



Kids' Club Cooking Guide



Join the
Birmingham
Food
Revolution



A BOLDER
HEALTHIER
BIRMINGHAM



Get ready for the Full of Beans mission!

We're on a mission to help everyone discover how amazing beans and pulses are. They may be small, but they are MIGHTY! They are super for our bodies, great for the planet, affordable, convenient, and delicious too!

We have created many Full of Beans activities and resources to help people discover, explore and celebrate beans and pulses through growing, tasting and cooking.

The Kids' Club Cooking Guide includes activities you can do with children and young people in after school clubs, holiday clubs and youth groups. It gives children and young people the chance to cook and explore beans, as well as learning fun facts about why they are good for our bodies and the planet.

Materials

- Can opener
- Sieve
- Sharp knife
- Chopping board
- Bowl
- Measuring spoons
- Additional ingredients and equipment depending on what recipe options you plan to make

The ingredients and equipment needed for each recipe can be found on pages 16-18.



Contents

Chapter 1: Introduction to legumes

- 4 [How to introduce the Full of Beans mission](#)
- 7 [What are legumes?](#)
- 8 [Fuel your body with the power of beans](#)
- 9 [Benefits of pulses for the planet](#)

Chapter 2: Cooking with pulses

- 10 [Four common types of pulses](#)
- 12 [Preparing canned pulses](#)

Chapter 3: Easy cooking activities

- 14 [Introducing the task](#)
- 16 [Recipe - Hummus](#)
- 17 [Recipe - No-cook bean wraps](#)
- 18 [Recipe - Mixed bean salad](#)

Chapter 4: Discover more

- 20 [Dried pulses](#)
- 24 [Freezing pulses](#)
- 26 [Adding pulses to slow cookers](#)

Chapter 5: Bonus recipes and inspiration

- 28 [Recipe - Chickpea couscous](#)
- 29 [Recipe - Carrot and butter bean soup](#)
- 30 [Recipe - Pea and mint dip](#)
- 31 [Recipe - Lentil muffins with oats, cinnamon and apple](#)

Chapter 6: Full of Beans recipes collection

- 32 [Samsung Food](#)



Chapter 1

Get Set!

INTRODUCTION TO LEGUMES

20
mins

How to introduce the Full of Beans mission

"We're on a mission to superpower our city and make us all Full of Beans! First, we're on a discovery mission. Who knows what legumes are?"

(give children the opportunity to answer)

I don't know many adults that know what legumes are! Legumes are plants that grow pods. Inside those pods are seeds. Does anyone know what types of seeds grow in the pods?"

(give children the opportunity to answer)

There are four main types: beans, chickpeas, lentils and peas. Now, for a tricky question. Does anyone know what a pulse is? Not the heartbeat pulse ...there's another type of pulse.

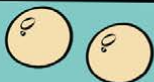
(give children the opportunity to answer)

They come from pods that have been left on the plant to dry, and the seed dries. This dried seed is called a pulse. I bet there's a type of pulse that you all know.

(give children the opportunity to answer)

Do you need a hint? Can anyone think of a type of pulse that's often served at school?"

(give children the opportunity to answer)



Baked beans! Sometimes the sauce can have too much salt or sugar, but the bean itself is brilliant. Does anyone know the names of any pulses?

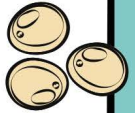
(give children the opportunity to answer)

There are so many! As well as chickpeas, there are green peas, yellow peas, black-eyed peas, kidney beans, black beans, haricot beans, pinto beans, cannellini beans, butter beans, green lentils, brown lentils, red lentils, and many more! They come in all sorts of different colours and shapes. The legumes fact sheet shows what these different pulses look like.

Does anyone have some beans and pulses at home? Dried, in cans or cartons?

