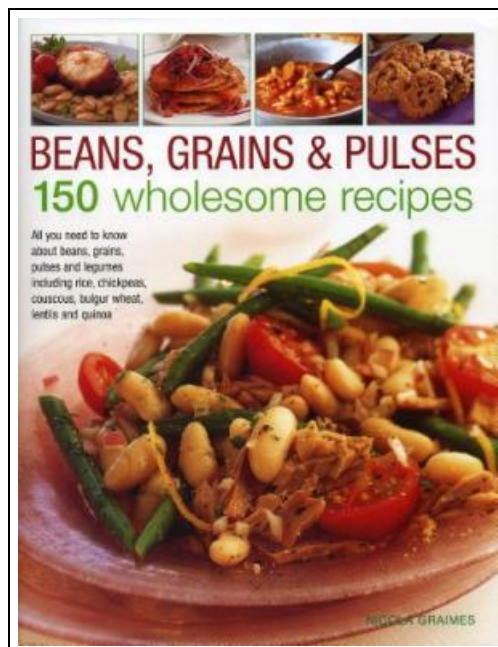


Beans, Grains and Pulses: 150 Wholesome Recipes: All You Need to Know About Beans, Grains, Pulses and Legumes Including Rice, Chickpeas, Couscous, Bulgur Wheat, Lentils and Quinoa



Filesize: 2.99 MB

Reviews

The book is fantastic and great. It is loaded with knowledge and wisdom You are going to like the way the article writer create this ebook.
(Amaya King)

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.



Read 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 Online



Download PDF 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

You May Also Like



Oxford Reading Tree Read with Biff, Chip, and Kipper: Phonics: Level 2: Cat in a Bag (Hardback)

Oxford University Press, United Kingdom, 2011. Hardback. Book Condition: New. 172 x 142 mm. Language: English . Brand New Book. Read With Biff, Chip and Kipper is the UK's best-selling home reading series. It...

[Read eBook »](#)



Oxford Reading Tree Read with Biff, Chip, and Kipper: Phonics: Level 5: Craig Saves the Day (Hardback)

Oxford University Press, United Kingdom, 2011. Hardback. Book Condition: New. 173 x 145 mm. Language: English . Brand New Book. Read With Biff, Chip and Kipper is the UK's best-selling home reading series. It...

[Read eBook »](#)



Ninja Adventure Book: Ninja Book for Kids with Comic Illustration: Fart Book: Ninja Skateboard Farts (Perfect Ninja Books for Boys - Chapter Books for Kids Age 8 - 10 with Comic Pictures Audiobook with Book)

Createspace, United States, 2013. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.BONUS- Includes FREE Dog Farts Audio Book for Kids Inside! For a...

[Read eBook »](#)



The Snow Baby A True Story with True Pictures

CreateSpace Independent Publishing Platform. Paperback. Book Condition: New. This item is printed on demand. Paperback. 84 pages. Dimensions: 11.0in. x 8.5in. x 0.2in. A review from Kindergarten Review, Volume 12: Many young children have become so...

[Read eBook »](#)



Graphic Fiction for Kids with Comic Illustrations: Graphic Novel Dog Farts Book with Comic Pictures

Createspace, United States, 2013. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Black White Illustration Version BONUS- Includes FREE Dog Farts Audio Book for...

[Read eBook »](#)