

Published based on [Easily turn Vegetarian Recipes and Bean recipes into Regular Meat Recipes](#)

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Vegetarian recipes which include bean varieties such as black beans, white beans, kidney or butter beans; in fact any variety of beans can easily and quickly be converted into regular recipes containing meat products such as beef, chicken, pork, venison or lamb.

Vegetarian recipes which include any or many varieties of beans are great for digestive health, containing plenty of fiber and the protein helps build healthy muscle tissue which is essential in growing kids.

But don't try telling kids that vegetarian recipes or meat recipes that contain black, white, kidney pinto or garbanzo bean varieties are healthy or they will never eat them, just tell them they are tasty and that their favorite TV character or super hero eats it and that should be enough to see them wolfing it down.

Seriously though, vegetarian recipes which include beans are a great source of protein and fiber which young, growing and developing bodies need in abundance to keep their energy levels high to cope with the rigors of daily life.

Every bean variety is naturally low in total fat and contains no saturated fat or cholesterol which can lead to poor circulation and related health issues.

Eating beans prepared in vegetarian recipes provide essential and significant nutrients such as calcium, iron, folic acid and potassium as well as fiber and protein as previously mentioned; indeed the majority of bean varieties in point of fact have more fiber than most whole grain foods.

It is officially recommended that adults should consume three cups of beans a week and yet the average weekly adult intake is well below one cup per week.

All bean varieties fall into two groups of the USDA food guide, both vegetable and protein and a half-cup serving of prepared and cooked dried beans count as a single one-ounce serving of vegetables in that group.

Beans in a vegetarian recipe or regular food recipe make great main meals, soup dishes, dips and side plates as well as entrees and indeed mixed to make a spicy bean cake recipe.

Beans are an underestimated food and nutrition source, but it wasn't always so, they were a staple in cooking many years ago, being both cheap and plentiful and today nothing has changed on that score.

Try them; there really is nothing to lose, and everything to gain both in increased energy and improved digestive health. You, your family and friends will love the end results.

For truly nutritious vegetarian recipes that incorporate black, kidney, white and/or many other varieties of beans that will not cost the earth, and are simple to prepare and even easier to eat, log on to <http://www.swbeans.com> today.

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