(give children the opportunity to answer)

You can buy them dry and cook them at home. Dry pulses can be stored for years! Or you can buy them ready cooked in cans, cartons or jars. There are so many types of beans and pulses and they are awesome. During the Full of Beans mission we're going to discover more about them. We'll be doing lots of fun activities such as exploring beans and pulses with our taste buds!"



FOOD TRAILS

what are Legumes?

Legumes are plants that grows pods.

Inside the pods are seeds. We can eat some pods and their seeds fresh, such as peas and green beans.

You can leave the pods to dry on the plant, and then harvest them.

Inside the pods are dried seeds. These dry seeds are called pulses.

Jack
My friend Jack claims that he can communicate with legumes.
Jack and the beans talk!

There are different types of pulses including...

- beans
- chickpeas
- lentils
- peas

How many legumes have you tried?

Full of BEANS

BIRMINGHAM
FOOD INITIATIVE

Fuller
MILLER
BIRMINGHAM

Birmingham
City Council



what are Legumes?

Legumes are plants that grow pods.

Inside the pods are seeds. We can eat some pods and their seeds fresh, such as peas and green beans.

You can leave the pods to dry on the plant, and then harvest them.

Inside the pods are dried seeds. These dry seeds are called pulses.

Joke

My friend Jack claims that he can communicate with legumes
Jack and the beans talk!

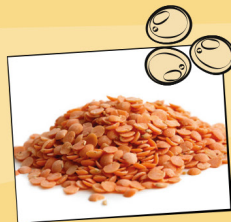
There are different types of pulses including...



beans



chickpeas



lentils



peas

How many legumes have you tried?

Super Beans, Mighty Pulses

Fuel your body with the power of beans!

Beans and pulses have lots of protein, fibre, complex carbohydrates, vitamins and minerals and are low in fat, salt and sugar.

This means they help us:



Build strong teeth and bones



Build strong muscles

Grow tall



Help us feel fuller for longer



Get better when we hurt ourselves



Help our tummies digest food



Run fast



Grow long hair



Keep our hearts strong and blood pumping

Play all day long



Benefits of pulses for the planet



Bean-tastic Soil

When legumes grow they help make soil healthy and full of nutrients. Eating beans and pulses makes our soil better!



Climate Heroes

Legumes releases fewer gases that make the planet too warm. Eating beans and pulses helps stop climate change!



Water Savers

Legumes need much less water to grow than meat and dairy products. Eating beans and pulses saves water!

Joke

Why did the leaf go to the doctor?

It was feeling green!



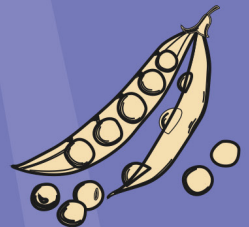
Farming Friends

Legumes are important for gentle farming methods that use multiple crops. Eating beans and pulses supports better farming methods and nature!



Habitat Protectors

Less land is needed to grow legumes than to raise animals which means there is more land for nature. Eating beans and pulses protects natural habitats!



Chapter 2

Cooking with pulses

Four common types of pulses



beans



lentils



chickpeas



peas

Beans pulses are like tiny superheroes that can make any meal tasty! They can be eaten in stews, soups, wraps, salads and even on top of pizzas.

So let's celebrate beans and pulses and enjoy their delicious superpowers!



Preparing canned pulses

Pulses can be bought ready cooked in cans, cartons, sachets and jars. This makes preparing them easy and convenient.

Get your beans and pulses ready!

- 1 Wash your hands before handling food.
- 2 Open the can or carton (cans and scissors are sharp so ensure there's adult supervision).
- 3 Pour the beans or pulses from the can or carton into a sieve over a sink.
- 4 Rinse them under a running tap until the water runs clear.
- 5 Turn the tap off and allow the last of the water to drain from the sieve.
- 6 They're ready to eat! They are already cooked and you don't need to heat them.



You can enjoy canned pulses as they are, or you can add them to various recipes:



Salads



Stews



Wraps



Top Tip!

