

Ways to ADD beans to our days!

Add to **pasta sauce** to provide texture and visual appeal instead of meat. You can add kidney beans or northern beans or lentils, all have a neutral taste.

Dips-buy or make hummus. Make dessert dips like chocolate chip cookie dough from Chocolate Covered Katie. <https://chocolatecoveredkatie.com/want-to-eat-an-entire-bowl-of-cookie-dough/>

Roasted-roast chickpeas as snacks. The internet has lots of spice blends you can roll them in if desired. And these roasted chickpeas can be added to tacos for some crunch.

Soups-Make some hearty bean soups.

Salad toppers-sprinkle chickpeas or black beans on a salad for texture and taste.

Bean Salad-many ethnic recipes for healthy and flavor packed bean salads (3 bean, SW bean salad, Mediterranean bean salad, Cowboy caviar). This site has 18 suggestions!
<https://betterfoodguru.com/vegan-bean-salads/>

Baked beans-whether on toast like the Brits or as a side dish or with vegan sausages chopped in it for a rushed meal, canned baked beans are fast and easy, and home made is delightful!

Main dishes-like red beans and rice; many Indian dishes have beans or lentils. Vegan tunafish salad recipes use chickpeas instead of tuna.