

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

Pre-cooked Beans for quick cooking by consumers in 15 minutes



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
Wholesalers of agro processed products

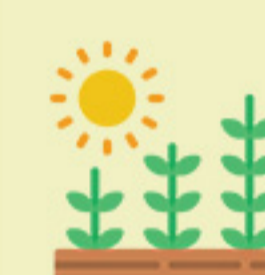


BENEFITS

- ✓ 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



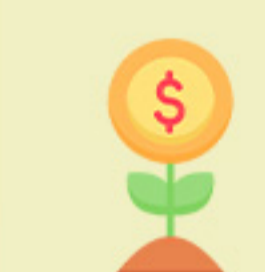
Agro processing
Speciality



Beans
Commodity

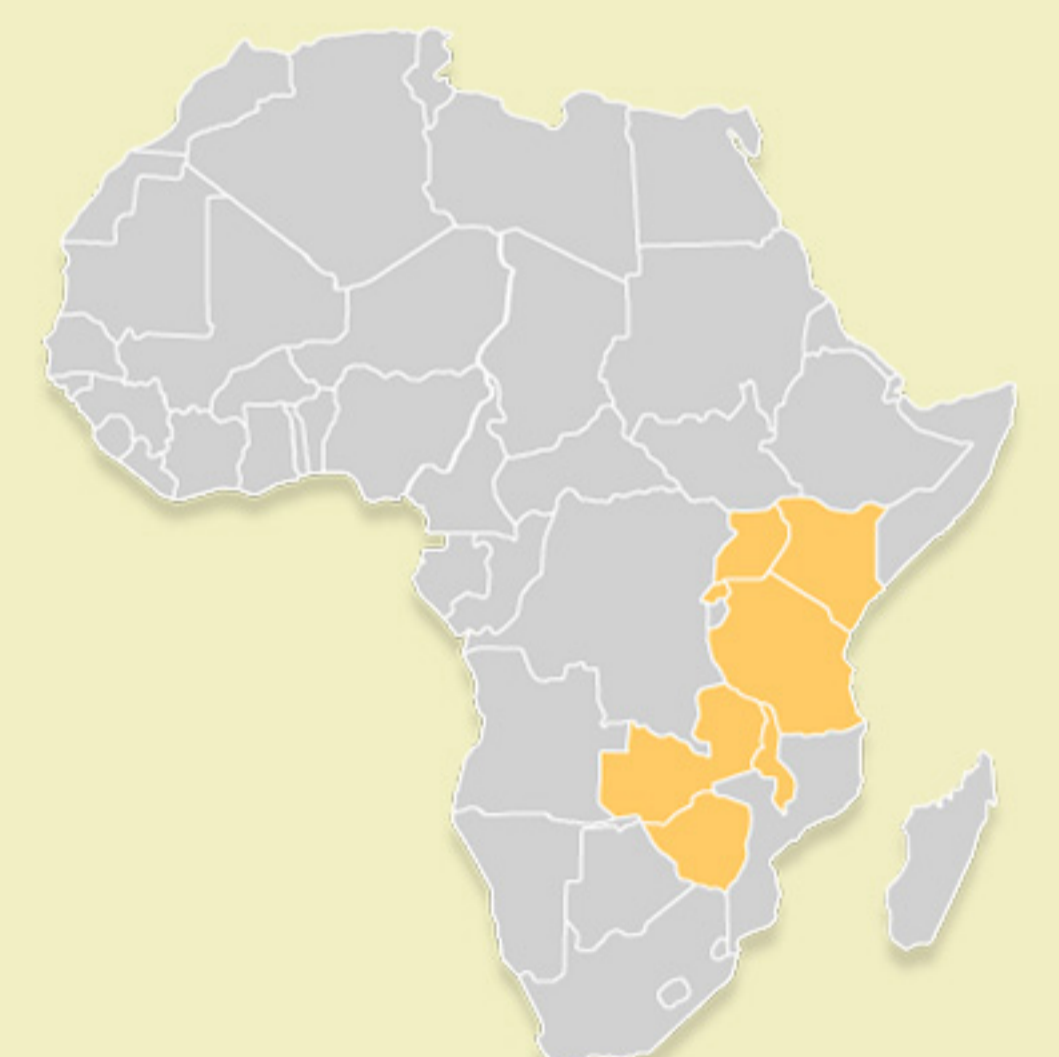


USD 1.2 - 1.5 / 700g
Purchase price



USD 0.2 - 0.5 / 700g
Return Of Investment

ALREADY IN USE IN



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

HOW DOES IT WORK?

Place precooked beans in a pot, cover with good quality olive oil, salt and aromatics. Season the beans depending on how they are preferred to be consumed.

Heat them over a stove or microwave to medium and simmer, for 10-15 minutes. It's ready, enjoy your meal.

