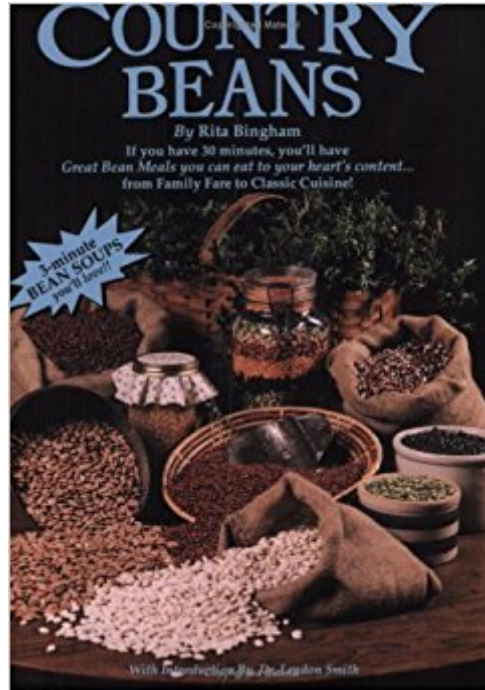


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# Country Beans - How To Cook Dry Beans In Only 3 Minutes!



## 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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Best Sellers Rank: #170,603 in Books (See Top 100 in Books) #59 inÂ Books > Cookbooks, Food & Wine > Special Diet > Low Cholesterol #238 inÂ Books > Cookbooks, Food & Wine > Cooking by Ingredient > Vegetables #244 inÂ Books > Cookbooks, Food & Wine > Special Diet > Low Fat

## Customer Reviews

This cookbook provides recipes for simple and tasty meals using dried beans that can be found in any grocery store. I have other bean cookbooks that call for exotic beans that are difficult to find. My only problem with this book is that half of the recipes call for bean flours that are not so easy to locate. Health and specialty food stores may have one or two types of bean flours such as soy but not all of them called for in this book. The only place I could find pinto bean flour (used in many of the recipes) was in online stores with high shipping charges. The author directs the reader to Bob's Red Mill in Oregon but their web site did not offer any bean flours which may not be available anymore. Because I really wanted to try many of the recipes and I was intrigued with using bean flours in cooking, I took the author's advice and bought a K-Tec Kitchen Mill to grind my beans at home. I am happy with it and I think the instant refried beans made with pinto bean flour is tasty and will be a money saver over time. The soups thickened with bean flours will also be a healthy and tasty way to eat. If you are not interested in searching for bean flours or grinding them at home you

may want to look at other bean cookbooks before you purchase this one. Although, this cookbook would be helpful for those allergic to wheat because the recipes show how bean flours can replace products containing gluten.

Rita Bingham has included a lot of great recipes. I've learned a lot from her informational section on storing, grinding, soaking and preparing beans for different uses. I also appreciate her list of places that sell supplies.

This book is a great incentive to do more with beans than you ever thought possible. How to include them in everything from breakfast to main dishes to cookies and desserts. Also how to make tofu. A very inspiring book!

This is another favorite book by Rita Bingham that is full of information as well as recipes. Like her other books, this is a compendium of healthful cooking. Mrs. Bingham recommends a grain mill that I have on my wishlist for now. But happily I discovered a COFFEE mill at Sam's Club for \$30 that grinds what I need, with very little mess. If you are on a budget but want to get started you can read my review of the little Cuisinart Coffee Mill. If it breaks, there's no big loss! Cuisinart DBM-8 Supreme Grind Automatic Burr Mill

This is a great resource in preparing, cooking, grinding and storing your dry beans. This book also give you great ideas on making and using bean flours. I haven't tried all the recipes, but the ones that I have are rather simple and bland (most have little or no fat, no extra spices, little meat, etc.) I've found it easier to adapt my own recipes using the concepts she's taught and have made some very flavorful soups, casseroles and desserts! Great information too, for those on special diets (i.e., lactose intolerance, gluten-free). But any of these recipes can be adapted to your own tastes and eating habits---beans are too nutritious to not use regularly!

Is a great way to turn whole beans/peas into "fast food" with the help of a grain grinder. Refried beans in just 5 minutes! Wonderful ideas.

My wife has a lot of food based allergies--wheat and cow dairy to name a few. This bean book is amazing for us! We recommend it to anyone with food allergies (especially if you have a wheat intolerance).

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.

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