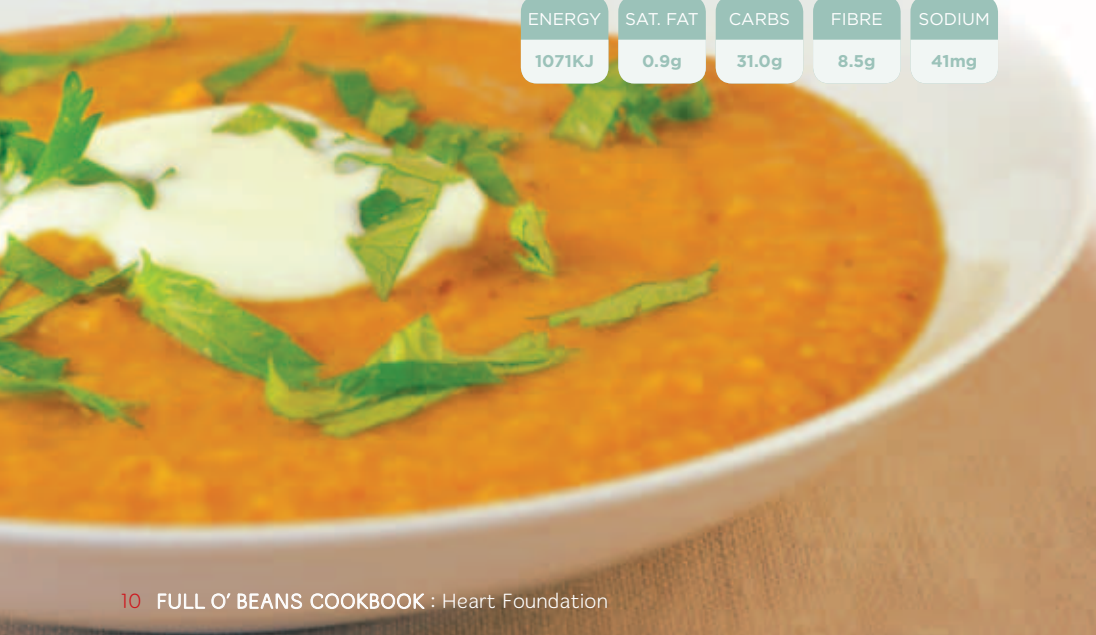
31.0g

FIBRE

8.5g

SODIUM

41mg





Meat loaf magic Serves 6

Ingredients

500g lean beef mince
 1 cup dry breadcrumbs
 2 eggs
 400g can kidney beans,
 drained and rinsed
 Pinch ground pepper
 1 tsp dried mixed herbs
 1 Tbsp Worcester sauce
 2 small carrots, grated
 1 stick celery, diced
 ½ medium onion, diced
 2 Tbsp steak sauce

Method

1. Heat oven to 180°C
2. Mix together the mince, breadcrumbs, eggs, kidney beans, pepper, Worcester sauce, celery, carrot, onion and mixed herbs
3. Grease a loaf tin and press the mince mixture into the tin
4. Mix together the steak sauce and ¼ cup water
5. Pour this sauce mixture over the meat in the loaf tin
6. Bake meatloaf for approximately 1 hour or until piping hot in the middle
7. Baste the top of the meatloaf every 15 minutes with the sauce

Per serve:

ENERGY	SAT. FAT	CARBS	SODIUM
1060KJ	3.3g	13.8g	374mg





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

Per serve (¼ pie):

ENERGY

1200KJ

SAT. FAT

2.9g

CARBS

25.5g

SODIUM

209mg

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
2½ 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

Per serve:

ENERGY	SAT. FAT	CARBS	FIBRE	SODIUM
960KJ	0.6g	26g	12mg	56mg



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

Per serve (one pita):

ENERGY	FAT	SAT. FAT	CARB	SUGAR	SODIUM
520KJ	3.3g	1.7g	13.8g	3.8g	232mg





Butter bean, kumara and tuna salad Serves 4

Ingredients

1 medium kumara

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 kumara thoroughly and cut into 2cm cubes
3. Coat kumara in oil and spread out on a roasting dish
4. Roast kumara 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

Per serve:

