

Cook Share Eat Vegan Delicious Plant Based Recipes For Everyone

Get best selling author Maria Holmes' 30 favorite vegetarian slow cooker recipes! Vegetarian Slow Cooker Recipe Book: 30 Easy Set It & Forget It Meals is the first book written by Maria Holmes, a home cook with a passion for preparing simple and delicious meals for her family and friends. Over the past few months, Maria's family has been trying to convince her to share her love for, and knowledge of, cooking. After much persuasion, Maria decided to write her first cookbook. This brand new best selling vegetarian slow cooker recipe book is a compilation of 30 delicious, healthy and easy to prepare meat-free crockpot meals. Each of these recipes have been prepared by Ms. Holmes herself and tested on not only her family, but countless food connoisseurs who gave these meals two thumbs up for pleasant flavors, fragrant aromas, great textures and amazing colors. The book has a great introduction to vegetarian slow cooking and the recipes are divided into six chapters. In the introduction, readers will learn the benefits of slow cooking and the keys to preparing successful slow-cooker meals. You will also discover useful guidelines to help you adapt your favorite slow cooker recipes to meet your own individual tastes. Other useful advice includes how to choose the perfect slow cooker recipes and how to add the ingredients into the slow cooker to ensure that your recipes come out picture-perfect and delicious every time. The last part of the introduction includes clear, step-by-step instructions and helpful tips for cooking dried beans in a slow cooker. But Chapter 1 through Chapter 6 is where you will find all the delectably tasty and healthy vegetarian slow cooker recipes. Even if you are not a vegetarian, you will find that these delicious recipes can please everyone's palates. So, here is the list of those vegetarian slow cooker recipes that are waiting for you to enjoy: - Chapter 1: Soups - Chapter 2: Beans - Chapter 3: Chilies - Chapter 4: Potatoes - Chapter 5: Rices - Chapter 6: Desserts In conclusion, Vegetarian Slow Cooker Recipe Book: 30 Easy Set it & Forget It Meals by Maria Holmes is the ultimate choice for anyone who wishes to prepare easy set it and forget vegetarian slow cooker meals.

America's Test Kitchen decodes and demystifies vegan cooking so you can reap its many benefits. Avoid the pitfalls of bland food, lack of variety, and overprocessed ingredients with approachable, fresh, vibrant recipes. Can vegan cooking be flavorful? Satisfying? Easy to make? Through rigorous testing on the science of vegan cooking, America's Test Kitchen addresses these questions head-on, finding great-tasting and filling vegan protein options, cooking without dairy, preparing different whole grains and vegetables, and even baking. Reimagine mealtime by celebrating vegetables at the center of the plate and in salads and grain bowls. Take a new look at comfort foods with a surprisingly rich and creamy lasagna or hearty burger with all the fixings. Bake the perfect chewy chocolate chip cookie or a layer cake that stands tall for any celebration. With more than 200 rigorously-tested vibrant recipes, this cookbook has something satisfying for everyone--the committed vegan or simply those looking to freshen up their cooking.

"Every day, slowly but surely, we the people are helping to change the world." For the health of humankind, the environment, and the animals that inhabit it, the Jane Goodall Institute presents a collection of recipes to illustrate the how and why of vegan eating. Crafted especially for curious consumers looking to incorporate healthier dietary practices, those interested in environmental sustainability, and for fans of Jane Goodall's work, this collection of 80 recipes gives home cooks the tools they need to take charge of their diet and take advantage of their own community's local, seasonal bounty. Along with colorful food photography, quotes from Jane Goodall interspersed throughout transform this vegan staple into an inspiring guide to reclaiming our broken food system: for the environment, for the animals, and for ourselves. Whether you're interested in reducing your family's reliance on meat or in transitioning to a wholly vegetarian or vegan diet, this book has the information and inspiration you need to make meaningful mealtime choices. Dr. Jane Goodall, a longtime vegetarian and a passionate advocate for animals, invites us to commit to a simple promise with her campaign #IEatMeatLess.

