



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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Vincent Erickson:

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Teresa Powers:

Reading can called imagination hangout, why? Because while you are reading a book especially book entitled The Everything Beans Book: 30 Frugal, Nutrient-Packed Recipes for Every Eater your head will drift away trough every dimension, wandering in each and every aspect that maybe not known for but surely can be your mind friends. Imaging just about every word written in a guide then become one form conclusion and explanation in which maybe you never get previous to. The The Everything Beans Book: 30 Frugal, Nutrient-Packed Recipes for Every Eater giving you an additional experience more than blown away your brain but also giving you useful information for your better life within this era. So now let us explain to you the relaxing pattern the following is your body and mind will probably be pleased when you are finished reading it, like winning a casino game. Do you want to try this extraordinary investing spare time activity?

Katherine Wilcoxon:

The Everything Beans Book: 30 Frugal, Nutrient-Packed Recipes for Every Eater can be one of your beginner books that are good idea. Many of us recommend that straight away because this book has good vocabulary that can increase your knowledge in vocab, easy to understand, bit entertaining but still delivering the information. The writer giving his/her effort to place every word into enjoyment arrangement in writing The Everything Beans Book: 30 Frugal, Nutrient-Packed Recipes for Every Eater yet doesn't forget the main stage, giving the reader the hottest and also based confirm resource information that maybe you can be one of it. This great information can certainly drawn you into completely new stage of crucial pondering.

Myra McKenzie:

Are you kind of occupied person, only have 10 or perhaps 15 minute in your moment to upgrading your mind expertise or thinking skill possibly analytical thinking? Then you are having problem with the book compared to can satisfy your small amount of time to read it because all of this time you only find reserve that need more time to be learn. The Everything Beans Book: 30 Frugal, Nutrient-Packed Recipes for Every Eater can be your answer as it can be read by an individual who have those short time problems.

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