

24 Beans Recipes for Easy Family Meals (eHow Easy Recipes Kindle Book Series)



Learn how to make quick and easy bean dishes for your family with Beans: 24 Recipes for Easy Family Meals. Everyone loves to eat beans and now you can make a variety of easy recipes, including soups, salads, side dishes, and main dishes. Author Dick Logue provides an introduction, interesting facts, nutritional info, and how to choose and prepare, before showing you what you can do with this healthy and nutritional food. Excerpt from the Book: Beans were one of the first cultivated crops. Archaeological evidence indicates that people were growing beans almost 10,000 years ago. Beans were grown for many different reasons throughout the world. This diversity of use perhaps accounts for the diversity of beans throughout the world. Vegetarians can rely on beans as a non-animal source of protein. Beans also aid in weight loss. Beans are full of fiber and help lower cholesterol. Fiber helps control how sugar is absorbed in the blood. Beans are a low-glycemic food. They also reduce the risk of breast cancer, and possibly inhibit the growth of cancer cells. Beans reduce the risk of heart disease. They are full of antioxidants, magnesium, iron, zinc, potassium, and protein.

Table of Contents: Introduction Nutrition Preparation Storage Types of Beans Recipes Sides and Salads Soups Main Dishes About the Author: Dick Logue is the founder of the website www.lowsodiumcooking.com. After being diagnosed with congestive heart failure more than 10 years ago, Dick threw himself into the process of creating healthy versions of his favorite recipes. A cook since the age of 12, he grows his own vegetables, bakes his own bread, and cans a variety of foods. He is the author of 1,001 Heart Healthy Recipes, 500 Low Sodium Recipes, 500 Low-Cholesterol Recipes, 500 High Fiber Recipes, 500 Low Glycemic Index Recipes, 500 Heart-Healthy Slow Cooker Recipes, 500

400-Calorie Recipes, and 500 15-Minute Low Sodium Recipes, among others. He lives in La Plata, Maryland.

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