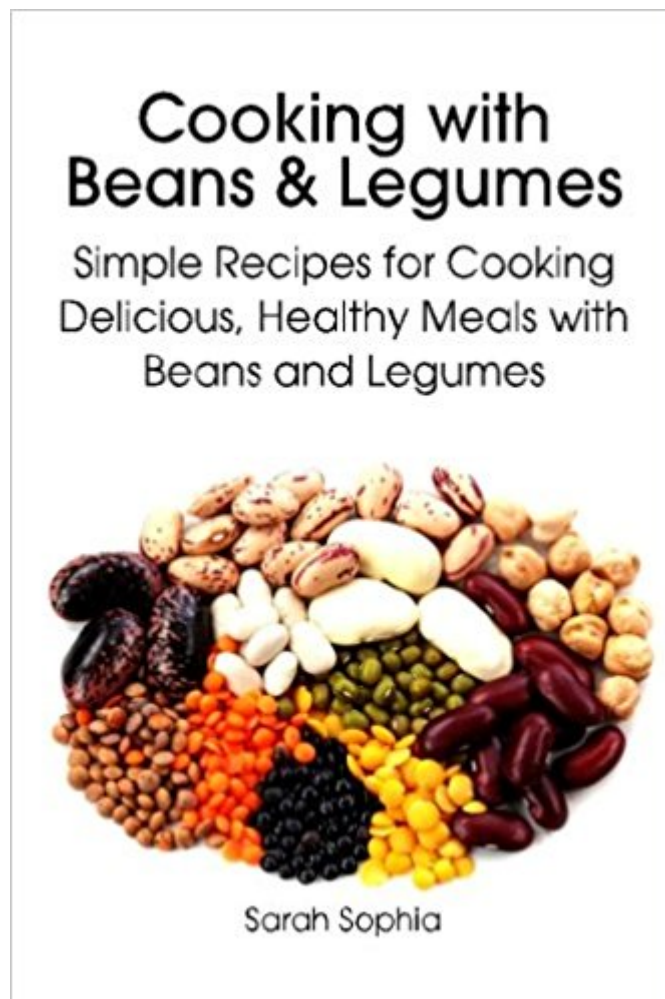


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Cooking With Beans And Legumes: Simple Recipes For Cooking Delicious, Healthy Meals With Beans And Legumes



Synopsis

Low in Fat, High in Protein, High in Fiber and Packed Full of Essential Vitamins and Minerals | If you're not eating beans and legumes, then you need to reconsider your diet. Not only are beans and legumes incredibly healthy, they are also low cost and very versatile. Their versatility means that they can easily be used for delicious breakfast, lunch and dinner recipes, and believe it or not, you can even whip up amazing desserts with them. Additionally, simply adding a daily portion of beans or legumes to your diet is an excellent way to start losing weight, reducing your cholesterol, boosting your energy levels and generally becoming healthier. The nutritional make up of beans and legumes will leave you feeling fuller longer, increase your feeling of satiety and deliver a healthy dose of vitamins and minerals. So, if you're looking to eat more beans and legumes, this book is essential for you. In the book you will learn to cook everything from delicious breakfasts all the way to beautiful side dishes and everything in between. The book is packed with over 45 simple, delicious recipes that are all made with one of nature's most nutritious food types. But that's not all, in the book I also cover the various beans and legumes available to you, the best way to prepare them and tips on cooking them perfectly. So, what are you waiting for? Buy the book now and learn to cook healthy, delicious meals with beans and legumes. I know you're going to love it | P.S. Don't forget to check out the free gift you get for buying the book. Just my way of saying a æthanks.â •

Book Information

Paperback: 88 pages

Publisher: CreateSpace Independent Publishing Platform (April 13, 2014)

Language: English

ISBN-10: 1499130724

ISBN-13: 978-1499130720

Product Dimensions: 6 x 0.2 x 9 inches

Shipping Weight: 6.6 ounces (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars Â See all reviewsÂ (31 customer reviews)

Best Sellers Rank: #705,413 in Books (See Top 100 in Books) #152 inÂ Books > Cookbooks, Food & Wine > Special Diet > Low Cholesterol

Customer Reviews

The front page shows various piles of beans in many colours. I am more used to using some than others but since I have been experimenting with beanburgers I am more confident to move on. I am

really pleased with the variety of recipes here. There are soups and salads, power bars (yes, even take away and wraps by the way), and stews. I am wonderfully surprised to see quiche, international dishes, lasagne and rice dishes too. The amount of recipes make this book so useful and it really is for all tastes. There are vegetarian, meat, egg, and fish - hot and cold - sweet and savoury, recipes - truly something to please everybody and, plenty of it. I think this is a really economical way to feed the family but have them all enjoying meals. We do. All of these meals and snacks are really delicious! We find leftovers freeze well, and, we like to add other ingredients to make patties or burgers so this then becomes another way to make the most of our recipes

Being an New Englander, I'm no stranger to beans. Yes, to many families up here, beans are still the Saturday night staple and you can attend at least 3 bean suppers in any area here in Maine on Saturday. I love all beans (except lentils) and am always looking for new ways to cook them. This morning I made the Mexican Scrambled Eggs and they were excellent. I'm looking forward to trying the Tuscan Sun Dried Tomato Soup and the Cannellini Bean Tuna Salad. If you are a bean lover, there is something here for every taste. Recommended

It became recently necessary for me to improve the nutrition value of my meals. Since I must do this while living on a fixed income, I have come to appreciate the lowly bean. Actually, both beans and rice. No more meat, except for fish. I've turned to an extremely healthy diet of beans, rice, various fruits and vegetables, and whole grains. Never mind the title. This woman author knows how to cook all sorts of legumes - even beans. This is just one of the recipe books I am reviewing for inspiration. It's a good one.

I have never been a big meat eater and two years ago I cut it out of my diet, completely. I have been actively looking for recipes, that don't use meat. This recipe book has some wonderful recipes, in it. Tasty, delicious meals, made with all different kinds of beans and they really stick to your ribs, as well. My Mom also loves eating beans and so I am going to get a copy of this, to give to her, as a gift. If you are looking for some excellent recipes, using beans, this is a great collection, to start with and I would highly recommend it.

Beans are a staple of any frugal home, but they can get a little boring. This is the best collection of recipes featuring beans that I have seen in quite some time. It was also a good bonus to include so much information about different types of beans, cooking methods and the difference between dried

and canned beans.

You will be surprised in this book how many different beans and legumes there are. They are very good for you with a healthy dose of vitamins and minerals. And the other great thing is that they are good for losing weight as they leave you feeling full. Sarah has managed to supply lots of recipes including breakfasts, lots of soups, salads, main meals and side dishes. A very good read

I really liked this cookbook. It gives all the information you need to cook beans and legumes perfectly. The recipes are divided between breakfast, soups, salads, main dishes and sides. The instructions to make the recipes are concise and easy to follow. I made the sundried tomato bean dip and the beans quesadillas. Both were absolutely delicious. Will definitely make more recipes from this book.

I don't think I cook with beans and legumes enough so when I saw this book (the cover really caught my eye) I decided it was time to get some recipes to include them in my diet more. The squash and lentil soup is really good and the beetroot and feta salad with lentils in was great too. I cannot wait to try the crusted salmon. Easy to read and follow recipes.

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