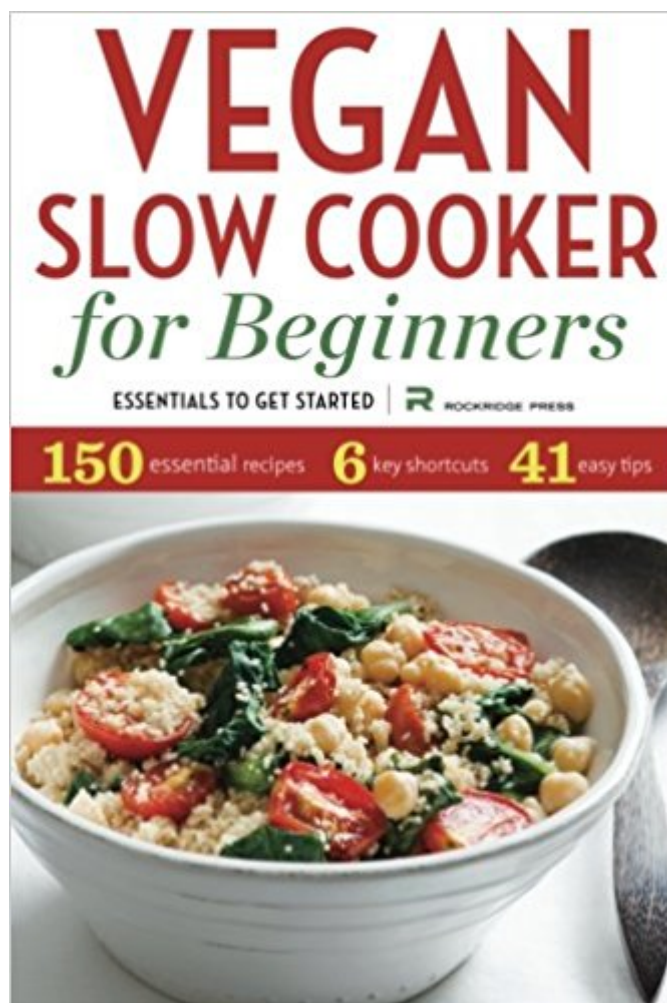


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Vegan Slow Cooker For Beginners: Essentials To Get Started



Synopsis

Now you can whip up quick, filling vegan meals straight from your slow cooker. *Vegan Slow Cooker for Beginners* will take the time and frustration out of cooking vegan at home. *Vegan Slow Cooker for Beginners* offers healthy, simple vegan slow cooker recipes designed perfectly for the busy vegan. *Vegan Slow Cooker* shows you how to use your slow cooker to make hearty vegan meals and save hours of time every day. With 150 easy and delicious vegan slow cooker recipes, *Vegan Slow Cooker for Beginners* is a comprehensive guide to creating nutritious and flavorful plant-based meals--with enough for leftovers. *Vegan Slow Cooker for Beginners* will show you how to create easy vegan slow cooker meals with: 150 delicious and simple vegan slow cooker recipes Vegan slow cooker crowd-pleasers, such as Black Bean Breakfast Burritos, Vegan Eggplant Parmesan, and Chocolate-Peanut Butter Cake Tips for buying the slow cooker that's right for your lifestyle Advice on stocking your pantry and equipping your kitchen from the editors of *Vegan Slow Cooker for Beginners* *Vegan Slow Cooker for Beginners* is your no-hassle guide to enjoying the healthful benefits of a vegan lifestyle.

Book Information

Paperback: 264 pages

Publisher: Rockridge Press (November 11, 2013)

Language: English

ISBN-10: 1623152445

ISBN-13: 978-1623152444

Product Dimensions: 6 x 0.6 x 9 inches

Shipping Weight: 1 pounds (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars 121 customer reviews

Best Sellers Rank: #24,245 in Books (See Top 100 in Books) #52 in Books > Cookbooks, Food & Wine > Cooking by Ingredient > Vegetables #70 in Books > Cookbooks, Food & Wine > Cooking Methods > Slow Cooking #127 in Books > Cookbooks, Food & Wine > Special Diet > Vegetarian & Vegan > Vegan

Customer Reviews

"This is a great starter book for creating hearty vegan slow cooker meals." - *Virtually Vegan Mama* "This cookbook truly is for beginners. It gives you tips on how to cook vegan meals such as thickeners and meat alternatives as well as slow cooker tips. There are also a wide variety of recipes from breakfast, to soups, to desserts and everything in between." - *Regan*, *The*

Anti-June Cleaver" All of the recipes (and other instructional info) in *Vegan Slow Cooker for Beginners* sound amazing, and I can't wait to try them throughout the winter." - *Hipster Food*

