

# Protein Plants of Addis Ababa, Ethiopia

COMMON NAME

Soy bean

SCIENTIFIC NAME

*Glycine max*

USE

The young pods and leaves, and ripe seeds are eaten. The dried seeds are boiled and baked. Toasted seeds are eaten like a snack.

KEY NUTRIENTS

energy, protein, provitamin A, iron



COMMON NAME

Scarlet runner bean

SCIENTIFIC NAME

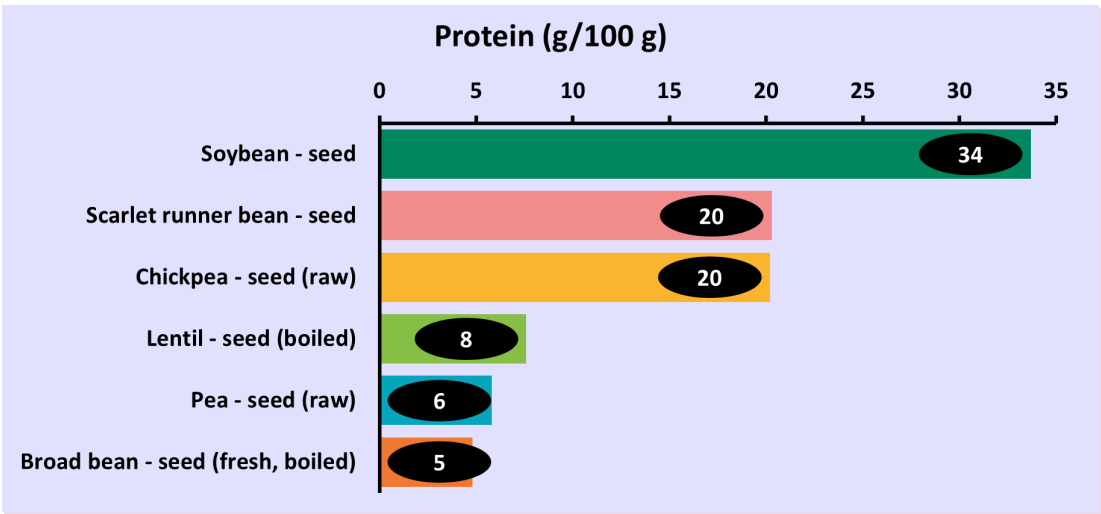
*Phaseolus coccineus*

USE

The very young pods can be eaten when cooked. The seeds are edible when dried then soaked. The tubers can be eaten after they are cooked and the cooking water disposed.

KEY NUTRIENTS

energy, protein, vitamin C, iron



COMMON NAME

Chickpea

SCIENTIFIC NAME

*Cicer arietinum*

USE

Ripe or sprouted seeds, young leaves, shoots and pods are eaten. The seeds can be used in soups and stews. When roasted they are eaten as a snack or used to make flour.

KEY NUTRIENTS

energy, protein, iron



COMMON NAME

Lentil

SCIENTIFIC NAME

*Lens culinaris*

USE

The seeds are cooked, sprouted or eaten raw. Young seedpods can be cooked and eaten. The ground seed or flour can be mixed with other flours to bake bread.

KEY NUTRIENTS

energy, protein, provitamin A, iron, zinc, vitamin C

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Protein is important for growth and development; it helps our bodies repair cells and make new ones.

COMMON NAME

Pea

SCIENTIFIC NAME

*Pisum sativum*

USE

Young seeds, pods and leaves are eaten raw or cooked. Sprouted and dried seeds used in cooking or ground into flour. Roasted seeds are used as a substitute for coffee.

KEY NUTRIENTS

energy, protein, provitamin A, vitamin C, iron, zinc



COMMON NAME

Broad bean

SCIENTIFIC NAME

*Vicia faba*

USE

Young beans are eaten. Ripe beans and leaves are also edible. Dried beans can be boiled or ground into flour. Sprouted seeds are cooked. Tender pods are eaten.

KEY NUTRIENTS

energy, protein, provitamin A, vitamin C, iron, zinc

This poster is based on information from the Food Plants International (FPI) database, developed by Tasmanian agricultural scientist Bruce French, AO.



Rotary



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Unless otherwise indicated, images in this publication have been sourced from the Food Plants International database ([www.foodplantsinternational.com](http://www.foodplantsinternational.com)).