Types of Pulses

**Peas**
- Whole Yellow Peas
- Split Yellow Peas
- Whole Green Peas
- Split Green Peas

**Beans**
- Great Northern Beans
  - Other names: Large White, Cannellini
- Black Beans
  - Other names: Black Turtle, Preto
- Pinto Beans
- Red Kidney Beans
- Cranberry Beans
  - Other names: Romano, Speckled Sugar, Borlotti

**Lentils**
- Large Green Lentils
  - Other names: Laird-type, Masoor
- Red Lentils
  - Other name: Masoor
- French Green Lentils
  - Other name: Dark Speckled
- Split Red Lentils
  - Other name: Masoor dal

**Chickpeas**
- Kabuli Chickpeas
  - Other names: Garbanzo, Kabuli chana, Bengal gram
- Desi Chickpeas
  - Other names: Kala Chana and Bengal gram
TABLE of CONTENTS

Types of Pulses ................................................................. 1
Buying, Storing & Cooking Pulses ................................. 3

Recipes
Bannock with Lentil Purée ............................................. 5
Roasted Chickpeas ......................................................... 6
Three Sisters Soup with Lentils & Beans ...................... 7
Stewed Root Vegetables with Salmon & Beans ............. 8
Wild Rice and Split Pea Salad ....................................... 9
Baked Beans with Venison ............................................. 10
BUYING, STORING & COOKING PULSES

When buying dry pulses, look for:
• Brightly coloured seeds
• Uniform size
• Smooth skins without chips or shriveled seed coats

Dry pulses will keep for years if stored in tightly-covered containers in a cool, dark, dry place, but the longer a pulse is stored, the drier it becomes, which increases the cooking time.

Canned pulses are convenient, because they are ready-to-use. Always rinse and drain canned pulses before using to reduce any sodium added during the canning process. Canned pulses store well in cool, dry places and may be stored up to one year.

Cooked pulses can be stored in the freezer for up to 6 months. Separate cooked pulses into 1 or 2 cup (250 or 500 ml) portions and lay flat in freezer bags or small containers.

SOAKING TIPS & METHODS

• Be sure to check all dry pulses before rinsing or soaking. Remove pulses with shriveled or broken skins or the occasional pebble or twig.
• Dry beans, whole peas and chickpeas must be soaked before cooking, because their skins do not readily absorb water.
• Dry lentils and split peas do not need to be soaked - just rinse before cooking.

For every 1 cup (250 ml) of pulses, soak with 3 cups (750 ml) of water. Whole peas can be soaked for 1-2 hours. Beans and whole chickpeas require longer soaking than whole peas (min. 4 hours, or preferably soak for 8 hours or overnight).

Always discard the soaking water by putting pulses into a strainer and rinsing them well. This process washes away the excess carbohydrates and sugars that cause gas.

<table>
<thead>
<tr>
<th>Soaking Method</th>
<th>Directions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Long, cold soak or overnight</td>
<td>• Let stand 12 hours or overnight in refrigerator</td>
</tr>
<tr>
<td>Quick soak</td>
<td>• Bring pulses and water to boil in a saucepan</td>
</tr>
<tr>
<td></td>
<td>• Boil gently for 2 minutes</td>
</tr>
<tr>
<td></td>
<td>• Remove from heat, cover, and let stand for 1 hour</td>
</tr>
<tr>
<td>Microwave soak</td>
<td>• Combine pulses and water in microwavable dish</td>
</tr>
<tr>
<td></td>
<td>• Cover and microwave on high for 10-15 minutes</td>
</tr>
<tr>
<td></td>
<td>• Let stand for 1 hour</td>
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### COOKING METHODS & TIMES FOR DRY PULSES

<table>
<thead>
<tr>
<th></th>
<th>Beans</th>
<th>Whole Peas</th>
<th>Split Peas</th>
<th>Whole Lentils</th>
<th>Split Lentils</th>
<th>Whole Chickpeas</th>
<th>Split Chickpeas</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rinse</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
</tr>
<tr>
<td>Soak</td>
<td>Yes</td>
<td>Yes</td>
<td>No</td>
<td>No</td>
<td>No</td>
<td>Yes</td>
<td>No</td>
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<tr>
<td>Amount of water per 1 cup (250 ml) dry pulses</td>
<td>2½-3 cups (625 to 750 ml)</td>
<td>2½-3 cups (625 to 750 ml)</td>
<td>2 cups (500 ml)</td>
<td>2½-3 cups (625 to 750 ml)</td>
<td>2 cups (500 ml)</td>
<td>2½-3 cups (625 to 750 ml)</td>
<td>2 cups (500 ml)</td>
</tr>
<tr>
<td>Cooking time</td>
<td>1-1½ hrs</td>
<td>1½-2 hrs</td>
<td>45 min</td>
<td>10-30 min</td>
<td>5-15 min</td>
<td>1½-2 hrs</td>
<td>½-1 hr</td>
</tr>
<tr>
<td>Yield from 1 cup (250 ml) dry pulses</td>
<td>2½ cups (625 ml)</td>
<td>2½ cups (625 ml)</td>
<td>2 cups (500 ml)</td>
<td>2½ cups (625 ml)</td>
<td>2 cups (500 ml)</td>
<td>2½ cups (625 ml)</td>
<td>2 cups (500 ml)</td>
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</tbody>
</table>

