



Our
recipes

Choose
Beans

by
Eurest



Transition paths to sustainable
legume-based systems in Europe



This project has received funding from the European
Union's Horizon 2020 research and innovation
programme under grant agreement No 727973



Roasted pumpkin with chickpeas



Ingredients

500 g of pumpkin

1 tablespoon thyme

830g of chickpeas

2 tablespoon coriander

salt and pepper

olive oil

cider vinegar

Method

1. Place the chickpeas to be soaked and change the water. Wash in running water. Bake the grain and reserve.
2. Place the previously cut pumpkin into an oven dish. Drizzle with olive oil and season with salt, pepper and thyme. Place in a preheated oven at 200°C for 20 minutes.
3. Then drain the grain and chop the coriander. Place these ingredients into a salad bowl.
4. When the pumpkin is roasted, but not too soft, remove it from the oven, remove the peel and cut it into small cubes. Add to the remaining ingredients.
5. Season with salt, pepper, olive oil and cider vinegar.

Allergens

Sulfur Dioxide and Sulphites

Nutrition per 100g

Energy	1104kj 264Kcal	Carbohydrates (g)	42,00
Lipids (g)	6,00	Of which	
Of which		Sugars (g)	2,00
Saturated (g)	3,00	Proteins (g)	10,00
		Salt (g)	0,27



Lentils with sautéed spinach and poached egg



Ingredients

- 1 cup of coffee lentils
- 1 carrot
- 2 cups spinach
- 1/2 cup leek
- 1 tablespoon chopped onion
- 1 tablespoon olive oil
- 1/2 mini peppers
- 1 egg

Method

1. Place the lentils to be soaked and change the water. Wash in running water.
2. Cut the carrot into cubes and pepper into sticks. Then place the olive oil in a saucepan and add the leek, onion, carrot and pepper. Let it cook for a few minutes.
3. Add the lentils and enough hot water to cover them.
4. When the lentils are almost cooked, add the spinach.
5. Poach the egg and place at the end just before serving.

Allergens

Eggs.

Nutrition per 100g

Energy	870kj 208Kcal	Carbohydrates (g)	35,00
Lipids (g)	2,00	Of which	
Of which		Sugars (g)	2,00
Saturated (g)	1,00	Proteins (g)	11,00
		Salt (g)	0,16



Stew of Lentils



Ingredients

2 tablespoons olive oil
1 medium onion, chopped
1 large red pepper, chopped
5 chopped garlic cloves
4 teaspoons pepper powder
450 g brown lentils
400 g diced tomatoes
1 bay leaf
200 g green beans
200 g courgette
200 g carrot
1/3 cup chopped fresh coriander
Sea salt and ground black pepper

Method

1. Place the lentils to be soaked and change the water. Wash in running water.
2. Heat the olive oil over medium heat. Add onion and red pepper. Sauté the vegetables for 8 minutes or until tender. stir.
3. Add the garlic and pepper powder. cook for 1 minute.
4. Add the lentils, tomatoes and bay leaves. Season with salt and ground black pepper and bring to the boil over medium-low heat, partially covered, for 30 minutes or until the lentils are tender. Remove from heat and discard the bay leaf.
5. Place 3 cup of cooked pepper in a food processor and process until pureed. Add the pureed pepper back to the rest and stir to combine. If necessary, add more salt and pepper.

Allergens

-

Nutrition per 100g

Energy	657kj 157Kcal	Carbohydrates (g)	27,00
Lipids (g)	2,00	Of which	
Of which		Sugars (g)	2,00
Saturated (g)	1,00	Proteins (g)	7,00
		Salt (g)	0,13



Vegetable rice and beans au gratin



Ingredients

80 g onion
100 g red pepper
100 g tomato
600 g leek
520 g courgette
320 g mowed heart cabbage
360 g mushrooms
500 g red beans
240 g rice
8 g garlic
Olive oil
Sweet pepper
Salt
Parmesan cheese (or other)

Allergens

Milk (including Lactose)

Method

1. Place the beans to be soaked and change the water. Wash in running water.
2. Cook the beans in water with a bay leaf and 1 garlic.
3. Put a little bit of olive oil in a saucepan and add the onion and garlic to pop. When tender, add the diced peppers. Wrap it up well. Add the tomatoes, season with a pinch of salt and sweet pepper and let it cook. Put the remaining vegetables and cook. Add the beans and set aside.
4. Add the rice with a drizzle of olive oil and garlic. Add water and cook. Reserve.
5. In a pyrex dish, place the vegetable stew, add the rice (layer style) and finish with the grated Parmesan cheese. Bake until toasted.

