

Cheap Family Food Factsheet



Beans & Pulses

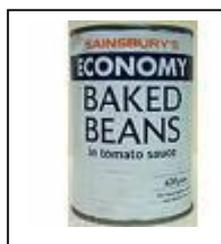
Beans, lentils and pulses are great forms of protein and a lot cheaper than meat and fish. Adding beans and pulses to your meals and reducing the quantity of meat can make your money go further. For example: add a tin of baked beans into mince for Shepherd's Pie or Spaghetti Bolognese. Or you can use them instead of meat sometimes - why not have one or two vegetarian meals every week? They're cheap, quick to prepare and extremely healthy and good for you.

Pulses, beans and lentils come in tins or dried in packets. The tinned ones are easiest and quickest to use – you just drain them and add them into your recipe. You can even whizz them up in a blender if your children don't like the whole ones. You may need to add a little more liquid to the recipe if it gets too thick.

Packets of dried ones are cheaper and all (except red lentils) need a long soak before using – usually overnight the day before cooking. The instructions are on the packaging.



Use tins of haricot beans, black-eyed beans, pinto beans, red kidney beans, borlotti beans, chickpeas etc by draining the liquid off and adding them into your meal for the last five minutes of cooking time. Look for tins without added salt and sugar or rinse the beans well before use.



Adding in a whole tin of baked beans or chopped tomatoes helps thicken up your dish as well as adding goodness. Economy brands are just as good as the more expensive ones for cooking.



Red lentils can be added directly into stews and casseroles that will cook for at least an hour.



All dried beans, chickpeas, green and brown lentils will need soaking and /or boiling before use. Follow the instructions on the packet.