The ultimate guide to meatless meals, completely updated and better than ever, now for the first time featuring color photos Ten years ago, this breakthrough cookbook made vegetarian cooking accessible to everyone. Today, the issues surrounding a plant-based diet—health, sustainability, and ethics—continue to resonate with more and more Americans, whether or not they're fully vegetarian. This new edition has been completely reviewed and revised to stay relevant to today's cooks: New recipes include more vegan options and a brand-new chapter on smoothies, teas, and more. Charts, variations, and other key information have been updated. And, new for this edition, the recipes are showcased in bright full-color photos throughout. With these photos and a host of recipes destined to become new favorites, this already classic vegetarian cookbook will continue to be more indispensable than ever.

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.

From Isa Chandra Moskowitz—the bestselling author of Veganomicon—comes a book dedicated to her true love: the home cook. Isa Moskowitz learned to cook from cookbooks, recipe by recipe. And after a few decades of writing her own cookbooks, she knows what the people want: easy-to-follow instructions and accessible ingredients. I Can Cook Vegan is for cooks of all stripes: The Just-Born, Brand New Cook The Tried-and-True Seasoned Cook Who Is Tofu-Curious The Busy Weeknight Pantry Cook (this is everyone) The Farmers' Market Junkie Who Looks at All the Pretty Colors The Reluctant Parent to the Vegan Child For Anyone Doing Vegan for the Animals For Anyone Doing Vegan for the Health Each chapter is a building block to becoming a better, more competent cook. The book teaches readers to cook the way someone might learn a new instrument: master a couple of chords, and then start to put them together to form songs. Each chapter starts with a fresh mission, and readers will cook their way through pastas, salads, sandwiches, bowls, sautés, sheet-pan suppers, and sweets—more than 125 recipes!—until they are ultimately the Best Cook Imaginable.

Think you know vegan cooking? Lengthy, complicated recipe lists, expensive, hard-to-find ingredients, flavourless food? Think again! Let Aine Carlin, creator of popular vegan lifestyle blog

Pea Soup Eats, enlighten you with her delicious recipes and straightforward tips. Keep it simple with easy-to-follow recipes, using a sensible number of ingredients that can be found in your local supermarket. Keep it tasty with chapters including Breakfast, Brunch & More, Light Lunches & Simple Suppers, Something Special, Sauces & Sides and Sweet Treats. Delight your senses and tantalise your tastebuds with Rosemary and Pear Stuffed French Toast, Santorini Spaghetti or Sweet Potato Sushi. Keep it fun - Aine is a truly creative cook who loves to whip up dishes that burst with colour and flavour, such as her Zesty Watermelon & Bulgar Wheat Salad. And don't be fooled into thinking there's no room for treats - Fudgy Brownies, anyone? But most of all, Keep it Vegan! With this gorgeous selection of 100 simple, tasty and fun recipes, newcomers and long-time vegans alike will find plenty to keep them well-fed and inspired. The vegan diet is great for your health, bank balance and the environment, so what are you waiting for? Dive in and discover these vegan delights.

The 50 plant-based boards and platters in *Vegan Boards* are incredibly beautiful to the eye and deliciously tempting to the palate.

Delicious plant-based recipes that everyone will love, with this latest book from the UK's bestselling vegan author, Áine Carlin. With an emphasis on great flavours and fresh, seasonal dishes that don't rely on substitutes or hard-to-source ingredients, Áine's style of cooking will appeal to everyone, from vegan-cooking enthusiasts to those simply wanting to dabble now and then. In *Cook Share Eat Vegan*, Áine has created the ultimate vegan bible, with more than 125 recipes that prove there's a place for plant-based food at every table. Delight your friends with Crispy Cinnamon Potato Tacos, enjoy a warming bowl of Turmeric & Sweet Potato Soup, or indulge in a delicious Vanilla Panna Cotta. Discover recipes for every occasion and for all times of year - that just happen to be vegan. 'Finding the balance between health and indulgence, this book has a little bit of everything, from full-on comfort food to zen-inducing bowls to nourish from within. Discover the beauty of plant-based food and leave your preconceived notions at the door - it's time to cook, eat, smile (repeat)' - Áine Carlin