### COOKING TIPS & METHODS

- Pulses double or triple in size during cooking, so make sure your saucepan is big enough.
- To prevent foaming, add 1 teaspoon (5 ml) of oil to the cooking water.
- Seasonings like garlic, onion or herbs can be added while cooking pulses.
- Always cook pulses slowly, as cooking them too quickly can break the seed coats.
- Cooking time guidelines are provided on this page.
- Note that cooking times may vary based on a number of factors, including age of the pulses, elevation, and water hardness. The intent is to cook pulses until they are tender. To achieve optimal cooking, pulses can be tested as they near the prescribed cooking time.
- Tomatoes, vinegar or other acidic ingredients should be avoided until pulses are tender. Acids slow the cooking process.
- Beans naturally have a toxic compound in them called phytohemagglutinin. This is destroyed by adequate cooking. For slow cooker recipes, pre-soaked beans should be boiled for 10-12 minutes in fresh water before being added to the crock pot.
- Using baking soda to aid in cooking pulses is not recommended. If hard water is your only choice and you need to add baking soda, limit the amount to 1/8 teaspoon per 2 cups (0.5 ml per 500 ml) water.

### PULSE PURÉE

Purées are useful for dips and some baked foods.

**To make a purée:**
- Place cooked or rinsed and drained canned pulses into a food processor, blender or mash by hand.
- For every 1 cup (250 ml) cooked pulses, add ¼ cup (50 ml) water.
- Blend to make a smooth purée, with a consistency like canned pumpkin.
- If needed, add 1 additional tablespoon (15 ml) of water at a time.
- Purées can be frozen in plastic bags and kept for several months.
BANNOCK with LENTIL PURÉE

Yield: 10 portions  Prep time: 5 minutes  Cook time: 1 hour

Ingredients:

- 4 cups 1 L all-purpose flour
- 3 tbsp 45 mL baking powder
- 1 tsp 5 mL salt
- 1 tsp 5 mL granulated sugar
- 2 tsp 10 mL garlic powder
- 4 tbsp 60 mL cold fat (animal lard, butter or shortening)
- 1½ cups 375 mL cooked lentils
- 1½ cups 375 mL water

Directions:

Preheat the oven to 350 degrees Fahrenheit.

1. Grease a 9x12 (rectangle) cake pan.

2. Whisk flour, baking powder, salt, sugar and granulated garlic together thoroughly in a large bowl.

3. Grate or cut in cold fat to flour mixture. Combine until pea sized lumps are formed in flour.

4. Using a food processor or hand blender purée the water with the cooked lentils until a smooth consistency is reached (see page 4).

5. Make a large hole in the flour and pour the lentil purée in the middle. Mix gently with fork until a sticky dough is formed. Bring the dough together by gently kneading with hands. Try not to over knead. Place in the greased pan. Pat down with hands softly and poke holes with a fork and season with a bit of salt.

6. Bake in oven for approx. 45 minutes to 1 hour or until cooked in the middle. A nice golden brown color should be on top. Cool for 15 minutes on cooling rack.

7. Break pieces off with hands and eat with butter, lard, or margarine.

Notes:

- If using a convection setting on your oven the time may need to be adjusted to accommodate the circulating heat. Time may also need to be adjusted depending on the efficiency of your oven.

NUTRITION FACTS

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>% Daily Value*</th>
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<tbody>
<tr>
<td>Calories 260</td>
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<td>Fat 4.5 g</td>
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<tr>
<td>Sugars 1 g</td>
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<tr>
<td>Protein 8 g</td>
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</table>
ROASTED CHICKPEAS

Yield: 1 1/2 cups prepared  Prep time: 5 minutes  Cook time: 1 hour

Ingredients:

2 cups  500 ml  cooked chickpeas, or canned chickpeas drained & rinsed
1 tsp  5 ml  oil
1 tbsp  15 ml  honey
1/8 tsp  2 ml  coarse salt
1/4 tsp  1 ml coarse black pepper

Directions:

Preheat the oven to 350 Degrees Fahrenheit.

