



ALL NATURAL FOOD WITH REAL SOUL

## Our one-pot meals Lunch on the go or supper in a mo!



Above  
Moroccan  
Tagine Lunch

**High in protein, virtually fat free and with more fibre than many wholegrains, beans are one of nature's healthiest foods!**

Infused with fragrant spices and herbs, slow-cooked with chunky vegetables and rich stocks, our one-pot bean recipes elevate the humble pulse to superfood status.

Eat our bean pots on their own – our recipes are balanced for a healthy diet – or as part of a meal with couscous or rice.

## Pots of taste & pots of health

At Easy Bean we believe in creating food that's as delicious as it is healthy; and that eating a balanced diet of wholesome all natural food makes perfect sense.

Inspired by soul foods of the world and our love of the bean, we have created a range of one-pot dishes, to satisfy as lunch or to be savoured for supper.

Using the very best all natural ingredients, we lovingly prepare our recipes in small batches in our kitchens in Somerset.

Below New Mexican Chilli Lunch



## Get in Touch with us

Let us know how you serve or eat our one-pot meals – when, where, with what!? We have some prizes planned...

info@easybean.co.uk  
www.easybean.co.uk

Our new website will be ready in October, so please do e-mail us in the meantime.



Above Spanish Puchero Lunch

## 10 good things to know about beans



1. More protein than any other vegetable ingredient
2. High in fibre, both soluble & insoluble. Soluble fibre helps the body to lower cholesterol in the blood. Insoluble fibre improves digestive health
3. Low Gi index. As a complex carbohydrate it takes longer to digest and so you feel fuller for longer.
4. Low in fat
5. Good source of iron
6. 80g portion of cooked beans counts as one portion of your fruit & veg
7. A source of natural phytoestrogens. Isoflavonoids are used for the relief of menopausal symptoms
8. Beans and pulses are legumes, these plants fertilise the soil as they grow
9. Producing pulses uses far less of the world's natural resources than meat or dairy production
10. Protein from cereals such as wheat or rice compliments the proteins in pulses



## moroccan tagine

A staple dish of North Africa and named after the vessel in which it is traditionally cooked, our tagine is a hotpot of slow-cooked **chickpeas**, Mediterranean vegetables, apricots and aromatic spices – very Moorish!

### LOVELY LUNCH IDEA:

Delicious served into pitta bread.

### SUPER SUPPER IDEA:

Serve the tagine piping hot and pile onto couscous or rice and top with toasted flaked almonds and fresh coriander or mint.

## indian sambar

A Sambar is a vegetable curry from South India, and is both an everyday dish as well as the curry served at feasts. **Toor Dhal peas** are simmered slowly with coconut and tamarind juice, finished with chunky vegetables and mustard seed.

### LOVELY LUNCH IDEA:

Accompany with naan bread.

### SUPER SUPPER IDEA:

Perfect with rice, coconut or fruit chutney and fresh coriander

## spanish puchero

A puchero is a hearty, sustaining hotpot eaten across Spain and South America, and named after the bulbous earthenware pot in which it is traditionally cooked. The aptly named **butter bean** has a rich, almost buttery flavour, complimented here by spicy chorizo sausage and an oak smoked paprika from the Extremadura region of Spain.

### LOVELY LUNCH IDEA:

Mop up the juices with crusty bread.

### SUPER SUPPER IDEA:

Warm the puchero and serve into a roomy soup bowl, topped with a quartered hard boiled egg and a green salad as a side dish.

## new mexican chilli

A classic combination of **red beans**, sweet peppers and tomatoes, spiked with the jalapeño chilli from Mexico. Known to aficionados as 'Bowl o' Red'.

### LOVELY LUNCH IDEA:

Yummy on toast or with a jacket potato.

### SUPER SUPPER IDEA:

Serve over rice or into tortillas with a dollop of sour cream, sliced shallots, avocado and lots of fresh coriander.

## african palava

This delicious West African hotpot is a colourful profusion of **brown beans**, free range chicken, peanuts, sweet potatoes and spinach; so perhaps that's why it's called "palava" which means to talk profusely!

### LOVELY LUNCH IDEA:

if you are feeling particularly hungry serve with a baked potato!

### SUPER SUPPER IDEA:

For a real African theme serve with fried plantain. Or simply serve with brown rice and top with fresh coriander.