Going vegan can be a daunting prospect. Many familiar foods and products are out of bounds, and it can be hard to know how to enjoy a healthy, tasty diet. In her new book, top vegan author Aine Carlin guides you through the process of adopting a vegan lifestyle, with tips on what to tell people about your new diet, what you can eat at a restaurant, dealing with cravings and her take on vegan-friendly fashion (in 2015, she was named Most Stylish Vegan by PETA). There are more than 90 tempting recipes carefully tailored to people giving up meat, fish and dairy for the first time, including Jerk-marinated Cauliflower Steaks for a main course and Macadamia and Blueberry Cream Pie for dessert, and there are also delicious selections of raw and gluten-free dishes. Learn how to make your own plant milk, nut cream and even vegan-friendly beauty products. Aine's practical advice, non-judgemental approach and tempting recipes are the perfect tools as you begin your vegan journey.

70 Amazing Recipes to Kick-Start Your Plant-Based Journey With the guidance of professional plant-based chef Bailey Ruskus, adopting a whole-food, plant-based lifestyle is full of fun and flavor. Learn to make easy, nutrient-dense dishes you'll want again and again, while inviting purpose and intention into every meal. Consider this collection a gateway into the colorful and delicious plant kingdom. Each recipe is designed to teach core culinary techniques, so you can become confident and creative in the kitchen. Comforting classics—think pizza, falafel, tacos and curry—get a vibrant vegan makeover, ensuring tasty alternatives for any craving. Savor Spaghetti Alfredo in an indulgent sauce that won't weigh you down; experience better-than-takeout Miso-Mushroom Ramen, low in sodium but big on umami; or dig into a chocolate-studded oatmeal cookie, packed with good-for-you ingredients. Fridge staples are made healthier and cheaper with essentials like Not Your Mama's Salted Butter, Herbed Creamy Feta and Cashew-Hemp Milk. To encourage holistic healing from the inside out, most of Bailey's recipes are gluten-free and all are free of refined sugars. Whether it's a quick garden bowl or slow-simmered chili, these dishes are fuss-free and seriously nourishing. Let Bailey lead the way as you embrace Earth's abundance, cook consciously and feel better than ever.

The ultimate plant-based Indian cookbook by the creator of VeganRicha.com, featuring breakfasts, snacks, one-pot meals, mains, flatbreads, and desserts. From delicious dals to rich curries, flat breads, savory breakfasts, snacks, and much more, this vegan cookbook brings you Richa Hingle's collection of plant-based Indian recipes inspired by regional cuisines, Indian culture, local foods, and proven methods. Whether you want to enjoy Indian cooking, try some new spices, or add more protein to your meals using legumes and lentils, this book has got it covered. You'll explore some well-known and new Indian flavor profiles that are easy to make in your own kitchen. Learn the secrets of eclectic Indian taste and textures, and discover meals in which pulses and vegetables are the stars of the dish. And once you taste Richa's mouth-watering desserts, they will likely become your new favorites. Within these pages you will find recipes to please all the senses, including:

- Mango Curry Tofu
- Whole Roasted Cauliflower in Makhani Gravy
- Baked Lentil Kachori Pastries
- Quick Tamarind-Date Chutney
- Avocado Naan
- Fudgy Cardamom Squares

The recipes have been designed to simplify complex vegan cooking procedures, and Richa's workflow tips incorporate modern appliances and techniques from other cuisines to reduce cooking times. Replacement spices are indicated wherever possible, and Richa also provides alternatives and variations that allow people to be playful and creative with the Indian spices called for in the recipes. The restaurant-quality vegan recipes are ideal to make for yourself, for family, and for entertaining guests. "One of the Best Vegan Cookbooks of 2015"—Vegetarian Times "Whether you have a love affair with Indian food or are new to the flavors of one of the world's greatest cuisines, you will be dazzled by Richa's recipes and accessible style. . . . I can't wait to keep cooking from one of the best cookbooks on Indian food (vegan or not) I've ever seen." —Colleen Holland, co-founder of VegNews Magazine