Keep cans of beans or pulses at your club. When preparing your usual meals or favourites at lunchtime, simply add some in. They'll boost the flavour and nutritional value of your meals effortlessly.



Soups

Chapter 3

Easy cooking activities

INTRODUCING THE TASK

About this activity: This activity provides an opportunity for the children to explore beans and pulses through cooking. As part of the Full of Beans Campaign, we've uploaded lots of recipes to the Samsung Food recipe website and app, including affordable and low equipment recipes. Visit the samsungfood.com website or app and search "FOB".

How to introduce the task

"Today we're going to be cooking. The first thing we need to do is wash our hands. It's important to do this before we touch or taste any food.

(Get children and young people to wash their hands)

What are your favourite foods?

(give children the opportunity to answer)

Who likes and enjoys cooking?

(give children the opportunity to answer)

Does anyone help their grown-ups with the cooking at home?

(give children the opportunity to answer)



Does anyone already eat beans, chickpeas, lentils or peas at home?

(give children the opportunity to answer)

What meals do you have them in?

(give children the opportunity to answer)

We're going to do our activities in teams. Remember, if you taste beans and pulses you will be helping us all on our Full of Beans mission. It's important that your team shows great teamwork and supports each other throughout the activity. Let's get cooking!"

Top Tips

Demonstrate how to make the recipe before the children and young people do the activity. Make sure that all ingredients and equipment are in easy reach.

Give children tasks to help with the cooking demonstration, such as measuring ingredients, stirring, chopping and plating up.

Show children different cooking techniques such as measuring ingredients, cutting vegetables, or mixing ingredients and how to do it safely (especially if using knives or heat).

Teach about the importance of food safety, handwashing, following packaging instructions and food storage.

Encourage children to add their own twists to recipes by providing additional ingredients, toppings or sauces.

Ask children questions and encourage them to share their thoughts and experiences with food, cooking and healthy eating.



RECIPE – HUMMUS

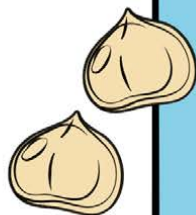
Ingredients (serves 8)

- 400g can chickpeas
- 3 cloves garlic
- 1 lemon
- Small bunch (20g) fresh mint or coriander (optional)
- 2 x 15ml spoons warm water
- ½ x 5ml spoon ground cumin
- 2 x 15ml spoons extra virgin olive oil
- Black pepper (optional)
- Pitta bread slices/breadsticks



Equipment

- Can opener
- Sieve
- Food processor/hand blender/masher/fork
- Sharp knife
- Chopping board
- Grater
- Bowl
- Measuring spoons



Instructions

1. Drain and rinse the chickpeas.
2. Blend the chickpeas in a food processor or using a hand blender, until they are a chunky texture, not puréed or smooth (If you do not have a food processor you can mash the ingredients with a masher or fork. It may take longer and you may need to add more water to get it to a smooth consistency.)
3. Peel and crush the garlic.
4. Grate the zest and squeeze the juice from the lemon into a bowl.
5. Roughly chop the herbs if you are using them.
6. Add the garlic, lemon juice, water, lemon zest, herbs (if using), cumin and olive oil to the processor and blend until it becomes a smooth texture.
7. Add black pepper to taste (if using).
8. Ask children to try the hummus, using the pitta bread slices or breadsticks to dip in.

RECIPE – NO-COOK BEAN WRAPS

Ingredients (serves 8)

- Tortilla wraps
- 400g can of beans (such as kidney beans or chickpeas)
- Salad or vegetables (e.g., lettuce, diced tomatoes, sweetcorn or peppers)
- Grated cheese (optional)
- Greek yoghurt or sour cream (optional)
- Salsa (optional)

Equipment

- Can opener
- Sieve
- Sharp knife
- Chopping board
- Grater
- Spoon

Instructions

1. Drain and rinse the canned beans.
2. Lay out the tortilla wrap on a flat surface.
3. Spread a layer of beans onto the tortilla, leaving some space around the edges.
4. Add a handful of the salad or vegetables and grated cheese (optional) on top of the beans.
5. Add a spoonful of Greek yoghurt or sour cream and salsa if using.
6. Roll up the tortilla tightly, making sure that you tuck in the edges as you go.
7. Repeat for the remaining wraps.



