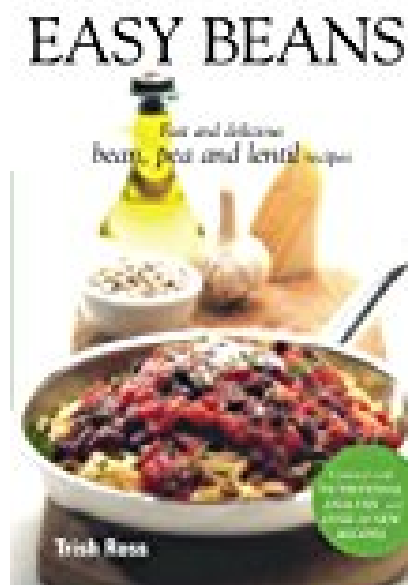


# Easy Beans Fast and Delicious Bean Pea and Lentil Recipes Second Edition

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## BOOK DETAILS

- Author : Trish Ross
- Pages : 146 Pages
- Publisher : Big Bean Publishing
- Language : English
- ISBN : 0969816235

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## **BOOK SYNOPSIS**

Building on the success of the best-selling Easy Beans, this fully revised and updated edition includes over 100 fast, healthy and delicious bean, pea and lentil recipes. Enjoy traditional favourites like Classic Black Bean Soup, exotic cuisine such as Tapenade, and contemporary offerings like Santa Fe Lentil Wrap. This edition also contains: Over 20 new recipes for appetisers, soups, salads & main dishes; Nutritional analysis for each recipe; New shorter cooking times for all varieties of beans, peas & lentils; Up-to-date nutritional information; Canned equivalents for making those last-minute meals.

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