1. Place cooked chickpeas on a tray lined with paper towel. Gently rub the chickpeas with paper towel on top to dry and remove outer skins. Don’t worry about removing all skins, just ones that easily peel off.

2. Remove the paper towel from the tray and spread the chickpeas out in 1 layer. Roast in the oven for 15 minutes, stirring at 10 minutes. After 15 minutes remove the chickpeas from the oven and toss into a mixing bowl. Remove skins that may have been sluffed off the chickpeas. Stir in the oil, honey, salt and black pepper.

3. Return to the baking tray and continue to bake for another 30 minutes, stirring every 10 minutes. Turn the oven off and leave in the oven for another 5-10 minutes. Remove from the oven and allow to cool completely on the tray. The chickpeas will continue to crisp as they cool.

4. Enjoy slightly warm or once they’ve completely cooled. Store in a sealed container and consumer within 2-3 days for best texture.

Notes:

- If using a convection setting on your oven the time may need to be adjusted to accommodate the circulating heat.
- Try adding ground cayenne or Cajun spice for additional heat and flavour.
- Great as a snack, served on top of salads and soups.

NUTRITION FACTS

Serving Size (59 g)  Servings Per Container

Amount Per Serving

Calories 110  Calories from Fat 20

% Daily Value

Fat 2 g  3%
Saturated Fat 0 g  0%
Trans Fat 0 g  0%
Cholesterol 0 mg  0%
Sodium 160 mg  7%
Carbohydrates 18 g  6%
Dietary Fiber 4 g  16%
Sugars 5 g  5%
Protein 5 g  5%
THREE SISTERS SOUP
with LENTILS & BEANS

Yield: 8-10 portions   Prep time: 15 minutes   Cook time: 45 minutes

Ingredients:
2 tsp 10 mL   canola oil
2 cups 500 mL   chopped white onion
2 cups 500 mL   diced potatoes, skin left on
1 cup 250 mL   diced carrots
2 cups 500 mL   diced squash, peeled &
  seeds removed
2 cups 500 mL   corn kernels (fresh or
  frozen OR 6 cobs of corn,
  kernels removed)
8 cups 2 L   chicken or vegetable stock
1 cup 250 mL   split red lentils
1 tsp 5 mL   dried thyme leaves
½ tsp 2 mL   chili flakes
1 cup 250 mL   green beans
  (fresh or frozen)
1 cup 250 mL   cooked kidney or chickpeas
  (canned, drained & rinsed)

to taste
  salt & ground black pepper

Directions:
1. Heat oil in a large pot and sauté
  onion until golden.
2. Add the potatoes, carrots,
  squash and corn and continue to
  sauté for another 2 minutes.
3. Stir in the stock, lentils, thyme,
  chili and simmer for 15 minutes.
4. Stir in the green beans, cooked
  kidney beans (or chickpeas) and
  simmer for another 15 minutes
  or until all vegetables are tender.
5. Season with salt & black pepper
  to taste and serve.

NUTRITION FACTS

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<td>% Daily Value*</td>
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<tr>
<td>Calories 240</td>
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<tr>
<td>Calories from Fat 30</td>
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<tr>
<td>Fat 5.5 g</td>
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<tr>
<td>Saturated Fat 0.5 g</td>
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<tr>
<td>Trans Fat 0 g</td>
<td>0%</td>
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<tr>
<td>Cholesterol 5 mg</td>
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<tr>
<td>Protein 13 g</td>
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STEWED ROOT VEGETABLES with SALMON & BEANS

Yield: 6 portions  Prep time: 10 minutes  Cook time: 30-35 minutes

**Ingredients:**

1 tbsp 15 mL vegetable or canola oil
2 cups 500 mL chopped white onion
2 cups 500 mL chopped carrots
1 cup 250 mL chopped celery
2 cups 500 mL chopped potatoes
3 garlic cloves, chopped
2 tsp 10 mL dried basil
2 tsp 10 mL smoked or sweet paprika
1 can 540 mL can of chopped tomatoes
½ cup 125 mL chicken or vegetable stock
2 cups 500 mL cooked white beans, kidney beans or chickpeas
6 fillets of salmon or favourite fish, bones removed

**Directions:**

1. Heat the oil in a large pan and add the onion, carrots and celery. Cook, stirring, for 5 minutes or until golden.
2. Stir in the potatoes, garlic, basil and paprika. Sauté for another 3 minutes.
3. Stir in the tomatoes and stock. Bring to a boil, stir and cover with a lid, then turn down heat and simmer for 10-15 mins or until the vegetables begin to get tender. Stir in the cooked beans or chickpeas and cook for another 5 minutes, stirring often.
4. Season the stew with salt and pepper to taste. Season the salmon with salt and pepper as well and place on top of stew, skin side down. Place the lid back on and simmer for another 6-8 minutes or until the salmon is cooked until desired doneness. Enjoy!

