



# More Fabulous Beans: Meatless Homestyle, Gourmet and International Recipes

*Barb Bloomfield*

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## **More Fabulous Beans: Meatless Homestyle, Gourmet and International Recipes** Barb Bloomfield

Beans can provide a delicious, earthy backdrop to any number of creative recipes from simple to gourmet. Packed with minerals and fiber, beans help provide optimal nutrition and complement heart-healthy and diabetes diets.

You'll learn to use a variety of different beans in a medley of healthful dishes that will be just right ~ whether cooking for two or a crowd. From Black Bean Winter Squash Enchiladas and Dilled Garbanzos in Pitas with Baked Vegetables to Kidney Bean Sloppy Joes and Black-Eye Butternut Chowder, these innovative dishes abound with different flavors and visual appeal.

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