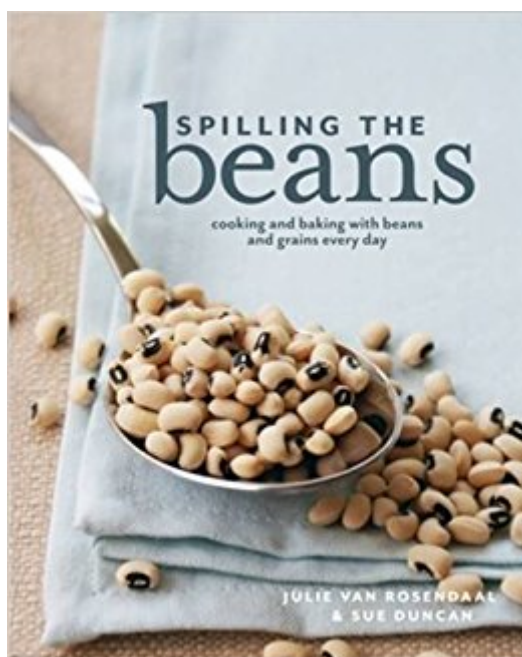


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# Spilling The Beans: Cooking And Baking With Beans And Grains Everyday



## Synopsis

Learning to cook delicious meals using healthy ingredients is a snap in this new cookbook. With humorous anecdotes and current factoids on health, Julie and Sue explain everything from the truth behind beans and flatulence to demystifying the simple process of soaking and cooking dried beans and lentils. At a time when eating foods that are as good for the environment as they are for us is a growing concern, whole, healthy, high-fibre foods such as beans and grains are in high demand. Helpful info from gastroenterologist Dr. Guido Van Rosendaal also highlights the physical benefits of incorporating more legumes and whole grains into our everyday diets. *Spilling the Beans* covers it all, from how to cook up beans and grains, to how to add healthy fibre to your favorite desserts. An entire section on baking delicious desserts with beans amps up cakes, bars, and cookies with flavour and fiber.

## Book Information

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## Customer Reviews

Recipes to please vegetarians and meat-lovers

Julie Van Rosendaal is in high demand for her knowledge and love of good food. She is the food correspondent for *The Calgary Eyeopener* on CBC Radio One, co-host of tv's *It's Just Food*, food editor of *Parents Canada* magazine, a regular contributor to newspapers and magazines, and has an award-winning food blog, [dinnerwithjulie.com](http://dinnerwithjulie.com). She is the author, and co-author of several bestselling Whitecap titles including *Spilling the Beans*, *Starting Out*, and *One Smart Cookie*. She

lives in Calgary, Alberta.

I have ordered hundreds of items on , but rarely do I find myself writing a product review. I noticed this book only has one review and it deserves more. I purchased this book about a month ago and have made several tasty recipes including Red Lentil & Sweet Potato Curry with Spinach, Charred Corn, Black Bean, & Toasted Barley Salad, Roasted Beet Hummus, Baked Penne with Sausage, Spinach, & Beans, and Curried Sweet Potato, Carrot, & Red Lentil Soup. What I love most about this book is that the beans and grains are not always on centerstage, but play a supporting role to dishes adding in fiber and health benefits without feeling like you are eating a plate of beans. I also appreciate the authors comments on each recipe as they suggest ingredients you can swap to add variation. For example, I used quinoa in place of the barley in the salad I mentioned and it was so good that I don't know if I'll ever try the toasted barley. And they have a recipe for a traditional hummus and then give you four variations, including the roasted beet hummus. There's a section called Baking with Beans and it includes desserts and breads, but I haven't tried any of those yet. I also like the simple format of this book. It has a clean look with the ingredients for each recipe listed in a colored box and the directions are below with comments to the side. Some of my cookbooks go a little overboard with fluff so I appreciate simplicity. Overall, this is a cookbook that I am very happy with and will continue working my way through it trying new recipes.

I would give this book 4.5 stars. I've tried 3 recipes so far and they've turned out pretty good. I especially like the section on bean and grain salads which have tasty combinations of bean, vegetables, fruits, and grains. I should state that I've been trying to reduce animal product (particularly animal flesh) from my diet which is why I turned to this book---to find various ways to eat beans to help meet daily protein needs. While this book isn't vegetarian, I would recommend this book to vegetarians and vegans that feel comfortable in the kitchen to be able to modify recipes to produce a vegetarian/vegan dish. I think the strength of the book is in offering more variety and creative recipes. And I like that the recipes, so far, have been more flavorful without overdoing spices than other vegetarian cookbooks. I think the only negative is that if you are vegetarian, you need to modify the recipes to add more beans to get more protein. Some of the recipes can be kind of "light" (in terms of protein heftiness) for vegetarian needs. If you're an omnivore, you shouldn't have any issues with this book.

