

best vegan green bean recipe

best vegan green bean recipe is a sought-after culinary delight for those embracing a plant-based lifestyle or simply looking to enjoy a healthy, flavorful vegetable dish. Green beans, also known as string beans or snap beans, offer a crisp texture and vibrant color that can elevate any meal. This article explores the best methods to prepare green beans in vegan-friendly ways, highlighting simple, nutritious, and delicious recipes. Emphasizing fresh ingredients, creative seasoning, and cooking techniques, the best vegan green bean recipe ensures maximum flavor and nutritional value. From sautéing and roasting to steaming and stir-frying, the possibilities are diverse and adaptable to individual tastes. Additionally, this guide addresses essential tips for selecting, storing, and preparing green beans to optimize taste and texture. Discover how to transform this humble vegetable into a star dish that complements any vegan menu.

- Choosing and Preparing Green Beans
- Cooking Techniques for Vegan Green Bean Recipes
- Flavor Enhancements and Seasonings
- Best Vegan Green Bean Recipe Variations
- Serving Suggestions and Pairings

Choosing and Preparing Green Beans

Selecting high-quality green beans is the foundation of the best vegan green bean recipe. Freshness directly impacts flavor and texture, making it crucial to understand what to look for at the market or grocery store. Proper preparation before cooking ensures the beans retain their vibrant color and crispness.

Selecting Fresh Green Beans

When choosing green beans, opt for pods that are firm, bright green, and free from blemishes or discoloration. Avoid beans that feel limp, have brown spots, or show signs of wilting. Fresh green beans snap easily when bent, indicating optimal freshness. Organic or locally sourced options are preferable for maximizing flavor and reducing pesticide exposure.

Preparing Green Beans for Cooking

Before cooking, thoroughly rinse the green beans under cold water to remove dirt and residues. Trim the stem ends by snapping or cutting off the tough tips. Some recipes may call for cutting the beans into smaller, uniform pieces to ensure even cooking. Blanching the green beans briefly in boiling water followed by an ice bath can help preserve their color and texture, especially for recipes involving further sautéing or roasting.

Cooking Techniques for Vegan Green Bean Recipes

Various cooking methods can be employed for the best vegan green bean recipe, each providing unique textures and flavor profiles. Understanding these techniques allows for versatility and creativity in vegan cooking.

Sautéing Green Beans

Sautéing is a quick cooking method that enhances the natural sweetness and crunch of green beans. Using a high-quality oil such as olive or avocado oil, green beans are cooked over medium-high heat until tender-crisp. This technique allows easy incorporation of herbs, spices, and aromatics to boost flavor.

Roasting Green Beans

Roasting green beans in the oven caramelizes their natural sugars, creating a rich and slightly smoky taste. Tossed in oil and seasoning, green beans are spread on a baking sheet and roasted at high temperatures until edges are crisp and browned. Roasting is ideal for preparing larger batches and adds a satisfying texture contrast.

Steaming and Boiling

Steaming preserves the nutrients and bright color of green beans while softening them slightly. Boiling is faster but requires careful timing to avoid overcooking and mushiness. Both methods serve as excellent bases for further seasoning or combining with other ingredients in salads and stir-fries.

Stir-Frying Green Beans

Stir-frying green beans is popular in vegan Asian-inspired dishes. Quick cooking in a hot wok with minimal oil retains crunch and intensifies the flavor when combined with garlic, ginger, and soy-based sauces. This method is excellent for incorporating green beans into diverse vegan meals.

Flavor Enhancements and Seasonings

The best vegan green bean recipe balances the crispness of green beans with complementary flavors. Seasonings and enhancements elevate the dish from simple vegetable side to savory highlight.

Herbs and Spices

Fresh herbs like thyme, rosemary, basil, and parsley add brightness and aroma to green beans. Ground spices such as black pepper, smoked paprika, cumin, and chili flakes introduce warmth and depth. Using a combination of these creates layered, complex flavor profiles suitable for various cuisines.

Garlic and Onion

Garlic and onion, whether fresh, powdered, or roasted, provide a savory backbone to vegan green bean dishes. Lightly sautéing minced garlic or shallots before adding green beans infuses the dish with rich umami notes. Caramelized onions can add sweetness and textural contrast.

