



SOURCE OF INSPIRATION

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

PULSES



A CONVENIENT AND SUSTAINABLE FORMAT DEPENDING ON YOUR NEEDS



Six Bean Blend
10067
24 x 540mL

Black Beans
10064
24 x 540mL

Dark Red
Kidney Beans
10065
24 x 540mL

Lentils
10069
24 x 540mL

White
Kidney Beans
10070
24 x 540mL

Navy Beans
10068
24 x 540mL

Chick Peas
10066
24 x 540mL

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



DID YOU KNOW?

*Can also be made
with Bonduelle
black beans*

RED BEAN BROWNIES



Portions: 25



Preparation Time:
15 minutes



Cooking Time:
30 minutes



INGREDIENTS

- 1 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
- 1 3/4 cups (400 ml) sugar
- 8 eggs
- 1/4 tsp (1.2 ml) salt
- 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.

Nutrition Facts Valeur nutritive

Per 1 brownie (65 g)
Pour 1 brownie (65 g)

| Amount Teneur | % Daily Value % valeur quotidienne |
|--|---------------------------------------|
| Calories / Calories 286 | |
| Fat / Lipides 17 g | 26 % |
| Saturated / saturés 9 g | 48 % |
| + Trans / trans 0.5 g | |
| Cholesterol / Cholestérol 75 mg | |
| Sodium / Sodium 110 mg | 5 % |
| Carbohydrate / Glucides 29 g | 10 % |
| Fibre / Fibres 2 g | 9 % |
| Sugars / Sucres 20 g | |
| Protein / Protéines 5 g | |
| Vitamin A / Vitamine A | 9 % |
| Vitamin C / Vitamine C | 0 % |
| Calcium / Calcium | 2 % |
| Iron / Fer | 18 % |



MEXICAN BEAN SALAD



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
- 1 1/4 cups (300 ml) olive oil
- 2 tsp (10 ml) ground cumin
- 4 cloves garlic, finely chopped
- 1 1/4 tsp (6 ml) salt
- 3/4 tsp (2 ml) pepper

PREPARATION

- 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. Serve.

Nutrition Facts Valeur nutritive

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

| Amount Teneur | % Daily Value % valeur quotidienne |
|---------------------------------------|---------------------------------------|
| Calories / Calories 230 | |
| Fat / Lipides 12 g | 18 % |
| Saturated / saturés 1.5 g | 8 % |
| + Trans / trans 0 g | |
| Cholesterol / Cholestérol 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 % |
| Iron / Fer | 20 % |

For more pulse recipes, visit
bonduelle-foodservice.ca

GET TO KNOW PULSES



BLACK BEANS

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.



LENTILS

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.



NAVY BEANS

DESCRIPTION

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

DELICIOUS IN

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



WHITE KIDNEY 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.



DARK RED KIDNEY BEANS

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.



CHICKPEAS

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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