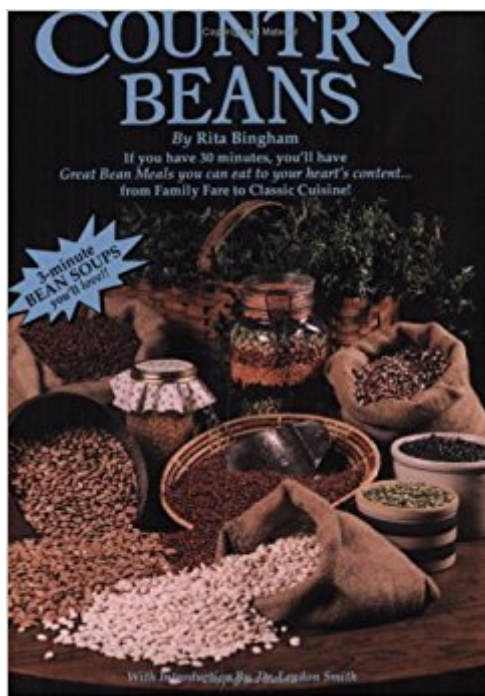


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# Country Beans - How To Cook Dry Beans In Only 3 Minutes!



## Synopsis

Country Beans Learn to cook dry BEANS in only 3 minutes! Soups, Sauces and Gravies in 3 Minutes - Dips in 5 Minutes! by Rita Bingham 400 heart-healthy cholesterol-free bean recipes-guaranteed to become your family favorites! FAST, Fat-Free and GOOD for you! 3-minute Soups, Sauces and Gravies made using beans, peas or lentils ground to a flour in an ordinary wheat mill. 115 FAST Bean Flour recipes. Delicious fat-free bean dips in only 5 minutes! Easy bean recipes in a flash for every meal of the day. This book will change the way YOU use beans!

## Book Information

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Average Customer Review: 4.2 out of 5 stars 40 customer reviews

Best Sellers Rank: #320,567 in Books (See Top 100 in Books) #79 in [Books > Cookbooks, Food & Wine > Special Diet > Low Cholesterol](#) #351 in [Books > Cookbooks, Food & Wine > Cooking by Ingredient > Vegetables](#) #353 in [Books > Cookbooks, Food & Wine > Special Diet > Low Fat](#)

## Customer Reviews

**AUTHOR COMMENTS:** This book is designed to provide preparedness SOLUTIONS. You won't find scary information about WHY you should be more self-sufficient...just practical guidelines so you can get started doing something TODAY to help you rely less on commercially prepared food and supplies as you move toward a simpler life style. This book has helped thousands of people learn to use beans and other stored foods in brand new ways! You'll love the hundreds of FAST meals you can make using beans. SNEAKY tricks to help you hide beans in EVERYthing you serve! Satisfied customers around the world now enjoy better health, more energy, and a more self-sufficient lifestyle. Learn to depend on your own well-stocked pantry, not on fast-food products designed to drain your pocketbook and destroy your health. 400 heart-healthy cholesterol-free bean recipes-guaranteed to become your family favorites! FAST, Fat-Free and GOOD for you! 3-minute Soups, Sauces and Gravies made using beans, peas or lentils ground to a flour in an ordinary

wheat mill. 115 FAST Bean Flour recipes. Delicious fat-free bean dips in only 5 minutes! Easy bean recipes in a flash for every meal of the day. This book will change the way YOU use beans! -- Publisher Comments

Comments from satisfied customers: "Thank you so much for all you do. Bean flour has completely changed my way of cooking. I use white bean flour very often now. I had NEVER bought white beans in all the 18 1/2 years I've been married. I am SO happy with the instant soup I now make. So is my family. I have not used white (wheat) flour in a whole year!" Suzanne Harris "I've been looking all my life for a book like this. Thank you for all your hard work and fantastic recipes". Annette Hartzell --Publisher Comments

This book has helped thousands of people learn to use beans and other stored foods in brand new ways! You'll love the hundreds of FAST meals you can make using beans. SNEAKY tricks to help you hide beans in EVERYthing you serve! Satisfied customers around the world now enjoy better health, more energy, and a more self-sufficient lifestyle. Learn to depend on your own well-stocked pantry, not on fast-food products designed to drain your pocketbook and destroy your health.

This bean cookbook has some interesting recipes for using bean flour as well as cooked beans. It's not fancy at all. There are some cute "beany" pictures by the author's husband. I was disappointed that there weren't more grain-free recipes; they are of the "complete protein" camp so have mixed beans and grains together to achieve that. I think it will serve the purpose I got it for which is to use bean flour to enhance the nutritional value of other foods.

What a fantastic book! It never occurred to me to grind beans for flour! I have been trying to get away from processed wheat flour. I don't cook as much as I want, so I don't often buy 'other' flours because they last forever at my house it takes so long to use up a bag. Now I can just grind a few cups worth and store in my fridge. I also found that my Magic Bullet (aka NutraBullet) grinds them easy peasy! Well worth the price!

This book has opened up a whole new world for me as far as cooking with beans is concerned. Wow! Who knew how much variety could be obtained with just adding beans into regular family meals? I love the book and have noticed that when I go to various sites, Rita Bingham's book, "Country Beans", is referred to frequently. The biggest complaint is that she does not mention, at all, that some raw beans (bean flours) are toxic and can produce major gastric problems in some people, and I am not referring to just gas. With caution and proper cooking, this shouldn't be a

concern to most people. This book is well worth the money.

Very happy with this book. Many great recipes.

My wife and I decided to change our diet a bit, and go towards the basics. It has actually been great fun reliving our childhood memories. This book is exquisitely detailed, and contains very useful information about the use and dietary benefits of beans, grains, and legumes. I'm a guy who loves to cook. This book has given my wife and I great fun and a path to improved health.

A friend recommended this book and after I checked it out from the library I decided to purchase a copy for myself. I have not tried any of the recipes yet but the concept fits right in to my prepping desires of collecting inexpensive food and knowing how to prepare it in an interesting way. I am looking forward to trying some recipes soon.

This book is a must have for food storage. The recipes are easy to follow and the ingredients are readily available. Beans have become a staple in my family of sevens diet without any of the annoying side effects due to the ways and options given for preparing them. Good for gluten free diets as well as everyday meals.

love this book! i use bean flour for a good many things now. thank you

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