

PRE-COOKED (READY TO EAT) BEANS FOR QUICK MEALS

Fast cooking beans to save energy and time and eat a nutritious diet



TECHNOLOGY / SOLUTION

Pre-cooked whole beans come as dried, canned or bagged and or frozen products that can be prepared in between 10 to 15 minutes, saving over 1.5 hours of cooking time.



PROBLEM / ISSUE SOLVED

- Common beans are the second most important source of human dietary protein but their consumption is limited
- Consumption of common beans is limited by the high energy and water requirements for cooking as well as the long cooking time of 2-5 hours
- In recent years, the rapid expansion of urban populations, rising incomes, and the high cost of energy have fueled the demand for fast-cooking processed foods

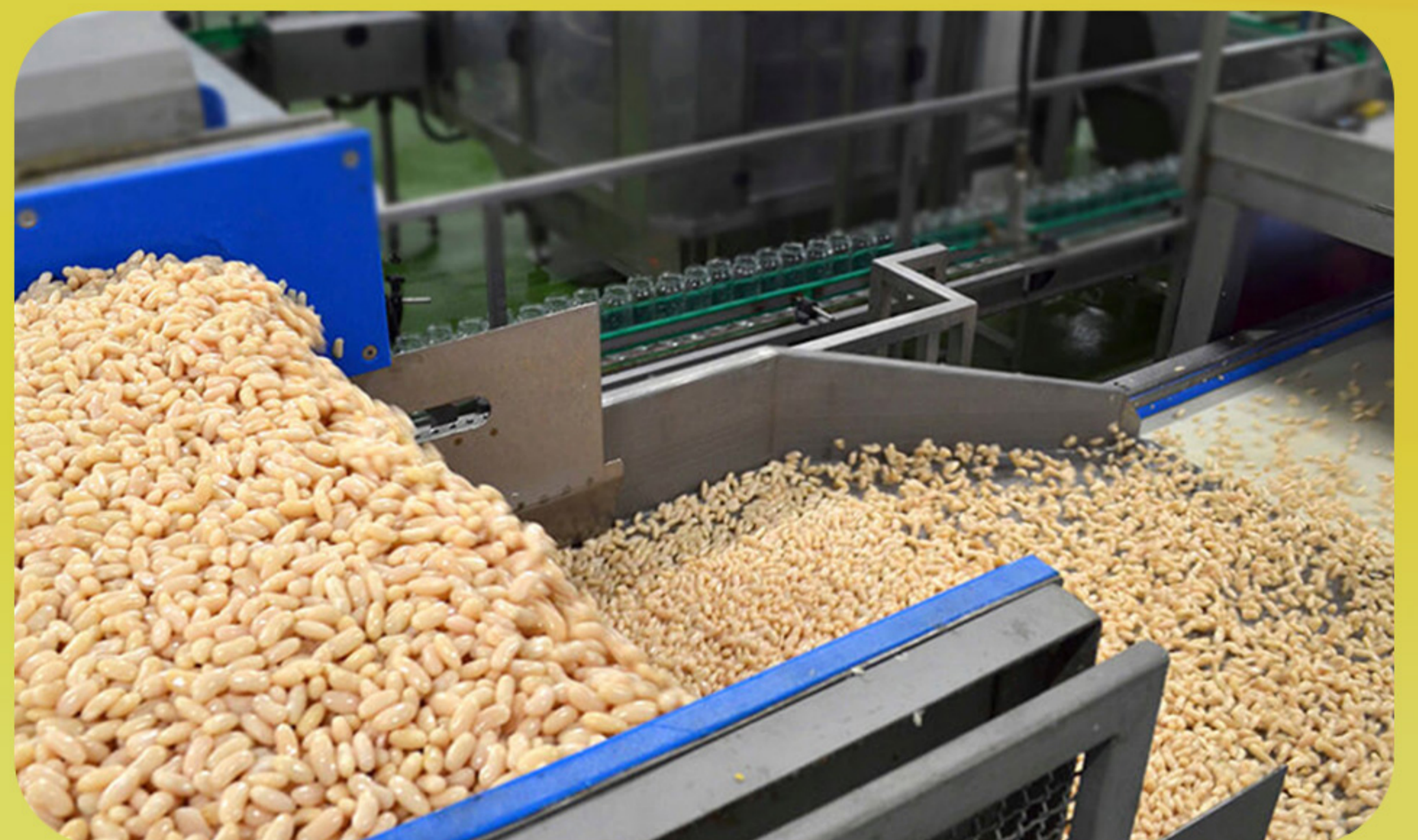


GOOD FOR
Small-scale processors
Community-based enterprises
Large industrial manufacturers



BENEFITS

- ✓ Precooked beans require less time, fuel and water to cook
- ✓ Precooked beans eliminate the need for soaking
- ✓ Precooked beans lowers cooking costs by 90% which leads to saving in energy expenditure of households
- ✓ Decreases wood and fossil fuel use for cooking furthermore conserving forests and mitigate carbon emissions
- ✓ Precooked beans improves incomes for producers by creating a more lucrative market for bean farmers



Agri-food processing
Speciality

ALREADY IN USE IN



Beans
Commodity



USD 8 millions (450 ha of farm + Equipment)
Initial investment



32% to 53% (in 3 years)
Return On Investment

Kenya, Malawi, Rwanda,
Tanzania, Uganda, Zambia
and Zimbabwe

HOW DOES IT WORK?

The process starts with sorting, washing and sizing. This is followed by blanching, soaking, sterilizing, cooking of hydrated beans, and drying at room temperature for 24 hours. Beans are then packaged and frozen.

Processing of canned beans requires after cooking, brine addition, cooling, canning and labelling.