RECIPE MIXED BEAN SALAD

Ingredients (serves 8)

- 400g can of kidney beans
- 400g can of chickpeas
- 400g can of butter beans
- Salad or vegetables (e.g., sweetcorn, celery, peppers)

Dressing (change ingredients and dressing according to taste or availability)

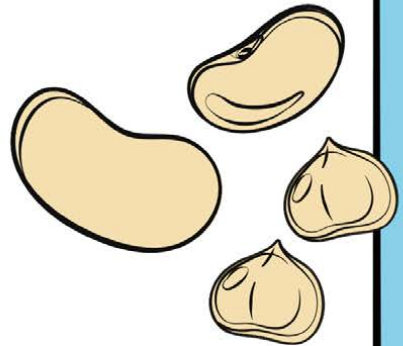
- 1 clove garlic
- 2-3 sprigs fresh tarragon (optional)
- 1 small bunch (20g) fresh parsley
- 1 small lemon OR 2 x 15ml spoons lemon juice
- 60ml olive oil

Equipment

- Can opener
- Sieve
- Large bowl
- Large spoon
- Chopping board
- Sharp knife
- Garlic crusher
- Measuring spoons
- Small bowl
- Serving bowl

Instructions

1. Drain and rinse the canned beans.
2. Mix the beans together in a large bowl.
3. Wash and dry the salad and vegetables as needed. Chop into 1cm pieces. Stir into the beans.
4. Peel and crush the garlic.
5. Use scissors to finely chop the tarragon (if using) and parsley.
6. Squeeze the juice from the lemon, if using fresh.
7. Put the olive oil, lemon juice, tarragon, parsley and garlic in a small bowl and mix thoroughly to combine.
8. Pour the dressing over the salad and mix thoroughly.





Chapter 4

Discover more

Dried pulses

If the pods are left to dry on the plant, the dry seeds can then be harvested and stored dry. These dry seeds are called pulses. Some pulses are stored dry and whole, but some are split and cook more quickly. If stored well they last for years. You can also get them ready cooked in cans, cartons and jars.

Common ones are:



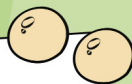
Kidney beans



Chickpeas



Lentils



Split peas

Preparing dried pulses

You can buy pulses that are dried which preserves them for a long time.

Before eating pulses, you have to soak them and then cook them.

When they are soaked, they absorb the water and become plump and soft. This helps them to cook faster and become tender to eat.

Soaking also helps to remove things that can upset our stomachs, such as certain chemicals and compounds which are hard to digest.



Larger beans, such as kidney beans, need to be soaked in water for at least 4 hours to rehydrate. Then they need to be boiled for 10 minutes, then simmered for around 1 to 2 hours.



Chickpeas need to be soaked in water for at least 8 hours to rehydrate. Then they need to be boiled for 5 minutes, then simmered for around 1.5 to 3 hours.



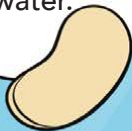
Exception

Dried lentils and split peas do not need to be soaked before they are cooked. They need to be cooked for around 30-45 minutes.



1

Before soaking dried pulses, place them in a sieve and rinse with plenty of water.



2

Place them in a deep container and cover them with water.



3

Soak them overnight (or for 6-8 hours).



4

Once they have finished soaking, drain the water away and rinse them again under cold running water.



5

They can then be cooked on the hob, in a slow cooker or in the oven. They should be cooked until they are soft.

How to soak dried pulses



Freezing pulses

All types of cooked pulses can be kept in the freezer, including chickpeas, beans and lentils.

