



Lean Bean Cuisine

Jay Solomon

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Meatless Recipes for the World's Most Perfect Protein!

Discover recipes that are healthful, lean, and sophisticated. Here, Jay Solomon transforms beans into exciting and adventurous meals. The humble legume inspires a delicious array of soups, salads, entrees, and side dishes. From the shores of the Mediterranean to the islands of the Caribbean, from the American Southwest to South America, and from Africa to Asia, these updated and delicious meatless bean dishes include:

- Jamaican Red Pea Soup
- Saint Lucian Pumpkin and White Bean Soup
- Creole Veggie and Red Bean Jambalaya
- Mediterranean Couscous and Lentil Salad
- Pesto Navy Bean Soup with Red Bell Peppers
- Warm Quinoa, Corn, and Cranberry Salad
- Native American Posole
- West African Groundnut Stew

Each recipe includes a complete nutritional breakdown.

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