Acidic Ingredients

Acids like lemon juice, vinegar (such as balsamic or apple cider), and tamarind enhance the brightness of green beans and counterbalance richer flavors. A splash of acidity is especially effective in roasted or sautéed preparations, providing freshness and complexity.

Nuts and Seeds

To add texture and nutritional value, toasted nuts such as almonds, walnuts, or pine nuts, and seeds like sesame or sunflower seeds are excellent additions. They provide crunch and subtle nutty flavors that complement the fresh green beans.

Best Vegan Green Bean Recipe Variations

There are numerous variations of the best vegan green bean recipe, each tailored to different flavor preferences and occasions. The following examples highlight popular and delicious approaches.

Garlic and Lemon Sautéed Green Beans

This classic vegan green bean recipe features sautéed green beans with garlic and a squeeze of fresh lemon

juice. The method is simple yet flavorful, preserving the beans' natural texture while adding aromatic and acidic notes.

Roasted Green Beans with Balsamic Glaze

Green beans roasted with olive oil, salt, pepper, and finished with a drizzle of balsamic glaze create a slightly sweet and tangy dish. The caramelization during roasting intensifies flavor, making it an elegant side dish for special occasions.

Spicy Asian Stir-Fried Green Beans

In this variation, green beans are stir-fried with garlic, ginger, soy sauce, and chili flakes. The combination delivers a spicy, savory profile ideal for pairing with rice or noodles in vegan Asian meals.

Green Bean and Almond Salad

Blanched green beans tossed with toasted almonds, fresh herbs, olive oil, and lemon juice create a refreshing salad. This raw or lightly cooked preparation emphasizes crispness and is perfect for light lunches or potlucks.

Green Beans with Vegan Mushroom Gravy

For a comforting and hearty version, green beans are served with a rich mushroom-based vegan gravy. This combination adds umami depth and warmth, suitable for colder months or holiday meals.

Serving Suggestions and Pairings

The best vegan green bean recipe can complement a wide range of dishes, enhancing both casual and formal dining experiences. Proper serving and pairing amplify the enjoyment of this versatile vegetable.

Pairing with Grains and Legumes

Green beans pair excellently with whole grains such as quinoa, brown rice, or farro, providing balance and added nutrients. Incorporating legumes like lentils or chickpeas creates complete and satisfying vegan meals rich in protein and fiber.

Complementing Vegan Proteins

Serving green beans alongside vegan protein sources like tofu, tempeh, or seitan offers a harmonious blend of flavors and textures. Seasoned green beans can either contrast or complement the main protein depending on preparation methods.

Incorporating into Salads and Bowls

Green beans are an excellent addition to mixed salads and grain bowls. Their crispness and bright flavors add contrast and freshness, making them a versatile ingredient in diverse vegan recipes.

Holiday and Special Occasion Uses

For festive meals, the best vegan green bean recipe can be adapted into elegant side dishes such as green bean casserole with vegan cream sauces or roasted green beans garnished with toasted nuts and fresh herbs.

Presentation Tips

Serving green beans garnished with fresh herbs, lemon zest, or a sprinkle of toasted seeds enhances visual appeal and adds flavor. Arranging them neatly on a platter or mixing them with colorful vegetables elevates the dining experience.

- Choose fresh, firm green beans free from blemishes
- Trim ends and optionally blanch before cooking
- Employ cooking methods such as sautéing, roasting, steaming, or stir-frying
- Enhance with herbs, spices, garlic, acidic ingredients, and nuts
- Explore diverse recipe variations like garlic lemon sauté, roasted balsamic, or spicy stir-fry
- Pair with grains, legumes, vegan proteins, and incorporate into salads or festive dishes

Frequently Asked Questions

What is the best vegan green bean recipe for beginners?

A simple garlic sautéed green beans recipe is perfect for beginners. Just sauté fresh green beans with olive oil, minced garlic, salt, and pepper until tender-crisp.

How can I make vegan green beans taste delicious?

To enhance flavor, roast green beans with olive oil, garlic, lemon zest, and a sprinkle of nutritional yeast or toasted almonds for a savory, cheesy touch without dairy.

What are some popular vegan green bean side dishes?

Popular vegan green bean sides include green beans almondine made with toasted almonds and lemon, green beans with balsamic glaze and caramelized onions, and spicy garlic green beans stir-fried with chili flakes.

Can I use frozen green beans for vegan recipes?

