



A BEAN FOR
EVERY
CUISINE
Recipes



RIVIANA BEANS RANGE

THE ON TREND, ON BUDGET AND INCREDIBLY VERSATILE KITCHEN CLASSIC IS NOW AVAILABLE FROM RIVIANA IN NINE GREAT VARIETIES.

KEY BENEFITS

- Saves time:
 - Precooked and ready to use straight from the can
 - Another step taken out of the commercial kitchen
- Consistent quality
- Convenient – pantry item ready to use
- An excellent bulking ingredient
- Variety – adds texture and colour to your dishes
- Ideal for all foodservice channels

STORAGE & HANDLING

- Shelf stable
- 3 years shelf life
- Once opened transfer to a clean, airtight container and store refrigerated. Use within 3 days

COOKING WITH BEANS

- Use in hot and cold applications
- Ideal for sweet and savoury cuisines

NUTRITIONAL INFORMATION

- A source of fibre
- Naturally low in fat
- Filling appetite/satiety
- Contains no artificial colours or flavours





CULINARY TIPS

BEANS

- Leftover, drained and rinsed beans can be frozen then added to soups and casseroles at a later date
- Season and marinate ahead of time to allow absorption into the bean
- The liquid from a can of beans, aquafaba, can be reserved and used as a dressing, as a wet marinade or for stocks and soups
- Salt is added during the canning process to preserve the integrity and appearance of the legumes. The salt can be lowered by simply rinsing the beans thoroughly

BAKED BEANS

- For a point of difference add herbs, fresh vegetables, smoked flavours or fresh apple

BLACK BEANS

- An essential ingredient in burrito bowls and summer salads

BORLOTTI BEANS

- Also known as cranberry beans
- Serve with olive oil, garlic, or chilli

CANNELLINI BEANS

- Serve as a mash with Greek-style lamb
- Their smooth texture makes them ideal to puree

CHICKPEAS

- Chickpea aquafaba is frequently used to replace egg whites in many vegan sweet and savoury recipes
- Fry/roast and season chickpeas with spices for a delicious snack. Dry thoroughly before roasting or frying

LENTILS

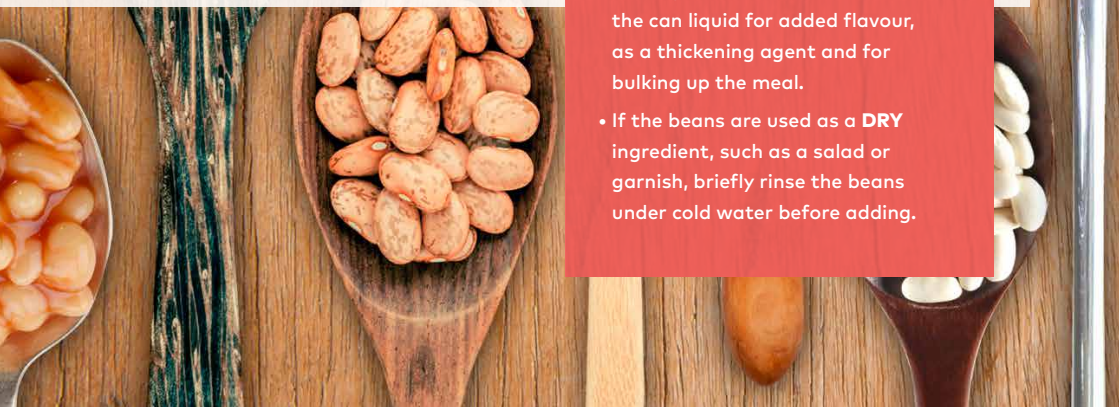
- Extremely versatile addition to salads, curries, burgers, dhal or rice dishes
- A favourite with vegetarians and vegans

BUTTER BEANS

- Also known as a lima bean
- Roast in gratin to add texture

HINTS

- If using beans in a **WET** dish include the can liquid for added flavour, as a thickening agent and for bulking up the meal.
- If the beans are used as a **DRY** ingredient, such as a salad or garnish, briefly rinse the beans under cold water before adding.



