

Recipe ideas using pulses

Our ***Eating well: vegan infants and under-5s*** book has the following recipes incorporating pulses:

Meals suitable for 7–9-month-olds:

- African sweet potato stew (incl. kidney beans) (Pg 45)
- Avocado and peas with mashed potato (Pg 46)
- Chickpea and spinach dahl with mashed sweet potato (Pg 47)
- Chickpea, leek and carrot stew (Pg 48)
- Kidney bean, apple and root vegetable stew (Pg 49)
- Rice, red lentil and cauliflower purée (Pg 52)

Meals suitable for 10–12-month-olds:

- Gram flour 'omelette' with baked beans (Pg 60)
- Potato, pea and cauliflower mash (Pg 66)
- Sweet potato and red pepper stew (with peas) (Pg 68)

Meals suitable for 1–4-year-olds:

- Breadsticks with cannellini bean houmous dip and tomato and avocado wedges (Pg 98)
- Rice cakes with lentil and peanut butter pâté, and red and green pepper (Pg 103)
- Wholemeal toast with pinto bean spread, and carrot sticks (Pg 106)
- Black-eyed bean chilli with yellow rice and roasted vegetables (Pg 107)
- Channa aloo, vegetable pilau and masoor dahl (Pg 108)
- Chickpea burger with wholemeal roll and salad (Pg 109)
- Pitta bread with falafel, houmous, and carrot and cucumber sticks (Pg 111)
- Vegetable crumble with mashed potato and baked beans (Pg 116)

Our ***Eating well recipe book: Simple, cost-effective ideas for the whole family*** has the following recipes incorporating pulses:

Soups:

- Leek, potato, and pea soup (Pg 16-17)
- Lentil and carrot soup (Pg 18-19)
- Other: Black-eyed bean and vegetable, Chickpea and spinach, Green pea, lettuce and mint, Lentil and tomato with cumin, Mushroom and butter bean with parsley, Split pea and leek

Jacket potatoes:

- Jacket potato with vegetable chilli (with red kidney beans) (Pg 28-29)
- Other: with baked beans, Canned mixed bean salad, Houmous and green leaves, Mashed tuna with kidney beans and salsa
- Mediterranean pie (with chickpeas) (Pg 36-37)

Stews

- African sweet potato stew (with red kidney beans) (Pg 42-43)
- Baked bean and veggie sausage hotpot (Pg 44-45)
- Goulash (with cannellini beans) (Pg 48-49)
- Various stews can be made with any combination of: Aduki beans, Black beans, Black-eyed peas, Butter beans, Cannellini beans, Edamame beans (You can buy these frozen), Kidney beans, Lentils (red or green), Low-salt and low-sugar baked beans, Pinto beans, Split peas

Rice:

- Jerk chicken with rice and beans (Pg 54-55)
- Vegetable biryani (with chickpeas) (Pg 58-59)

Pasta

- Pasta with green beans and peas (Pg 64-65)

No cook meals

- Pitta bread with houmous and cucumber, with carrot salad (Pg 74-75)
- Savoury couscous salad (with chickpeas) with tuna (Pg 76-77)
- Mexican bean and cheese wrap, with red pepper and celery (Pg 78-79)
- Sandwiches or salads with Bean spreads such as houmous; peas, beans or lentils.