Yes, frozen green beans can be used and often work well in vegan recipes. Just thaw and drain them before cooking to avoid excess moisture and cook slightly longer than fresh beans.

How do I make green beans crunchy and vegan-friendly?

Blanch green beans in boiling water for 2-3 minutes, then immediately shock them in ice water. After drying, sauté or roast with olive oil to keep them crisp and vegan-friendly.

What ingredients enhance the flavor of vegan green beans?

Ingredients like garlic, lemon juice, nutritional yeast, smoked paprika, toasted nuts, fresh herbs (thyme, parsley), and soy sauce or tamari can significantly enhance vegan green beans.

Is there a vegan green bean casserole recipe?

Yes! Use sautéed mushrooms, onions, garlic, and a creamy cashew or coconut milk-based sauce instead of dairy. Top with crispy fried onions or toasted breadcrumbs for texture.

How long should I cook green beans for a vegan dish?

Cook green beans until tender but still slightly crisp, usually 5-7 minutes when sautéing or roasting. Overcooking can make them mushy and less appealing.

What is a healthy vegan green bean recipe?

A healthy option is steamed green beans tossed with lemon juice, fresh herbs, and a small amount of olive oil or tahini for creaminess, providing vitamins and fiber with minimal calories.

Can I add spices to vegan green beans?

Absolutely! Spices like smoked paprika, cumin, chili powder, garlic powder, or a sprinkle of red pepper flakes can add depth and heat to vegan green bean dishes.

Additional Resources

1. *The Ultimate Vegan Green Bean Cookbook*

This comprehensive cookbook is a treasure trove of creative and delicious vegan green bean recipes. From simple steamed green beans to elaborate casseroles and stir-fries, it covers a variety of cooking methods and flavor profiles. Each recipe emphasizes fresh, wholesome ingredients that highlight the natural taste and texture of green beans while keeping meals plant-based and nutritious.

2. *Green Beans & Beyond: Vegan Recipes for Every Meal*

Explore the versatility of green beans with this innovative collection of vegan recipes designed for breakfast, lunch, and dinner. The book offers unique pairings, such as green bean salads, soups, and savory mains, perfect for anyone looking to incorporate more plant-based meals into their diet. Helpful tips for cooking and seasoning green beans ensure each dish is flavorful and satisfying.

3. *Simple Vegan Sides: Mastering Green Beans and More*

This book focuses on creating easy, quick, and tasty vegan side dishes, with green beans taking center stage. It provides a variety of recipes that complement any main course, from roasted green beans with garlic to tangy green bean almondine. The straightforward instructions make it accessible for cooks of all skill levels aiming to enhance their meals with fresh vegetables.

4. *Seasonal Vegan Green Bean Recipes*

Celebrate the changing seasons with this beautifully illustrated cookbook that emphasizes fresh, seasonal ingredients paired with green beans. Each chapter offers recipes tailored to spring, summer, fall, and winter, ensuring that home cooks can enjoy green beans year-round with complementary flavors and textures. It's perfect for those who appreciate farm-to-table cooking and seasonal eating.

5. *The Vegan Green Bean Casserole Revival*

Reimagine the classic green bean casserole with a vegan twist in this specialized cookbook. It features a variety of creamy, comforting casserole recipes made without dairy or animal products, using plant-based alternatives that deliver rich taste and texture. Ideal for holiday meals or cozy family dinners, these recipes bring nostalgia and innovation together.

6. *Global Vegan Green Bean Delights*

Take your taste buds on a world tour with vegan green bean recipes inspired by global cuisines. From Mediterranean green bean stews to Asian-inspired stir-fries, this book offers diverse flavors and techniques that showcase green beans in exciting new ways. It's a great resource for adventurous cooks interested in expanding their plant-based repertoire.

7. *Healthy Vegan Green Bean Bowls*

This health-focused cookbook is filled with nutritious vegan bowl recipes featuring green beans as a key ingredient. Combining grains, legumes, fresh vegetables, and vibrant dressings, these bowls are designed to be balanced, satisfying, and easy to prepare. The book also provides nutritional information and tips for meal prepping and customization.

