

The Great Vegan Bean Book (Great Vegan Book)

By Kathy Hester





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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 purée, to what to sauté, 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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Editorial Review

Review

"Beans! Beans! Beans! Never have there been so many delicious recipes for these simple little nuggets of goodness compiled into one, beautifully photographed, cookbook. An absolute must for everyone's bookshelf."

—Joni Marie Newman, co-author of *The Complete Guide to Vegan Food Substitutions*

"The Great Vegan Bean Book is a masterpiece! Kathy Hester takes beans beyond the boundaries of your imagination and into the land of sweet decadence and savory delights that will make you fall head over heels in love with beans."

—Alicia C. Simpson, author of *Quick and Easy Low-Cal Vegan Comfort Food*

"Get ready to fall in love with beans! Kathy Hester's recipes are fresh, creative, and deceptively simple, and she helpfully provides gluten-free, soy-free, and oil-free options—cool beans, indeed!"

—Susan Voisin, FatFreeVegan.com

"If you were doubting the beloved legume's superpowers, let Kathy Hester's brand new book show you that there's just nothing they can't do for you: breakfast, lunch, dinner, and even dessert. All irresistibly magical, all the time."

—Celine Steen, co-author of *Vegan Sandwiches Save the Day*

"The Great Vegan Bean Book is a must-have book for any plant-powered kitchen. If you are looking to add more fiber- and protein-packed meals to your plate—simply and deliciously—this book is for you!"

—Lauri Boone, R.D., author of *Powerful Plant-Based Superfoods*

"If you're in a bean-cooking rut, then you need this book. Kathy's bean-tastic recipes range from exquisite traditional soups and chilies to inventive creations that extend the boundaries of bean-based cooking (Lemon Coconut Chickpea Muffins, anyone?)."

—Dynise Balcavage, author of *Pies and Tarts with Heart*

"Beans — in all their humble, uncontroversial glory — finally get the respect they're due in Kathy Hester's completely nourishing and utterly gorgeous recipes. "

— Nava Atlas, author of *Vegan Holiday Kitchen*

"Whether you're a card-carrying bean-lover or simply want to add more healthy and inexpensive meatless meals to your repertoire, *The Great Vegan Bean Book* is for you. With a wide variety of tempting recipes from simple to sophisticated, Kathy Hester proves that beans can be anything but boring—and even downright dazzling."

—Robin Robertson, author of *Quick-Fix Vegan*

About the Author

Kathy Hester is the founder of the blogs Healthy Slow Cooking (<http://www.healthyslowcooking.com>) and Busy Vegan (<http://busyvegan.blogspot.com>). She writes for various online health and cooking websites, including Bright Hub (<http://www.brighthub.com>), Divine Caroline (<http://www.divinecaroline.com>), Everything Mom (<http://www.everythingmom.com>), and The Healthy Hostess (<http://www.thehealthyhostess.com>). She lives in Durham, NC with her partner, two cats, and one dog.

Users Review

From reader reviews:

Antoinette Holdren:

Book is to be different for each grade. Book for children until eventually adult are different content. As it is known to us that book is very important for us. The book The Great Vegan Bean Book (Great Vegan Book) ended up being making you to know about other expertise and of course you can take more information. It doesn't matter what advantages for you. The publication The Great Vegan Bean Book (Great Vegan Book) is not only giving you much more new information but also to get your friend when you feel bored. You can spend your personal spend time to read your publication. Try to make relationship using the book The Great Vegan Bean Book (Great Vegan Book). You never feel lose out for everything in the event you read some books.

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In this 21st centuries, people become competitive in every single way. By being competitive at this point, people have do something to make these people survives, being in the middle of typically the crowded place and notice simply by surrounding. One thing that sometimes many people have underestimated the idea for a while is reading. Yep, by reading a guide your ability to survive boost then having chance to stand up than other is high. For you personally who want to start reading a book, we give you this specific The Great Vegan Bean Book (Great Vegan Book) book as beginning and daily reading e-book. Why, because this book is more than just a book.

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Brittany Gonzalez:

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