



**The Great Vegan Bean Book: More than 100  
Delicious Plant-Based Dishes Packed with the  
Kindest Protein in Town! - Includes Soy-Free and  
Gluten-Free Recipes! (Great Vegan 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!

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**Lisa Streeter:**

Have you spare time to get a day? What do you do when you have more or little spare time? That's why, you can choose the suitable activity intended for spend your time. Any person spent all their spare time to take a stroll, shopping, or went to the particular Mall. How about open as well as read a book allowed The Great Vegan Bean Book: More than 100 Delicious Plant-Based Dishes Packed with the Kindest Protein in Town! - Includes Soy-Free and Gluten-Free Recipes! (Great Vegan Book)? Maybe it is for being best activity for you. You understand beside you can spend your time with your favorite's book, you can better than before. Do you agree with its opinion or you have different opinion?

**Gregory Kim:**

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