

# Clarifying the Contents: Pulses & Beans

Canned beans and pulses are an amazing addition to any store cupboard. They are already cooked in the can, saving hours of soaking and blanching needed to prepare dried beans. From lentils, borlotti beans, chickpeas to the classic baked bean, canned beans and pulses are fantastic as an ingredient to a main meal or as a snack such as baked beans on toast.

## ● Amanda Ursell says ●

“Canned beans and pulses are the ultimate convenience food. Packed with fibre and giving us useful amounts of the mineral iron – needed for concentration and energy – and the B vitamin folate for healthy nerves, canned beans and pulses can be used straight from the can as a tasty addition to everything from curries to chillis, pastas to soups. The classic Baked Bean gives us protein, is low in fat and loved by children everywhere. The good news is that the amount of salt and sugar in baked beans has been reduced over the past three years, making them even healthier.”



Amanda Ursell is a qualified nutritionist and has a diploma in dietetics. She is also an award winning journalist, television presenter and author.

## What's in the Can?

A can of baked beans is consumed every 14 seconds in the UK. Since 2005, the industry has removed over 380 tons of salt per year from canned baked beans – that's the equivalent weight of the London Eye! As consumer tastes have changed, even more sugar has been removed from baked beans – around 760 tons per year. Added ingredients have also been removed from Red Kidney Beans – sugar is down by 90 tons per year; that is nearly half the weight of the Angel of the North.

## A 135G serving of baked beans gives us:

- 5g of fibre needed for good digestion. This is almost a third of our daily target.
- 7g of protein which is around a sixth of a woman's protein needs for the day.
- Gives us 2mg of iron which is nearly a quarter of a 7-10 year old child's daily need for this energy-boosting mineral.
- Packs in 45 micrograms of folate, a B vitamin which is crucial for healthy nerves.



## Store Cupboard Essentials

- Baked beans on toast makes a great breakfast for children because it is low GI, meaning that energy is released slowly over the morning ahead. This helps children to feel full and able to concentrate in the classroom.
- Three heaped tablespoons of canned beans and pulses count towards your 5-A-DAY.
- Avoid soaking and blanching – canned beans and pulses are perfectly prepared for you so you can add them straight from the can.
- Baked beans are great on the move. With their ring pull tops you can easily take them anywhere, from camping at a festival to work for a healthy office lunch.



### Notes to editor:

Data was provided by Premier Foods and Heinz, filler members of Canned Food UK, and TNS in Q1 2009 as sourced by Canned Food UK. Participants in the research include. The research excludes imported produce. Market data was taken from the TNS Canned Food Report 2008/09

# Recipe Sheet

## Spicy Bean Burgers

Serves 6

Preparation and cooking time: 10 minutes



Course:

Main

Dish:

Vegetarian

Serves:

6

Nutritional information per serving:

Calories: 210

Protein: 46g

Carbohydrate: 101g

Fat: 4g

## Ingredients



1 x 400g can chopped spinach (drained)

1 x 420g can low salt baked beans

1 x 410g can borlotti beans (drained)

1 x 198g can sweetcorn (drained)

1 small red onion (finely chopped)

1 garlic clove (crushed)

1 red chilli (deseeded)

50g breadcrumbs

1 tsp ground cumin

1 tbsp freshly chopped coriander

6 slices french bread

## Instructions



1. Cook the onions, garlic and chilli in a frying pan for 3 minutes until softened but not coloured.
2. Meanwhile, squeeze all of the moisture out of the spinach and combine in a large bowl with the baked beans, borlotti beans, sweetcorn, breadcrumbs, cumin and coriander.
3. Mash together and add the onion, garlic and chilli mixture. Season and shape the mixture into patties, then lightly grill for 3 minutes for each side. Serve on a french bread slice with salad and relish.