

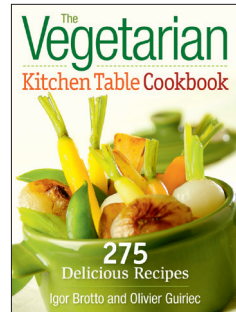
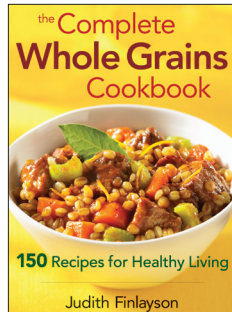
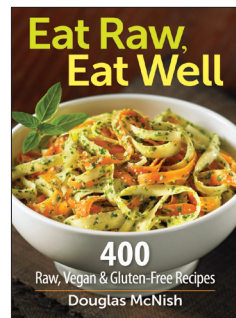
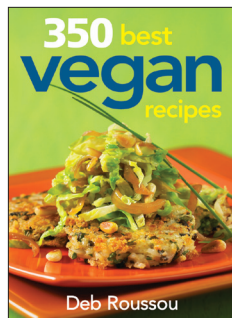


250 best beans, lentils & tofu recipes

This around-the-world collection, ranging from everyday staples such as nachos, hummus and a wide selections of chilis, to more exotic offerings such as cassoulet and several different types of dal, provides a whole new perspective on the humble legume. Offering spectacular tastes, textures and a wide variety of cooking styles, the recipes are also relatively quick and easy to prepare and use ingredients that are readily available. Whatever your dietary preferences, you can expect to enjoy delicious and nutritious dishes, from vegan-friendly Roasted Vegetable Lasagna, to rich meat dishes such as Lamb with Flageolet Gratin.

Includes an extensive introduction to the essentials of cooking and enjoying beans, lentils and tofu along with up-to-date information on the health benefits of consuming legumes

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