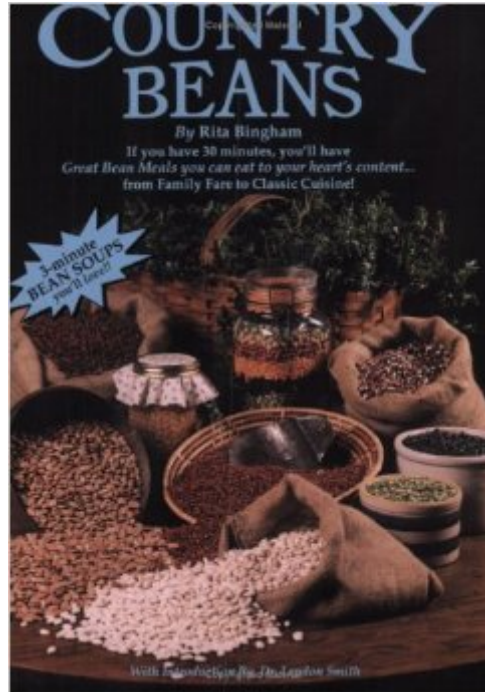


The book was found

Country Beans - How To Cook Dry Beans In Only 3 Minutes!



Synopsis

Country Beans Learn to cook dry BEANS in only 3 minutes! Soups, Sauces and Gravies in 3 Minutes - Dips in 5 Minutes! by Rita Bingham 400 heart-healthy cholesterol-free bean recipes-guaranteed to become your family favorites! FAST, Fat-Free and GOOD for you! 3-minute Soups, Sauces and Gravies made using beans, peas or lentils ground to a flour in an ordinary wheat mill. 115 FAST Bean Flour recipes. Delicious fat-free bean dips in only 5 minutes! Easy bean recipes in a flash for every meal of the day. This book will change the way YOU use beans!

Book Information

Paperback: 200 pages

Publisher: Natural Health Solutions; 11th edition (December 1, 2011)

Language: English

ISBN-10: 1882314115

ISBN-13: 978-1882314119

Product Dimensions: 0.5 x 6.2 x 8.8 inches

Shipping Weight: 12.6 ounces

Average Customer Review: 4.4 out of 5 starsÂ Â See all reviewsÂ (37 customer reviews)

Best Sellers Rank: #170,603 in Books (See Top 100 in Books) #59 inÂ Books > Cookbooks, Food & Wine > Special Diet > Low Cholesterol #238 inÂ Books > Cookbooks, Food & Wine > Cooking by Ingredient > Vegetables #244 inÂ Books > Cookbooks, Food & Wine > Special Diet > Low Fat

Customer Reviews

This cookbook provides recipes for simple and tasty meals using dried beans that can be found in any grocery store. I have other bean cookbooks that call for exotic beans that are difficult to find. My only problem with this book is that half of the recipes call for bean flours that are not so easy to locate. Health and specialty food stores may have one or two types of bean flours such as soy but not all of them called for in this book. The only place I could find pinto bean flour (used in many of the recipes) was in online stores with high shipping charges. The author directs the reader to Bob's Red Mill in Oregon but their web site did not offer any bean flours which may not be available anymore. Because I really wanted to try many of the recipes and I was intrigued with using bean flours in cooking, I took the author's advice and bought a K-Tec Kitchen Mill to grind my beans at home. I am happy with it and I think the instant refried beans made with pinto bean flour is tasty and will be a money saver over time. The soups thickened with bean flours will also be a healthy and tasty way to eat. If you are not interested in searching for bean flours or grinding them at home you

may want to look at other bean cookbooks before you purchase this one. Although, this cookbook would be helpful for those allergic to wheat because the recipes show how bean flours can replace products containing gluten.

Rita Bingham has included a lot of great recipes. I've learned a lot from her informational section on storing, grinding, soaking and preparing beans for different uses. I also appreciate her list of places that sell supplies.

This book is a great incentive to do more with beans than you ever thought possible. How to include them in everything from breakfast to main dishes to cookies and desserts. Also how to make tofu. A very inspiring book!

