



# Country Beans - How to cook dry beans in only 3 minutes!

*Rita Bingham*

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Learn to cook dry BEANS in only 3 minutes!

Soups, Sauces and Gravies in 3 Minutes - Dips in 5 Minutes!

by Rita Bingham

400 heart-healthy cholesterol-free bean recipes-guaranteed to become your family favorites! FAST, Fat-Free and GOOD for you! 3-minute Soups, Sauces and Gravies made using beans, peas or lentils ground to a flour in an ordinary wheat mill. 115 FAST Bean Flour recipes. Delicious fat-free bean dips in only 5 minutes! Easy bean recipes in a flash for every meal of the day. This book will change the way YOU use beans!

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