

Pre-Cooked Beans for Consumer Convenience

Advanced approach for quick, convenient, and delicious bean

Pre-cooked whole beans are available in dried, canned, and frozen forms, offering quick preparation times of 10 to 30 minutes. The process involves sorting, washing, blanching, soaking, sterilizing, and cooking the beans before packaging. They can be marketed locally and for export.



✓ This technology is **TAAT1 validated**.

7-7 Scaling readiness: idea maturity 7/9; level of use 7/9

Gender assessment **4**

Climate impact **6**

Problem

- Lengthy cooking time, high energy, and water needs discourage dried common beans consumption.
- Poorer households avoid dried beans due to time, fuel, and water constraints.
- Traditional bean prep methods hinder access to nutritious diets.
- Limited market opportunities and profits for farmers and processors in the bean value chain.

Solution

- Drastically reduces bean cooking time
- Cuts cooking costs by 90%, saving energy
- Boosts demand for farmers, improving market access
- Strengthens the bean value chain in Sub-Saharan Africa
- Convenient for homemakers and caterers
- Reduces wood and fuel usage, mitigating carbon emissions

Key points to design your project

This technology can be integrated into nutrition projects as an alternative protein source and presents opportunities for food processors and supermarkets.

To integrate the technology, activities include raising awareness, formulating product standards, ensuring reliable bean supply, installing efficient equipment, and providing training.

Collaboration with food processor companies is recommended for implementation.

1,500 USD Per small electric cooker system for making pre-cooked beans with a capacity of 100 liter	20,000 USD Per large hot water boiler powered with petrol or natural gas with a capacity of 0.5 ton per hour	IP Unknown
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Alliance

The Alliance of Bioversity International and the International Center for Tropical Agriculture (CIAT)
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Technology originally documented by
ProPAS

Commodities
Common bean

Sustainable Development Goals

Categories
Transformation, Practices, Agri-food processing

Best used with
• [Biofortified Beans for Improved Nutrition >](#)

