Bean feast

Beans are a great plant source of protein whether they are dried, canned or frozen. They come in a diverse range of colours, sizes, textures and flavours. Why not try some of these beans to dishes such as soups, casseroles and salads?

- **Red kidney beans**: Add red kidney beans to your chilli
- **Broad beans**: Add broad beans to your salad
- **Mung beans**: Add mung beans to your curry
- **Lima beans**: Make a bean-based dip using lima beans
- **Flageolet beans**: Add flageolet beans to your casserole
- **Haricot beans**: Make your own baked beans using haricot beans
- **Black beans**: Add black beans to your tacos
- **Black eyed beans**: Add black eyed beans to your stew
- **Pinto beans**: Add pinto beans to your stir fries

**Top tip!**
Always follow the instruction when cooking with dried beans.

**How many of these beans have you tried?**

Share your beany creations with us on twitter @NutritionOrgUK #HEW22 or email us at postbox@nutrition.org.uk