



# **Cooking With Food Storage BEANS: 25 Bean Recipes Using Only Foods in Your Pantry**

*Sally Thomas*

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## Cooking With Food Storage: BEANS

Beans are delicious, nutritious, and versatile! Every prepper pretty much stockpiles them. But do you know how to cook them? You may, but do you have enough recipes to satisfy your taste buds?

In this unique book, you will learn how to fix 25 delicious bean recipes using only dry, canned, and freeze dried foods. That way, if the grid goes down, you can rely solely on foods from your pantry.

Delicious, nutritious, hearty recipes for every family!

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