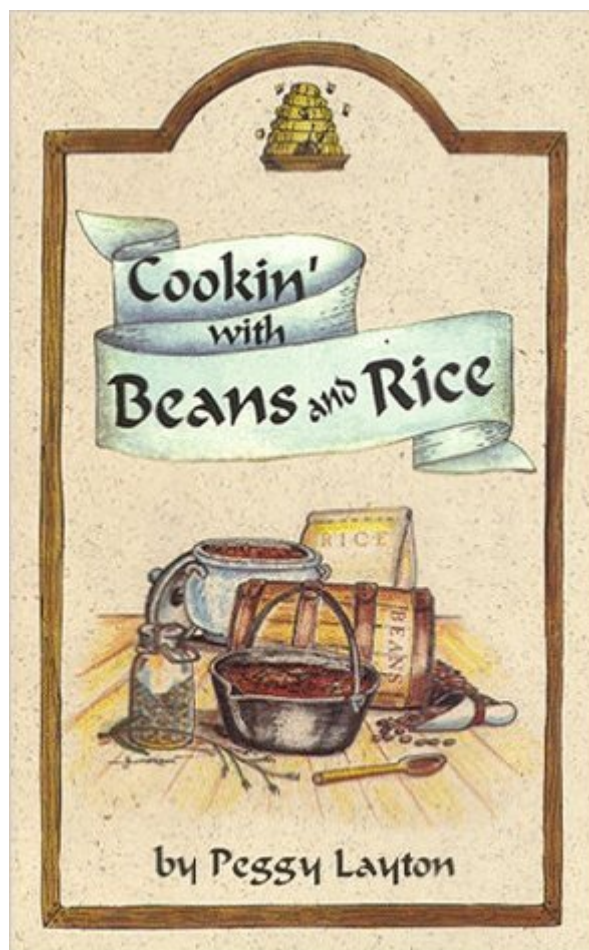


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Cookin' With Beans And Rice



Synopsis

This cookbook is one in a series of books written on the subject of food storage. With the food shortage scares and upcoming events in the world, people are storing beans and rice as part of their food storage program. Because dry beans and rice store so well, people are storing large quantities of these food items. This book has 165 pages of wonderful recipes. Because beans and rice eaten together make a complete protein, they can be substituted for meat in the diet. This book has many charts on how to cook the various types of beans and rice, as well as many helpful hints.

Book Information

Spiral-bound: 154 pages

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Average Customer Review: 4.3 out of 5 stars Â Â See all reviews Â (21 customer reviews)

Best Sellers Rank: #691,526 in Books (See Top 100 in Books) #157 in Â Books > Cookbooks, Food & Wine > Cooking by Ingredient > Rice & Grains

Customer Reviews

This is a pretty good source of information regarding cooking with... well, beans and rice, enough that it's worth two stars. However, the editing is hideous, there were several moments when the recipe directions were unclear (many things are simply assumed) and overall it seemed as if none of the recipes were actually tested by Ms. Layton. If you are already familiar with cooking, especially cooking from scratch, this might be a good book to get, especially if you have time for "trial and error". If you are short on either time or experience, better look elsewhere.

For the past five years I have been searching for good recipes that use beans, rice, or both together. When I got this recipe book I found an old favorite (that I lost) that uses rice, broccoli, mushrooms, chicken, and cream/mushroom soup. I will use brown basmati instead of white long grain now. I also found two or three very good recipes that use red, pinto, or black beans with rice. Over time beans and rice has become a family staple. . .this is an excellent recipe book. I would recommend this little recipe book to the beginner. . .very good on the "how-to's," and the

essentials.

...but not worth buying. It is simply a collection of recipes from other sources. There are really only a few things you can do with beans and this book uses the same few ingredients in nearly all recipes and nothing new to me. I was interested in the desserts but you can also find them online.

If you like to eat a lot these two staples, this book offers many simple tasty recipes. you'll probably have everything you need in your pantry to cook these too. Never knew rice and beans could be cooked so many ways!

There is valuable info here but you have to do some of your own research and extrapolation. The recipes are not consistent in the sense that they don't follow the book's own best practices from previous sections. The recipes are from a ton of different sources - which is not a bad thing, just that if you are expecting them to follow a formula or process, you'll be bummed. That said, I've learned a lot from this book and I keep it around (the multi-bean chili - maybe Black & Red Chili? - is excellent and has become our go-to recipe!) as a reference. Good info - just haphazardly assembled.

I would recommend this cookbook to someone who has not had cooking ability, however, hardly use it as I know how to make most of the products -- I thought I would get an explanation on how to cook rice & beans together, but there are very few recipes with that information.

Got this for ideas for my bulk prep beans and rice in case I need it. This is a helpful book.

This book is well written and very useful in cooking different bean recipes. The small size of the book makes it a great source to take camping.

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