This is another favorite book by Rita Bingham that is full of information as well as recipes. Like her other books, this is a compendium of healthful cooking. Mrs. Bingham recommends a grain mill that I have on my wishlist for now. But happily I discovered a COFFEE mill at Sam's Club for \$30 that grinds what I need, with very little mess. If you are on a budget but want to get started you can read my review of the little Cuisinart Coffee Mill. If it breaks, there's no big loss! Cuisinart DBM-8 Supreme Grind Automatic Burr Mill

This is a great resource in preparing, cooking, grinding and storing your dry beans. This book also give you great ideas on making and using bean flours. I haven't tried all the recipes, but the ones that I have are rather simple and bland (most have little or no fat, no extra spices, little meat, etc.) I've found it easier to adapt my own recipes using the concepts she's taught and have made some very flavorful soups, casseroles and desserts! Great information too, for those on special diets (i.e., lactose intolerance, gluten-free). But any of these recipes can be adapted to your own tastes and eating habits---beans are too nutritious to not use regularly!

Is a great way to turn whole beans/peas into "fast food" with the help of a grain grinder. Refried beans in just 5 minutes! Wonderful ideas.

My wife has a lot of food based allergies--wheat and cow dairy to name a few. This bean book is amazing for us! We recommend it to anyone with food allergies (especially if you have a wheat intolerance).

This book has opened up a whole new world for me as far as cooking with beans is concerned. Wow! Who knew how much variety could be obtained with just adding beans into regular family meals? I love the book and have noticed that when I go to various sites, Rita Bingham's book ,*"Country Beans"*, is referred to frequently. The biggest complaint is that she does not mention, at all, that some raw beans (bean flours) are toxic and can produce major gastric problems in some people, and I am not referring to just gas. With caution and proper cooking, this shouldn't be a concern to most people. This book is well worth the money.

[Download to continue reading...](#)

Country Beans - How to cook dry beans in only 3 minutes! Spice Mixes: Mix Your Own Essential Dry Spices From Around the World to Add Flavor to Your Meals (Dry Herbs & Mixing Spices) Dry-Land Gardening: A Xeriscaping Guide for Dry-Summer, Cold-Winter Climates Dry-Land Gardening: A Xeriscaping Guide for Dry-Summer, Cold-Winter Climates by Jennifer Bennett (1998-03-01) Suck Me Dry 4: Menage Trios (Suck Me Dry Erotic Flash Fiction Series) Gluten Free Recipes: 39 Gluten Free Recipes With Rice, Polenta, Beans And Quinoa Plus Delicious Vegetable Side Dishes To Complete Your Gluten Free Meal-Discover ... Gluten Free Recipes On a Budget Book 6) Gullah Home Cooking the Daufuskie Way: Smokin' Joe Butter Beans, Ol' 'Fuskie Fried Crab Rice, Sticky-Bush Blackberry Dumpling, and Other Sea Island Favorites Beyond Rice and Beans / Mas alla del arroz y las habichuelas: The Caribbean Latino Guide to Eating Healthy with Diabetes (English and Spanish Edition) Tortillas, Beans and M16s (23cm.144. Illustrated N.e.) Thanksgiving: How to Cook It Well: How to Cook It Well Employee Number 2: The Story of John Cook and Cook's Pest Control Paleo:Ultimate Pale Diet Cook Book For Beginners-MELT 10 POUNDS IN 14 DAYS MEAL PLAN +100 Recipes,(FREE BONUS INCLUDED),Paleo Diet Plan, Paleo Diet cookbook: Paleo Diet Cook Book For Beginners How to Cook for Food Allergies: Understand Ingredients, Adapt Recipes with Confidence and Cook for an Exciting Allergy-free Diet Thai Cooking Made Easy: Delectable Thai Meals in Minutes (Learn to Cook Series) Wok Cooking Made Easy: Delicious Meals in Minutes (Learn to Cook Series) Turkish Cooking in 30 Minutes: Cook Delicious Turkish Food at Home With Mouth Watering Turkish Recipes Cookbook Cook Yourself Thin: Skinny Meals You Can Make in Minutes Weight Watchers Cook it Fast: 250 Recipes in 15, 20, 30 Minutes -->> RICE RECIPES - How to cook rice?: This Is ONLY Rice Cooking! (Fast, Easy & Delicious Cookbook Collection 1) Sams Teach Yourself Google Analytics in 10 Minutes (Sams Teach Yourself -- Minutes)

[Dmca](#)