

15 Minute Vegan

Angela Liddon

15-Minute Vegan Katy Beskow, 2017-03-23 *15-Minute Vegan* features 100 brand new vegan recipes that can be prepared in mere moments. Using ingredients that are available in supermarkets, the recipes are as easy as can be - from shopping to cooking to serving. The book starts with Katy's introduction to vegan cooking and cooking, with advice on the equipment you need to make your cooking go faster, plus essential storecupboard ingredients. In chapters covering Breakfast, Light Bites, Mains, Essentials and Sweet Stuff, Katy offers 100 straightforward recipes and tips about preparation, freezing and storing. Whether you're already eating vegan or just want to try something new, nothing could be simpler and faster than *15-Minute Vegan*.

15 Minute Vegan: On a Budget Katy Beskow, 2019-01-24 *15 Minute Vegan: On a Budget* features 100 recipes for home cooks who want to create effortless, fast and delicious vegan food, without the price tag often associated with vegan cooking. All of the ingredients can be purchased in supermarkets and every recipe is ready in 15 minutes or less. Katy Beskow challenges the perception that vegan cooking is expensive, and shows that veganism is for all by using ingredients that are readily available and need no specialist equipment. This is a book for both non-vegans and vegans who want to try reduce food costs without sacrificing flavour. Chapters include: Leftovers (Potato peel crisps, Panzanella, Pitta chips); From the Cupboard (Spanish chickpea stew, Thai slaw, Black bean mole); Fresh food (Aubergine caponata, Mango gazpacho, Korean bibimbap); Family Favourites (Lentil ragu, Kedgeree with paprika yoghurt); and Sweet Treats (Cinnamon sugar tortillas, Sesame brittle thins, Apple fritters). There is also plenty of advice on eating seasonally and shopping wisely.

15-Minute Vegan Meals Janet Gronnow, 2022-04-26 *Undeniably Good, Unbeatably Fast Simple, speedy and satisfying*—these vegan recipes check all the boxes for the perfect weeknight meal. Even if you are low on time and energy, you don't need to sacrifice your health. Janet Gronnow's creative approach shows you how to pack plant-based protein and healthy fats into your dinners to give you the flavors you want with the nutrition you need. And all in just 15 minutes! Feel reenergized at the end of a long day with vibrant and nourishing bowls such as the Buffalo Tempeh & Avocado Bowl with Vegan Honey Mustard or find comfort with hearty pastas like the Sun-Dried Tomato Alfredo Penne with Broccoli. Janet's recipes are easy to follow, utilizing her smart cooking methods and simple shortcuts, along with affordable, easy-to-find ingredients. This collection is full of flavors inspired by a variety of cuisines that will keep your tastebuds happy. Every page

will amaze you with what you can create in such a short amount of time.

Five Ingredient Vegan Katy Beskow, 2020-02-04 From the author of 15 Minute Vegan, Five Ingredient Vegan showcases simple yet exciting recipes using five ingredients or fewer. It's perfect for vegans and non-vegans alike looking for effortless ways to introduce plant-based meals into their everyday cooking. Katy Beskow is the expert on making easy meals for home cooks - even if you're not confident in the kitchen or with vegan cooking. Using ingredients available from your local supermarket and with a list of larder essentials, plus helpful tips throughout, you'll have everything you need to fill food with taste and texture. With 100 recipes covering Basics (Baba ganoush, 3-ingredient beer bread, Citrus tabbouleh, Green apple salsa), Soups (Lemony super greens, Country lentil pottage, Spicy noodle soup, Pantry minestrone), Lunches (Santorini tomato fritters, Welsh rarebit stuffed potatoes, Spicy bean and avocado wraps, Spinach pancakes), Suppers (Baked aubergine with dukkah, Roasted cherry tomato risotto, Pumpkin and sage macaroni, Pear and butterbean traybake), and Sweets (Carrot cake porridge, Zesty bread and butter pudding, Coconut panna cotta, Blood orange granita), you too can get maximum flavor with minimal fuss - all with just five ingredients.