This edition has been adapted for the US market. It was originally published in the UK. * Named one of the best cookbooks of the year by The New York Times, the Boston Globe, and Delish * "Enticing, inviting and delicious. Vegan and vegetarian dishes that are hard to resist (and why should you?)." —Yotam Ottolenghi "Sodha, who writes a vegan cooking column for The Guardian, has widened her scope in this exceptional volume, drawing on ingredients and techniques from throughout Asia to inspire a mix of mostly speedy, weeknight-friendly dishes... a glimpse of Ms. Sodha at her best." —Melissa Clark, The New York Times "With verve and charm, Meera Sodha persuades all cooks to make her luscious plant-based food. Her honesty and wit shine bright in this accessible collection of recipes tailored for omnivores and busy people. Every page bursts with exciting ideas you'll want to cook up!" —Andrea Nguyen, author of *Vietnamese Food Any Day* and *The Pho Cookbook Modern*, vibrant, fuss-free food made from easy-to-find ingredients, East is a must-have whether you're vegan, vegetarian, or simply want to eat more delicious meat-free food. Meera Sodha's stunning new collection features brand-new recipes from a wide range of Asian cuisines. This cookbook is a collaboration between Sodha and the East Asian and South East Asian home cooks and gourmet chefs who inspired her along the way. There are noodles, curries, rice dishes, tofu, salads, sides, and sweets, all easy to

make and bursting with exciting flavors. Taking you from India to Indonesia, Singapore, and Japan, by way of China, Thailand, and Vietnam, East will show you how to whip up a root vegetable laksa and a chard, potato, and coconut curry; how to make kimchi pancakes, delicious dairy-free black dal and chili tofu. There are sweet potato momos for snacks and unexpected desserts like salted miso brownies and a no-churn Vietnamese coffee ice cream.

A vibrant tour of Asia in 90 vegan recipes When Sasha Gill went vegan, she wasn't about to leave her family's home-cooked favorites behind. Pad thai without fish sauce? Curry without ghee? In East Meets Vegan, Sasha proves that Asian cooking can be plant-based—as well as easy, affordable, and delicious! Here are: Veganized favorites: Spring rolls, red bean pancakes, shiitake ramen, mango lassis Can't-believe-it's-vegan twists: Tandoori cauliflower “wings,” pineapple fried rice, jackfruit biryani, “butter chicken,” a sushi feast to feed a crowd Mix-and-match pairings: Combine leftovers for your own take on Asian fusion. Bursting with more than 100 sumptuous photographs, this is your passport to a culinary adventure—from the comfort of your kitchen.

Five years ago, popular blogger Brandi Doming of The Vegan 8 became a vegan, overhauling the way she and her family ate after a health diagnosis for her husband. The effects have been life-changing. Her recipes rely on refreshingly short ingredient lists that are ideal for anyone new to plant-based cooking or seeking simplified, wholesome, family-friendly options for weeknight dinners. All of the recipes are dairy-free and most are oil-free, gluten-free, and nut-free (if not, Brandi offers suitable alternatives), and ideally tailored to meet the needs of an array of health conditions. Each of the 100 recipes uses just 8 or fewer ingredients (not including salt, pepper, or water) to create satisfying, comforting meals from breakfast to dessert that your family—even the non-vegans—will love. Try Bakery-Style Blueberry Muffins, Fool 'Em "Cream Cheese" Spinach-Artichoke Dip, Cajun Veggie and Potato Chowder, Skillet Baked Mac n' Cheese, and No-Bake Chocolate Espresso Fudge Cake.

This book is both for newbies eager to explore veganism, and experienced vegans looking to expand their recipe collection. It is the perfect companion for beginners and contains easy guidelines on becoming vegan and following a sustainable clean eating diet. It will teach you everything you need to know in order to adopt the vegan lifestyle, including: * A definition of veganism and common misconceptions * Foods to avoid * Ingredients to shop for * Useful tips for cooking vegan and eating vegan when dining out * 35 Delicious and Easy recipes for clean and healthy vegan meals * Nutritional information with each recipe to help you balance your diet Much more The hearty and delectable meals contained in this book will introduce you to a whole new world of nutritious foods that keep you healthy, fit, and active. You will discover new recipes for breakfast, lunch, dinner, soups, salads, deserts, stews, and sides, to keep you and your loved ones well fed at any time of the day. Add these 35 exciting vegan recipes to your meal plan, and surprise your family and friends with your expanded collection of delicious vegan recipes.

