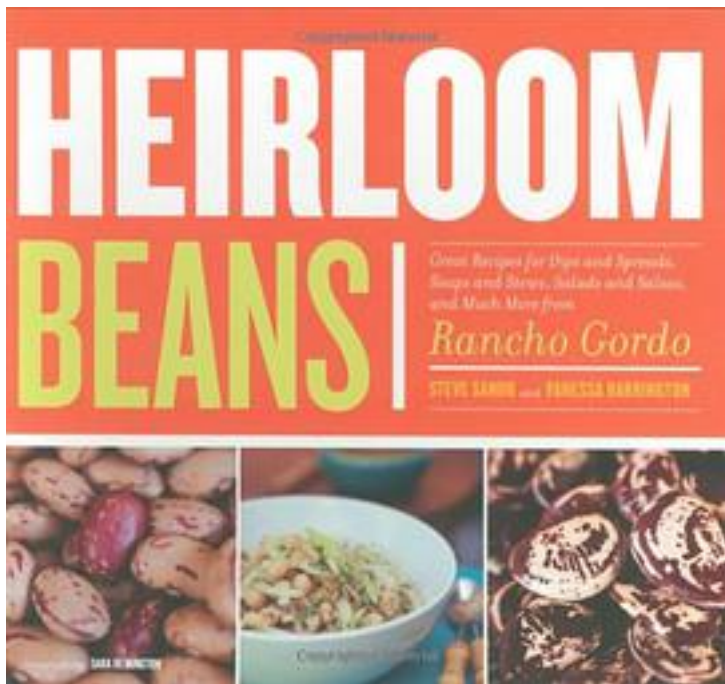


Heirloom Beans



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著者:Sando, Steve/ Barrington, Vanessa/ Remington, Sara (PHT)/ Keller, Thomas (FRW)

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Who would have thought a simple bean could do so much? Heirloom bean expert Steve Sando provides descriptions of the many varieties now available, from Scarlet Runners to the spotted Eye of the Tiger beans. Nearly 90 recipes in the book will entice readers to cook up bowls of heartwarming Risotto and Cranberry Beans with Pancetta, or Caribbean Black Bean Soup. Close-up photos of the beans make them easy to identify. Packed with protein, fiber, and vitamins, these little treasures are the perfect addition to any meal.

作者介绍:

目录:

[Heirloom Beans_下载链接1](#)

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