Oh She Glows for Dinner Angela Liddon, 2020-10-13 Angela Liddon, author of the New York Times bestselling Oh She Glows cookbooks, returns to offer readers nourishing plant-based dinners bursting with layers of flavor. For more than a decade, Angela Liddon has been one of the biggest names in the healthy cooking blogosphere. Famous for her flavorful, creative, and whole foods approach to plant-based cooking, Angela's recipes are beloved by all, whether you are vegan, plant-based curious, or simply looking to add more energizing ingredients to your meals without sacrificing an ounce of satisfaction. Now, in her third, much-anticipated cookbook, Oh She Glows for Dinner, Angela gives readers her foolproof recipes, tips, and tricks for creating super tasty, always nourishing dinners that will have the whole family glowing from the inside out. In Oh She Glows for Dinner, Angela shares her Glow Getters meal prep plans, helpful make-ahead tips, and favorite seasonal and holiday menus, as well as one-pot and on-the-glow meals that will help streamline your busy week. Storage and reheating instructions remove time-consuming guesswork, and a handy new label index helps you look up dishes based on allergies or food preferences such as gluten-free, freezer-friendly, one pot, nut-free, and more. Angela's thorough, easy-to-follow recipes help you feel like she's cooking with you in your kitchen. With irresistible, light meals like Kitchen Sink Sheet Pan Buddha Bowl and Mediterranean Smashed Chickpea Salad with Tzatziki Aioli and cozy, hearty meals like Portobello Boats with Rosemary-Lentil Crumble and Italian One Pot Buttery Tomato, White Beans, and Farro, dinner can be chock full of flavor and nutritious at the same time. And don't forget dessert: treats like O Canada! Spiced Maple Cream Torte with Warm Apple Pie Compote and Brain Child Cherry-Lemon Coconut Cream Pops make mealtimes (and snack times) a little extra sweet while utilizing ingredients you can feel good about. With its inspiring, yet practical approach, Angela's latest collection of feel good recipes will become a dog-eared staple in your kitchen for years to come!

Vegan Roasting Pan Katy Beskow,2021-12-16 Vegan Roasting Pan offers 70 oven-to-table recipes that are cooked in just one tin – a roasting tin, baking sheet or muffin tin, plus a few select pieces of preparation equipment. From Sticky maple aubergine with crushed peanuts, Watermelon niçoise and Oven-fried nuggets, to Apple and ginger dahl, Low and slow rice pudding or a Blackberry and peach tart, whether you're a kitchen pro or a vegan beginner, it's time to let your oven do all of the hard work for you. The recipes are organised into four chapters: Light: Dishes that are simple enough for lunch, or a light supper Supper: Delicious and hearty one-pots that all of the family will love, any night of the week Extras: Sides and snacks that are easy to prepare Sweet: Bakes, puddings and breakfast ideas that are both simple and tasty With tips for every recipe and advice on freezing and batch cooking, Vegan Roasting Pan will build your confidence in the kitchen, simplify cooking processes and prove that vegan cooking is easy, with fail-safe meals that all of the family will love.

15 Minute Vegan: On a Budget Katy Beskow,2019-02-19 15 Minute Vegan: On a Budget features 100 recipes for home cooks who want to create effortless, fast and delicious vegan food, without the price tag often associated with vegan cooking. All of the ingredients can be purchased in supermarkets and every recipe is ready in 15 minutes or less. Katy Beskow challenges the perception that vegan cooking is expensive, and shows that veganism is for all by using ingredients that are readily available and need no specialist equipment. This is a book for both non-vegans and vegans who want to try reduce food costs without sacrificing flavor. With sections on Leftovers (Zucchini and onion bhajis, Panzanella, Pitta chips), Pantry recipes (Cardamom flatbreads, Fragrant chickpea pilaf), Fresh food (Citrus fregola, Broccoli pesto), Family Favorites (Lentil ragu, Mushroom katzu curry), and Sweet Treats (Cinnamon sugar tortillas, Black forest cookies), and with advice on eating seasonally and shopping wisely, Katy rewrites the vegan cookbook with recipes for every taste and every budget.

