

How to Purée Beans

They are nutritious, versatile and inexpensive, but beans aren't everyone's favourite food. Cooked beans can be easily puréed and hidden in so many dishes, even the pickiest of eaters won't know. Follow these simple steps and start adding beans to your meals.



1 Beans of your choice

Black beans, kidney beans, navy beans the options are endless.



2 Add to food processor

Add 1 cup of cooked beans to a food processor with a ¼ cup hot water.



3 Purée

Process until smooth, look for the consistency of canned pumpkin. If needed, add more water 1 tbsp at a time, to reach desired consistency.



4 Add to your favourite recipes

Prepare a delicious recipe like this [Roasted Garlic and Bean Dip](#).

COOKING TIPS

Puréed beans are great for thickening stews, soups and sauces. They can also be added to mashed potatoes, are delicious in dips, desserts, baked goods and even a batter for corndogs.



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