



The Better Bean Cookbook: More than 160 Modern Recipes for Beans, Chickpeas, and Lentils to Tempt Meat-Eaters and Vegetarians Alike

Jenny Chandler

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Beans are among the healthiest, most delicious foods on earth—and *The Better Bean Cookbook* is the essential modern guide to preparing them. This stunning volume features an illustrated guide to all dried beans, chickpeas, and lentils, along with advice on buying and cooking them to achieve the utmost flavor and nutrition. Vegetarians and carnivores alike will enjoy the enticing dishes, from fritters and soups to mains.

Recipes include:

Indian Stuffed Pancakes * Californian Black Bean Burger * Green Pea and Mint Soup * Pan-seared Scallops with Chorizo and Pea Purée * Iberian Lentil Salad * Sprouting Bean and Quinoa Salad * Steamed Edamame and Broccoli with Ginger Dressing * Refritos (Refried Beans) * Pasta with Chickpeas and Lemon * Seven Vegetable Tagine * Moroccan Chickpeas and Meatballs * Cassoulet * and more!

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Brandy Hagaman:

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Heidi Montgomery:

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