15 Minute Vegan Comfort Food Katy Beskow,2018-03-08 From the author of the bestselling 15 Minute Vegan comes 15 Minute Vegan: Comfort Food. The book shatters the notion that vegan food is cold and soulless by showing you how to create inspired comfort foods, whether you're vegan or not. Vegan cookery expert Katy Beskow celebrates cooking for pleasure, soul and enjoyment, without having to spend hours in the kitchen. Using ingredients readily available in supermarkets, Katy's easy recipes and instructions will have you making delicious, nutritious meals time after time. The book explores how a mindful cooking process is as comforting as the final dish, even when you have just 15 minutes to spare, and offers 100 recipes across five chapters: comfort classics (chocolate chilli, moussaka bowls); sides & bites (sweetcorn fritters, speedy samosas); social sharing (mushroom bourguignon, garden biryani); solo recipes (spicy falafel burger, cashew chow mein); and sweet comforts (cherry pot pies, jam sponge pudding).

30-Minute Vegan Dinners Megan Sadd,2019-02-05 Stay In, Save Time, Eat Vegan! This brilliant cookbook reveals the secrets to cooking dinners that you crave— the kind that comfort, nourish and inspire you, without a ton of work. With every recipe clocking in under 30 minutes (prep included!), anyone can enjoy incredible plant-based meals every night of the week.

Fabulous recipes like Roasted Cauliflower Romesco Tacos, Spicy Buffalo Tempeh Wraps or Date Night Truffled Mac 'n' Cheez mean you can cut back your restaurant spending by making your own photo-worthy dishes at home. Megan Sadd has your back with smart tips for cooking efficiently, and a recipe for every mood you may find yourself in. Many of these amazing meals are gluten-free to boot, helping you maximize healthy eating in as little time as possible. These vegan dinners will satisfy the herbivorous and the omnivorous (and not just on Meatless Monday)! Whether you're craving Jerk Lettuce Wraps with Caramelized Pineapple or Texas-Style Chili with Cashew Sour Cream, these easy plant-based dinners are more than salads and stir-fries—they're fun, fast and scrumptious.

Sweet Potato Soul Jenné Claiborne, 2018-02-06 100 vegan recipes that riff on Southern cooking in surprising and delicious ways, beautifully illustrated with full-color photography. Jenné Claiborne grew up in Atlanta eating classic Soul Food—fluffy biscuits, smoky sausage, Nana's sweet potato pie—but thought she'd have to give all that up when she went vegan. As a chef, she instead spent years tweaking and experimenting to infuse plant-based, life-giving, glow-worthy foods with the flavor and depth that feeds the soul. In *Sweet Potato Soul*, Jenné revives the long tradition of using fresh, local ingredients creatively in dishes like Coconut Collard Salad and Fried Cauliflower Chicken. She improvises new flavors in Peach Date BBQ Jackfruit Sliders and Sweet Potato-Tahini Cookies. She celebrates the plant-based roots of the cuisine in Bootylicious Gumbo and savory-sweet Georgia Watermelon & Peach Salad. And she updates classics with Jalapeño Hush Puppies, and her favorite, Sweet Potato Cinnamon Rolls. Along the way, Jenné explores the narratives surrounding iconic and beloved soul food recipes, as well as their innate nutritional benefits—you've heard that dandelion, mustard, and turnip greens, okra, and black eyed peas are nutrition superstars, but here's how to make them super tasty, too. From decadent pound cakes and ginger-kissed fruit cobblers to smokey collard greens, amazing crabcakes and the most comforting sweet potato pie you'll ever taste, these better-than-the-original takes on crave-worthy dishes are good for your health, heart, and soul.

Quick-Fix Vegan Robin Robertson, 2011-10-04 Robertson provides 150 vegan recipes ranging from starters, snacks, salads, sauces, and sandwiches to stovetop suppers, pastas, soups, and desserts that can all be prepared in 30 minutes or less. Cooks of all skill levels will find that the recipes are just as delectable and adaptable to the omnivore as they are essential to the vegan lifestyle.

The Oh She Glows Cookbook Angela Liddon, 2015 Packed with more than 100 recipes such as go-to breakfasts, protein-packed snacks, hearty mains and decadent desserts, this title features recipes ranging from the Crowd-Pleasing Tex Mex Casserole and Empowered Noodle Bowl to sweet treats like the Chilled Chocolate Espresso Torte with Hazelnut Crust and Glo Bakery Glo Bars.