8. *Quick & Easy Vegan Green Bean Recipes*

Perfect for busy weeknights, this book offers a collection of fast and simple vegan green bean dishes that don't sacrifice flavor. With recipes requiring minimal ingredients and short cooking times, it makes adding green beans to your meals both convenient and enjoyable. From sautéed green beans to flavorful salads, it's ideal for anyone looking to eat healthy on the go.

9. *Vegan Comfort Food: Green Bean Edition*

Discover comforting and hearty vegan recipes centered around green beans in this cozy cookbook. Featuring dishes like creamy green bean gratins and savory pies, it brings warmth and satisfaction to plant-based cooking. The recipes are designed to evoke the nostalgic feel of comfort food while keeping meals wholesome and vegan-friendly.

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best vegan green bean recipe: Best Vegan Recipes Jamie Isabella Parker, 2014-02-13
Author and vegan cooking teacher Jamie Parker set out on a mission to compile a cookbook with the best vegan recipes ever tasted. She realized to get the best recipes, she must go straight to the source: the top vegan-serving restaurants in North America. After years of research, traveling, cooking and tasting she has created this book, Best Vegan Recipes. The book takes the reader on a tour across North America showing off the continent's top 38 vegan-serving restaurants and over 130 of their tastiest recipes. Every recipe in Best Vegan Recipes is outstanding and this book can turn even a novice cook into an exceptional vegan cook with the ability to make recipes that will impress anyone. If you are already an excellent vegan chef it will give you a host of new recipes and introduce creative ideas from top chefs across the continent. Whether you are a vegan or just want to eat more vegan food you may as well spend your life as a skilled cook eating amazing meals!

best vegan green bean recipe: Veggie OUTLAWS — Most Wanted Vegan Recipes Linda Purcell, 2023-09-12 Veggie OUTLAWS - Most Wanted Vegan Recipes are simply the BEST plant-based recipes. Learn how to make delicious vegan recipes that satisfy you right down to your toes. Discover dishes that are a feast for the eyes, a treat for the body, and pure satisfaction in the belly. This book is chock-full of comfort foods like Friendly Mac 'n' Cheez; Grandma's Macaroni, Creamy Style; Spicy Chili Unfries with Chipotle Aioli; Desperado Pizza with Dipping Sauce; Garlic Parsley Bread; Shepherdless Pie; Cabbage Roll Casserole; Broccoli Bandit Soup; and wagonloads of other flavourful favourites, all developed with a tasty twist. Find crowd-pleasing brunches, tried-and-true appetizers, delightful salads and dressings, hearty and filling soups, spectacular sides, satisfying pastas and risotto, a wide variety of meals and mains, and of course — sinfully decadent desserts. Plus everything you need for a spectacular Holiday Meal, including a choice of mains, side dishes, drinks, and desserts. With Veggie OUTLAWS, you can create legendary vegan food at home, so don't just stand there... Hop on board!

best vegan green bean recipe: The Best Veggie Burgers on the Planet, revised and updated Joni Marie Newman, 2019-07-23 Hold on to your buns, the burger revolution has begun! The Best Veggie Burgers on the Planet takes the popular veggie burger to the next level of flavor and fun with more than 100 daringly delicious, internationally inspired vegan burgers—burgers that stack up to any patty around (meat-full or meat-free) and will wow not only your vegetarian and vegan friends, but all the skeptics, too. In this revised edition of the original, you'll find more than 30 new recipes featuring healthier options, fewer processed ingredients, and more whole-food, plant-strong ingredients like jackfruit and aquafaba (plus icons for no added oil/salt/sugar, and even more gluten-free recipes!). You'll also find budget-friendly tips and tricks, a fast-food favorites" section that recreates iconic favorites from popular chains, updated techniques, and alternative cooking methods to include the slow cooker and air fryer. All of the recipes you'll find inside have been expertly designed to suit your every craving and desire, and include such favorites as: Denver Omelet Breakfast Burger BLT with Avocado Burger Pulled Pork Sliders Inside-Out Sushi Burger Super Quinoa Burger Sesame Bean Banh Mi Burger Mac and Cheese Burger Split Pea with HAMburger Summer Squash Burger Korean BBQ Burger With The Best Veggie Burgers on the Planet, you'll find more than 100 ways of looking at burgers in a whole new way. Let's get this "patty" started!