An all-new collection of more than 125 delectable recipes that reflect the way we really eat: sometimes healthy, sometimes indulgent—delicious, either way Food Swings offers a range of simple and satisfying recipes that speak to both sides of your food brain. Here you'll find the perfect go-to dish for when you want to eat light or for when you are in the mood for something more indulgent. The first half of the book, “Virtue,” provides recipes for your controlled side, while the other half, “Vice,” is for when you need to feel the wind in your hair. All of it is meant to be enjoyed equally in this fun something-for-everyone collection. So whether you're a home cook looking for new inspiration, a big eater who is ready to party, or a human who might be occupied with watching your waist, you will find what you are looking for in Food Swings. Those who are eating gluten-free, dairy-free, meat-free, or almost-vegan, you have come to the right place! VIRTUE Quinoa Bowl with Almond Butter, Strawberries, and Hemp Seeds Ginger Salmon with Sesame Cucumbers Whole Roasted Cauliflower, Tomatoes, and Garlic Roasted Plums with Honey and Pistachios VICE Cinnamon Buns Buttermilk Panfried Chicken Lasagna Bolognese Chocolate Fudge Cake In addition to the dozens of inspired dishes offered here, you'll also find personal essays, tips, and tricks for best results, and a gorgeous color photo for nearly every recipe. So no matter what you're in the mood for, you'll find the perfect recipe for it in Food Swings. Praise for Food Swings “It's a lot easier to make healthy choices when the meals are both good for you and crazy good at the same time. Jessica Seinfeld's new book, Food Swings, has that nailed, packed as it is with simple recipes that are kind to your body, crowd-pleasingly delicious (quit the side-eye, picky fourth grader), even gluten-free. Dinner victory, all around.”—Redbook “Seinfeld has assembled 125 recipes that allow readers to eat as healthfully or indulgently as their mood dictates. . . . Readers can have their cake and quinoa, too, with Seinfeld's latest, which strikes an effective balance between two popular eating styles.”—Library Journal “Jessica Seinfeld gets it, even down to the one-liners. With three cookbooks under her apron, Seinfeld takes a cue or two from her husband, Jerry, targeting both the devil and the damsel in her 125 recipes. She's eminently practical, very straightforward, and keeps her dishes in line with our modern proclivities: quick, healthy with an occasional sinfulness, convenient for the beginner as well as for the experienced home chef.”—Booklist “In a friendly voice Seinfeld encourages readers to take her approach to what she calls ‘food swings’ and eat without guilt. Or, she concedes, to eat with less guilt. . . . However you divide up the recipes, this is a great day-to-day cookbook with tasty-looking recipes that are approachable and simple to prepare.”—Publishers Weekly

Your favorite foods made vegan--75 simple, plant-based recipes If you've been considering going vegan but fear missing out on flavor, here's some good news. Eating Vegan is packed with 75 mouthwatering vegan recipes that are simple to make and includes a starter guide to plant-based eating. Of all the vegan cookbooks, this is the one that seasoned vegans wish they'd had in the beginning. Try plant-powered dishes inspired by familiar favorites, including French Toast and Baked Ziti. You'll find nutritional information with every recipe, plus first-timer tips to help you get the most out of your meals. If you're looking to adopt a plant-based diet, this standout among vegan cookbooks makes it easy. All vegan cookbooks should include: Starter meal plans--Begin with one plant-based meal per day and work up to all three with meal plans that make adopting veganism painless. Your vegan kitchen--Learn about plant-based staples to have on hand, from tofu to nutritional yeast. Fundamental foods--Unlike some other vegan cookbooks, this one offers techniques for cooking foundational foods like beans, lentils, grains, and tofu. When it comes to vegan cookbooks that provide easy and delicious plant-based recipes, Eating Vegan is a step above the rest.

