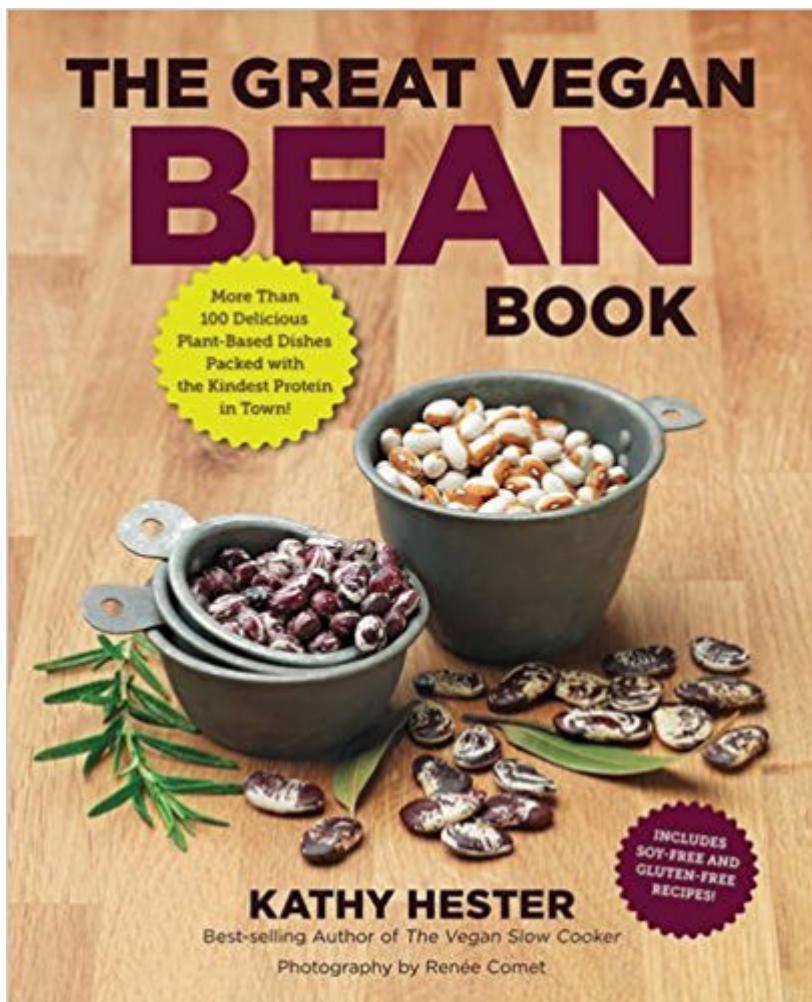


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# The Great Vegan Bean Book: More Than 100 Delicious Plant-Based Dishes Packed With The Kindest Protein In Town! - Includes Soy-Free And Gluten-Free Recipes! (Great Vegan Book)





## Synopsis

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 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!

## Book Information

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## Customer Reviews

"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](http://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*"Beans! Beans! Beans!Â Never have there been so many delicious recipes for these simple little nuggets of goodness compiled into one, beautifully photographed, cookbook.Â 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](http://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 HeartBeans" 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

Kathy Hester is the founder of the blog Healthy Slow Cooking (<http://www.healthyslowcooking.com>) and author of The Vegan Slow Cooker, Vegan Slow Cooking for One or Two, Oatrageous Oatmeals, The Great Vegan Bean Book, The Easy Vegan Cookbook, and The Ultimate Vegan Cookbook for Your Instant Pot. 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. Kathy Hester lives in Durham, NC with her two cats who would rather not live together, a cute dog with a belly rub addiction, her very own picky eater, a kitchen garden, and more slow cookers than one person should own. She writes HealthySlowCooking.com, is the vegan blogger for Key Ingredient (<http://www.keyingredient.com/blog/bloggers/kathy-hester>) and writes for various publications like Chickpea Magazine. She also teaches vegan cooking classes, has put together a social media class for writers and has more classes in the works.

I already made two dishes using this cookbook and I was most pleased with the results. Some of the reviews said the recipes were difficult. I've been cooking for my family for over 20 years, and the recipes were no more difficult than anything else I've made over the years. Yes, many of the recipes call for a number of ingredients and spices, but you need to make plain old bean dishes flavorful. Otherwise, beans, with little added, are boring. The explanation of a large variety of beans by the author was interesting and useful. I'm not a vegan, but I am retired. I'm always on the lookout for inexpensive and flavorful dishes.

