

Edible Beans Market Forecasts to 2032 – Global Analysis By Bean Type (Soybeans, Lentils, Chickpeas, Fava Beans, Mung Beans, Adzuki Beans, Black-eyed Peas, Lima Beans, Butter Beans, Hyacinth Beans and Other Bean Types), Distribution Channel, Application and By Geography

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Abstracts

According to Statistics MRC, the Global Edible Beans Market is accounted for \$18.24 billion in 2025 and is expected to reach \$22.57 billion by 2032 growing at a CAGR of 5.9% during the forecast period. Edible beans are nutrient-rich legumes consumed worldwide for their high protein, fiber, vitamins, and minerals. They belong to the Fabaceae family and include varieties like kidney beans, black beans, pinto beans, navy beans, and chickpeas. Edible beans are a staple in many diets due to their versatility, affordability, and health benefits, such as improving digestion, regulating blood sugar, and supporting heart health. They can be eaten fresh, dried, or canned and are used in soups, salads, stews, and curries.

According to the University of Chicago Medicine's Celiac Disease Center, approximately 3 million Americans (1% of the healthy population) are affected by celiac disease, contributing to the rising demand for gluten-free alternatives like dry beans.

Market Dynamics:

Driver:

Growing vegan and vegetarian trends

Beans are rich in protein, fiber, vitamins, and minerals, making them essential for balanced, meat-free diets. The growing demand for sustainable, ethical, and health-conscious food choices has led to increased consumption of beans in various forms, including canned, dried, and processed products like plant-based meat substitutes. Food manufacturers are innovating with bean-based snacks, dairy alternatives, and protein-enriched foods, further expanding market opportunities. This shift in dietary preferences continues to drive global edible bean demand.

Restraint:

Processing challenges

Edible beans face processing challenges due to their long cooking time, the need for soaking, and anti-nutritional factors like phytic acid, which can affect digestion. Industrial processing requires advanced techniques such as dehulling, soaking, and thermal treatment, increasing production costs. Inconsistent quality, due to varying moisture content and bean hardness, further complicates processing. Additionally, inadequate processing infrastructure in some regions restricts production capacity, affecting supply chains and market expansion.

Opportunity:

Expanding food industry applications

Expanding food industry applications drive the growth of the edible beans by increasing their use in diverse products. Food manufacturers incorporate beans into soups, salads, sauces, and protein-rich meat substitutes to meet the rising demand for healthy, high-protein, and fiber-rich diets. Innovations in food processing enhance convenience, making beans more appealing to health-conscious consumers. Additionally, the foodservice industry, including restaurants and packaged meal providers, integrates beans into their offerings, boosting market expansion worldwide.

Threat:

Supply chain disruptions

Edible beans face supply chain disruptions due to climate change, labor shortages, transportation delays, and geopolitical tensions affecting production and distribution. Extreme weather events like droughts and floods impact crop yields, while labor

shortages slow harvesting and processing. Logistics issues, including high freight costs and port congestion, delay shipments and increase prices. These disruptions lead to price volatility, reduced availability, and inconsistencies in quality, discouraging consumers and food manufacturers, ultimately hampering the growth and stability of the edible beans market.

Covid-19 Impact:

The covid-19 pandemic significantly impacted the edible beans market, driving increased demand due to their long shelf life, nutritional benefits, and affordability. Panic buying and stockpiling during lockdowns led to supply chain disruptions, affecting production, transportation, and exports. While retail sales surged, foodservice demand declined due to restaurant closures. Labor shortages and logistical challenges impacted harvesting and processing. However, growing health awareness boosted consumer preference for plant-based proteins, supporting market growth.

The soybeans segment is expected to be the largest during the forecast period

The soybeans segment is expected to account for the largest market share during the forecast period. Soybeans are a major type of edible bean, known for their high protein content and versatile applications. Soybeans are widely used in plant-based protein products, soy milk, tofu, and soy flour. Rich in essential amino acids, fibre, and antioxidants, they support heart health and digestion. Their role in sustainable agriculture and growing demand for vegan diets further boost their market significance.