Nutrition per 100g

Energy	666kj 159Kcal	Carbohydrates (g)	27,00
Lipids (g)	2,00	Of which	
Of which		Sugars (g)	2,00
Saturated (g)	1,00	Proteins (g)	8,00
		Salt (g)	0,17



Vegetable curry (with chickpeas)



Ingredients

1 bunch of broccoli
1/2 courgette
1/2 eggplant
230 g chickpeas
2 tablespoon of tomato pulp
1 tablespoon of cream
1 teaspoon garlic powder
1 teaspoon of sweet pepper (paprika)
1 tablespoon curry
Salt
Ginger Powder
Chopped coriander
Olive oil

Method

1. Place the chickpeas to be soaked and change the water. Wash in running water. Bake the chickpeas and reserve.
2. Separate the broccoli branches and cut the stems into pieces. Also cut the courgette and aubergine into pieces.
3. In a pan, heat a drizzle of olive oil, add the broccoli stems and the eggplant and courgette pieces. Sauté and stir until the vegetables have a slight golden color. Add water to cover the vegetables and the tomato pulp. Season with salt and cook covered.
4. When the vegetables are tender (15 minutes later), add the broccoli flowers and the grain and cook covered for 10 minutes. When it is almost ready, add the garlic powder, sweet pepper, curry, cream and coriander. Wrap carefully to avoid crushing the vegetables.
5. Wait 5 minutes and you are ready to eat.

Allergens

Milk (including Lactose)

Nutrition per 100g

Energy	716kj 171Kcal	Carbohydrates (g)	27,00
Lipids (g)	4,00	Of which	
Of which		Sugars (g)	2,00
Saturated (g)	2,00	Proteins (g)	6,00
		Salt (g)	0,11



Sautéed pasta with mushrooms, aubergine and chickpeas



Ingredients

- 300 g pasta to your liking
- 1 clove of garlic
- 1 small eggplant
- 5 or 6 fresh mushrooms
- 1 cup cooked chickpeas
- 1 tablespoon olive oil

Method

1. Wash the chickpeas in running water.
2. Cook the dough according to the instructions on the package. Drain and set aside.
3. In a large skillet or wok, sauté the garlic in a drizzle of olive oil. Add eggplant and mushrooms cut into small cubes.
4. Season with salt and cook for 10 minutes or until golden, add the grain and the dough to wrap.

Allergens

Cereals that contain gluten.
May contain traces of egg.

Nutrition per 100g

Energy	996kj 238Kcal	Carbohydrates (g)	40,00
Lipids (g)	4,00	Of which	
Of which		Sugars (g)	3,00
Saturated (g)	1,00	Proteins (g)	10,00
		Salt (g)	0,04



Avocado and Chickpea Salad



Ingredients

120 g cherry tomatoes

230 g chickpeas

300 g lettuce

100 g arugula

1 avocado

260 g pumpkin

10 g raisins

10 g laminated almonds

Olive oil

Balsamic vinegar

Oregano

Salt

Method

1. Place the chickpeas to be soaked and change the water. Wash in running water.
2. Cook the grain and when ready set it aside.
3. Cut the pumpkin into cubes and place it to bake with olive oil and oregano. Reserve
4. Mix all the ingredients and season to taste.

