News

Things To Do

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Nature's Pearls, Legumes from **Europe: Making healthy meals easy** peasy

Partner Content: Everyday cooking is a breeze if you keep your pantry well-stocked with cans of goodness

By Time Out Editors January 6, 2023

Picture the scene: You're finally home after work only to find you don't have any healthy ingredients for a quick meal. Before you reach for another packet of instant noodles, you should know a tin of legumes from Europe could solve your after-work cooking woes.

Yes. That's right. From the humble bean to peas, lentils and fava, keeping cans of these stocked up in your pantry means you're only minutes away from a delicious and nutritious meal.

From creamy hummus to hearty stews, curries, veggie burgers and more, these canned superstars can help you to create mouthwatering dishes. Wondering what to stock up on?

Get your hands on canned legumes from Europe. Offering a variety of legumes, canned legumes from Europe are preserved to last longer but are still chock full of all the nutrients that their fresh counterparts have.

Legumes are rich in insoluble fibre, calcium, iron, vitamin B1, B2 and niacin. They also have healthy fats and a good dose of protein, keeping you fuller for longer. Ready to get cooking? Here's an easy recipe to get you started with canned legumes from Europe.

Pureed lentil soup Time: 30 min Difficulty: easy Serves: 4

Ingredients

- 1 tbsp olive oil
- 1 medium onion diced 2 medium carrots, diced
- 3 celery stalks, diced
- 4 cloves garlic, minced
- 2 teaspoons cumin
- 2 teaspoons cinnamon
- ½ teaspoon cayenne
- 500 g canned lentils, drained (you can keep the liquid from the lentils if you wish) 1-litre chicken (or vegetable) stock
- juice of 1 lemon, or as desired
- salt and pepper to taste
- croutons or crisp toasts of rustic bread

Method

Heat the oil in a large saucepan over medium-high heat then add the onion, carrots and celery and lightly sauté until tender, about 6 to 7 minutes, stirring frequently. Season with salt and pepper to taste.

Stir in the garlic, cumin and cinnamon, cooking until fragrant, for about 30 to 60 seconds. Add the lentils and fry for 1-2 minutes to slightly toast.

Pour in the chicken or vegetable stock, water or lentil liquid as preferred and lemon juice then bring to a boil. Reduce the heat to low and simmer until the vegetables are tender and the mixture soup-like, for about 20 minutes.

Blend the mixture until smooth and creamy; a taste for seasoning, and add lemon juice to taste before serving warm, with croutons or rustic toasts, if desired.

Visit legumesfromeurope.com for more information.

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