best vegan green bean recipe: Everything Vegan Vegetarian Times, 2021-03-19 A diverse and delicious collection of over 250 vegan recipes from the experts at Vegetarian Times magazine. Whether you're vegan for a day, a week, a lifetime, or even just for lunch hour, you're always on the lookout for deliciously satisfying animal-free recipes. Vegetarian Times Everything Vegan is the something-for-everyone vegan cookbook with hundreds of tasty, healthful recipes that can woo even omnivores to the possibilities of plant-based eating while wowing committed vegans and vegetarians. Beautifully illustrated and accompanied by a thoughtful and informative foreword by Neal D. Barnard, MD, Vegetarian Times Everything Vegan is a must-have resource for anyone who lives vegan, loves cooking, or is looking for healthy meal ideas with proven weight-loss benefits. Inside, you'll find: • 250+ easy, healthful recipes with nutrition information • 50+ beautiful full-color photos • Features, tips, and sidebars that provide helpful hints on food shopping, prepping ingredients, and speeding up cooking times

best vegan green bean recipe: The Great Vegan Protein Book Celine Steen, Tamasin Noyes, 2015-02-15 How do you get your protein? As a vegan, you're sure to get asked this question often. Most likely, you've even thought about it yourself. Vegan protein comes from things like tofu and tempeh, to beans, nuts, and protein-rich whole grains like quinoa. There are loads of options out there, but how to prepare them? What to put them in? These are questions that can feel daunting, especially if you haven't used these ingredients before. Never fear, Celine Steen and Tamasin Noyes to the rescue! The Great Vegan Protein Book takes you step-by-step through each protein-rich vegan food group, providing you with valuable information on how to prepare the ingredient along with more than one hundred delicious and easy recipes (many of them low-fat, soy free, and gluten-free!).

Each recipe uses whole food ingredients that can be easily found at most grocery stores or farmer's markets-no hard-to-find ingredients or things you can't pronounce. Say yes to protein and eating better with The Great Vegan Protein Book!

best vegan green bean recipe: *The I Love Trader Joe's Plant-Based Cookbook* Kris Cramer, 2023-06-27 Discover an updated variety of vegetarian and vegan dishes whipped up with the low-budget, easy-to-acquire ingredients from everyone's favorite grocery store-Trader Joe's®! Just as Trader Joe's is the ultimate one-stop shop to stock up on tasty, eclectic foods for all dietary lifestyles, so too is the I Love Trader Joe's Plant-Based Cookbook! Designed for veteran vegetarians, fresh vegans, and curious carnivores alike, this handy cookbook comes with easy-to-follow recipes for delicious, animal-free dishes, including: Tasty Tofu Scramble Tuscan Tomato Soup Almond-Glazed Green Beans Coconut Curry Polenta Tempeh Tacos African Peanut Stew Pasta with Creamy Tapenade Roasted Carrot Risotto Pumpkin Spice Cobbler And many more! Packed with simple instructions, full-color photos, and newly updated vegan versions of recipes, the I Love Trader Joe's Plant-Based Cookbook takes the guesswork out of cooking no matter who's at your table.

best vegan green bean recipe: *The Great Vegan Grains Book* Celine Steen, Tamasin Noyes, 2015-11-15 Enjoy over 100 whole-grain vegan recipes for every meal and occasion! Whole grains are a great source of protein and other nutrients that are typically found in meat and eggs, making them a valuable part of any plant-based diet. While naturally vegan by nature, grains are often paired with non-vegan ingredients, making many recipes off-limits to vegans. That's where The Great Vegan Grains Book comes the rescue, taking you step-by-step through the myriad grains available today, and providing you with more than 100 delicious and easy plant-based, whole-grain recipes (many of them low-fat, soy free, and even gluten-free!). Each recipe uses whole-food ingredients that can be easily found at most grocery stores, so you can say yes to grains and eating better too! Cook delicious meals with ancient grains like amaranth, farro, millet, quinoa, and more and try recipes that will quickly become favorites, such as: - Quinoa Breakfast Pilaf - Apple and Oats French Toast - Sausage Smash Potato Hash - Spelt and Bean Burritos - Tempeh Buckwheat Bowl - Teff and Pea Fritters - Cracked Wheat Koftas - Roasted Corn and Barley Chowder - Warm Farro and Sweet Potato Salad Also enjoy gluten-free vegan recipes, such as: - Apricot Oats - Polenta Topped Mexi-Beans - Chickpea Millet Curry - Harissa Veggies and Rice Skillet - Spinach and Basil Quinoa - Sesame Purple Rice

