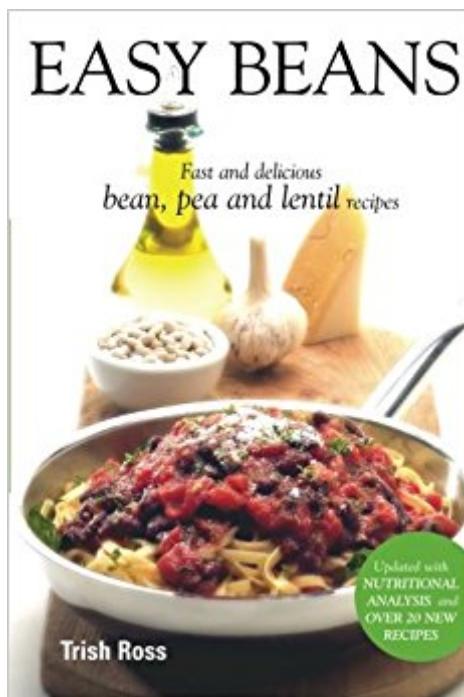


The book was found

Easy Beans: Fast And Delicious Bean, Pea, And Lentil Recipes, Second Edition



Synopsis

The new edition of this favorite bean cookbook, Easy Beans, has been fully updated and revised. There are 20 new recipes and nutritional analysis for all of the over 100 fast, healthy and tasty bean, pea and lentil recipes. As North Americans continue to eat healthier by cutting fat, not flavor, there is an increasing emphasis on legumes as an essential part of today's healthy diet. In addition these recipes are easy on the budget. With this edition of Easy Beans, author Trish Ross has made bean cookery a tasty and healthy choice for today's busy cooks.

Book Information

Paperback: 146 pages

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Average Customer Review: 4.3 out of 5 starsÂ See all reviewsÂ (39 customer reviews)

Best Sellers Rank: #584,056 in Books (See Top 100 in Books) #134 inÂ Books > Cookbooks, Food & Wine > Cooking by Ingredient > Rice & Grains #544 inÂ Books > Cookbooks, Food & Wine > Cooking by Ingredient > Vegetables #1552 inÂ Books > Cookbooks, Food & Wine > Cooking Methods > Quick & Easy

Customer Reviews

I have a bookcase full of cookery books, BUT, "Easy Beans" and "More Easy Beans" are two of my top favorites. All the recipes I have tried are delicious, and best of all for a busy professional, quick and easy to make when I come home tired at the end of the day. As an MD interested in nutrition, I can heartily recommend the recipes in these books for the good of your heart. Well done, authors!

This wonderful book took all the mystery out of cooking with all types of beans, peas and lentils. The recipes are versatile, nutritious and extremely simple to prepare. The authors' blurb at the beginning of each recipe is informative and quite often humourous. The Leek & Lentil Soup (page 28) has now become a weekly favourite of both my family and co-workers!! And as a final added bonus, the binding lies flat on the counter for easy reading while cooking. What more could a busy chef ask for?!

A simple little book, no frills or pictures, but surprisingly useful. Divided into four main categories--soups, salads, entrees, and sides--each recipe features beans, peas, and/or lentils. Many of the recipes are vegetarian/vegan, as well as some good recipes incorporating meat. The recipes aren't fancy or gourmet, but they're easy to prepare, healthy, and above all, quite tasty. If the book had pictures and a few exciting/unusual recipes for balance, I would give it five stars. Recommended for:--beginning cooks--busy/time-pressed cooks--anyone wanting or needing to incorporate more legumes into their diet

Lots of good tasting recipes that really are easy to prepare. Each recipe has a small chart identifying protein, fat, carbohydrates, calories and fiber content per serving. The best tasting recipes all seem to begin with sauteing onions and garlic then adding the rest of the recipe. This is a great way to make tasty bean recipes. Pressure cooking may be the best and fastest way to cook beans, where beans don't have to be soaked and salt and other acidic ingredients can be added during cooking which greatly enhances the flavor. Pressure cooked beans are so much tastier than canned or slow cooked beans it's a shame pressure cooking isn't included. [...].

If you like chili powder & green bell peppers you will like the main courses in this book. If you do not, I would find another cookbook.

Since people have figured out a way to flood with positive reviews for their books, then you can't trust anything anymore. I saw that this book was generally favorably reviewed and decided to buy it. What a mistake! It is self-published garbage with tons of typos and embarrassing mistakes. The recipe that I did try was mediocre. It's a shame that people are so dishonest. Buy a book that was actually published by a real publisher, with pictures. Or just go online for your recipes, where I think, actually most of these recipes probably already are. Learn from my fail :-(

As a fairly recently converted Vegetarian, I was thrilled to discover "Easy Beans", then, joy!!! "More Easy Beans". These 2 have become my most-used EVER cook books. I have wowed family and friends with various soups, dips, casseroles, chilis, etc. etc. etc. Thank-you so much. More More Beans please.

I love beans but I didnt know how to cook them. I couldnt believe how easy it is to prepare them until

I read this book. The section "Getting Started" explains everything simply. I had never heard of the quick soak---talk about FAST or you can use a can instead of starting from scratch which is great for when I get home from work. I recommend the MOROCCAN CHICKEN on page 75. It has been the hit of more college potlucks. Lots of recipes for vegetarians and the authors obviously love black beans---lots of recipes for them.

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