Canned pulses are already cooked so leftovers can be put in a bag or container and then frozen. Dried pulses should be cooked first (see instructions on page 21).

Once the pulses have been cooked, let them fully cool before putting them into bags or containers and in the freezer.

They last for 6 months in the freezer (remember to label them with the date when you put them in the freezer).

Open Freezing Top Tip!

You can stop your pulses sticking together once frozen by open freezing.

Spread the pulses out on a tray lined with baking paper and put it in the freezer for 1 to 2 hours. Then transfer the pulses into a bag and store in the freezer.

Then you can easily pour out the portion you need when cooking. Easy PEAsy!

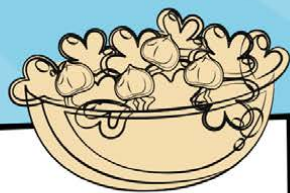
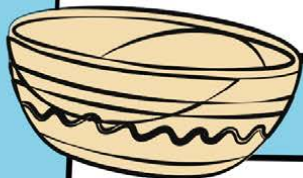


Using frozen pulses

Frozen pulses can be added directly into sauces and it only takes a few minutes until the dish is ready because they're already cooked! You can also thaw them in the fridge overnight or by using the defrost function in the microwave. You don't have to heat them so you can eat them cold in dishes like salads.

Soups and Stews

Frozen pulses are perfect to add to soups and stews. You can add them directly into the sauce and then cook until they are heated through.



Salads

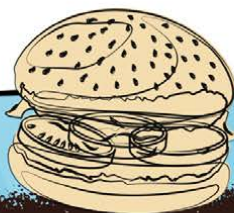
Thaw frozen pulses and mix them with your favourite vegetables and greens for a delicious salad.

Curries

Frozen pulses will absorb the aromatic flavours in a curry. You can add them directly to the curry sauce and cook until they are heated through.

Veggie Burgers

Thaw frozen pulses and blend them with herbs, spices and other ingredients to make homemade burgers.



Adding pulses to slow cookers

What you can add to a slow cooker

A slow cooker is a great way to make delicious and nutritious beans and pulse-based meals with minimal effort. Slow cooking enhances the flavour and results in tender beans that taste great in a variety of dishes.

Beans that are commonly used in slow cooking recipes include; black beans, pinto beans, cannellini beans and chickpeas.

It is important to follow the slow cooker guidelines and proper preparation steps such as soaking.

Boil beans first

Some beans and pulses, including kidney beans, pose a risk of food poisoning if not prepared properly. This is because they are high in lectins. You need to soak them and boil for 10 minutes before cooking in a slow cooker to deactivate the high levels of lectins.



How to cook pulses in a slow cooker

1

Soak the pulses, following the helpful advice on page 21 of this guide.

2

Drain the water off the pulses and rinse under cold water.

3

If using kidney beans, or other varieties high in lectins, it is necessary to boil them for 10 minutes before putting them in the slow cooker.

4

Place the pulses inside the slow cooker and add enough water or stock to completely cover them. Refer to your slow cooker's instructions for the appropriate amount to add.

5

Enhance the flavour by adding ingredients such as herbs, spices and vegetables such as garlic, onion, cumin, chilli powder or paprika.

6

Follow the slow cooker instructions for the cooking time and temperature. Cooking times vary, however as a general guide; soaked pulses can be cooked on low for 6-8 hours or high for 3-4 hours.

7

After the recommended cooking time, check to see if the pulses are ready. Pulses should be soft and tender but not mushy. If they are not ready, continue cooking for an additional 30 minutes to 1 hour.

8

Taste the pulses and adjust the seasoning to your preference. The pulses are now ready to serve.



Chapter 5

Bonus recipe inspiration

Add pulses to couscous to create a tasty side dish to go with dinner or a packed lunch to be eaten on the go.