The food & beverages segment is expected to have the highest CAGR during the forecast period

Over the forecast period, the food & beverages segment is predicted to witness the highest growth rate. Edible beans play a vital role in the food & beverages industry due to their high protein, fiber, and essential nutrients. They are widely used in soups, salads, sauces, snacks, and plant-based meat alternatives. Their versatility extends to beverages, such as protein shakes and plant-based milk alternatives. Growing demand for nutritious, gluten-free, and vegan-friendly foods continues to drive the use of edible beans in this sector.

Region with largest share:

During the forecast period, the Asia Pacific region is expected to hold the largest market

share due to increasing health consciousness, rising vegetarianism, and expanding food industry applications. Countries like India, China, and Japan drive demand with traditional diets incorporating beans such as mung beans, black beans, and soybeans. Growing disposable incomes and urbanization further boost consumption. The region remains a key player in global edible bean production, consumption, and trade.

Region with highest CAGR:

Over the forecast period, the North America region is anticipated to exhibit the highest CAGR driven by rising health awareness, increasing plant-based diets, and the growing demand for high-protein, fiber-rich foods. The U.S. and Canada are major producers and consumers, with varieties like kidney beans, black beans, and navy beans widely used in soups, salads, and processed foods. Sustainable farming practices and government support in the region further enhance market growth.

Key players in the market

Some of the key players in Edible Beans Market include Archer Daniels Midland Company (ADM), Cargill, Incorporated, The Scoular Company, Goya Foods, Inc., N.K. Hurst Company, Inc., Bush Brothers & Company, H.J. Heinz Company, Verde Valle S.A. de C.V., Kelley Bean Co., Central Valley Beans Cooperative, Columbia Grain International, Bob's Red Mill Natural Foods, Ebro Foods, S.A., ConAgra Brands, Inc., Olam International, Trinidad Benham Corporation, B&G Foods, Inc., ADM Edible Bean Specialties, Inc., JBS S.A. and Pulses Group AG.

Key Developments:

In February 2023, Eden Foods launched a new line of organic and gluten-free edible bean products to meet the rising consumer demand for healthy, natural, and convenient food options. This product range includes a variety of soups, dips, and spreads made from high-quality, non-GMO beans, ensuring superior nutrition and taste.

In December 2022, Bush Brothers & Company expanded its product portfolio by acquiring the Westbrae Natural brand from Hain Celestial Group. Westbrae Natural offers a range of canned bean products, including kidney beans, black beans, lentils, and chili beans.

Bean Types Covered:

Soybeans

Lentils

Chickpeas

Fava Beans

Mung Beans

Adzuki Beans

Black-eyed Peas

Lima Beans

Butter Beans

Hyacinth Beans

Other Bean Types

Distribution Channels Covered:

Supermarkets & Hypermarkets

Convenience Stores

Online Retail

Specialty Stores

Wholesale Distributors

Other Distribution Channels

Applications Covered:

Food & Beverages

Animal Feed

Pharmaceuticals & Nutraceuticals

Cosmetics & Personal Care

Other Applications

Regions Covered:

North America

US

Canada

Mexico

Europe

Germany

UK

Italy

France

Spain

Rest of Europe

Asia Pacific

Japan

China

India

Australia

New Zealand

South Korea

Rest of Asia Pacific

South America

Argentina

Brazil

Chile

Rest of South America

Middle East & Africa

Saudi Arabia

UAE

Qatar

South Africa

Rest of Middle East & Africa

What our report offers:

- Market share assessments for the regional and country-level segments
- Strategic recommendations for the new entrants
- Covers Market data for the years 2024, 2025, 2026, 2028, and 2032

- Market Trends (Drivers, Constraints, Opportunities, Threats, Challenges, Investment Opportunities, and recommendations)
- Strategic recommendations in key business segments based on the market estimations
- Competitive landscaping mapping the key common trends
- Company profiling with detailed strategies, financials, and recent developments
- Supply chain trends mapping the latest technological advancements

Free Customization Offerings:

All the customers of this report will be entitled to receive one of the following free customization options:

Company Profiling

Comprehensive profiling of additional market players (up to 3)

SWOT Analysis of key players (up to 3)

Regional Segmentation

Market estimations, Forecasts and CAGR of any prominent country as per the client's interest (Note: Depends on feasibility check)

Competitive Benchmarking

Benchmarking of key players based on product portfolio, geographical presence, and strategic alliances

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