

Beans are one of the longest cultivated vegetables. They have been used all over the world for thousands of years, due to their tasty flavor and nutritional values. There are 40,000 different types of beans, from the much used black beans to the specialized cannellini beans used in Italian foods. Depending on type of beans, these vegetables can be used fresh, on string, dried, preserved, mashed and in many other ways. Beans are rich in fibers and also contain a healthy amount of iron and proteins, which makes them a great substitute for meat in vegetarian dishes. Beans are known to decrease cholesterol levels, so are helpful for preventing blood circulation and heart problems. Although many people think of them only as a heavy, Mexican ingredient, but beans are much more than that! They can be used for breakfast, lunch and dinner, in filling dishes as well as light dishes. In some recipes they are even used in desserts and sweet snacks. There are hundreds of interesting and delicious recipes that include beans, and the best ones you will find right here in this recipe book. Tags: bean recipes, bean cookbook, bean recipe book, beans cookbook, beans recipes, beans recipe book, bean diet, beans and legumes, legumes cookbook, legumes diet, legumes recipes, legumes recipe book, cooking with beans, rice and beans, beans and rice, cooking with legumes, beans and weight loss, beans slow cooker, bean dessert recipes, legume cookbook, bean burger recipes, sweet bean paste, cooking with beans and legumes

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