"Busy folks, rejoice! The recipes in The Simply Vegan Cookbook are accessible and doable, but never boring."--Melissa D'Arabian, author and Food Network Host Forget about vegan cookbooks that require specialty ingredients and leave you unsatisfied. The Simply Vegan Cookbook takes vegan cooking to the tastiest level with easy, delicious recipes that are fun to make and a delight to eat. Creator and host of

The Vegan Roadie, Dustin Harder has travelled over 110,000 miles--and visited every grocery store along the way-- to find out which vegan foods are (and are not) accessible. Taking this into account, The Simply Vegan Cookbook provides healthful, balanced vegan meals using easy-to-find, affordable vegan ingredients. From greens and beans to grains and mains, The Simply Vegan Cookbook is the most comprehensive of vegan cookbooks to date. This vegan cookbook offers: 150 recipes with two variations each, resulting in a total of 450 recipes No more than 30 minutes of active time prep time per recipe Cooking tutorials improve your skills for making vegan staples The Simply Vegan Cookbook gives home cooks what other vegan cookbooks don't--vegan recipes that save time, money, and your sanity. Not only can a plant-based diet be good for health, it can also be easy on the pocketbook. At a time when many people are looking for a way to cut costs, Vegan on \$4 a Day will show readers how to forgo expensive processed foods and get the most flavor out of delicious, high-quality basic ingredients. Author Ellen Jaffe Jones has combined passion, money savvy, journalistic expertise, and culinary chops into a consumer's guide for an economically viable dietary lifestyle. She has scoured the shelves of popular supermarkets and big-box stores and calculated exactly how much it costs to eat healthfully and deliciously. Readers will learn how to adapt their favorite recipes, cook with beans and grains, and use bulk buying to get big savings. Includes nearly 100 nutritious, delicious and low cost recipes and a week's worth of menu-planning ideas that show how the recipes can be combined to get a cost of \$4 a day.

Being vegan doesn't have to mean living off kale and quinoa, or spending your money on fancy and expensive ingredients. And it definitely doesn't have to mean feeling limited for choices of what to eat! What if "vegan food" could mean cheesy nachos and pizza, hearty burritos, gooey spinach and artichoke dip, decadent chocolate cake or even crême brûlée? Well, it can. In Fuss-Free Vegan, Sam Turnbull shows you that "vegan" does not equal unappetizing dishes, complicated steps, ingredients you have never heard of, or even food that tastes healthy. Instead, she gives you drool-worthy yet utterly fuss-free recipes that will bring everyone together at the table, vegans and non-vegans alike, in a chorus of rave reviews. This is the cookbook Sam wishes she had when she went vegan: one that recreates and veganizes the dishes she loved most in her pre-vegan days, like fluffy pancakes and crispy bacon, cheesy jalapeño poppers and pizza pockets, creamy Caesar salad and macaroni and cheese, rich chocolate brownies and holiday-worthy pumpkin pie, to name just a few. (And there's no hummus recipe in sight.) Say goodbye to searching endlessly around for that one special ingredient that you can't even pronounce, or cooking dishes that don't deliver on their promise of yumminess; instead, say hello to ingredients you can pick up at your local grocery store, step-by-step techniques, and Sam's enthusiastic voice cheering you on throughout this fun, approachable cookbook. With 101 tried-and-tested, one-of-a-kind vegan recipes for every meal, from breakfasts to lunches to dinners, and even snacks, desserts, appetizers and vegan staples, as well as handy menu plans and tips to amp up the recipes and your vegan life, Sam Turnbull and Fuss-Free Vegan are your ultimate guides in the new vegan kitchen.