BEAN PAIRING

	BAKED BEANS	BLACK BEANS	BORLOTTI BEANS	CANNELLINI BEANS	CHICKPEAS
Herbs		Coriander Parsley	Thyme Rosemary Sage	Rosemary Mint	Parsley Rosemary Mint Sage
Spices		Cajun Paprika Chilli	Fennel Garlic Truffle Coriander	Middle Eastern/ African blends	Middle Eastern/ African blends
Meats	Bacon Cured meats	Beef Pork Chicken	Cured meats Sausage Lamb	Cured meats Lamb	Lamb Chicken
Seafood	Crab	Prawns Crustaceans	Firm white deep sea fish	Tuna	Crab Oily fish
Other	Rich Umami- based sauces Artisan breads	Cheese Rice	Parmesan Feta Polenta	Cream Grilled breads	Rich Umami- based sauces Sesame
V/tables Fruit	Tomato	Corn Avocado Tomato	Spinach	Grilled/ roasted vegetables	Beetroot Spinach

	5 BEAN MIX	LENTILS	RED KIDNEY BEANS	BUTTER BEANS
Herbs	Thyme Parsley Basil Rosemary	Parsley Coriander Mint Chervil	Coriander	Basil Parsley Thyme Mint
Spices	All varieties	Coriander Mustard	Curry Southern US spice blends	Smoked paprika Garlic
Meats	Grilled /roasted red & white meats	Chicken Game Beef	Pork Beef Minced meat	Pork Cured meats
Seafood	Grilled fish	Fish	Crustaceans	Mussels
Other	Filler/bulker to all wet dishes	Other legumes, grains etc	Rice	Olive oil Smoke
V/tables Fruit	Peppers Capsicums Tomato	Grilled/roasted vegetables Potato	Tomato Potato Celery Spinach	Potato Citrus

BAKED BEANS

Navy beans accompanied with a flavoursome, smooth tomato sauce

- 99% fat free
- Good source of fibre
- Perfect for a traditional English breakfast



BAKED BEANS ON BRUSCHETTA

SERVES 8-10 | PREP TIME 10 MINS | COOKING TIME 10 MINS

INGREDIENTS

- 1 French baguette, sliced
- 4 tbsp butter, softened
- 410g **Riviana Baked Beans**
- 1 tomato, finely chopped
- 170g smoked tomato chutney
- Micro herbs to garnish

METHOD

1. Spread each bread slice with butter.
2. Heat beans, tomato and chutney over medium heat until warm.
3. Grill baguette slices until lightly browned.
4. Top each toasted slice with beans and garnish with herbs.



BLACK BEANS

Small, oval beans with a creamy texture

- Naturally low in fat
- Adds colour to salads and rice dishes
- A key ingredient in South American cuisine



BLACK BEANS AND AVOCADO WRAPS

SERVES 4 large or 8 side servings | **PREP TIME** 20 MINS

INGREDIENTS

- 235g **Riviana Black Beans**, rinsed and well-drained
- 275g Riviana Corn Kernels, drained
- 2 tomatoes, diced
- ½ red onion, diced
- ¼ bunch coriander, chopped
- 1 lime, juiced
- 40ml extra virgin olive oil
- 125ml red wine vinegar
- ½ tsp ground cumin
- Salt and pepper to taste
- 1 avocado, sliced
- 4 large or 8 small tortilla wraps

METHOD

1. Combine ingredients (except avocado and wraps) in bowl. Season with salt and pepper.
2. Heat wraps. Place avocado and salad in centre and season.

TIP

Marinate the mixture overnight for a richer flavour.



BORLOTTI BEANS

Brown beans with a smooth creamy texture

- Naturally low in fat
- No artificial colours or flavours
- Perfect addition to a tomato-based pasta bake, rice dishes and soups



CHICKEN AND BORLOTTI BEAN STEW

SERVES 8-10 | PREP TIME 20 MINS | COOKING TIME 45 MINS

INGREDIENTS

- 2 tbsp olive oil
- 1 large onion, chopped
- 1 leek, chopped
- 2 cloves garlic, crushed
- 150g bacon, diced
- 500g chicken thighs, chopped
- 1 tsp dried Italian herb
- 1 red pepper, thick slices
- 100g mushroom, chopped
- 800g Riviana Italian Crushed tomatoes
- 600g **Riviana Borlotti Beans**, drained
- 200ml chicken stock
- 250ml white wine
- Parsley, finely chopped to garnish

METHOD

1. Fry onions, leek and garlic in oil until softened. Add bacon and chicken.
2. Add the herbs, red pepper and mushrooms to the onion mix and fry for about 5 minutes.
3. Add tomatoes and Borlotti Beans. Stir in stock and wine and bring to a simmer.
4. Cover with a close-fitting lid and simmer for 30 to 45 minutes.



CANNELLINI BEANS

Ivory in colour and a firm texture

- A good source of dietary fibre
- Also known as white beans
- The creamy texture is ideal for vegetarian burgers



CANNELLINI BEAN AND ROCKET SALAD

SERVES 12 | PREP TIME 15 MINS

INGREDIENTS

- 500g **Riviana Cannellini Beans**, rinsed and drained
- 300g sun-dried tomatoes
- 220g marinated artichokes, quartered
- 250g baby rocket
- 2 pears, peeled and diced
- 2 garlic cloves, minced
- 20ml lemon juice
- 40ml olive oil
- 2 tbsp red wine vinegar
- 1 tsp ground cumin
- Salt and pepper to taste

METHOD

1. Combine the beans, sun dried tomatoes, artichokes, rocket and pear.
2. In a small bowl, combine the remaining ingredients.
3. Toss dressing through salad to coat. Season to taste.
4. Serve as a side dish.



