

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



Unknown

Alliance



The Alliance of Bioversity International and the International Center for Tropical Agriculture (CIAT)
Justin Mabeya Machini

Technology from

ProPAS

Commodities

Common bean

Sustainable Development Goals



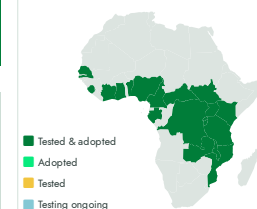
Categories

Transformation, Practices,
Agri-food processing

Best used with

- [Biofortified Beans for Improved Nutrition](#)

Tested/adopted in



Where it can be used

This technology can be used in the colored agro-ecological zones.



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<https://taat.africa/cvg>

Last updated on 22 May 2024, printed on 15 May 2025

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