

Vegetarian

Beans Lentils and Good Grains

Everyday pots, bowls, patties, and generous salads



Three featured recipes from this collection

PUBLIC SAMPLE - 2 RECIPES

The complete edition has 12 recipes. This sample contains the first two.

Development edition 1.2.0 - recipes not kitchen tested.

Junction Table by CrownThrive, LLC

AI-generated realistic food artwork; not a photograph or tested result.

Contents

PUBLIC SAMPLE - this file includes two recipes, not the complete twelve-recipe cookbook. The full edition adds the remaining ten recipes, techniques, menus, shopping list, and planning pages.

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Make this kitchen yours

Beans and grains offer more than a pot of plain starch with a topping. They can become a warm salad, a spoonable soup, a crisp patty, or a tray of roasted vegetables with legumes tucked between the florets. This book uses canned beans for predictable weeknight timing and dried lentils or split peas where their texture is central to the dish. The grains vary deliberately: barley lends chew, bulgur takes up bright dressing, millet becomes soft porridge, and quinoa supports a stuffed pepper. Every recipe is vegetarian, with vegetable broth specified throughout. Eggs, cheese, yogurt, nuts, sesame, and wheat appear in some dishes, so read individual ingredients and allergen notes when planning a meal. Start with the package instructions for the grain you have, since processing and age can change its cooking time. A recipe becomes easier to judge when you taste one grain or legume before deciding the whole pot is done. These original Junction Table by CrownThrive, LLC recipes form a development edition and have not been kitchen-tested. Use the methods as careful starting points and adjust liquid when your ingredients need it.

Recipe development edition 1.2.0 - October 30, 2026. Original editorial recipes; not kitchen tested. Timing is an estimate. Check appliance instructions, package directions and safe internal temperatures. No nutrition or medical benefit is claimed. Allergen notes are ingredient based and do not certify freedom from cross contact. Check every label and substitution.

AI-generated photorealistic culinary artwork interprets the listed recipes. These are not documentary photographs, kitchen-test evidence, or a guarantee of finished appearance. Follow the measured recipe and safety checks.

Food safety and ingredient labels

Use a food thermometer: poultry 165°F; ground beef, pork and lamb 160°F; whole beef, pork and lamb cuts 145°F followed by a 3 minute rest; fish 145°F. Reheat leftovers to 165°F. Keep the refrigerator at 40°F or below. Refrigerate perishables in shallow containers within 2 hours, or 1 hour above 90°F. Most cooked leftovers keep 3 to 4 days; follow a shorter recipe limit. Thaw in the refrigerator, cold water or microwave, never on the counter. A freezer keeps food cold; it does not sterilize it. Wash produce under running water and keep raw meat and its tools away from ready to eat food.

Use standard US cups and spoons unless a weight is given. Oven temperatures are Fahrenheit. One tablespoon equals 3 teaspoons; one US cup equals 16 tablespoons. Spoon flour into a cup and level it.



Lemon Lentil and Barley Soup - AI-generated realistic food artwork, not a photograph or tested result.

Lemon Lentil and Barley Soup

4 servings | Prep: 15 minutes | Cook: 45 minutes

Ingredients

- 2 tablespoons olive oil
- 1 onion, diced
- 2 carrots, diced
- 2 celery stalks, diced
- 1 cup brown lentils, rinsed
- 1/2 cup pearl barley, rinsed
- 6 cups vegetable broth
- 1 teaspoon dried thyme
- 1/2 teaspoon kosher salt
- 2 cups baby spinach
- 2 tablespoons lemon juice

Method

1. Heat oil in a large pot over medium heat. Cook onion, carrots, celery, and salt 7 minutes, stirring occasionally, until the onion becomes translucent and the edges soften.
2. Add lentils, barley, broth, and thyme. Bring to a boil, then reduce heat and simmer partly covered 35–40 minutes, stirring occasionally, until both lentils and barley are tender.
3. If the soup is thicker than you prefer, add hot water in 1/4-cup increments. Stir in spinach and cook 2 minutes until wilted but still green.
4. Remove from heat and add lemon juice. Taste the broth and serve in warmed bowls, making sure each portion contains both grains and vegetables.

Cook's tip

Brown lentils hold some shape in soup, while pearl barley makes the broth pleasantly full.

Substitution

Use a short-grain brown rice instead of barley; allow extra cooking time and water if its package requires it.

Storage

Refrigerate in shallow containers at or below 40°F within 2 hours; use within 3–4 days. Reheat thoroughly.

Ingredient allergen notes

barley

Tomato White Bean Toasts

4 servings | Prep: 10 minutes | Cook: 15 minutes

Ingredients

- 2 tablespoons olive oil
- 3 garlic cloves, sliced
- 2 cups cherry tomatoes, halved
- 2 cans (15 ounces each) cannellini beans, drained
- 1/2 cup water
- 1/2 teaspoon kosher salt
- 1/4 teaspoon black pepper
- 4 thick slices whole-grain bread
- 1 tablespoon lemon juice
- 1/4 cup torn basil

Method

1. Heat oil in a skillet over medium heat. Add garlic and cook 1 minute, stirring, until fragrant but not browned. Add tomatoes and salt and cook 6 minutes.
2. Add beans and water. Simmer 8 minutes, pressing a few beans against the skillet with a spoon to make a lightly creamy sauce around the remaining whole beans.
3. Meanwhile toast bread until its edges are crisp. Arrange one slice on each plate so it can support the warm beans without becoming immediately soggy.
4. Stir lemon juice and black pepper into the skillet. Spoon the beans and tomatoes over the toast and scatter basil across each portion just before serving.

Cook's tip

Use sturdy bread cut about 3/4 inch thick.

Substitution

Use butter beans for cannellini beans and chopped parsley instead of basil. Serve over cooked millet if you prefer a bowl.

Storage

Refrigerate in shallow containers at or below 40°F within 2 hours; use within 3–4 days. Reheat thoroughly.

Ingredient allergen notes

wheat

Edition, use and support

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Safety references

FoodSafety.gov • safe cooking temperatures

<https://www.foodsafety.gov/food-safety-charts/safe-minimum-internal-temperatures>

USDA FSIS • leftovers and food safety

<https://www.fsis.usda.gov/food-safety/safe-food-handling-and-preparation/food-safety-basics/leftovers-and-food-safety>

Sources checked October 4, 2026. Original recipes are separate from these safety references.

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Give the pantry a bigger part in dinner.

Beans Lentils and Good Grains gathers twelve vegetarian recipes around ingredients that can anchor more than one kind of meal. Lemon Lentil and Barley Soup pairs two pantry staples in the same pot. Black Bean and Quinoa Stuffed Peppers bring a measured filling to the oven, while Split Pea and Potato Soup shows how the ingredients themselves can thicken a broth. Find bowls, patties, salads, and warm suppers with clear quantities and practical substitutions. The techniques explain grain choices, bean-based thickening, and cooling. Two menus and a consolidated first-menu shopping list help plan the next meals. Original recipe development edition; not kitchen-tested.

- Canned beans, dry lentils, split peas, and varied grains across twelve vegetarian recipes.
- Saucepan, soup-pot, skillet, and baking-dish methods matched to the chosen grain.
- Grain timing and bean-thickening guidance, two menus, and a first-menu shopping list.

PUBLIC SAMPLE: two recipes only; the full edition has twelve.



Split Pea and Potato Soup

AI-generated realistic food artwork