15 Minute Vegan Meals Cookbook for Beginners Briony Thompson, 2024-03-27 Why Vegan Meals? Vegan meals offer a

multitude of benefits for your health, the environment, and animal welfare. By eliminating animal products, you'll be consuming a diet rich in fiber, antioxidants, and beneficial plant compounds while reducing your intake of saturated fat and cholesterol. Vegan diets have been linked to lower risks of obesity, heart disease, type 2 diabetes, and certain cancers. Additionally, a plant-based lifestyle has a much smaller carbon footprint and avoids the exploitation of animals for food.

About This Book This 15 Minute Vegan Meals Cookbook for Beginners is a game-changer for anyone looking to incorporate more plant-based dishes into their routine without sacrificing convenience or flavor. With 100 modern, fast, and easy recipes, this book proves that nutritious vegan meals can be prepared in a snap, even for those new to this lifestyle. Types of Recipes in the Cookbook: Breakfast: Energizing options like overnight oats, smoothie bowls, and tofu scrambles to start your day right. Lunch: Satisfying salads, hearty grain bowls, and veggie-packed sandwiches for midday fuel. Dinners: Flavorful one-pot meals, stir-fries, and plant-based meat substitutes to please the whole family. Vegetables & Salads: Vibrant salads, slaws, and roasted veggie medleys bursting with nutrients. Soups & Stews: Comforting and nourishing blended soups, broths, chilis, and stews. Noodles & Pasta: Quick and satisfying pasta salads, zucchini noodle dishes, and one-pot pasta meals. Snacks: Wholesome dips, energy bites, and veggie-based snacks to curb cravings. Smoothies & Shakes: Refreshing and nutrient-dense smoothies and shakes for busy mornings or post-workout replenishment. Desserts: Indulgent yet guilt-free vegan treats like chocolatey brownies and fruity crisps. What the Cookbook Includes: Clear Instructions: Step-by-step guidance to make every recipe a success, even for beginners. 100 Vegan Recipes: A diverse array of 100 delicious plant-based recipes to keep your meals exciting. Broad Recipe Categories: Recipes spanning breakfast, lunch, dinner, snacks, soups, salads, and more to cover all your needs. Easy to Make Recipes: Straightforward recipes designed to be prepared in just 15 minutes or less. Fit for Beginners & Advanced: Suitable for both those new to vegan cooking and experienced plant-based chefs. Easy to Navigate: A well-organized layout with chapters divided by meal type for quick recipe finding. The 15 Minute Vegan Meals Cookbook for Beginners is your go-to guide for embracing a plant-based lifestyle without sacrificing time or flavor. Packed with 100 modern, fast, and easy recipes, this book proves that nutritious vegan meals can be prepared in a snap, even on the busiest of days. Whether you're a newcomer to veganism or an experienced plant-based eater seeking fresh inspiration, this cookbook has something for everyone. With diverse recipe categories spanning breakfast, lunch, dinner, snacks, soups, salads, and more, you'll never grow bored of your vegan routine. Clear instructions, helpful tips, and a well-organized layout make this an invaluable resource for beginner and advanced vegan cooks alike. Discover the convenience and deliciousness of 15-minute vegan meals that are not only fast and easy but also nutritious, budget-friendly, and ethically conscious. This cookbook is a must-have for anyone seeking to incorporate more plant-based dishes into their routine without compromising on taste or convenience.

Minimalist Baker's Everyday Cooking Dana Shultz, 2016-04-26 The highly anticipated cookbook from the immensely

popular food blog Minimalist Baker, featuring 101 all-new simple, vegan recipes that all require 10 ingredients or less, 1 bowl or 1 pot, or 30 minutes or less to prepare Dana Shultz founded the Minimalist Baker blog in 2012 to share her passion for simple cooking and quickly gained a devoted worldwide following. Now, in this long-awaited debut cookbook, Dana shares 101 vibrant, simple recipes that are entirely plant-based, mostly gluten-free, and 100% delicious. Packed with gorgeous photography, this practical but inspiring cookbook includes:

- Recipes that each require 10 ingredients or less, can be made in one bowl, or require 30 minutes or less to prepare.
- Delicious options for hearty entrées, easy sides, nourishing breakfasts, and decadent desserts—all on the table in a snap
- Essential plant-based pantry and equipment tips
- Easy-to-follow, step-by-step recipes with standard and metric ingredient measurements

Minimalist Baker's Everyday Cooking is a totally no-fuss approach to cooking for anyone who loves delicious food that happens to be healthy too.

