

SOURCE OF INSPIRATION

DISCOVER BONDUELLE'S NEW PRODUCT LINE OF 540 ML CANNED PULSES!



A CONVENIENT AND SUSTAINABLE FORMAT DEPENDING ON YOUR NEEDS



WHAT ARE **PULSES?**

A nutrient-dense superfood

Pulses are the dried, edible seeds of plants in the legume family. Also known as grain legumes, the most common varieties of pulses are dried beans, dried peas, chickpeas and lentils.

WHY YOU SHOULD EAT **PULSES**

- They are packed with nutrients
- They contribute to food security
- · They have countless health benefits
- They are sustainable and have a positive impact on the environment
- They enhance biodiversity



ADD PULSES EASILY TO YOUR DIET!

- Add them to soups and salads
- Substitute lentils and beans for meat in spaghetti sauce or tacos
- Add white beans to thicken smoothies
 - Replace cream with chickpea or navy bean purée in soups

RECIPES



RED BEAN BROWNIES



Portions: 25



Preparation Time: 15 minutes



Cooking Time: 30 minutes



INGREDIENTS

1/4 cups (300 ml)	Bonduelle dark red kidney beans
1 cup (250 ml)	all-purpose flour
2 cups (500 ml)	dark chocolate
1/2 cup (125 ml)	butter
3/4 cups (400 ml)	sugar

8 eggs

1/4 tsp (1.2 ml)

1/2 cup (125 ml) pine nuts

PREPARATION

- In a large bowl, mix together flour, sugar and salt.
- Drain and rinse beans, then purée.
- · Melt chocolate with butter in a double boiler.
- · Add sugar and flour. Mix well.
- · Add pine nuts.
- Pour the mixture into a pre-buttered, oven-proof pan.
- Smooth out the top of the brownie mixture.
- Bake in a 320 °F (160° C) preheated oven for about 30 minutes.

Pour 1 brownie (65 g)		
Amount Teneur	% Daily V % valeur quotidie	
Calories / Calorie	s 286	
Fat / Lipides 17 g	2	6 %
Saturated / saturated + Trans / trans 0		8 %
Cholesterol / Cho	olestérol 75 mg	
Sodium / Sodium	110 mg	5 %
Carbohydrate / G	lucides 29 g 1	0 %
Fibre / Fibres 2	9	9 %
Sugars / Sucres	20 g	
Protein / Protéine	s 5 g	

Bonduelle Black Beans

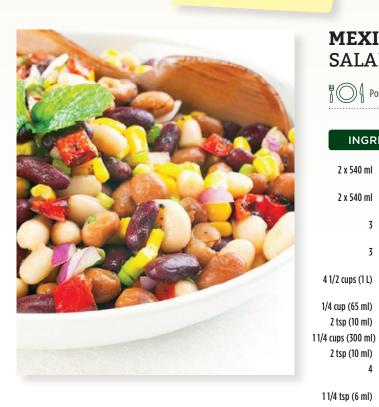
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Nutrition Facts

Valeur nutritive

Vitamin A / Vitamine A Vitamin C / Vitamine C

Calcium / Calcium



MEXICAN BEAN SALAD



with Bonduelle black beans

Portions: 24



Preparation Time: 10 minutes



Cooking Time: 30 minutes

INGREDIENTS

2 x 540 ml	Bonduelle black beans, drained and rinsed	•
2 x 540 ml	Bonduelle navy beans, drained and rinsed	•
3	medium red onions, chopped	
3	medium red peppers,	•

chopped

4 1/2 cups (1 L) Bonduelle whole kernel corn, drained

1/4 cup (65 ml) fresh cilantro, chopped 2 tsp (10 ml) Dijon mustard

2 tsp (10 ml) ground cumin cloves garlic,

finely chopped

olive oil

11/4 tsp (6 ml) 3/4 tsp (2 ml) pepper

PREPARATION

Bonduelle Navy Beans

- In a large bowl, mix together beans, onions, peppers, corn and cilantro.
- In another bowl, dilute mustard with wine vinegar. Gradually add oil a little at a time while whisking. Add cumin, garlic, salt and pepper.
- Pour salad dressing onto salad. Toss well.
- Let stand in fridge for 30 minutes.

Nutrition Facts Valeur nutritive

Per 1 serving (140 g) Pour 1 portion (140 g)

Amount	% Daily Value
Teneur % vale	ur quotidienne
Calories / Calories 230	
Fat / Lipides 12 g	18 %
Saturated / saturés 1.5 g + Trans / trans 0 g	8 %
Cholesterol / Cholestéro	I 0 mg
Sodium / Sodium 290 mg	12 %
Carbohydrate / Glucides	25 g 8 %
Fibre / Fibres 6 g	24 %
Sugars / Sucres 2 g	
Protein / Protéines 7 g	
Vitamin A / Vitamine A	4 %
Vitamin C / Vitamine C	35 %
Calcium / Calcium	4 %

20 %

For more pulse recipes, visit bonduelle-foodservice.ca

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GET TO KNOW PULSES



DESCRIPTION
Tender with a lingering hint of mushroom.

DELICIOUS IN

Soups, rice, salads and salsas. Black beans are originally from South America and are often found in Mexican, Caribbean and Latin American recipes.



DESCRIPTION

Brown when cooked and smaller and rounder than the Laird variety, lentils are firm with a slightly peppery taste.

DELICIOUS IN

Italian recipes, especially soups and pastas. They also work well in salads and rice dishes.



Small, oval-shaped white beans with a delicate taste and floury texture.

DELICIOUS IN

DESCRIPTION

Soups, chowders, salads and purées. The legume of choice for the classic baked beans.



DESCRIPTION
Tender with a subtle, slightly nutty flavour.
Creamy when mashed.

DELICIOUS IN

Salads, soups, stews, chilis and ragouts. Often used in traditional Italian dishes like minestrone soup.



DESCRIPTION
Mild taste and texture.

DELICIOUS IN

The bean par excellence for Mexican food, chili and Creole dishes. Often used in salads. Rice and beans is an essential staple throughout South America.



DESCRIPTION

A nutty after-taste with a firm, dry texture.

DELICIOUS IN

The foundation of many Middle Eastern dishes like hummus (puréed chickpeas) and falafel (deep-fried, seasoned chickpea balls served in pita bread with fries).

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