

# 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.



Alliance

**The Alliance of Bioversity International and the International Center for Tropical Agriculture (CIAT)**  
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This technology is **TAAT1 validated**.
 
 Scaling readiness: idea maturity 7/9; level of use 7/9

**Project adoption** 1  
 Technology integrated in the ENSURE project.

Inclusion 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 program

Pre-Cooked Beans can be integrated into food security, nutrition, agribusiness development, and school feeding programs to improve access to nutritious foods, reduce cooking costs, and create market opportunities along the bean value chain. Its adoption contributes to SDG 1 (No Poverty), SDG 2 (Zero Hunger), SDG 5 (Gender Equality), SDG 8 (Decent Work and Economic Growth), and SDG 13 (Climate Action).

To integrate this technology into your project, plan and budget for the following activities and prerequisites:

- Facilitate access to bean processing equipment, packaging systems, cold storage facilities, and quality control technologies.
- Build partnerships with Bioversity International, CIAT, processors, cooperatives, retailers, school feeding programs, and research institutes.
- Train processors on food processing, food safety, packaging, storage, and business management.
- Promote women's and youth participation in bean processing and food enterprises.
- Monitor production volumes, bean consumption, cooking cost savings, processor revenues, jobs created, and farmer incomes.

Technology from

ProPAS

Commodities

Common bean

Sustainable Development Goals

Categories

Postharvest, Practices, Agri-food processing

Best used with

Biofortified Beans for Improved Nutrition  
See all 1 technologies online

Tested/adopted in

Where it can be used

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

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