CHICKPEAS

Golden with a mild, nutty flavour

- Naturally low in fat
- A key ingredient in dips and felafels
- Easily fried as a quick healthy snack



MOROCCAN CHICKPEA AND SPINACH TAJINE

SERVES 10 | PREP TIME 15 MINS | COOKING TIME 20 MINS

INGREDIENTS

- 200ml extra virgin olive oil
- 400g red onion, cut into rings
- 4 tbsp minced garlic
- 40g Ras El Hanout Moroccan spice mix
- 2kg drained **Riviana Chickpeas**, rinsed
- 400g roasted pepper strips
- 1.5kg Riviana Italian Chunky Crushed Tomatoes
- 500g Garden Supreme IQF Leaf Spinach Portions
- 500g thick Greek-style yogurt for serving
- 50g fresh coriander leaves for garnish

METHOD

1. Heat oil and sauté the onions and garlic until softened. Add the spices and chickpeas and sauté for 2 minutes. Add the pepper strips and tomatoes, bring to the boil and simmer for 10 minutes.
2. Just before serving, add the spinach portions and cook, stirring for 5–10 minutes until the spinach has thawed and the dish is simmering.
3. Serve with yoghurt and coriander leaves.



AQUAFABA

Aquafaba is the liquid in a can of cooked beans, generally chickpeas. It is often poured down the sink but it has a unique mix of starches and proteins that makes it a perfect substitute for egg whites and is frequently used in vegan cookery.

It is perfect as a binder for veggie burgers, a sticking agent when crumbing vegetables, and if you beat the starchy liquid like an egg white, it whips to create a stiff, fluffy foam.

VARIETY OF APPLICATIONS

- Sweet dishes such as meringues, mousse, pavlovas or baked goods
- A perfect egg white substitute for mayonnaise
- Fresh aquafaba can be stored in a refrigerator for up to one week
- Aquafaba can be frozen and thawed when required. It will still whip even if it has been frozen
- The general rule of thumb is three tablespoons of aquafaba per egg

MERINGUES USING AQUAFABA

SERVES 18 MERINGUES | PREP TIME 20 MINS

COOKING TIME 60 MINS

INGREDIENTS

- 200ml chickpea liquid (aquafaba)
- 200g caster sugar
- Whipped cream, to serve
- Berries, to serve

METHOD

1. Preheat oven to 120°C. Line trays with baking paper.
2. Place liquid into the bowl of an electric mixer. Beat on high speed until liquid turns white and is thick. Slowly add sugar and continue beating until thick and glossy.
3. Spoon mixture evenly into 18 portions onto trays. Bake for 1 hour. Turn off oven and prop door open. Leave to cool slowly in the oven.
4. To serve, top with whipped cream and berries.

TIPS

- Frozen aquafaba can be used.
- Lower temperature if using a fan-forced oven.



FIVE BEAN MIX

A delicious blend of red and white kidney beans, butter and borlotti beans and chickpeas

- Source of fibre
- Ready to eat. No soaking time required
- One can, five beans



MINISTRONE PRONTO

SERVES 10 | PREP TIME 5 MINS | COOKING TIME 30 MINS

INGREDIENTS

- 250g streaky bacon, cut into fine strips
- 20g Riviana Crushed Garlic
- 200g En Placé Umami Paste
- 1.2kg Riviana Italian Crushed Tomatoes
- 500g Garden Supreme IQF Diced Carrots
- 500g **Riviana Five Bean Mix**
- 2 litres water
- 200g risoni pasta
- 200g Riviana Garden Supreme IQF Peas
- 100g En Placé Pesto All Genovese for serving
- 50g shaved parmesan for serving
- 50g continental parsley leaves for garnish

METHOD

1. Fry bacon until golden. Add garlic and Umami Paste and sauté for 1 minute.
2. Add tomatoes, carrots, Five Bean Mix and water, cover and bring to the boil.
3. Add risoni pasta and boil uncovered for 10 minutes until pasta is al dente.
4. Just before serving, add peas and bring to the boil.
5. Garnish with pesto in the centre and serve sprinkled with parmesan and parsley leaves.