Pulses in couscous

15
mins

Recipe – Chickpea couscous

Ingredients (serves 4)

- 160g couscous
- 200ml water, boiling
- 400g chickpeas (can), rinsed and drained
- 1 lemon, juiced
- 1 tablespoon extra virgin olive oil
- Handful coriander, chopped

Equipment

- Large bowl
- Kettle
- Measuring jug
- Measuring spoons
- Large spoon to stir
- Fork
- Chopping board
- Sharp knife
- Can opener
- Sieve/colander



Instructions

1. Prepare the couscous by placing it in a large bowl and pouring on 200ml boiling water. Stir with a fork then cover and leave for 5-6 minutes.
2. Juice the lemon, by cutting it in half and gently squeezing it, catching and discarding any seeds.
3. Chop the coriander and mix it into the couscous along with the lemon juice.
4. Drain the chickpeas and add to the couscous.
5. Drizzle olive oil over the couscous and mix all of the ingredients until well combined.

*This recipe can be found on Samsung Food
<https://s.samsungfood.com/a5wj5>



Pulses are a great addition to soups as they are great at absorbing flavours and thickening the sauce.

Pulses in soups

55
mins

Recipe – Carrot and butter bean soup

Ingredients (serves 6)

- 1 tablespoon vegetable oil
- 1 large onion, peeled and finely chopped
- 1 clove garlic, peeled and crushed
- 1 stick celery, chopped finely
- 1kg carrots, tops removed and scrubbed, cut into 1cm cubes
- 2 medium potatoes, scrubbed and cut into 1cm cubes
- 1.5 litres vegetable stock, hot
- 200ml semi-skimmed milk
- 1 can butter beans in water
- bunch fresh coriander



Equipment

- Deep saucepan
- Hob
- Can opener
- Chopping board
- Sharp knife
- Kettle
- Large spoon to stir
- Measuring jug
- Measuring spoons
- Blender

Instructions

1. Heat the oil in a large, deep saucepan. Fry the onions on medium heat, stirring occasionally, until the onions are softened and just starting to brown.
2. Add the garlic, celery, carrots and potatoes and fry for a further 2-3 minutes.
3. Add the stock and milk to the pan. Turn up the heat and bring the pan to a simmer. Turn the heat down to low, put the lid on and simmer for 20 - 25 minutes.
4. Add 3/4 of the butter beans and all of the water from the can to the pan. Simmer for a further 5 minutes.
5. Using a stick blender, blend the soup to a smooth consistency. Add the remaining beans and most of the chopped coriander to the pan. Stir and check the seasoning before serving with the remaining coriander sprinkled on top.

*This recipe can be found on Samsung Food
<https://s.samsungfood.com/58uNE>



Each scoop of this beany dip will leave you wanting to try more. Change it up by using different foods as dippers.

Beany dips!

10
mins

Recipe – Pea and mint dip

Ingredients (serves 4)

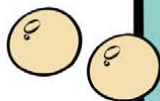
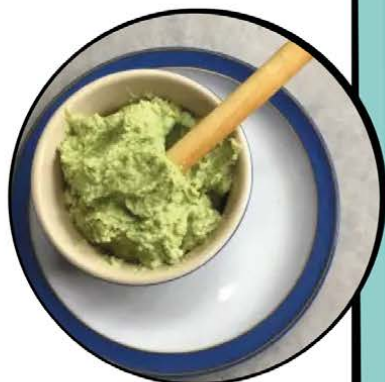
- 100g frozen peas
- 1 tablespoon low-fat soft cheese
- 6 fresh mint leaves (chopped)
- Serve with breadsticks, pitta fingers or crackers

Equipment

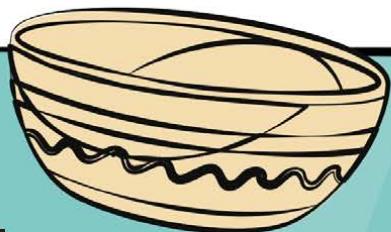
- Equipment
- Mixing bowl
- Mixing spoon
- Measuring spoons
- Sharp knife
- Chopping board
- Blender
- Serving pots

Instructions

1. Place all the ingredients in a bowl and mix together.
2. Use a blender to whizz the ingredients together until a soft dip consistency.
3. Scoop the mixture into serving pots and serve with breadsticks, pitta fingers or crackers.