Allergens

Nuts

Sulfur Dioxide and Sulphites

Nutrition per 100g

Energy	571kj 138Kcal	Carbohydrates (g)	18,00
Lipids (g)	4,00	Of which	
Of which		Sugars (g)	2,00
Saturated (g)	2,00	Proteins (g)	6,00
		Salt (g)	0,06



Ratatouille with white beans



Ingredients

1 medium Italian zucchini cut into cubes
1 medium red pepper, chopped
1 medium carrot cut into cubes
2 medium tomatoes cut into cubes
1 small eggplant cut into cubes
4 tablespoons of olive oil
1/2 cup chopped basil
2 cup of cooked white beans
Salt

Method

1. Put the beans to be soaked and change the water. Wash in running water. Bake and set aside.
2. Cut all the vegetables into cubes.
3. Cook the zucchini, peppers, carrots, tomatoes and eggplant in a pot suitable for steaming, until al dente.
4. Remove from heat. Heat the olive oil in a pan, add the vegetables and sauté for 5 minutes. Finally, mix the basil, set the salt and remove from the heat.

Serve the ratatouille with the white beans.

Allergens

-

Nutrition per 100g

Energy	799kj 191Kcal	Carbohydrates (g)	34,00
Lipids (g)	2,00	Of which	
Of which		Sugars (g)	2,00
Saturated (g)	2,00	Proteins (g)	8,00
		Salt (g)	0,17



Bean Stew



Ingredients

250 g cooked red beans

2 ripe tomatoes

1/2 red pepper

1 onion

6 cloves of garlic

1 carrot

Olive oil

Mint or coriander

2 to 3 slices of whole-day bread

Method

1. Place the beans to be soaked and change the water. Wash in running water. Cook the beans and set aside.
 2. Make a stew with olive oil, garlic, onion and tomato. Add the pepper and carrot cut in small pieces.
 3. Add a little water and add the beans. Cook for 5 minutes and turn off. The stew should have enough water to soak the bread.
4. In a bowl, place a sprig of mint or coriander, add the crusty bread into small pieces and drizzle with olive oil. Add the bean stew and serve.

Allergens

Cereals that contain gluten.

Nutrition per 100g

Energy	877kj 210Kcal	Carbohydrates (g)	38,00
Lipids (g)	2,00	Of which	
Of which		Sugars (g)	2,00
Saturated (g)	2,00	Proteins (g)	8,00
		Salt (g)	0,32



Vegetable rice and layered beans



Ingredients

80 g onion
8 g garlic
100 g red pepper
100 g tomato
600 g leek
520 g zucchini
320 g mown heart cabbage
360 g mushrooms
500 g green beans
240 g rice
Olive oil
Sweet pepper
Salt
Parmesan cheese (or other)

Allergens

Milk and milk products (including lactose)

Method

1. In a saucepan, put a little bit of olive oil with the onion and garlic to pop. When tender, add the diced peppers. Wrap it up well. Add the tomatoes, season with a pinch of salt and sweet pepper and let it cook. Put the remaining vegetables and cook. Add the green beans and set aside.
2. Add the rice with a drizzle of olive oil and garlic. Add water and let it fry a little. Reserve.
3. In a pyrex dish, place the vegetable stew, add the rice (layer style).
4. Suggestion: finish with grated Parmesan cheese. Bake until toasted or decorate with your favorite herbs.

Nutrition per 100g

Energy	666kj 159Kcal	Carbohydrates (g)	27,00
Lipids (g)	2,00	Of which	
Of which		Sugars (g)	2,00
Saturated (g)	1,00	Proteins (g)	8,00
		Salt (g)	0,17



Tarte Bean



Ingredients

1 puff pastry tart base

250 g sugar

2 tablespoons of flour

1 small can of cooked white beans

2 tablespoons of melted margarine

2 eggs + 2 yolks

Cinnamon

Powdered sugar for sprinkling

Method

1. Reduce the beans to puree.

2. Line a pie dish with a removable ring with the puff pastry.

3. Mix all the ingredients with the grain puree and beat with an electric mixer for 5 minutes.

4. Put the mixture into the pan and cook until golden.

5. When cold, sprinkle with powdered sugar.

Allergens

Gluten-containing cereals:

Eggs:

Milk (including Lactose).

