



The Great Vegan Bean Book

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!

The Great Vegan Bean Book Details

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From Reader Review The Great Vegan Bean Book for online ebook

Amanda says

Amazing resource if you are considering moving away from using canned beans. Why? Cheaper and you can control the ingredients.

Intro chapter about how to prepare and the different types of beans is worth picking this book up for. There are a few recipes I will try, and if you need a resource for deserts there are some interesting alternatives.

Jenn Forte says

This cookbook contains many excellent-looking recipes, uses ingredients that most vegan cooks will be familiar with, and provides ample advice and ideas for customizing the recipes. Each recipe is labeled at the very beginning with considerations for particular dietary restrictions: the author has thoughtfully labeled each recipe so that readers will know if the recipe is soy-free, gluten-free or oil-free, or whether it can be made so successfully. The recipes offer information throughout for possible changes to the recipe, and each one shows alternate "fancy beans" that can be used in place of the beans more typically found on grocery store shelves.

In the beginning of the book, the author goes so far as to describe several ways of preparing beans for use in the recipes and also includes a chapter on how to make budget-friendly, homemade versions of recipe staples such as a vegetable-based stock that many of the recipes call for.

The book overall features tons of recipes in the usual categories, ranging from breakfast to dessert, and I have already found several that I want to try right away because they look absolutely tasty! This is a well-planned and executed book that is great for those home cooks who want to experiment or learn how to cook with beans.

July says

I really love this cookbook. There's great info about beans and how to cook them properly. The recipes are economical and don't use a lot of strange ingredients. Best of all, the recipes I've tried so far have been really tasty.

EsEfEm says

Ok. Hands DOWN, this is my favorite cookbook ever. For 2 weeks, my weekly menus have come only from this book, and I have spent less than \$100.

The serving sizes are very conservative; I usually get at least double what the recipes says.

Everything has been absofuckinglutely delicious. In fairness, I'm not vegan, so my food probably doesn't taste exactly the way it should (used real Parmesan, honey instead of agave). But I've also made the cashew queso instead of real queso, and it tasted so much better than I was expecting.

PLUS, my favorite part of the book/what the book is all about: BEANS. I love love love beans, and I love that every recipe gets an extra boost of protein from them.

There's also a list of resources in the form of online shops in the back of the book. I checked out the one Kathy says is her favorite, and it was really cool. Spices and herbs I've never heard of, flavored sugar, smoked salt, free shipping on every order, free sample with every order. www.myspicesage.com

So obviously, I very highly recommend this book! It should be a staple in every kitchen.

Maya says

Bought it because I am struggling to get enough protein and I need ideas to keep from getting bored. I was disappointed because it was advertised as having Gluten Free recipes, but actually that means there are asterisks on the gluten ingredient (e.g. tortillas for the Flautas recipe) with a note to remember to substitute. That's okay, but frustrating because some substitutions, like tortillas, do not behave the same (GF tortillas rarely roll well as is needed to make a good flauta).

BookBec says

The one thing this book needs is photos of the different beans. Just a couple of inches per photo, like a seed catalog, is all it would take!

Patricia Romero says

One of the many things I love about this book is it includes non-soy and gluten-free recipes. Both of those things are a no-no for me. If you thought beans were boring, you haven't seen this book yet. If you ask my grandson what my favorite food is he will say quickly Beans! Since we don't eat meat, we get our protein from other sources, such as plants. And with over 100 great recipes, this book will quickly become a go to source!

Well Done Ms. Hester!

Emily Lefebvre says

Everything I have tried has been amazing! 8 recipes and counting!

Aja Marsh says

3.5-4: came upon this in library book store and took it home for a spin. Some fun recipes in here, curious to try a few and see how they hold up. On the whole nothing revolutionary, but still something I could make room for for a bit!

Laura says

I read somewhere today is World Vegetarian Day, so I thought I would review this cookbook. I am neither Vegetarian or Vegan, but in this time of uncertain meat origins and budgets, it's a good idea to explore other sources of protein. This is not a beautiful cookbook, but beans are a homey ingredient and I thought it was inspirational enough in the idea of using beans in baked goods and other unusual ways.

Lauren says

I love Hester's Vegan Slow Cooker book, so I was very happy to see this new book about BEANS! A great addition to my cookbook shelf - something I will use all the time!

Autumn says

This book looks amazing! I used a recipe in here for my very first batch of refried beans. My whole family loved them. Thank you, Ms. Hester. :) I can't wait to make more things from here.

Angie says

Lots of interesting ways to use beans! I'm going to aim to try one recipe per week, if we have the ingredients.

Patricia Studer says

A good way to add protein without cholesterol to your diet.

Don says

Excellent collection of recipes that feature all kinds of beans. What strikes me is the wide variety of recipes. She includes soy free, gluten free, sweets and breakfast foods, snacks, main courses that highlight the versatility of beans of all varieties. The first chapter is a comprehensive tutorial on cooking beans that is appreciated by me. I judge a book by it's index and her's seems very well arranged and thorough.