best vegan green bean recipe: *A Beautiful Bowl of Soup* Paulette Mitchell, 2021-11-17 Highlights some of the most popular international recipes for vegetarian soup . . . makes a convincing argument for soup as the star course of any meal. — Publishers Weekly No, there is no chicken stock in this soup. What you'll find here is page after glorious page of the loveliest, most delicious soups and stews—each and every one entirely vegetarian. Brimming with international flavors, Paulette Mitchell's easy-to-follow recipes are paired with unique accompaniments, garnishes, and toppings that add tremendous visual appeal. Witness hearty Pumpkin Stew baked and served in a pumpkin shell; classic onion soup updated with crunchy goat cheese toasts; and Spicy Sweet Potato Ancho Bisque swirled with bright Roasted Red Pepper Cream. From Mediterranean Saffron Stew to Greek Spinach and Orzo Soup, these colorful dishes are simple enough for every day, yet sophisticated enough for elegant dinner parties. Instructions for making tasty vegetable stock from scratch, a selection of delicious vegan soups, and a helpful tips section make this gorgeous cookbook an important addition to any kitchen where good food and good health are on the menu. Any comment on how this book suits the season would only be redundant. The latest cold wind is reminder enough, as you can just about hear it whisper: ssssssooooooup. — The Baltimore Sun The recipes in this cookbook span the culinary globe, with flavor profiles drawn from Mexico, Morocco, Mumbai, and Minnesota. For vegetarians, vegans, and omnivores, A Beautiful Bowl of Soup presents new ideas you're sure to enjoy. — Soup Chick®

best vegan green bean recipe: *Vegan on the Cheap* Robin Robertson, 2010-11-19 You can eat great meatless and dairy-free meals every day—and stay on your budget—with these 150 recipes

and smart money-saving tips. With *Vegan on the Cheap*, you can enjoy delicious vegan meals every day of the week. Robin Robertson, “an acclaimed authority on vegan cooking” (Publishers Weekly), provides 150 mouth-watering, exciting recipes that cost just 50 cents to \$2 per serving—hefty savings to go with hearty vegan meals. Find options for savory soups and stews, satisfying salads, hearty noodle dishes, first-class casseroles, favorites for the slow cooker, and meatless and dairy-free recipes for classics like pizza, burgers, and sandwiches—and a chapter for desserts to satisfy every sweet tooth. Throughout the book, smart tips and creative ideas help you save money by cooking in bulk, prepping meals in advance, and finding tasty ways to reuse leftovers. Including recipes for delicious vegan meals like Walnut-Dusted Fettuccine with Caramelized Vegetables and Fresh Pear Galette, it also features cost-per-serving icons that highlight the cost of each affordable dish—and even shows how you can make your own meat alternatives at a fraction of the cost of packaged proteins.

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best vegan green bean recipe: *Vegan Cooking for Two* America's Test Kitchen, 2022-10-18 The most comprehensive guide to easy, quick, and delicious small-batch plant-based cooking No more throwing out past-its-prime produce, doing on-the-fly math to scale down recipes designed to serve a crowd, or guessing at substitutions for nonvegan ingredients. Now you can skip straight to perfectly portioned, all-vegan custardy French toast, katsu sandwiches with the crispiest pan-fried tofu, spicy sesame noodles, velvety vegetable chowder, gooey fig streusel bars, and more. 220+ vegan recipes for breakfast, dessert, and everything in between. 140+ recipes are ready in 45 minutes or less, and over half of recipes require 10 or fewer ingredients. Dramatically reduce kitchen waste with smart shopping and food storage tips. The Use It Up chart helps you find recipes that use up pesky leftovers. Embrace vegan cheese, butter, egg, and more store-bought products for ultimate convenience. We tell you which products to buy for the best results. All out of sweet potatoes? Substitute squash. Then level up with a crispy tempeh topping. 300+ Kitchen Improv suggestions make each recipe flexible and customizable. Failproof baked vegan treats. Scaled-down banana muffins and chocolate-ginger scones emerge from the oven (or toaster oven) perfectly risen every time.