15-Minute Vegan Cookbook Hanna Hill, 2021-09-10 Vegan cookery expert Katy Beskow celebrates cooking for pleasure, soul and enjoyment, without having to spend hours in the kitchen. Using ingredients readily available in supermarkets, Katy's easy recipes and instructions will have you making delicious, nutritious meals time after time. The book explores how a mindful cooking process is as comforting as the final dish, even when you have just 15 minutes to spare, and offers 110+ recipes

PlantYou Carleigh Bodrug, 2022-02-15 INSTANT NEW YORK TIMES BESTSELLER Plant-based eating doesn't have to be complicated! The delicious recipes in this easy-to-follow cookbook are guaranteed to keep you inspired and motivated. Enter PlantYou, the ridiculously easy plant-based, oil-free cookbook with over 140+ healthy vegan recipes for breakfast, lunch, dinner, cheese sauces, salad dressings, dessert and more! In her eagerly anticipated debut cookbook, Carleigh Bodrug, the Founder of the wildly popular social media community PlantYou, provides readers with the ultimate full color guidebook that makes plant-based meal planning, grocery shopping and cooking a breeze. With every single recipe, you will find a visual infographic marking the ingredients you need, making it easy to shop, determine portion sizes, and dive into the delicious and nutritious dishes. Get ready for mouthwatering dishes like Chocolate Chip Banana Bread Breakfast Cookies, Best Ever Cauli Wings, and the Big BOSS Burrito that you simply won't believe are made from plants. "An instant kitchen classic...In your quest to find delicious food that also promotes health, both human health and the health of the planet and the animals we share our world with, you've come to the right place." —from the foreword by Dr. Will Bulsiewicz

Fast Easy Cheap Vegan Sam Turnbull, 2021-03-30 TASTE CANADA AWARDS SILVER WINNER From Sam Turnbull, the bestselling author of *Fuss-Free Vegan*, and creator of the blog *It Doesn't Taste Like Chicken*, comes her eagerly awaited second cookbook. She is cooking up even simpler vegan comfort food--on a budget, with fewer ingredients, and in 30 minutes or less! Some people think that a vegan diet can be too time-consuming, too much work, and too expensive! In Sam Turnbull's *Fast Easy Cheap Vegan*, she's busting those myths and showing us just how simple (with 10 ingredients or fewer),

inexpensive (for \$10 or less), and quick (in 30 minutes or less) it can be to cook delicious plant-based comfort food at home. Wholesome recipes can be made using items you already have in your pantry and fridge. And if they're not stocked in your kitchen, these ingredients are easily found at your local grocery store. Fast Easy Cheap Vegan is filled with 101 recipes, many of them perfect for busy weeknights, like 10-Ingredient Creamy Basil Gnocchi, Gorgeous Greek Bowl, and Quicker Quesadillas. You'll have tons of options for speedy breakfasts and lunches, including Oatmeal Breakfast Cookies, 20-Minute Breakfast Sandwiches, 15-Minute Apple Chickpea Salad, and DIY Instant Ramen Soup, and no shortage of ready-to-go snacks, like Cheesy Cracker Snackers, Loaded Queso Dip, and Cool Ranch Popcorn. And don't skip dessert because there's Lickety-Split Ice Cream, Easy Peasy Peanut Butter Squares, Brownie in a Cup, and 10-Minute Mini Berry→ Crisp. Fast Easy Cheap Vegan is all about smart tips and easy techniques that simplify cooking. Many recipes are one-pot, freezer-friendly, and make-ahead meals, creating a stress-free kitchen. So whether it's breakfast, lunch, dinner, or dessert, Sam has thought of everything to help get delicious, fuss-free meals on the table in no time flat.

