

LUPINI BEANS RECIPES

1. Italian-Style Marinated Lupini Beans

Ingredients

- 2 cups prepared lupini beans in brine
- 2 tablespoons extra virgin olive oil
- 1 garlic clove, thinly sliced
- 1 tablespoon fresh parsley, chopped
- ½ teaspoon dried oregano
- Black pepper, to taste
- A little lemon zest or a few drops of lemon juice, optional

Instructions

Drain the lupini beans and rinse them lightly if they are too salty.

Place them in a bowl with the olive oil, garlic, parsley, oregano, black pepper, and lemon if using. Toss everything together and let the beans sit for at least 30 minutes before serving.

Serve with olives, cheese, cured meats, crusty bread, or taralli.

2. Lupini Bean Salad with Tomatoes and Red Onion

Ingredients

- 2 cups shelled lupini beans
- 1 cup cherry tomatoes, halved
- 1 small red onion, thinly sliced
- 2 tablespoons extra virgin olive oil
- 1 tablespoon red wine vinegar or lemon juice
- Fresh basil or parsley, chopped
- Salt and black pepper, to taste

Instructions

Remove the skins from the lupini beans and place the beans in a bowl.

Add the cherry tomatoes, red onion, olive oil, vinegar or lemon juice, basil or parsley, salt, and pepper. Toss well and let the salad rest for 10–15 minutes before serving.

This is fresh, rustic, and perfect as a light appetizer or side dish.

3. Italian Lupini Bean Spread for Crostini

Ingredients

- 1 ½ cups shelled lupini beans
- 2 tablespoons extra virgin olive oil
- 1 tablespoon lemon juice
- 1 small garlic clove
- 1 tablespoon fresh parsley
- Black pepper, to taste
- A little water, as needed

Instructions

Add the shelled lupini beans, olive oil, lemon juice, garlic, parsley, and black pepper to a food processor.

Blend until smooth, adding a little water as needed to create a creamy texture.

Spread onto toasted bread and finish with a drizzle of olive oil. This is like an old-world Italian version of hummus — simple, hearty, and delicious.

4. Lupini Bean Patties

Ingredients

- 2 cups shelled lupini beans
- 1 boiled potato
- 2 tablespoons grated Parmigiano Reggiano
- 1 egg
- Breadcrumbs, as needed
- 1 tablespoon fresh parsley, chopped
- Black pepper, to taste
- Olive oil, for cooking

Instructions

Mash or blend the lupini beans with the boiled potato until mostly smooth.

Add the Parmigiano Reggiano, egg, parsley, black pepper, and enough breadcrumbs to form a mixture that holds together.

Shape into small patties and cook in a skillet with a little olive oil until golden on both sides. They can also be baked until lightly crisp.

Serve warm as an appetizer, snack, or vegetarian main dish.