

PRE-COOKED BEANS FOR QUICK MEALS

Precooked Beans for quick cooking by consumers in 15 minutes



TECHNOLOGY / SOLUTION

Pre-cooked whole beans come as dried, canned or bagged and frozen products which can be prepared in only 10 to 15 minutes, saving over 1.5 hours of cooking time.



PROBLEM / ISSUE SOLVED

- Common beans are the second most important source of human dietary protein but their consumption is limited
- Consumption of common beans is limited by the high energy and water requirements for cooking beans as well as the long cooking time of 2-3 hours
- In recent years, the rapid expansion of urban populations, rising incomes, and the high cost of energy have fueled the demand for fast-cooking processed foods



GOOD FOR
Small-scale processors
Community-based enterprises
Large industrial manufacturers



BENEFITS

- ✓ Precooked beans require less time, fuel and water to cook
- ✓ Precooked beans eliminate the need for soaking
- ✓ Precooked beans lowers cooking costs by 90% which leads to saving in energy expenditure of households
- ✓ Decreases of wood and fossil fuel use for cooking beans furthermore conserve forests and mitigate carbon emissions
- ✓ Precooked beans improves incomes for producers by creating a more lucrative market for bean farmers

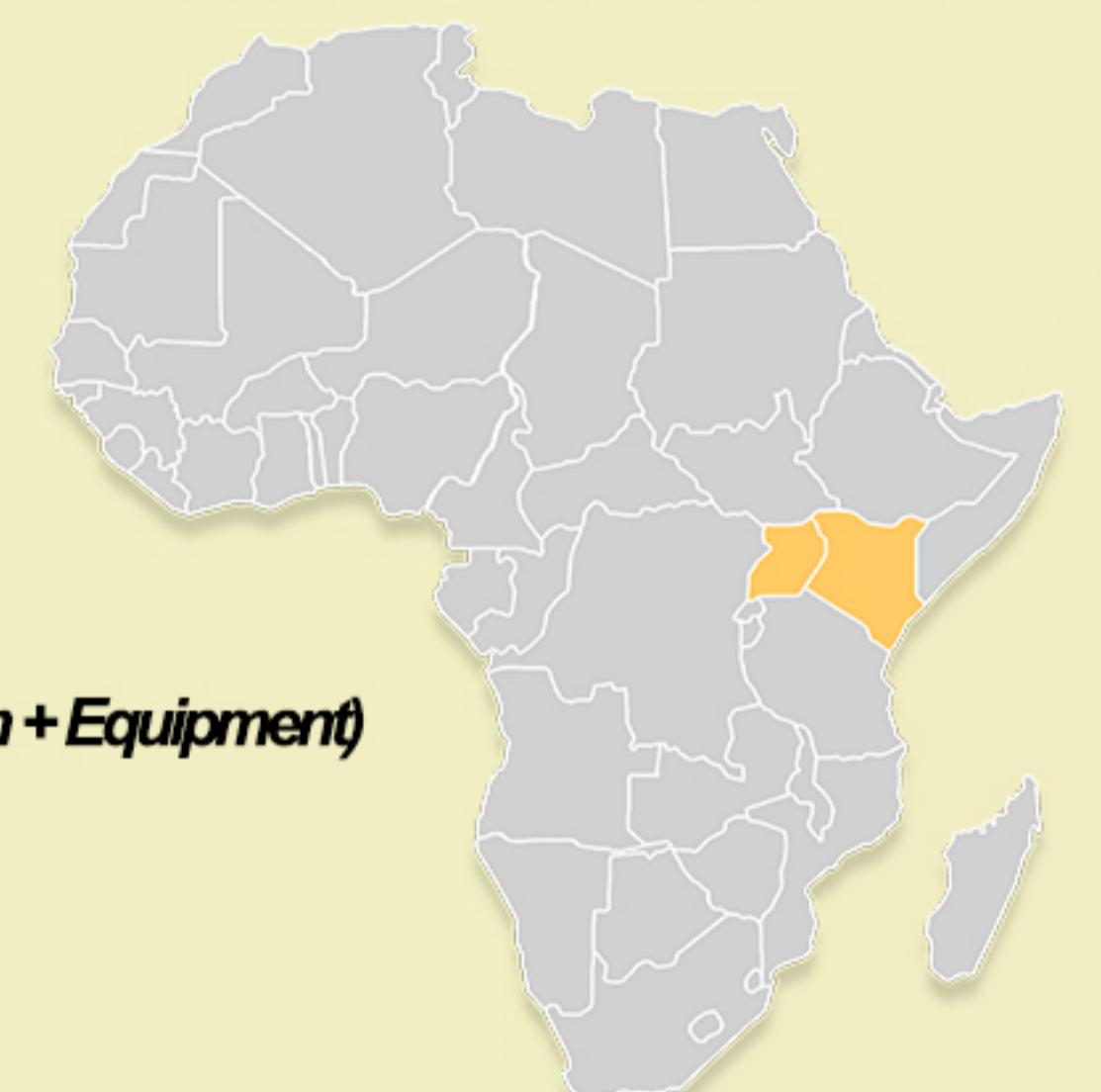


Agri-food processing
Speciality

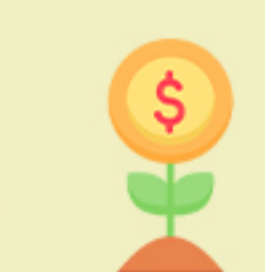
ALREADY IN USE IN



Beans
Commodity



USD 8 millions (450 ha of farm + Equipment)
Initial investment



32% to 53% (in 3 years)
Return On Investment

Kenya, Uganda

HOW DOES IT WORK?

The process starts with sorting, washing and sizing. This is followed by blanching, soaking, sterilizing, cooking of hydrated beans, and drying at room temperature for 24 hours. Beans are then packaged and frozen.

Processing of canned beans requires after cooking, brine addition, cooling, canning and labelling.

