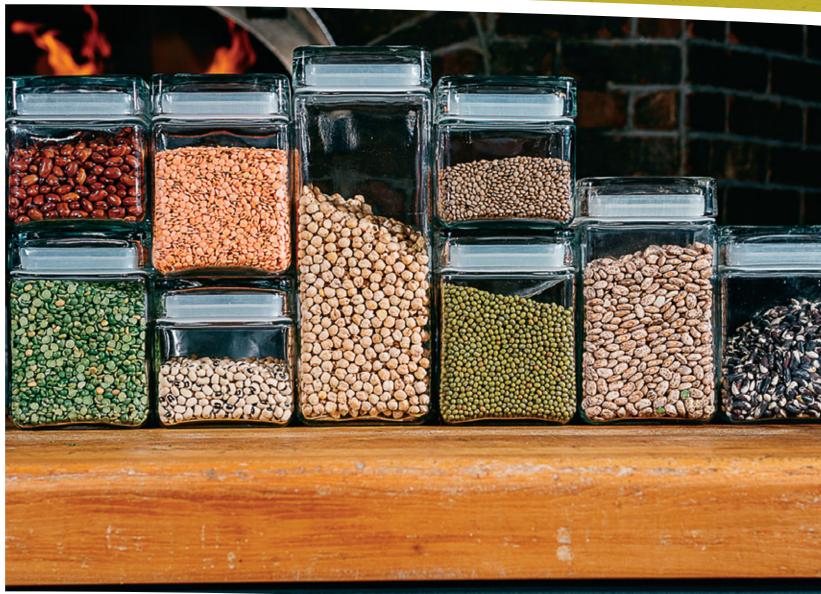


Dried peas, lentils and beans are the top pulses produced in this part of the world.

During the great Depression in the US, beans were called poor man's meat and they saved many lives thanks to their nutritional value and low price.

Canada is the top global exporter, exporting lentils, beans and chickpeas to 150 markets worldwide.





Chef Ron Pickarski shops for beans in the Alfalfaís market in Boulder (Colorado, United States)



Recipe by chef Ron Pickarski