I was super stoked when I first heard about this book, I mean the title alone “The Great Vegan Bean Book” just makes you want to peek inside. As someone who primarily sticks to eating whole foods I’m a great lover of beans, though I tend to keep the same three in rotation - Garbanzo, Black, and Cannellini. Though I usually cook a different recipe each night of the week, I do tend towards many of the same flavor combinations, or cooking styles when it comes to beans. I was hoping that this book would broaden my bean horizon, teach me about new kinds of beans, and new creative ways of using them. Admittedly I have not had the time to cook as many of the recipes as I would have liked, but so far I found this book to be truly amazing. First of all I love the layout. Everything is well organized and easy to read, the directions and instructions are easy to follow and there is a ton of useful information in this book about beans. Cooking beans from scratch, information on different type of beans - including heirloom beans - tips for making perfect beans, and so on. The pictures are mouth-watering and beautiful, every one inspires you to want to start cooking. This book is also packed full of loads of other practical information and includes recipes for many staple ingredients like veggie bouillon, biscuits, sour cream and so on. As for the recipes themselves they are certainly creative. Kathy Hester invokes a wide range of culinary flavors to make a variety of dishes that are truly delicious. I’m particularly taken with the way she uses beans in the breakfast and dessert chapters. Overall this book is very whole foods focused with many of the recipes being either gluten or soy free, and many of them also having an oil-free option. Most recipes contain minimal ingredients, most of which are pretty easy to find - except perhaps for some of the heirloom beans which may need to be purchased online. Most of the recipes are also low in salt, and not overly sweet. Apparently grain-free is now a thing, and so you should be aware that grains are used throughout the book, and for those who care about such things nutritional and calorie information is provided for each recipe to make things easy. So far I’ve tried, Simple Pantry Salsa - Pretty good Basic Whole Wheat Biscuits - Loved it Sweet Red Bean Paste - Loved it Easy Almond Parm - Pretty good Cashew Cream - Loved it Almost a Meal White Bean Pesto Muffins - Okay Weekend Vanilla Belgian Waffles - Loved it! Sausage Spiced Savory Pancakes - Loved it Southern Style White Bean Gravy - Loved it Enchanted Vanilla Pancakes - Loved it Blueberry Almond Oatmeal Pancakes - Loved it Orange Blossom Brunch Biscuits - Loved it Four Layer Bean Dip - Loved it Smokey White Bean Spread - Loved it Ger Well Fast Chickpea and Rice Soup - Loved it Marinated White Bean Nicoise Salad - Loved it Asian Black Soybean Slaw - Okay Pesto White Bean Salad - Loved it Indian Chickpea Yogurt Salad - Pretty good Sloppy Buffalo Beans - Loved it Where’s Dinner? Quick Burrito Filling - Loved it Kidney Bean Masala - Pretty Good Refried

Bolita or Pinto Beans - Loved itKalpana's Black Eyed Pea Curry - Loved itCreole White Beans - Loved itGood Mother Stallard Beans - Loved itBeluga lentil Stew over Fresh Spinach - Loved itWhite Bean Lemon Basil Stuffed Shells - Loved itDouble Chocolate Devil's Food Cookies - Loved itPecan Chocolate Chip Chickpea Cookies - Loved itBlack Eyed-Peanut Butter Pie - Loved itBlack Bean Fudgesicles - Loved itThere really aren't enough good things I can say about this book, and I think it makes a good addition to any vegan cook books collection.

It's simple enough for newbie vegans to follow and creative enough for seasoned vegans to enjoy. My only real complaint is that there weren't more recipes involving heirloom beans, but maybe we'll get another vegan bean book in the future.

I'm not a vegan or vegetarian, but I have been looking for opportunities to eat less meat by adding beans to my diet. I have tried a number of times before, but failed to find good methods of doing so, and this book was really, really helpful. It is filled with recipes that I have tried, sometimes with or without a meat extra, that myself and my family have really enjoyed. Not only that, but the meta-information - the how to prepare and cook the different kinds of beans, and how to deal with getting your system used to them have come in incredibly handy.

Here's another book I found reviewed in the local newspaper and I knew I had to have it. This bean book had also received rave reviews by professional cooks. So many wonderful recipes compiled in a beautifully photographed cookbook. Amazing recipes include soy-free, gluten-free, also included are sugar-free and oil-free options. The Basics, How-Tos, and recipes to keep your food budget in check are masterfully given. How to cook beans--inspect and rinse. To soak or not to soak? Some think soaking make beans more digestible others soak to cut down on cooking time. This topic is well-researched and presented. Quick cooking beans are listed: lentils and split peas. In-between cooking beans: black-eyed peas and Adzuki. Long-cooking beans are: red kidney beans; white kidney or cannellini; pintos; Anasazi; Rattlesnake; black bean varieties; lima and Fava beans to mention a few that are listed and described. Chapters start with the basics. Next is morning beans--for breakfast and brunch main dishes. There are chapters on soups, beans for salads, stews, casseroles, pastas, the sweet treats. This is my new go-to book on beans. A must for all kitchens seeking to cut down on animal protein and switch up to plant proteins! "More than 100 delicious plant-based recipes packed with the kindest protein in town!"

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