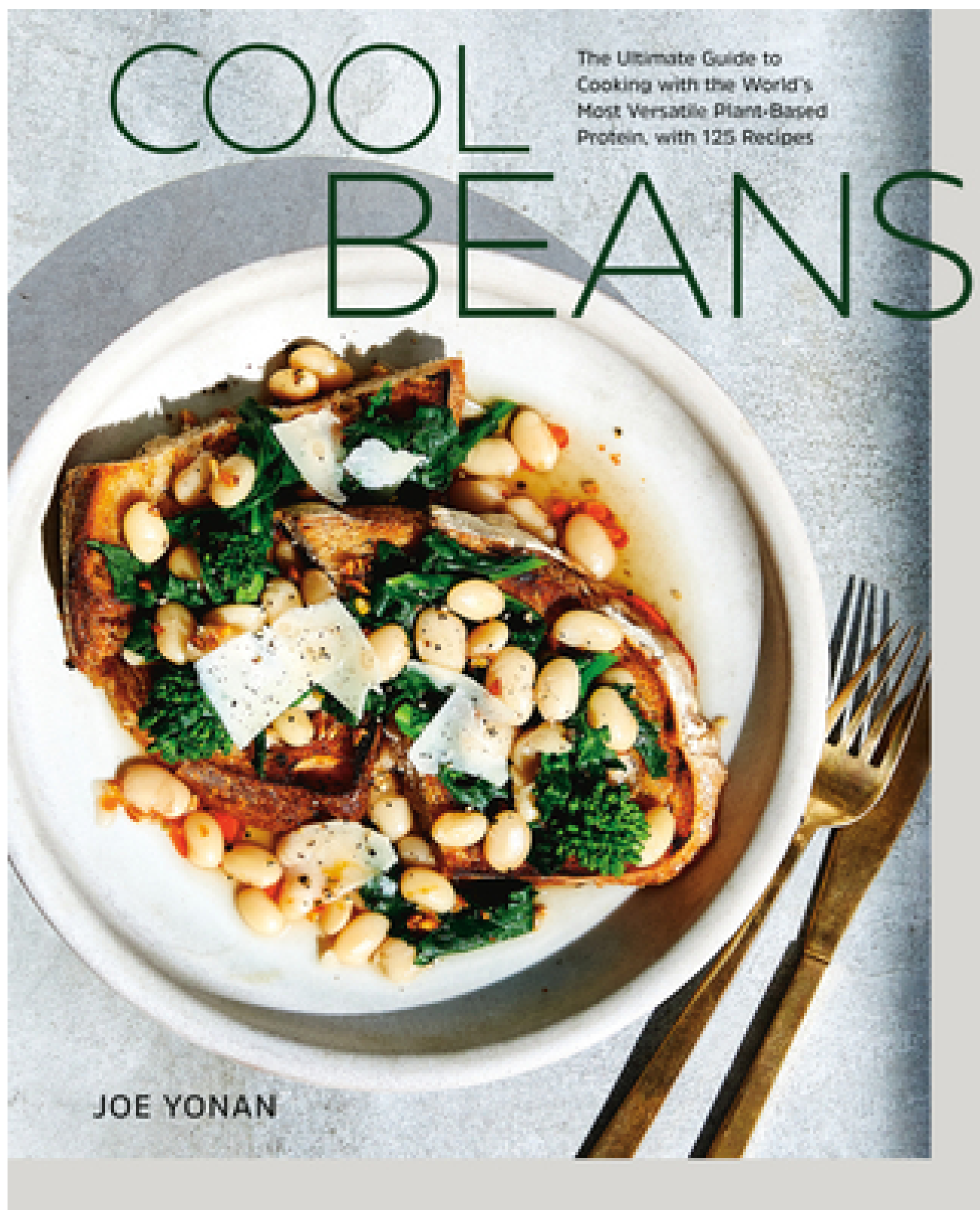
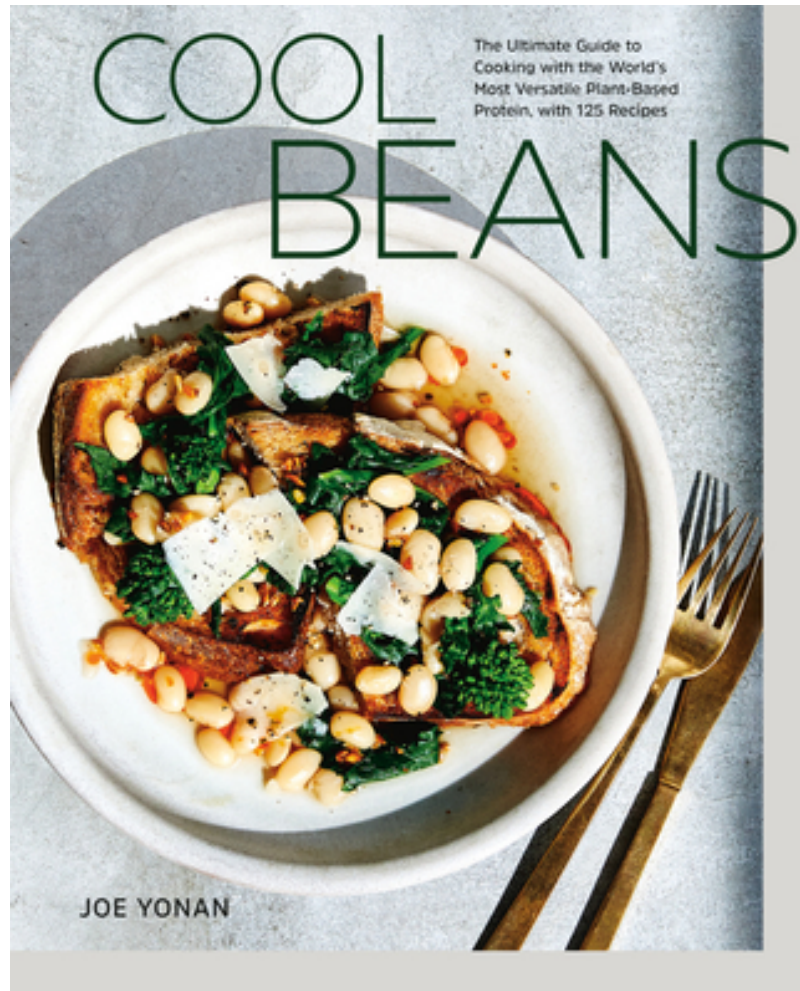


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**Cool Beans: The Ultimate Guide to Cooking with the World's Most Versatile Plant-Based Protein, with 125 Recipes**  
by Joe Yonan



## Synopsis:=====

A fresh, modern look at the diverse world of beans, chickpeas, lentils, pulses, and more--featuring 125 recipes for globally inspired vegetarian mains, snacks, soups, and desserts, from a James Beard Award-winning food writer. Beans are emerging from their hippie roots to be embraced for what they truly are: a delicious, versatile, and environmentally friendly form of protein. With heirloom varieties now widely available across the United States, this nutritious and hearty staple is poised to take over your diet. Enter Joe Yonan, food editor of The Washington Post, who provides a master base recipe for cooking any sort of bean in any sort of appliance--Instant Pot(R), slow cooker, or stovetop--as well as 125 recipes for using them in daily life, from Harissa-Roasted Carrot and White Bean Dip to Crunchy Spiced Chickpeas to Smoky Black Bean and Plantain Chili. Drawing on the culinary traditions of the Middle East, the Mediterranean, South America, and the American South, and with

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