ENERGY	SAT. FAT	CARBS	FIBRE	SODIUM
671KJ	1.0g	10.0g	4.7g	153mg



Taro, white bean and tuna burgers

Makes 10 large

Ingredients

1 medium sized taro

2 x 400g cans butter, haricot or cannellini beans, drained and rinsed

425g can tuna in spring water, drained

2 spring onions, chopped

2 Tbsp lemon juice

⅓ cup fresh coriander, chopped

Method

1. Peel and dice the taro (don't wash prior to peeling or wear rubber gloves to avoid itching). Place in a pot and cover with cold water. Bring to the boil and simmer until softened
2. Drain and mash the taro, and mix with all other ingredients. Form burger patties from this mix
3. Heat a frying pan and add a little oil. Cook the burgers on each side until golden brown
4. If you are making lots of burgers you can cook them on each side in the frying pan then finish cooking in the oven
5. Serve with a salad

Per serve (one burger pattie):

ENERGY	SAT. FAT	CARBS	SUGAR	SODIUM
603KJ	0.3g	20.0g	1.8g	132mg

Chicken and white bean casserole

Serves 6

Ingredients

6 skinless chicken thighs
1 Tbsp oil
1 medium carrot, diced
1 large onion, diced
1 stick celery, diced
4 cloves garlic, crushed
2 tsp Worcester sauce
1 can crushed tomatoes
1 cup water
1 tsp brown sugar
1 can butter, haricot or cannellini beans, drained and rinsed

Method

1. In a large casserole dish gently brown the chicken thighs with the oil. When browned remove from the casserole dish and set aside
2. Gently sauté the onion, carrot and celery in the casserole dish until softened and lightly browned
3. Add the garlic and mix through, do not allow garlic to brown
4. Add remaining ingredients to casserole dish and bring to the boil. Reduce the heat and put the chicken back in
5. Cover with a lid and gently simmer for approximately 45 minutes

Per serve:

ENERGY

896KJ

SAT. FAT

1.8g

CARBS

10.6g

SODIUM

262mg

WHITE BEANS





Prawn and haricot bean patties

Serves 6

Ingredients

2 cloves garlic, crushed
 500g raw prawn meat
 600g (or 2 cans) cooked haricot 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

Per serve:

ENERGY	SAT. FAT	CARBS	SUGAR	SODIUM
785KJ	0.3g	13.2g	5.2g	323mg

Baked vegetable and butter bean slice

Serves 4

Ingredients

Vegetable oil

1 onion, finely chopped

*1 can butter beans,
drained and rinsed*

*1½ 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

Per serve (without salad):

ENERGY

1053KJ

SAT. FAT

4.8g

CARBS

18.0g

FIBRE

6.5g

SODIUM

286mg

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

Per serve:

ENERGY	SAT. FAT	CARBS	FIBRE	SODIUM
544KJ	1.9g	4.0g	4.6g	202mg

CHICKPEAS





Cauliflower and chickpea curry

Serves 6

Ingredients

1 tsp oil
 ½ medium onion, diced
 2 cloves garlic, crushed
 2 Tbsp curry powder
 165ml can low-fat coconut milk
 375ml can lite evaporated milk
 1 medium carrot, sliced
 2 cups butternut pumpkin, peeled and diced
 ½ head cauliflower florets
 2 cups frozen peas
 1 can chickpeas, drained and rinsed
 1 Tbsp lemon juice
 ¼ cup fresh coriander, chopped

Method

1. Gently sauté diced onion in oil until soft and lightly browned
2. Add garlic, curry powder, 1 cup water, coconut milk and evaporated milk
3. Bring to the boil then reduce to a gentle simmer
4. Add carrot, pumpkin and cauliflower. Cook until almost tender
5. Add peas and chickpeas. Cook for a further 5 minutes then remove from heat
6. Add lemon juice and coriander and stir through. This curry is best served with brown rice

Per serve (without rice):

ENERGY	SAT. FAT	CARBS	SUGAR	SODIUM
836KJ	2.2g	22.5g	13.7g	197mg

Slow-cooked tomato, beef and chickpea casserole Serves 4

Ingredients

330g diced beef rump steak

1 Tbsp oil

2 large red onion, diced

4-8 cloves garlic, roughly chopped

2 medium carrots, diced

1 can chickpeas, drained and rinsed

2 cans crushed tomatoes

½ cup red wine

1 cup water

Method

1. Brown the diced beef with the oil in a large, heavy-based casserole dish or sauté pan
2. When well browned, remove the beef
3. In the same casserole dish add the onion, garlic and carrots and reduce the heat to sauté gently until lightly browned
4. Add all other ingredients back into the casserole dish including the beef
5. Bring to a gentle simmer and cook for approximately three hours or until the beef is very tender and the sauce has thickened into a rich gravy
6. Alternatively, for a slow cooker follow steps 1-4, then add to slow cooker and cook on low for 7-9 hours
7. Serve with mashed potato and steamed vegetables