LENTILS

Our brown lentils are quick to use and very versatile

- Source of protein
- Naturally low in fat
- Frequently used in Indian cuisine



LENTIL CURRY

SERVES 10 | PREP TIME 10 MINS | COOKING TIME 20 MINS

INGREDIENTS

- 120ml oil
- 3 tsp cumin seeds
- 15 curry leaves
- 1½ tbsp Riviana Ginger paste
- 1½ tbsp Riviana Garlic paste
- 3 onions, finely chopped
- 540g Riviana Crushed Italian Tomatoes can
- Salt to taste
- 1½ tsp turmeric powder
- 1 tsp red chilli powder, optional
- 2.5kg **Riviana Lentils**, drained and rinsed
- 200ml water (or liquid from canned lentils)

METHOD

1. Heat oil until hot in a deep pan. Add cumin seeds, curry leaves, ginger then garlic and sauté until fragrant (a few seconds).
2. Add onion and cook until tender and soft (about 5 minutes). Mix in tomatoes and stir until combined.
3. Add salt, turmeric and red chilli powder and cook until oil starts to separate.
4. Add lentils and water and simmer for 5–10 minutes, occasionally stirring so it does not stick to the pan.

Serving suggestion: Serve with roti bread, rice or as a side dish.

TIP

Swap canned lentils with chickpeas, butter beans or borlotti.



RED KIDNEY BEANS

A dark red skin and named for its visual resemblance in shape to a kidney

- Source of protein
- Frequently used in Mexican dishes
- Perfect in soups, stews and salads



CHILLI CON CARNE

SERVES 10 | PREP TIME 5 MINS | COOKING TIME 30 MINS

INGREDIENTS

- 2 tsp olive oil
- 125g rindless bacon, roughly chopped
- 750g lean beef mince
- 1 brown onion, finely chopped
- 2 red capsicums, chopped
- 3 garlic cloves, crushed
- 2 tbsp chilli powder
- 800g Riviana Italian Crushed Tomatoes
- 600g **Riviana Red Kidney Beans**, drained

TO SERVE

- Sliced jalapeños
- Coriander leaves
- Sour cream (optional)
- Tasty cheese, grated (optional)
- Chillies (optional)

METHOD

1. Fry bacon in oil until crisp then add mince until browned.
2. Add onion, capsicum and garlic. Cook until vegetables are soft. Add chilli powder and cook until fragrant.
3. Add tomatoes and 250ml cold water. Bring to the boil then reduce medium-low. Simmer, partially covered, for 30 minutes or until sauce has reduced slightly.
4. Add beans. Increase heat to medium. Cook until beans are heated through and sauce has thickened.
5. Serve with pickled jalapeño chillies, sour cream, coriander leaves and grated tasty cheese.



BUTTER BEANS

Large beans with a subtle, buttery flavour and creamy texture

- Good source of fibre
- Marinate in tomato sauce, parsley and olive oil to make a Greek favourite "Gigantes"
- Mash as an alternative to potato



BUTTER BEAN BURGERS

SERVES 6 | PREP TIME 15 MINS | COOKING TIME 10 MINS

INGREDIENTS

- 2 tbsp oil
- 1 onion, finely chopped
- Salt to taste
- 2 large garlic cloves, minced
- 1 carrot, finely grated
- 400g **Riviana Butter Beans**, drained and rinsed
- 2 tbsp lemon juice
- 1 tbsp sage, finely chopped
- 25g breadcrumbs
- 1 egg, beaten or 40ml aquafaba
- Whole grain hamburger buns
- Riviana Sweet Chilli Sauce
- 2 tomatoes, sliced
- Italian parsley

METHOD

1. Fry onion in half oil. Add salt, garlic and carrot until the carrot has slightly softened. Remove from the heat.
2. Puree the beans, add lemon juice. Stir into the onion mixture and add sage, breadcrumbs and egg. Season to taste.
3. Shape into patties. Set on a baking sheet, cover and chill for 30 minutes.
4. Fry patties in remaining oil until brown. Serve on buns with sweet chilli sauce, tomato slices and parsley.



ITEM CODE	PRODUCT	APN	TUN	LAYERS	CARTONS/ LAYER	CARTONS/ PALLET
2479062	6 x 3kg Red Kidney Beans	9300602346409	19300602346406	6	8	48
2479073	3 x 2.7kg Baked Beans	93006023497969	19300602349766	6	16	96
2479074	3 x 2.5kg Chickpeas	9300602348489	19300602348486	6	16	96
2479075	6 x 3kg Five Bean Mix	9300602347048	19300602347045	6	8	48
2479072	6 x 2.5kg Black Beans	9300602347307	19300602347304	7	8	56
2479077	6 x 2.5kg Borlotti Beans	9300602347468	19300602347465	7	8	56
2479079	6 x 2.5kg Butter Beans	9300602347628	19300602347625	7	8	56
2479076	6 x 2.5kg Cannellini Beans	9300602347789	19300602347786	7	8	56
2479083	6 x 2.5kg Lentils	9300602347949	19300602347946	7	8	56



For more information contact
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rivianafoodservice.com