From actor and avid traveler Mena Massoud comes a collection of diverse, delicious, and accessible vegan recipes inspired from dishes all over the world, perfect for everyone at the table! It's safe to say that veganism is no longer just a trend. Lifelong vegans, part-timers, and aspiring vegans are a diverse and eclectic group of people from all walks of life and backgrounds, and yet, there's very little out there in mainstream media that reflects this new reality. The Evolving Vegan cookbook celebrates both flavors and stories from a wide array of plant-based eateries all across North America, proving that a plant-friendly diet is truly accessible to all! In this book you will meet Cyrus Ichiza from Ichiza Kitchen in Portland, whose Taiwanese mother inspired him to share his Southeast Asian roots through authentically flavorful vegan dishes. You'll learn legendary behind-the-scenes secrets of San Francisco's Peña Pachamama, a Bolivian plant-based restaurant that serves national dishes like pique macho and aji de fideo. And you can finally conquer veganism once and for all, without sacrificing the delicious flavors you love. Containing recipes from many different countries and cultures, and including helpful tips for lifelong and transitioning vegans alike, Evolving Vegan takes you on a food-based road trip to explore the vibrancy of veganism across North America.

Hailed as 2015's Company of the Year by VegNews Magazine, the Field Roast Grain Meat Co. offers their first cookbook, with over 100 delicious, satisfying vegan recipes In Field Roast, Chef Tommy McDonald shares fundamental techniques and tips that will enable you to make your own vegan meats at home--for everyday (sandwiches, burgers, meatloaf) to holiday (stuffed roast, anyone?), as well as recipes for using them in every meal from breakfast through dinner. The 100 recipes are flexible: want to make your own plant-based meats? Great! Want to use Field Roast products instead? That will work too. All you need are grains, veggies, and spices--easy-to-find whole food ingredients for authentic, hearty taste. With basics such as cutlets and sausages, along with dishes like Burnt Ends Biscuit Sandwich, Chicken Fried Field Roast and Waffles, Pastrami on Rye, Tuscan Shepherd's Pie, Curry Katsu, (and even some favorite desserts), Field Roast brings new meaning to plant-based meat.

'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.

Delicious vegan meals are fun to prepare in your own home kitchen with Laura Theodore's newest cookbook, Jazzy Vegetarian's Deliciously Vegan: Plant-Powered Recipes for the Modern, Mindful Kitchen. This modern guide to vegan eating is a full color, 320-page cookbook with beautiful full-color photos on nearly every page. In addition to over 175 plant-based recipes, Laura helps readers learn what it takes to stock and cook in a well-equipped vegan kitchen, with these essential Top Ten lists: &•Ingredients to have on hand at all times in your pantry &•Effective egg substitutions for baking &•Delicious options for making vegan cheese and cream &•Two-ingredient recipes &•Herbs and spices to always keep in your kitchen From simple snack ideas to enticing entrées to mouthwatering desserts, this cookbook features delectable main dish recipes like Teriyaki Kebabs, Sunny Black Bean Burgers and Gingered Portobello Steaks. Crowd-pleasing party foods include Guacamole Mini Peppers, Chili-Maple Almonds and Miso Hummus. Vegan Burritos with Tofu Queso Fresca, Golden Cashew Milk and Seitan Fajitas round out diverse dinner menus. And for dessert, Laura has plenty of scrumptious sweets to choose from, like Lively-Lemon Cupcakes, Sweet Potato Pie and Divine Chocolate Mousse Cake. Highlighting holiday entertaining to everyday ideas for preparing quick plant-based meals for the family, Laura Theodore's Jazzy Vegetarian's Deliciously Vegan is the ultimate guide for the vegan home chef. Retailing for \$22.95, Jazzy Vegetarian's Deliciously Vegan is the companion cookbook to season six of the hit cooking show, Jazzy Vegetarian.

This approachable, family-friendly vegan cookbook—from the chef at a popular Bay Area vegan restaurant and his wife—is for anyone looking to explore more plant-based eating at home with innovative and great-tasting recipes for every meal. In this exceptional collection of plant-forward meals, a chef brings his professional knowhow home with 90 recipes he and his wife created to help their family transition to healthier eating. With a focus on high-flavor recipes that are easily accessible for home cooks, the authors share their expertise for bringing more plants into every meal and extol a diet that's rich with vegetables, fruits, beans, and whole grains. Visually appealing and delicious, the recipes will appeal to a wide range of palates and include fresh twists on favorite foods like Green Forest Pizza, Lemon Agave

Cheesecake, and Beet Poke, along with updated classics from Ceviche to Chilaquiles. This modern cookbook—from an omnivore who values eating plants in a way that doesn't require drastic lifestyle changes—offers a turnkey solution for individuals and families who are curious about evolving their diets but don't want to give up the dishes, and drinks, they love.