I am very much in love with this cookbook !! Several of the recipes have become my go to recipes

for nights when things are hectic. The soups are all wonderful, the black bean tacos and the falafel recipes are dynamite !! I have not made any of the bread recipes yet, but they are flagged. My book is only a year old but looks much older, it is on my cookbook rack as a permanent fixture. None of the ingredients are hard to find, and most are pantry items. Love that you can make breads and pizza dough with beans, and the deserts are good too !

This book is wonderful! It covers buying beans, why they choose the ones they do for the recipes, cooking them, and more. The recipes look wonderful, though I have not actually made them yet. Being new to eating beans, I am very excited to try the pancakes and waffles recipes, which look very similar to what I already make at home but with added pureed white beans. The soups and pasta dishes look great as well. And then there is a desert section! Wow! I will add more after trying the recipes, but from the initial glance and bookmarks that I have already made, this is a keeper.

I always wanted to add more beans to my diet and this book did it! I tried several dishes and most of them came out really good. It's also been fun to try different kinds of beans, too. I much prefer using dry beans versus canned.

The Julia Child of beans. These recipes are bean cuisine, and they've changed the way I eat for the better. Every recipe I've tried so far is a keeper. They range from fairly simple to quite sophisticated. Without intending to, I've gone from eating meat almost every day to eating beans 4-5 times a week instead.

Interesting book. A lot of recipes where you add cooked white beans to decrease white flour and increase nutrition without your family knowing. I am headed out tomorrow to the bulk store to buy a lot of beans, cookpot them, and freeze in 1 cup packages. They say to use canned beans and rinse them, but canned beans cost more and have WAY too much sodium.

I've had this book for about 4 years, and I LOVE IT. I cook a meal from this book at least once a week, and have given it to friends as gifts (usually after they peruse my copy and drool over the possibilities...). Overall, the meals are easy to prepare, using fresh food and spices. I wish they had included nutritional data for each recipe, but otherwise it's a great collection of appetizing recipes.

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Spilling The Beans: Cooking And Baking With Beans and Grains Everyday Bean By Bean: A

Cookbook: More than 175 Recipes for Fresh Beans, Dried Beans, Cool Beans, Hot Beans, Savory Beans, Even Sweet Beans! Baking: 1001 Best Baking Recipes of All Time (Baking Cookbooks, Baking Recipes, Baking Books, Baking Bible, Baking Basics, Desserts, Bread, Cakes, Chocolate, Cookies, Muffin, Pastry and More) How to Grow Beans and Peas: Planting and Growing Organic Green Beans, Sugar Snap Peas, and Heirloom Dry Beans and Peas Southern Cooking: Southern Cooking Cookbook - Southern Cooking Recipes - Southern Cooking Cookbooks - Southern Cooking for Thanksgiving - Southern Cooking Recipes - Southern Cooking Cookbook Recipes Amish Baking: 51 of The Best Amish Baking Recipes: Created by Expert Chef Who Lived Among The Amish (Amish Cooking, Amish Food, Amish Bread Recipes, Amish Bread, Amish Baking) Baking with Whole Grains: Recipes, Tips, and Tricks for Baking Cookies, Cakes, Scones, Pies, Pizza, Breads, and More! Vegan Pressure Cooking: Delicious Beans, Grains, and One-Pot Meals in Minutes Bread Baking Cookbook: 52 Best Baking Recipes For Beginners (Baking Series) Bread Machine Soucery: 13 Gluten Free Bread Recipes for Your Bread Maker Machine (Baking, Grain-Free, Wheat-Free, Sourdough Baking, Paleo Baking) How to Grow More Vegetables, Eighth Edition: (and Fruits, Nuts, Berries, Grains, and Other Crops) Than You Ever Thought Possible on Less Land Than You ... (And Fruits, Nuts, Berries, Grains,) The Great Vegan Grains Book: Celebrate Whole Grains with More than 100 Delicious Plant-Based Recipes \* Includes Soy-Free and Gluten-Free Recipes! (The Great Vegan Book) The Complete Power Pressure Cooker XL Cookbook: 150 Quick and Easy Recipes For You and Your Family (Poultry, Beef, Pork, Chicken, Fish, Vegetables, Desserts, Vegan, Vegetarian, Beans, Grains & More) Raising the Salad Bar: Beyond Leafy Greens--Inventive Salads with Beans, Whole Grains, Pasta, Chicken, and More 366 Delicious Ways to Cook Rice, Beans, and Grains Food Storage: Preserving Vegetables, Grains, and Beans: Canning - Dehydrating - Freezing - Brining - Salting - Sugaring - Smoking - Pickling - Fermenting Everyday Whole Grains: 175 New Recipes from Amaranth to Wild Rice, Includes Every Ancient Grain (Cooking Light) Everyday Grain-Free Baking: Over 100 Recipes for Deliciously Easy Grain-Free and Gluten-Free Baking Frank and Beans and the Grouchy Neighbor (I Can Read! / Frank and Beans Series) Country Beans - How to cook dry beans in only 3 minutes!

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