Nutrition per 100g

Energy	1408kj 337Kcal	Carbohydrates (g)	52,00
Lipids (g)	11,00	Of which	
Of which		Sugars (g)	33,00
Saturated (g)	1,00	Proteins (g)	6,00
		Salt (g)	0,45



Pasta with Peas and Tomato



Ingredients

150 g noodles
200 g tomato
60 g onion
15 ml olive oil
100 g cherry tomato
200 g cooked peas
Basil
Mozzarella cheese
Garlic
Oregano
Salt

Method

1. In a pan with olive oil, place the onion and garlic to pop. Add the tomato sauce and season with a pinch of salt and oregano. Allow to set and reserve.
2. Bake the dough in salted water. Drain and set aside.
3. Cook the peas in salted water for about 10 minutes. Drain and reserve.
4. Serve the pasta with the peas, tomato sauce and cherry tomatoes.
5. Suggestion: sprinkle with grated mozzarella cheese and decorate with some basil leaves.

Allergens

Cereals that contain gluten.
Milk (including lactose).
May contain traces of egg.

Nutrition per 100g

Energy	631kj 151Kcal	Carbohydrates (g)	24,00
Lipids (g)	3,00	Of which	
Of which		Sugars (g)	2,00
Saturated (g)	1,00	Proteins (g)	7,00
		Salt (g)	0,14



Grilled vegetables with pea couscous



Ingredients

2 eggplants
2 seedless peppers cut into vertical slices
2 carrots cut diagonally
1 onion cut into 8 slices
1/4 cup of olive oil
2 tablespoons of vinegar
2 crushed garlic cloves
Salt
Fine herbs

Method

1. Cut the eggplants in half, vertically. Cut vertical sliced peppers and onion in 8 sections.
2. Steam the vegetables for about 5 minutes.
3. Place the vegetables on a platter.
4. Mix the olive oil, vinegar, salt, fine herbs, crushed garlic cloves with all the vegetables.
5. Let stand for 1 hour, stir from time to time
6. Place the vegetables on the grill, it can be an electric grill, leave for 3 or 4 minutes.

Allergens

Cereals that contain gluten.
Sulfur Dioxide and Sulphites.

Nutrition per 100g

Energy	435kj 104Kcal	Carbohydrates (g)	18
Lipids (g)	2	Of which	
Of which		Sugars (g)	2
Saturated (g)	1	Proteins (g)	5
		Salt (g)	0,09



Soy Bolognese



Ingredients

70 g spaghetti pasta

1 onion

2 garlic cloves

1 carrot

100 g granulated soy

100 ml tomato sauce

1/3 glass of white wine

Olive

Pepper

Salt

Basil

Grated cheese

Method

1. Place the spaghetti to cook with a little salt.
2. Chop the onion and garlic. Cut the carrot into small cubes.
3. Sauté the garlic and onion in olive oil and add the diced carrots. Let it cook for a few minutes.
4. Add tomato sauce and white wine to the granulated soybeans. Cook for a few minutes until refined.
5. Season with salt and pepper.
6. To finish, put the spaghetti on the plate, then the soy, cheese and basil on top.

Allergens

Gluten-containing cereals:

Milk (including lactose):

Soy:

Sulfur Dioxide and Sulphites.

May contain traces of egg.

Nutrition per 100g

Energy	1186kj 283Kcal	Carbohydrates (g)	41,00
Lipids (g)	3,00	Of which	
Of which		Sugars (g)	2,00
Saturated (g)	1,00	Proteins (g)	22,00
		Salt (g)	0,22



Oriental Rice



Ingredients

350 g rice
1l vegetable broth
100 g chopped onion
250 g baby carrot
450 g peas
200g corn
50 g grated parmesan cheese
50 g sliced red pepper
20g chopped garlic
3 tablespoons white wine
Saffron
Pepper
Mint

Method

1. Heat 2 tablespoons of olive oil in a saucepan over medium heat. Add onion, garlic and cook, stirring occasionally, until transparent, for about 6 to 7 minutes.
2. Add the rice and cook until it is wrapped in the olive oil. Add the wine and cook until it almost evaporates, approximately 3 to 4 minutes.
3. Add about 2 cups of hot broth, saffron to taste and cook.
4. When the rice is almost done, add the peas, corn, baby carrots, peppers in strips and cook for another 12 minutes.
5. Suggestion: add the grated Parmesan cheese and sprinkle with mint.

