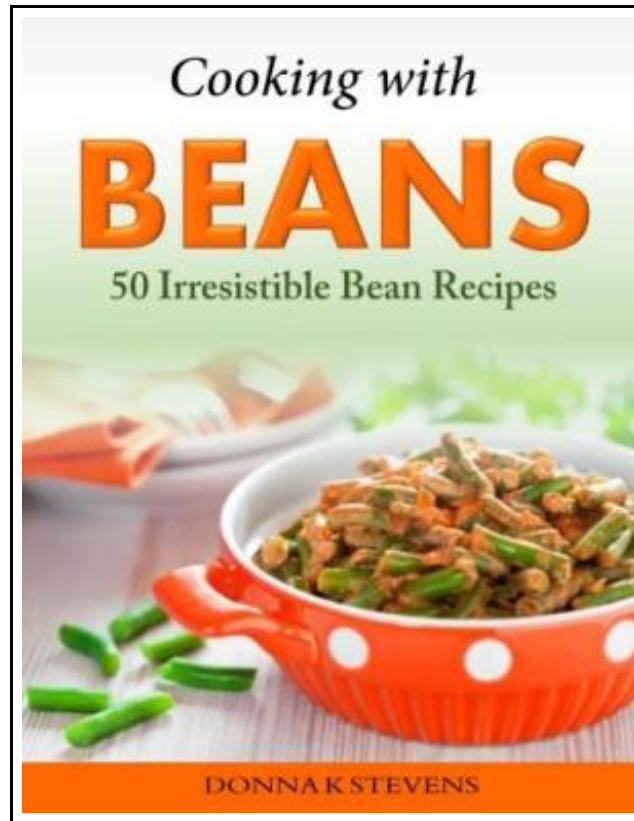


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(Mitchell Kuhn III)

COOKING WITH BEANS - 50 IRRESISTIBLE BEAN RECIPES (PAPERBACK)



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Createspace Independent Publishing Platform, United States, 2014. Paperback. Book Condition: New. 272 x 211 mm. Language: English . Brand New Book ***** Print on Demand *****.Cooking with Beans - 50 Irresistible Bean Recipes Beans are an excellent form of protein that is also very low in fat and rich in other nutrients such as fiber, vitamin B, iron, protein, potassium, magnesium, zinc, along with many phytonutrients. One cup of beans in any form provides 17 grams of protein, which makes it an excellent alternative to meat protein as it has only three-quarters of a gram of fat per cup. This is why everyone should consume at least 4 servings of beans per week. There are a wide variety of beans, each with a unique taste of its own, such as kidney beans, black beans, pinto beans, garbanzo beans, white beans, lima beans and split peas. Even though beans are an excellent form of protein, not many people utilize them to their full extent. This is why in this book we are bringing you 50 delicious and irresistible bean recipes that are simple to make and delicious down to the very last bite. Bean recipes are great for every season as they can be made as a refreshing cold salad for the warmer days or as a warm bowl of soup, chili or gravy for the colder days. Play around with the recipes provided in this book to create a recipe that matches your mood. Within this book you will find amazing recipes that are simple to make such as: 1.Cauliflower and fennel beans 2.Bean Pasta 3.Beans with avocado 4.Black bean soup 5.Italian beans 6.Quick southern Style Baked Beans 7.Bean Oatmeal Chocolate Chip Cookies 8.Bean Chili with Pork Salsa 9.Kidney Bean Salad 10.Tomato in White bean Herb Sauce So, what are...



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