

Recipes using beans and lentils

I find myself telling a lot of clients that they need to increase their vegetable protein intake by eating more pulses, beans and lentils. Pulses are inexpensive, tasty and packed with protein, fibre, calcium, magnesium, zinc and B vitamins. If you aren't used to cooking with pulses it can be hard to know where to start, so I thought I'd pull together some of my favourite recipes using these amazing foods.

Dahl or curried lentils.

I love dahl, I can eat it at any time of day, it's healthy, easy, inexpensive and tasty. What's not to like? There are many, many different dahl recipes, in fact I might do a blog just on dahl recipes! But this is one of the easiest. Red lentils cook quickly and are also the easiest pulses to digest.

<https://www.noracooks.com/red-lentil-dahl/>

You can add more stock to turn this into spicy lentil soup.



Humous

Humous is one of my all-time favourite dishes. When I can't think what to have for lunch I make some humous and have it with whatever veg I have in the fridge, carrots, raw cauliflower, celery, radishes, cucumber, lettuce...

This recipe is for plain humous, but you can add all kinds of things to vary the flavour, I like to add coriander and extra lemon, harissa or smoked paprika.

<https://www.loveandlemons.com/hummus-recipe/>



You can make humous or dips with other beans, if you find you have no chickpeas (!) then try using whatever you do have, kidney beans make a great dip with chili and cheese, or try black beans, cannellini beans, they all work.

Chili

There are many different recipes for vegetable chili, this one is easy and quick.

<https://www.thespruceeats.com/black-bean-vegetarian-chili-sweet-potatoes-3377973>



Roasted harissa chickpeas

I love these chickpeas, you can add them to salads or just about any meal, or just snack on them. In this recipe they are served with eggs and tahini. The recipe comes from Belazu – who, in my opinion, make the best tahini and harissa pastes.

<https://www.belazu.com/recipe/harissa-roasted-chickpeas-with-tahini-yogurt-and-jammy-eggs/>

This straightforward Waitrose recipe makes a full meal of harissa roasted veg and chickpeas.



https://www.waitrose.com/home/recipes/recipe_directory/r/rose-harissa-roastedvegchickpeaswithtenderstemandtahiniveganyogu.html

Bean stew

There are plenty of options for bean stews, most have a tomato base and many can be cooked in a slow cooker.

This recipe is good:

<https://www.thevegspace.co.uk/recipe-tuscan-bean-stew-with-garlic-oregano/#recipe>

Or pick from the 35 different recipes here:

<https://www.bbcgoodfood.com/recipes/collection/bean-stew-recipes>