**NUTRITION FACTS**

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<td>% Daily Value*</td>
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<td>Calories 450</td>
<td>Calories from Fat 120</td>
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<tr>
<td>Fat 14 g</td>
<td>22%</td>
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<tr>
<td>Saturated Fat 3 g</td>
<td>10%</td>
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<tr>
<td>Trans Fat 0 g</td>
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</tr>
<tr>
<td>Cholesterol 95 mg</td>
<td>32%</td>
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<tr>
<td>Sodium 540 mg</td>
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<tr>
<td>Carbohydrates 40 g</td>
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<tr>
<td>Dietary Fibre 12 g</td>
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<tr>
<td>Sugars 10 g</td>
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<tr>
<td>Protein 42 g</td>
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</tbody>
</table>
WILD RICE and SPLIT PEA SALAD

Yield: 4 servings  Prep time: 30 minutes  Total time: 35 hours

Ingredients:

1 1/2 cups 375 mL cooked brown or wild rice
1 cup 250 mL cooked green split peas
1/2 cup 80 mL finely diced red onion
1/4 cup 60 mL dried cranberries
1/4 cup 60 mL sunflower or pumpkin seeds

Salad Dressing:

3 tbsp 45 mL cider vinegar or other vinegar
1/2 tsp 2 mL prepared mustard
(whole grain, Dijon, yellow, etc.)
1/4 tsp. 2 mL dried or fresh dill
1 tbsp. 15 mL vegetable or canola oil
To taste salt & ground black pepper

Directions:

1. Cook rice and green split peas according to package directions and cool (or rinse under cold water and drain thoroughly).
2. Place the rice in a large bowl. Add split green peas, onion, cranberries and seeds.
3. Make the salad dressing and pour over the salad. Serve on a bed of lettuce as an option.

NUTRITION FACTS

Serving Size (155 g)  Servings Per Container

Amount Per Serving
Calories 230  Calories from Fat 70

% Daily Value

Fat 8 g  12%
Saturated Fat 1 g  6%
Trans Fat 0 g  0%
Cholesterol 0 mg  0%
Sodium 135 mg  6%
Carbohydrates 33 g  11%
Dietary Fiber 8 g  34%
Sugar 10 g  4%
Protein 8 g  16%

Note(s):
- Add chopped fresh herbs or produce like peppers, carrots or cabbage to take this salad to the next level.

Inspired by a recipe from Alberta Pulse Growers
BAKED BEANS with VENISON

Yield: 6-8 portions  Prep time: 10 minutes  Cook time: 5 hours

Ingredients:

1 lb  454 grams  dry white beans (great northern, navy)
1 tbsp  15 mL  oil or lard
1 lb  454 grams  diced venison
1 cup  250 mL  diced onion
½ cup  60 mL  tomato paste
1 tbsp  15 mL  mustard
½ cup  125 mL  brown sugar
¼ cup  60 mL  molasses
4 cups  1 L  beef or vegetable broth
1/4 tsp  1 mL  ground cayenne pepper (optional)

To taste  salt & ground black pepper

Directions:

1. Rinse and soak beans in water overnight in a large container. Cover the beans with at least double the amount of water and cover with a lid.
2. The next day pre-heat oven to 250 degrees Fahrenheit.
3. Place a large (ovenproof) pot over med heat. Season the diced venison with salt and pepper and cook in the pot until brown on all sides. Add in the onions and continue to cook until the onions are soft.
4. Stir in tomato paste, mustard, brown sugar and molasses.
5. Drain the beans. Add the beans and stock to the pot and stir. Raise the heat to high and allow to come to a boil. Add cayenne (optional). Reduce heat to a gentle simmer and cover with a lid.
6. Place in the oven and bake for 5-6 hours, stirring occasionally until the beans are soft. Additional broth or water may be added if needed. Once the beans are ready, season with salt & black pepper and enjoy!

NUTRITION FACTS

Serving Size (289 g)  Servings Per Container

Amount Per Serving

Calories 390  Calories from Fat 35

% Daily Value*

Fat  4 g  6%
Saturated Fat  1 g  5%
Trans Fat  0 g  0%
Cholesterol  50 mg  17%
Sodium  370 mg  15%
Carbohydrates  61 g  20%
Dietary Fiber  17 g  66%
Sugars  22 g  28 g
Protein  28 g  32%
PULSES
pulses.org