



## 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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## The Great Vegan Bean Book (Great Vegan Book) By Kathy Hester Bibliography

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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?)."

—Dyynise 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.brighthouse.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:**

#### **Eric Johnson:**

The book *The Great Vegan Bean Book (Great Vegan Book)* make you feel enjoy for your spare time. You may use to make your capable considerably more increase. Book can to be your best friend when you getting anxiety or having big problem together with your subject. If you can make reading through a book *The Great Vegan Bean Book (Great Vegan Book)* to get your habit, you can get much more advantages, like add your personal capable, increase your knowledge about a number of or all subjects. You may know everything if you like open and read a book *The Great Vegan Bean Book (Great Vegan Book)*. Kinds of book are a lot of. It means that, science book or encyclopedia or some others. So , how do you think about this publication?

#### **Elizabeth Pipkin:**

Here thing why this specific *The Great Vegan Bean Book (Great Vegan Book)* are different and dependable to be yours. First of all reading a book is good nonetheless it depends in the content of the usb ports which is the content is as scrumptious as food or not. *The Great Vegan Bean Book (Great Vegan Book)* giving you information deeper and in different ways, you can find any guide out there but there is no guide that similar with *The Great Vegan Bean Book (Great Vegan Book)*. It gives you thrill looking at journey, its open up your personal eyes about the thing that happened in the world which is might be can be happened around you. You can bring everywhere like in recreation area, café, or even in your method home by train. For anyone who is having difficulties in bringing the branded book maybe the form of *The Great Vegan Bean Book (Great Vegan Book)* in e-book can be your substitute.

#### **Mary Killgore:**

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#### **David Yoon:**

A lot of people said that they feel bored when they reading a book. They are directly felt the item when they get a half regions of the book. You can choose often the book *The Great Vegan Bean Book (Great Vegan Book)* to make your current reading is interesting. Your personal skill of reading expertise is developing when you similar to reading. Try to choose straightforward book to make you enjoy to study it and mingle the feeling about book and reading especially. It is to be very first opinion for you to like to start a book and read it. Beside that the guide *The Great Vegan Bean Book (Great Vegan Book)* can to be your brand new friend when you're really feel alone and confuse with the information must you're doing of their time.

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