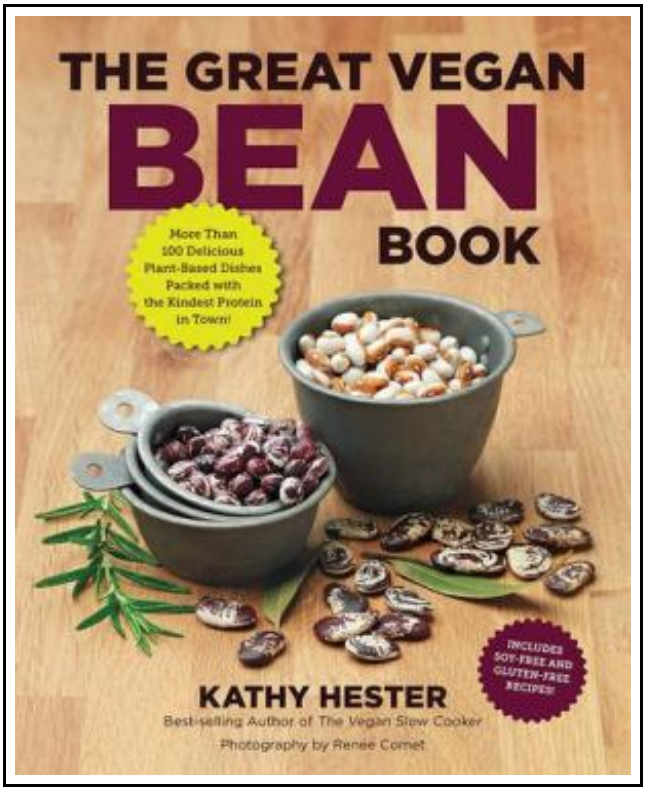
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Fair Winds Press. Paperback. Book Condition: new. BRAND NEW, The Great Vegan Bean Book: More Than 100 Delicious Plant-Based Dishes Packed with the Kindest Protein in Town! - Includes Soy-Free and Gluten-free Recipes!, Kathy Hester, Renee Comet, Garbanzo. Cannellini. Fava. Calypso. Edamame. Adzuki. It's true: beans have the coolest names ever. But besides that, they're also one of nature's most perfect foods. Packed with protein, nutrients, and flavor, you might even call them a vegan's #1 best friend (don't worry, we won't tell the trail mix, veggies, or French fries!). But with so much versatility and variety, where does one begin? Right inside these very pages, that's where. In The Great Vegan Bean Book, author Kathy Hester primes you on everything you need to know about the best way to cook--and eat!--every bean you've ever seen (and a few you probably haven't). From soaking times, to cooking times, to what to puree, to what to saute, you'll be dancing delicious circles around those legumes in no time. Not only that, but you'll also get to try your hand--or is it your mouth?--at some of the tastiest, most innovative bean recipes in this lentil-filled land. From beanalicious burritos, to pretty-pea curry, to legume-laced blondies, you'll be partying protein-style, every meal of the day!.

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