Rachel Ama's Vegan Eats Rachel Ama, 2019-06-20 'this book is filled with recipes that look so very, very good to eat.' NIGELLA LAWSON 'it's refreshing that Rachel Ama is, in many ways, just herself' RUBY TANDOH OBSERVER RISING STAR OF FOOD, 2019 Find brilliant plant-based dishes that make cooking and enjoying delicious vegan food every day genuinely easy - and fun - in Rachel Ama's Vegan Eats. No bland or boring dishes, and forget all-day cooking. Rachel takes inspiration from naturally vegan dishes and cuisines as well as her Caribbean and West African roots to create great full-flavour recipes that are easy to make and will inspire you to make vegan food part of your daily life. Rachel's recipes are quick and often one-pot; ingredients lists are short and supermarket-friendly; dishes can be prepped-ahead and, most importantly, she has included a song with each recipe so that you have a banging playlist to go alongside every plate of delicious food. Cinnamon French toast with strawberries Chickpea sweet potato falafel Peanut rice and veg stir-fry Caribbean fritters Plantain burger Tabbouleh salad Carrot cake waffles with cashew frosting So if you share Rachel's attitude that vegan food should fit into your life with ease and pleasure - whether you are a fully fledged vegan looking for new ideas, want to reduce your meat intake, make more environmentally friendly food choices, or just keen to eat more veg - Rachel's genius cookbook is for you.

Easy Vegan Bible Katy Beskow, 2020-11-12 Simple, straightforward and delicious - Easy Vegan Bible is the ultimate guide for plant-based mealtimes, bringing you 200 new recipes from bestselling author Katy Beskow. Easy to prepare, quick to cook and using readily available ingredients, this book is not only the go-to cookbook for new and established vegans, but also for home cooks looking for effortless ways to bring plant-based meals into their kitchen. The modern world of vegan cooking can often be confusing, but with a list of easy-to source store-cupboard essentials, useful kitchen equipment, details on common vegan substitutions and demystifying explanations of increasingly popular vegan ingredients (such as jackfruit and silken tofu) you'll be able to produce delicious food, every time hunger calls. Clearly labelled as 15-minute, 30-minute, 5-

ingredient or one-pot, the recipes cater for every craving. From French toast for breakfast or a Chickpea and pesto toastie for lunch, to suppertime Panzanella or Katy's vibrant Spring risotto, every mealtime is covered. There are even recipes for those special occasions, like Christmas chestnut cassoulet, a heady Summer punch for those long warm evenings, and satisfying sweet treats such as Rhubarb and orange crumble or Sticky toffee flapjack. This is feel-good, effortless food by an expert in vegan cooking - and the only plant-based cookbook you'll ever need.

Liv B's Vegan on a Budget Olivia Biermann, 2019-02-15 Eating Vegan on a Budget Has Never Tasted -- or Looked -- So Good Olivia Biermann isn't your typical YouTube vegan cooking star. Although eating is one of her favorite hobbies, she doesn't love spending a lot of time in the kitchen. The meals she loves the most are those that are simple to make and taste absolutely delicious, despite putting in minimal effort. She avoids fancy ingredients. Olivia is here to show you that you can eat plant-based on a budget and still make incredibly mouth-watering and fun meals that will make you feel amazing. Liv B's Vegan on a Budget is filled with 112 simple recipes from breakfast to dessert that share Olivia's passion for inspired and effortless vegan food. With a focus on balance between health and comfort and sweet and savory, you'll find tons of tasty recipes with beautiful full-color photos, including Tropical Green Smoothie, Half-Baked Cookie Dough Pancakes, Spicy Mango Salsa, Famous Lasagna Soup, Ginger-Glazed Carrots, Sweet Sriracha Cauliflower Wraps, Spaghetti Squash Pad Thai, No-Bake Brownie Bites and Deep-Dish Apple Pie with Caramel Sauce. She also includes easy-to-follow icons that identify which recipes are gluten-free, portable, and great for gatherings to help simplify your time in the kitchen. Cooking vegan food doesn't have to be struggle. Let Olivia share how easy it is to eat yummy plant-based meals that are fast and simple, using accessible ingredients you can find anywhere -- without breaking the bank.

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15 Minute Vegan Introduction

In this digital age, the convenience of accessing information at our fingertips has become a necessity. Whether its research papers, eBooks, or user

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