Per serve (without side dishes):

ENERGY

1294KJ

SAT. FAT

2.8g

CARBS

22.3g

FIBRE

10.4g

SODIUM

486mg



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

CHICKPEAS



Per serve:

ENERGY	SAT. FAT	CARBS	SUGAR	SODIUM
335KJ	0.2g	9.1g	0.5g	145mg



Falafel Serves 4

Ingredients

1 cup dry chickpeas
2 slices wholegrain bread
3 cloves garlic
½ tsp baking soda
Pinch chilli powder
½ cup coriander or parsley, chopped
½ medium onion, diced
1 tsp ground cumin
½ tsp ground paprika

Method

1. Cover the dry chickpeas in plenty of cold water and leave to soak overnight. Rinse and drain thoroughly
2. Heat oven to 225°C
3. Place all ingredients into a food processor. Blend into a smooth paste
4. The mixture can be frozen for later use
5. Otherwise, form the mixture into golf ball-sized balls and flatten slightly
6. Place falafel on a lightly greased baking tray
7. Bake in oven for approximately 10-15 minutes or until lightly browned and cooked through
8. Serve with salad and yoghurt and cucumber dip in a wholemeal pita

Per serve (3 patties):

ENERGY	SAT. FAT	CARBS	FIBRE	SODIUM
1009KJ	0.4g	34.0g	11.0g	258mg



Warming chicken and bean chowder

Serves 6

Ingredients

1 Tbsp oil
1½ 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

Per serve:

ENERGY	SAT. FAT	CARBS	FIBRE	SODIUM
1628KJ	3.7g	43.0g	8.4g	584mg



FOUR BEAN MIX



Zesty rice and bean salad Serves 6

Ingredients

1 cup brown rice

1½ 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

Per serve:

ENERGY	SAT. FAT	CARBS	FIBRE	SODIUM
1628KJ	3.7g	43.0g	8.4g	584mg

Weights and measures

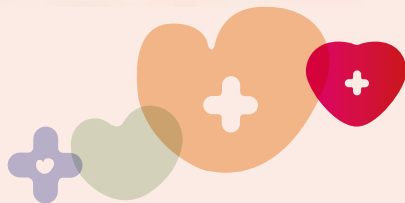
Abbreviations

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



Kitchen measures

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



Five simple steps to eating for a healthy heart

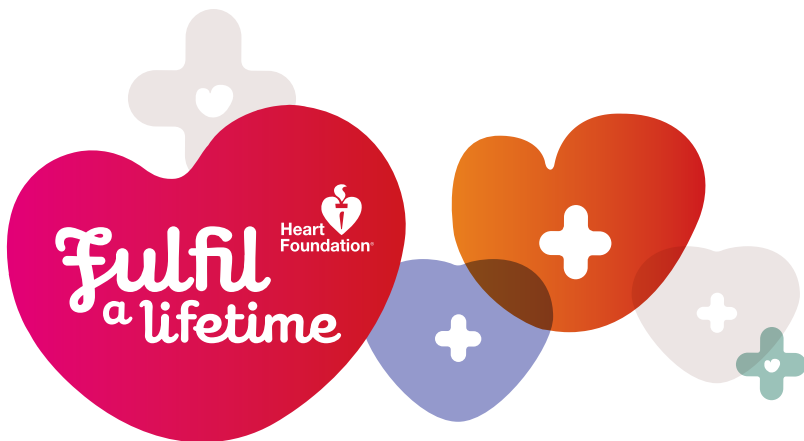
1. Eat plenty of vegetables and fruit
2. If choosing meat, make it lean; include fish as an alternative
3. Choose low-fat milk
4. Replace butter with margarine and healthy oils
5. Reduce salt; check sodium on food labels

More recipes are available at www.heartfoundation.org.nz/recipes

Other free cookbooks available in this series:

Cheap Eats e-cookbook www.heartfoundation.org.nz/cheap-eats

Vegetables e-cookbook www.heartfoundation.org.nz/vegetable-cookbook



At the Heart Foundation we are unwavering in our determination to defeat heart disease – the disease that kills more New Zealanders than any other. But we can't do it alone. All the research we fund, materials we produce and activities we undertake, with the support of people like yourself, enable New Zealanders to learn about heart disease and make lifestyle changes, so that they can live heart healthy lives.

We want you to fulfil a lifetime and look forward to precious moments with those you love.

With your help we can continue to produce high quality resources for New Zealanders affected by heart disease. To make a donation go to www.heartfoundation.org.nz/donate or contact us at:

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