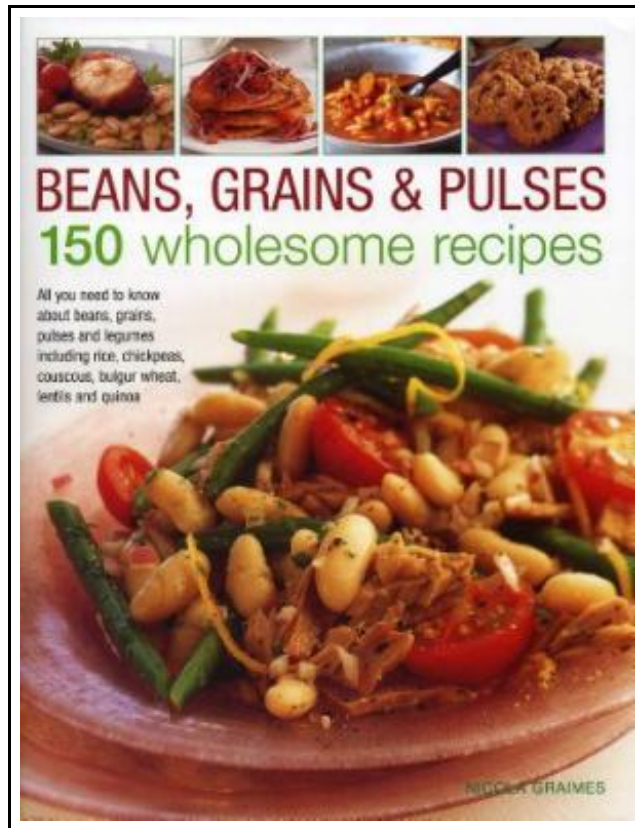


## Beans, Grains and Pulses: 150 Wholesome Recipes: All You Need to Know About Beans, Grains, Pulses and Legumes Including Rice, Chickpeas, Couscous, Bulgur Wheat, Lentils and Quinoa



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## **BEANS, GRAINS AND PULSES: 150 WHOLESOME RECIPES: ALL YOU NEED TO KNOW ABOUT BEANS, GRAINS, PULSES AND LEGUMES INCLUDING RICE, CHICKPEAS, COUSCOUS, BULGUR WHEAT, LENTILS AND QUINOA**



Anness Publishing. Hardback. Book Condition: new. BRAND NEW, Beans, Grains and Pulses: 150 Wholesome Recipes: All You Need to Know About Beans, Grains, Pulses and Legumes Including Rice, Chickpeas, Couscous, Bulgur Wheat, Lentils and Quinoa, Nicola Graimes, This title shows you how to use beans, nuts, legumes, pulses and grains to create enticing and nutritious dishes for a healthy heart and energized lifestyle. It features easy-to-follow step-by-step recipes for breakfasts, snacks, side dishes and salads, soups, fish, poultry and game, meat and vegetarian meals, as well as tempting cakes, breads and desserts. A visual directory fully explains the health benefits of every type of bean, pulse, legume and grain, together with information on storing, preparing and cooking. You can enjoy dishes such as Couscous with Dried Fruit and Nuts, Lentil Dhal with Roasted Garlic and Whole Spices, Bean and Hock Soup, and Fruit and Millet Treacle Cookies. The high protein content and versatile nature of beans and pulses has made these foods a staple of many countries. This book contains more than 150 appealing everyday recipes that are health-enhancing and tasty. A comprehensive introduction describes different beans, their taste and texture, and lists their health benefits. Quick ideas show ways of adding beans and pulses to the diet, either as a main ingredient, or as a delicious accompaniment. The recipes include classics such as Hummus, Bean Ribollita, Bean Salad with Tuna and Red Onion, Slow-cooked Boston Baked Beans, Cassoulet, and Italian Pork Sausage Stew. With beautiful pictures of the finished dishes and step-by-step recipes, you are sure to achieve appetizing results every time.

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