best vegan green bean recipe: *The Everything Easy Vegetarian Cookbook* Jay Weinstein, 2015-01-09 Learn to make delicious everyday vegetarian meals-- quickly and simply! Included are recipes for hectic weeknights, make-ahead slow cooker meals, impressive but easy company dinners, and indulgent desserts. Includes vegan options and substitutions, so you can create healthy meatless meals without spending the day in the kitchen.

best vegan green bean recipe: *The Complete Beans and Grains Cookbook* America's Test Kitchen, 2024-02-06 From favas to fonio, take a deep dive into the vast world of beans and grains, with hundreds of exceptional, foolproof recipes Whether you're just opening a can of black beans, taking the time to brine scarlet runners, or cooking teff, the world of beans and grains is both approachable and delicious. Discover tantalizing recipes that use them in everything from sandwiches and handpies to tacos and pizza, salads and simmered soups to cultural mainstays from around the world like adasi, spatzle, hummus, and gyros. These dishes will delight omnivores, vegetarians, and vegans alike. ATK test cooks have worked through mountains of beans —sprouting, baking, pressure-cooking, and pureeing—to present you with expert cooking instructions and

make-ahead know how: From how to make beans tender while keeping their shape to preventing cooked grains from clumping up. In this comprehensive collection, find everything from weeknight recipes to special occasion meals, helpful charts, fast and vegan tags, and much more: Beanified recipes: Classics reimagined to let beans deliciously take over. Think Beans Puttanesca and Chickpea Bouillabaisse Grainy innovations: Unique dishes such as Savory Oatmeal and Teff-Stuffed Squash with Lime Crema and Roasted Pepitas Classic comfort: The best versions of favorites like Texas Chili, Black Bean Burgers, and Creamy White Bean Soup Heirloom beans and ancient grains: Test cooks developed recipes to match to the right bean or grain. Learn how best to purchase, prep, and cook these beans and grains for optimum flavor. Useful substitutions: Recipes include a substitution line offering convenient bean and grain options

best vegan green bean recipe: *1,001 Best Low-Fat Recipes* Linda R. Yoakam, 2015-03-10 A massive collection of quick & easy low-fat recipes, covering everything from appetizers and salads to entrées and desserts. A redesigned and reformatted version of a perennial favorite, this second edition of *1,001 Best Low-Fat Recipes* is the most complete collection of healthy recipes for busy families. The quick, easy-to-prepare recipes are written in a concise format and use readily available ingredients with a focus on fresh, seasonal foods. They require no special cooking skills or equipment, and represent an eclectic range of styles and culinary traditions. The award-winning *1,001* cookbook series has earned its reputation for excellence by carefully curating and testing the recipes, as well as by featuring complete nutritional data, such as calories, fat, cholesterol, carbohydrates, and diabetic exchanges. This latest offering in the best-selling series has been completely refreshed and updated for maximum value and ease of use in the 21st century. In one convenient, all-encompassing volume, *1,001 Best Low-Fat Recipes* presents the healthiest, simplest, and most delicious range of family meals. These recipes are designed to help provide a complete meal as quickly as possible—many are designated as forty-five-minute recipes from start to tabletop. From appetizers to entrees to salads and desserts, these recipes are easy to make, fun to try, and deliciously low in fat.

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best vegan green bean recipe: *The Complete Vegan Kitchen* Jannequin Bennett, 2007-07-15 The Complete Vegan Kitchen includes: more than 300 mouth-watering recipes a helpful introduction about eating vegan 16 pages of beautiful full-color photographs Overall this is one of the best vegan cookbooks I have read. ?Famousveggie.com Vegan eating is a truly indulgent way of life, as vegans regularly partake of the very best foods?the most nutritious, appealing, and tasty?that nature has to offer. . . . A well-crafted vegan plate offers a festival of flavors, textures, and colors that makes every meal an aesthetic celebration. ?Jannequin Bennett The Complete Vegan Kitchen is a most informative, upbeat, and useful vegan cookbook. Jannequin Bennett's talents as a chef shine through every recipe, from comfort foods to adventurous culinary creations. The powerful nutrition information in the first forty pages alone is worth the price of the book! ?Neal D. Bernard, M.D., president, Physicians Committee for Responsible Medicine The Complete Vegan Kitchen is extraordinary. It's appropriate that Carl Lewis introduced this cookbook because the recipes deserve a gold medal! ?Eric Marcus, author, *Vegan: The New Ethics of Eating*

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