Allergens

Milk and milk-based products (including lactose):

Nutrition per 100g

Energy	731kj 175Kcal	Carbohydrates (g)	28,00
Lipids (g)	3,00	Of which	
Of which		Sugars (g)	1,00
Saturated (g)	1,00	Proteins (g)	6,00
		Salt (g)	0,26



Pasta with courgette and beans



Ingredients

Red beans
Pasta
Courgette
Tomato paste
Onion
Garlic and piri-piri
Mixture of peppers
Sweet pepper
Salt
Olive oil
Beer (optional)
Parsley (optional)

Method

1. Place the beans to be soaked and change the water. Wash in running water. Cook the beans.
2. Bake the dough in a pan, with a little salt. Add a drizzle of olive oil.
3. In a frying pan put olive oil, onion and garlic and let it sauté.
4. When the onion is transparent, add the courgette, previously cut into pieces. Let it cook a little.
5. Add tomato pulp and season with a little salt, pepper mixture, sweet pepper.
6. Add some beer. Leave to heat for a few more minutes.
7. Add the beans, already cooked. Leave in the mixture for about 5 minutes.
8. Serve the pasta with the mixture and decorate the dish with parsley.

Allergens

Gluten-containing cereals.
May contain traces of egg.

Nutrition per 100g

Energy	831kj 199Kcal	Carbohydrates (g)	35,00
Lipids (g)	2,00	Of which	
Of which		Sugars (g)	2,00
Saturated (g)	1,00	Proteins (g)	10,00
		Salt (g)	0,11



Stew of 2 beans



Ingredients

1 cup red beans

1 cup white beans

1 red onion

1/2 cup leek

1 eggplant

1 tablespoon garlic

1/2 mini peppers

Olive oil

Salt, pepper, cloves

Method

1. Place the beans to be soaked and change the water. Wash in running water.
2. In a pan with olive oil, sauté the previously cut vegetables.
3. Add the beans and enough hot water to cover them, let them cook.
4. When the beans are almost cooked, rectify the seasonings.
5. Suggestion: serve with white rice and garnish with freshly chopped parsley.

Allergens

-

Nutrition per 100g

Energy	870kj 208Kcal	Carbohydrates (g)	35,00
Lipids (g)	2,00	Of which	
Of which		Sugars (g)	2,00
Saturated (g)	1,00	Proteins (g)	11,00
		Salt (g)	0,16



Sautéed grain and vegetables



Ingredients

1/2 courgette

1/2 eggplant

230 g chickpeas

2 tablespoon of tomato pulp

1 tablespoon of cream

1 teaspoon garlic powder

Salt

Salt, pepper

Olive oil

Coriander

Allergens

-

Method

1. Place the chickpeas to be soaked and change the water. Wash in running water. Bake the chickpeas. Reserve.
2. Cut the courgette and aubergine into pieces.
3. In a pan, heat a drizzle of olive oil, the pieces of eggplant and courgette. Sauté, stirring occasionally, until the vegetables have a slight golden color. Add water to cover the vegetables and the tomato pulp. Season with salt and cook covered.
4. When the vegetables are tender (15 minutes later), add the beans and cook covered for 10 minutes. When you're almost done, add the cream and the coriander. Wrap carefully.
5. Cover and turn off the heat. Wait 5 minutes and you are ready to eat.
6. Suggestion: decorate with freshly chopped coriander.

Nutrition per 100g

Energy	716kj 171Kcal	Carbohydrates (g)	27,00
Lipids (g)	4,00	Of which	
Of which		Sugars (g)	2,00
Saturated (g)	2,00	Proteins (g)	6,00
		Salt (g)	0,11

