

Frugal Cooking With Beans: Over 40 Deliciously Simple Bean Recipes Using Dry & Canned Beans Beans are frugal, full of protein, and so versatile. And did I mention delicious? Yes, they are delicious and many times don't even need meat to make them so. So many varied flavors - You're sure to find one that's your favorite. This book has over 40 delicious & simple recipes - each with a full-color picture - most having both vegetarian and non-vegetarian versions. Soups, salads, breakfast dishes, casseroles, appetizers, snacks - so many ways you can use beans to add flavor and nutrition as well as help ease the strain on your pocketbook. Learn how to properly soak, how to convert from canned beans to dry if your recipe calls for dry (and vice versa). Plus a couple of my favorite bread recipes that were handed down from my mother to accompany your beans. Whether you're stocking up on beans for future emergencies, a vegetarian looking for more bean options, someone looking to save money on your food budget, or you just love beans - This book is for you! Here are some of the recipes you'll find inside: * Lentil Cakes * Tuna & Bean Salad * Chili Con Carne * 3-Cheese Pinto Stuffed Mushrooms * Chicken Bean Pot Pie * Tomato Basil Black Bean Soup * Black-Eyed Pea Salad * White Bean Gravy * Hashbrown Casserole With Beans * Pasta Fazool * Polenta & Pinto Porridge * And many more 43 recipes in all - plus the bonus bread recipes to go along with your beans! ...more Frugal Cooking With Beans: Over 40 Deliciously Simple Bean Recipes Using Dry & Canned Beans PDF ebook

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