



# The Everything Beans Book: 30 Frugal, Nutrient-Packed Recipes for Every Eater

*Katie Kimball*

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If you want to **save money, eat healthier, and still have a happy family at the dinner table**, you need this book! *The Everything Beans Book* is an incredibly comprehensive resource explaining everything you want to know about beans and legumes - one of the most frugal and nourishing foods out there.

Get over your fear of dry beans and break through dinnertime monotony with these family-friendly, tried-and-true recipes from a home cook with little mouths to feed.

Author Katie Kimball from KitchenStewardship.com is known for being incredibly thorough, both in her research and in her recipes. Novice cooks will find all their FAQs (and more) already answered in the notes, and veterans in the kitchen will love the tips for tweaking dishes to fit their family's tastes.

Beyond recipes, **this little gem is a science geek's dream**, packed with research on the health benefits of beans and two unique ways to cook them for maximum nutrition.

In *The Everything Beans Book*, no bean is left unturned -- you'll learn:

- \*Why beans are healthy
- \*How to cook in bulk with dry beans
- \*Getting through to picky eaters
- \*How to get past the texture
- \*How to avoid gas
- \*And how to enjoy and thrive by regularly including beans in your menu plan!

**With grocery prices skyrocketing**, these frugal preparation and food storage techniques are vitally important, and you'll love having the recipes right at your fingertips!

### *Recipes Included:*

1. Veggie Bean Burritos
2. Chickpea Wraps
3. Mexican Black Bean Burgers
4. Spicy Turkey Chili Burgers
5. Dosas
6. Sausage, Bean and Greens Soup
7. Katie's Spicy Meat Chili
8. Turkey Vegetable Chili
9. White Chicken Chili with Lime
10. Cheesy White Chicken Chili
11. Black-Eyed Pea Soup
12. Simple Cabbage Soup with Secret Super Food
13. Black Bean Soup
14. Tuscan Bean Soup

15. Three Bean Soup
16. Homemade Limey Refried Beans
17. 7-Layer Tex-Mex Appetizer Dip
18. Mexican Beans and Rice
19. Chicken Rice-a-Roni Substitute
20. Cuban Black Beans and Rice
21. Pasta with White (Bean) Sauce
22. Pesto “Bean”-fredo with Chicken
23. Spaghetti and Pinto Bean Chili
24. Beef and Bean Stew a la Tuscany
25. Mexican Stuffed Peppers
26. Slow Cooker Lentil Rice Casserole
27. Southwestern Pot Pie (Bonus Recipe: Cornbread)
28. Hearty Lentil Stew
29. Black-Eyed Pea Casserole
30. Grain-Free Fudgy Brownies

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People live in this new moment of lifestyle always attempt to and must have the free time or they will get great deal of stress from both way of life and work. So , whenever we ask do people have spare time, we will say absolutely yes. People is human not really a huge robot. Then we consult again, what kind of activity do you possess when the spare time coming to a person of course your answer will unlimited right. Then do you ever try this one, reading textbooks. It can be your alternative throughout spending your spare time, the particular book you have read is definitely The Everything Beans Book: 30 Frugal, Nutrient-Packed Recipes for Every Eater.

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#### **Eugene Ruano:**

The book untitled The Everything Beans Book: 30 Frugal, Nutrient-Packed Recipes for Every Eater contain a lot of information on it. The writer explains your girlfriend idea with easy technique. The language is very simple to implement all the people, so do not really worry, you can easy to read that. The book was compiled by famous author. The author will take you in the new time of literary works. It is possible to read this book because you can keep reading your smart phone, or product, so you can read the book inside anywhere and anytime. In a situation you wish to purchase the e-book, you can wide open their official web-site along with order it. Have a nice go through.

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