

**Market Class, Product Code and Prep Time**



**Pinto Beans** are medium sized oval beans that have a beige background mottled with reddish-brown splashes of color. When cooked, their colored spots disappear and the bean becomes a pink color. Pintos have a creamy texture and earthy flavor. Common uses: Tex-Mex and Latino dishes. In-stock.

Triple Cleaned Dry Beans	PCN 208000	
Quick Prep Whole	PCN 162001	10 min.
Pieces	PCN 172001	5 min.
Grits	PCN 182001	5 min.
Powder	PCN 192001	5 min.
Pinto Bean Noodle	PCN 110101	10 min.
Pinto Bean Noodle – color added	PCN 110401	10 min.
Smooth Refried Beans	PCN 113401	10 min.
Homestyle Refried Beans	PCN 123401	10 min.



**Black Beans** (also known as turtle beans) are oval shaped, shiny, and black with a rich flavor that has been compared to mushrooms. They have a velvety texture and hold their shape well while cooking. Common uses: thick soups, with rice, in Mexican, Caribbean, and Latino dishes. In-stock.

Triple Cleaned Dry Beans	PCN 213000	
Whole	PCN 242001	20 min.
Quick Prep Whole	PCN 262001	10 min.
Pieces	PCN 272001	5 min.
Grits	PCN 282001	5 min.
Powder	PCN 292001	5 min.
Black Bean Noodle	PCN 210101	10 min.



**Small Red Beans** are deep red in color with a mild flavor and firm texture, holding their shape when cooked. Common uses: soups, salads, chili, Creole dishes. In-stock.

Triple Cleaned Dry Beans	PCN 211000	
Whole	PCN 342001	20 min.
Quick Prep Whole	PCN 362001	10 min.
Pieces	PCN 372001	5 min.
Grits	PCN 382001	5 min.
Powder	PCN 392001	5 min.



**Navy Beans** are small, pea-sized beans that are creamy white in color. They are dense, smooth and mild-flavored. Common uses: pork and beans, baked beans, soups, stews and pureed. In-stock.

Triple Cleaned Dry Beans	PCN 201000	
Whole	PCN 442001	20 min.
Quick Prep Whole	PCN 462001	10 min.
Pieces	PCN 472001	5 min.
Grits	PCN 482001	5 min.
Powder	PCN 492001	5 min.



**Great Northern Beans** are medium sized oval beans that are white in color, mild in flavor and have a powdery texture. Common uses: soups, stews and cassoulet. Made-to-order.

Whole	PCN 542001	20 min.
Quick Prep Whole	PCN 562001	10 min.
Pieces	PCN 572001	5 min.
Grits	PCN 582001	5 min.
Powder	PCN 592001	5 min.



**Dark Red Kidney Beans** are a large, elongated deep reddish brown bean with a robust, full-bodied taste and soft texture. Kidneys hold their shape while cooking and readily absorb surrounding flavors. Common uses: chili, salads, soups and with rice. Made-to-order.

Whole	PCN 642001	20 min.
Pieces	PCN 672001	5 min.
Grits	PCN 682001	5 min.
Dehydrated Whole	PCN 692008	60 min.
Powder	PCN 692001	5 min.



**Chick Peas** (also known as garbanzo beans) are beige in color with a nut-like taste and a texture that is buttery, yet somewhat starchy and pasty. Common use: hummus, falafels, curries and other Middle Eastern Indian dishes. Made-to-order.

Whole	PCN 842001	30 min.
Pieces	PCN 872001	5 min.
Grits	PCN 882001	5 min.
Powder	PCN 892001	5 min.



**Pink Beans** are small, oval, pale pink beans that turn reddish-brown when cooked. They have a rich and meaty flavor with a slightly powdery texture. Common uses: chili and Old West recipes.

Triple Cleaned Dry Beans	PCN 225000
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**Mayocoba Beans** are medium size, oval beans that are ivory-yellow in color, mild in flavor and have a buttery texture. Common uses: soups, salads and Latino dishes.

Triple Cleaned Dry Beans	PCN 239000
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Additional **Triple Cleaned Beans** available on contract basis:

<b>Great Northern Beans</b>	PCN 228000
<b>Dark Red Kidney Beans</b>	PCN 206000
<b>Light Red Kidney Beans</b>	PCN 207000
<b>White Kidney Beans</b>	PCN 238000

## Beans - making traditional new again!

Consumed for generations for great taste and the ability to satisfy hunger, beans today have the potential to go beyond traditional cuisines. ADM introduces pre-cooked, ready-to-use beans with VegeFull cooked bean ingredients. Increasing food processing convenience, VegeFull's current selection includes pinto, black, small red, navy, chick peas and other beans, available in quick-prep whole, ground pieces, grits, noodles and powders.

## Beans - nutrition built by nature!

Commonly referred to as a "super food" because of their supercharged nutritional profile, beans are a natural and wholesome way for food developers to target health-conscious consumers. Beans are full of plant protein and fiber and low in fat and sodium. Additionally, they contain nutrients such as calcium, magnesium, potassium, iron, choline and folic acid.







## Beans - recognized excellence!

Leading health officials recognize beans for their many benefits. This outstanding nutritional legume is the only food to appear in two categories of the USDA Food Guide Pyramid, in the vitamin-packed vegetable group and the protein-dense meat and bean group. The Dietary Guidelines for Americans 2005 encourages consuming 3 cups of beans per week – about a ½ cup daily - as part of a balanced, healthy diet.

## Beans – quality you can trust!

Subject to certain qualifications, incorporating beans into food applications may make products eligible for nutrient content claims such as "rich in fiber". Inherently gluten-free and non-allergenic, cooked bean ingredients also support clean processing and product labeling. Add U.S. origin, non-GMO, Kosher pareve certified, and minimally processed in a dedicated GMP/HACCP facility to the benefits list, and you will understand the excitement for the VegeFull line of products.

## Product Descriptions and Applications

	<b>VegeFull Ground Cooked Bean Powders</b> - add nutrition, aid product moisture, act as a natural thickener and provide natural color. Substitute powders easily for 10-25% of flour or the added fat in baked goods. Extrude into pastas or snack offerings starting at 30% replacement. Use as a natural binder and thickening agent in a full range of products including meats, soups, dips and sauces.
	<b>VegeFull Ground Cooked Bean Grits</b> - function like the powder with a bit of added texture and chunks of visual color.
	<b>VegeFull Ground Cooked Bean Pieces</b> - add for bean identity and texture where whole beans are not preferred.
	<b>VegeFull Whole &amp; Quick-Prep Whole Beans</b> - prepared and dehydrated whole cooked beans are ready for use in just 10 - 20 minutes. Add to hot water, hold and serve. Once re-hydrated, use like any other prepared or canned bean. These products provide affordable convenience, offering an exceptional value in dry transport and storage. Perfect for dry packaged products.
	<b>VegeFull "Refried" or Bean Noodle</b> - a whole cooked bean pressed and shaped into a short noodle. Re-hydrate with water and add seasoning for a traditional tasting refried bean dish in just minutes. Use in ready-to-eat meals, food service or sheeted products to add nutrition and texture.
	<b>Triple Cleaned Dry Beans</b> - quality and consistent bulk commodity dry beans. Available for canned products, dry package and seed.



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