This will be a very subjective review. I have been a vegetarian, leaning towards vegan most of my adult life, but still managed to get significantly overweight, in part because I just don't like cooking. I am not good at coordinating the food preparations, so it is all done at the same time and really dislike watching pots on the stove for more than a minute. While I have had a crock pot for years and appreciated its simplicity, I only used it periodically. Since purchasing this book, I am using mine every day and it doesn't heat up my kitchen like my stove will and isn't nearly as laborious to clean either. Granted, you can get a lot of similar recipes online, but it is so nice to have it all in one place. So far, not a single one has not been tasty. There are many interesting combinations I would never have considered. The only problem I have had is with the liquids. I find that I usually cut them in half--for the "chocolaty steel cut oats", I even went for just a quarter of what the recipe suggested (so delicious when it turns out "right"!). In general, everyone has to get to know their own slow cooker, as the temperatures will vary as well as the altitudes. So the times listed are just guidelines. I am not upset, if a recipe doesn't turn out at first try. In the contrary, I am inspired to experiment. Since I have started to cook from this book, I have had no cravings for sweets and am slowly losing weight. I have just ordered a timer for the electric outlet, so I can prepare food in the morning in the pot and have a delicious meal waiting for me when I get home, as that is the time when I am usually tempted to eat anything that's available instead of spending time preparing good food. I find myself relishing foods I don't particularly like, but they are combined in a way that makes me want them again and again. For example, I can't remember when was the last time I purchased an apple. I love all other fruits, but apples are associated with negative childhood memories and have just never appealed to me. Or cabbage--it is not something I usually buy, though I will eat it when I am at someone else's house. But there is a Apples and Cabbage recipe, which I have made as often as twice in a week, because I find it so tasty. The combination of concentrated (frozen, thawed) apple juice with mustard--simply ingenious! Anyway, I highly recommend this book, especially for beginners and none-cooks. It is simple, instructive, and inspiring.

I've always considered becoming a vegan but never thought I could take the plunge. But with this cookbook it not only sounds easy, but delicious! Plus the descriptions and tips before each recipe was something I especially appreciate. Now I'm really looking forward to trying the Lentil Sloppy Joes, the Tempeh and Tofu Hungarian Goulash, Marinated Mushrooms and ... Salsa! All in a Slow

Cooker? Amazing! This is definitely much more than a cookbook -- it's a handy resource for people like me trying to both change my lifestyle and enjoy great food at the same time.

review: Tasty, Simple, Creative and Great recipes for those new to Vegan Cooking! Being new to vegan cooking I found this cookbook a great starting point. I liked the way the receipes are broken down into chapters that cover everything in a "soup to nuts" context. I especially liked the way they sequenced the recipes into sections starting with breakfast recipes which can be made the night before in the slower cooker, such as "Coconuttly Oats" to "Chocolaty Steel-Cut Oats" yum! Then you have your Snacks and Appetizers, Soups, Stews and Chilies. right through to some delicious Dessert ideas like Chocolate-Peanut Butter Cake. There are also sections on international cuisines, meat alternatives and all in a easy to follow format based on slow cookers to fit peoples busy lifestyles. I also like the way they used a variety of different ethnic recipes, you have your Mexican, Indian, and Moroccan to name a few. I highly recommend this for those interested in some delicious and different ways to cook vegan.

When many people think of slow cooking, dishes like soups, stews, and chili are the first thing that comes to mind. However, Vegan Slow Cooker for Beginners proves this versatile cooking style is an ideal for anyone, especially people with busy lifestyles who want to save time preparing dishes in advance to eat later. The book introduces slow cooking for those who are entirely new to the process, with explanations on thickener options, the difference between stock and broth, and when to add vegetables and herbs for maximum quality and taste. Cooks of any skill level will enjoy its innovative recipes for sides, main dishes, and deserts, such as vegan breakfast casseroles, lasagna, salsa, and even brownies.

Vegan Slow Cooker for Beginners is an insightful guide to creating vegan cuisine with the help of a slow cooker in your home. Because cooking vegan meals can be time-consuming, learning to properly utilize a slow cooker to create healthful and time managed food is imperative. The cookbook not only offers great, easy-to-follow recipes, but acts as a resource for beginner cooks. Recipes are broken down by breakfasts, snacks, soups/chilis/stews, beans and grains, vegetables, meat alternatives, desserts, and international cuisine options; slow cooker methods are included with each recipe. Verdict: Vegan Slow Cooker for Beginners is a must-read and must-have for anyone interested in obtaining delicious vegan recipes featuring every day ingredients. Because society is moving towards more healthful diets as a whole, and looking to consume more

sustainable foods, this book can also be enjoyed by non-vegans who are interested in switching to an all-plant diet.

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