

PRE-COOKED BEANS FOR QUICK MEALS

Fast cooking beans. Save time, eat nutritious food



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 Wholesalers of agrifood products



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



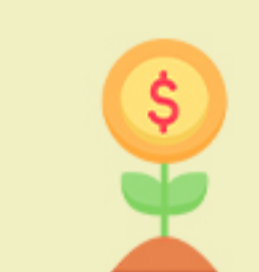
Agri-food processing
Speciality



Beans
Commodity

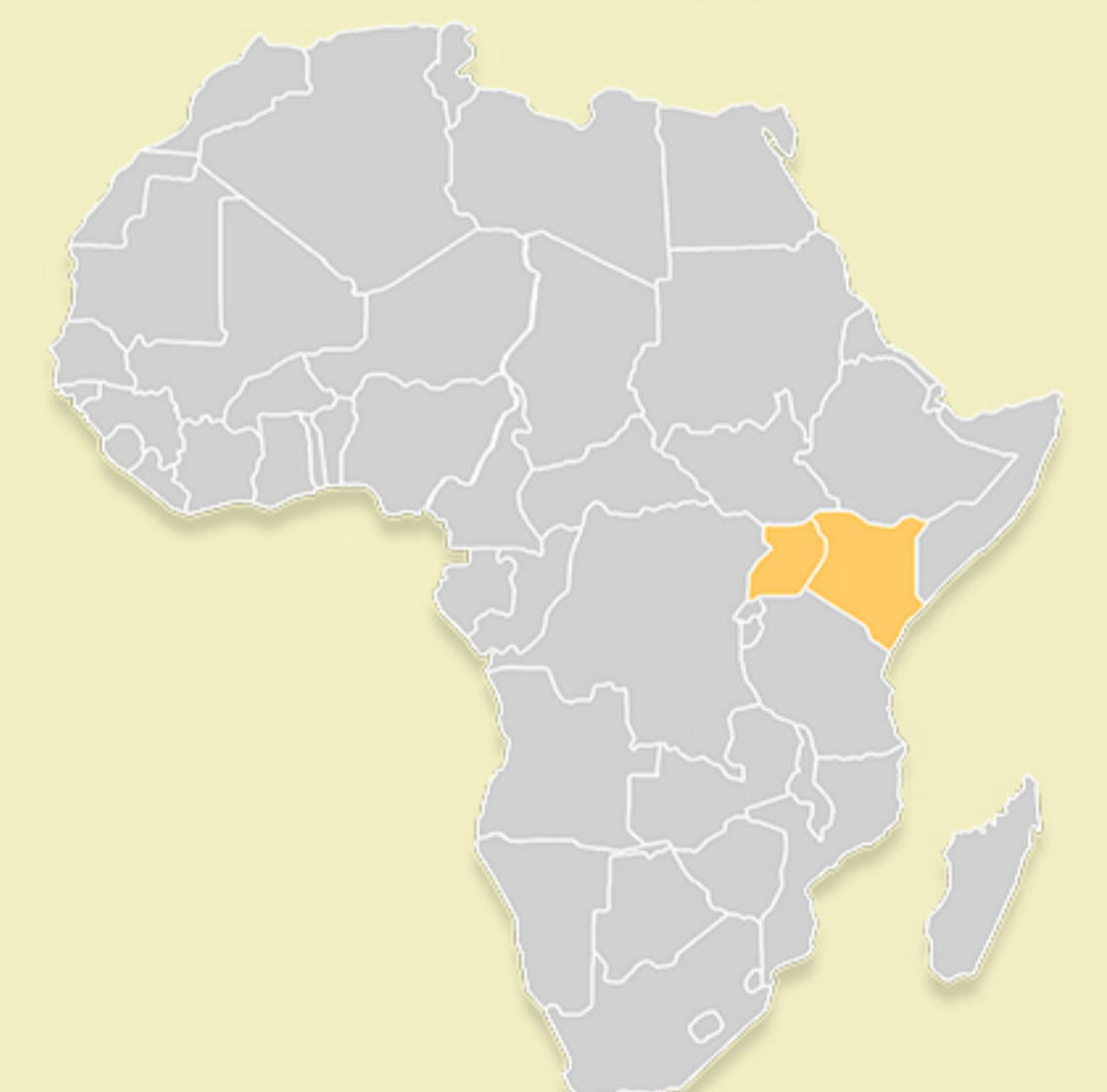


USD 1.2 - 1.5 / 700g
Purchase price



USD 0.2 - 0.5 / 700g
Return Of Investment

ALREADY IN USE IN



Kenya, Uganda

HOW DOES IT WORK?

Drain and rinse beans in cold water. Place beans in a heavy-duty pot, cover with good quality olive oil, salt and aromatics. Season the beans for how you plan to use them.

Heat them over a stove or microwave to medium and simmer until liquid has reduced slightly to coat beans, 10-15 minutes. It's ready, enjoy your meal.