*This recipe can be found on Samsung Food
<https://s.samsungfood.com/dmqSy>



Add a twist to your sweet treats by exploring how to add pulses to desserts.

Pulses in dessert

55
mins

Recipe – Lentil muffins with oats, cinnamon and apple

Ingredients (serves 18)

- 250g plain flour
- 230g oats
- 100g soft brown sugar
- 1 tsp baking powder
- ½ tsp bicarbonate of soda
- 1 tsp cinnamon
- pinch salt
- 250ml apple sauce
- 175ml low fat natural yoghurt
- 60ml vegetable oil
- 1 egg
- 75g brown lentils
- 125g raisins
- 1 tablespoon chia seeds

Equipment

- Oven
- Can opener
- Large bowl
- Medium bowl
- Mixing spoon
- Scales
- Sieve
- Measuring jug
- Measuring spoons
- Muffin tray/baking tray
- Muffin cases
- Wire rack

Instructions

1. Preheat oven to 200C.
2. In a large bowl add the flour, oats, brown sugar, baking powder, bicarbonate of soda, cinnamon and pinch of salt and stir until all mixed together.
3. In a medium bowl stir together the apple sauce, yoghurt, oil and egg. Add to the dry ingredients above and stir until nearly combined.
4. Drain and rinse the lentils and add to the mixture along with the raisins and chia seeds and stir until all combined.
5. Divide the mixture between 18 paper lined muffin cups, filling them ensuring you evenly fill the cups.
6. Bake them for 30-35 minutes or until golden and springy to the touch.
7. Place on wire rack to cool completely then keep in an air tight container in the fridge and consume within 2-3 days.



*This recipe can be found on Samsung Food
<https://s.samsungfood.com/KGAO6>



Chapter 6

Full of Beans Recipes collection

Want to explore more recipes that showcase beans and pulses?

Then Samsung Food is the place to go!

Samsung Food is an app/website where anyone can access recipes for free. It allows users to make tweaks and adaptations to recipes with alternative ingredients, so you can adapt them to your tastes and dietary requirements.

As part of our Full of Beans mission, a team of dietitians have created lots of recipes using beans and pulses which are available on Samsung Food. These recipes come under a number of categories, known on Samsung Food as communities, such as affordable recipes, weeknight recipes and more.

From hearty bean stews to protein-packed salads, the Full of Beans recipes cater for everyone. Whether you cook regularly or are just starting your culinary journey, you can find easy to follow recipes with step-by-step instructions and top tips. You'll discover how versatile and tasty beans and pulses can be, and how you can incorporate them into your daily meals.

To access the recipes, go to the website www.samsungfood.com and make an account for free. To find the Full of Beans recipes, search 'FOB' to find the community pages.

Let's embark on an exploration of tastes and flavours! Happy cooking!







We're on a mission to help everyone discover how amazing beans and pulses are. They may be small, but they are MIGHTY! They are super for our bodies, great for the planet, affordable, convenient, and delicious too!

We have created many Full of Beans activities and resources to help people discover, explore and celebrate beans and pulses through growing, tasting and cooking.

The Kids' Club Cooking Guide includes activities you can do with children and young people in after school clubs, holiday clubs and youth groups. It gives children and young people the chance to cook and explore beans, as well as learning fun facts about why they are good for our bodies and the planet.



A Birmingham Food Revolution Initiative
Find out more at [birmingham.gov.uk/FoodRevolution](https://www.birmingham.gov.uk/FoodRevolution)

March 2024