Live a healthy vegan lifestyle without breaking the bank with these 99 affordable and delicious plant-based recipes. Frugal Vegan teaches you how to avoid pricey perishables and special ingredients, and still enjoy nutritious, exciting food at every meal. Learn the tips and tricks to creating plant-based cuisine on a budget and fill yourself up with a delicious feast. Katie Koteen and Kate Kasbee are your guides to changing up your vegan cooking routine using less expensive ingredients. There's a meal idea for every time of day, whether it's a hearty breakfast of Pineapple Scones or Biscuits and Gravy; a Backyard BBQ Bowl or Crunchy Thai Salad for lunch; or Beer Battered Avocado and Black Bean Tacos, Mushroom Stroganoff or Chickpea Curry for dinner. Host movie night with a delicious snack like Salted Peanut Butter Popcorn, or indulge in Chocolate Coconut Cream Puffs for dessert. With practical tips and approachable recipes, Frugal Vegan will help you create stunning plant-based meals that'll not only save you money, but save you time in the kitchen, too.

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.

Recipes, tips, and strategies for easy, delicious vegan meals every day of the week, from America's bestselling vegan cookbook author. How does Isa Chandra Moskowitz make flavorful and satisfying vegan meals from scratch every day, often in 30 minutes or less? It's easy! In Isa Does It, the beloved cookbook author shares 150 new recipes to make weeknight cooking a snap. Mouthwatering recipes like Sweet Potato Red Curry with Rice and Purple Kale, Bistro Beet Burgers, and Summer Seitan Saute with Cilantro and Lime illustrate how simple and satisfying meat-free food can be. The recipes are supermarket friendly and respect how busy most readers are. From skilled vegan chefs, to those new to the vegan pantry, or just cooks looking for some fresh ideas, Isa's unfussy recipes and quirky commentary will make everyone's time in the kitchen fun and productive.

A fun and irreverent take on vegan comfort food that's saucy, sweet, sassy, and most definitely deep-fried, from YouTube sensation Lauren Toyota of Hot for Food. In this bold collection of more than 100 recipes, the world of comfort food and vegan cooking collide as Lauren Toyota shares her favorite recipes and creative ways to make Philly cheesesteak, fried chicken, and mac 'n' cheese, all with simple vegan ingredients. Never one to hold back, Lauren piles plates high with cheese sauce, ranch, bacon, and barbecue sauce, all while sharing personal stories and tips in her engaging and hilarious voice. The result is indulgent, crave-worthy food - like Southern Fried Cauliflower, The Best Vegan Ramen, and Raspberry Funfetti Pop Tarts - made for sharing with friends at weeknight dinners, weekend brunches, and beyond.

The complete cookbook of vibrant vegan recipes for every occasion Vegan food is so much more than salad--you just need the right recipes to bring your healthy lifestyle to life. This standout among vegan cookbooks has a plethora of plant-based dishes to keep your meals exciting, ranging from vegan twists on comfort food favorites to creative innovations. Whether you're vegan-curious or a seasoned veteran, you'll find options for every meal of the day, plus snacks and sweets. Even those salads get an upgrade! This distinctive choice in vegan cookbooks includes 175 delicious dishes, like Baked Avocado Fries, Buffalo Cauliflower Pizza, Lemon Asparagus Risotto, Chocolate Tahini Brownies, and much more. Vegan essentials--Brush up on the basics of a plant-based diet, get advice for pantry and kitchen staples, find nutrition guidance, and learn plenty of tips and tricks. Simple, flexible recipes--Find the perfect dish for your needs with handy labels for 30-minute meals, one-pot/pan recipes, and kid-friendly choices the whole family can enjoy. At-a-glance dietary info--Each of the recipes in this plant-based cookbook includes nutritional facts, and the allergy-friendly lineup includes many nut-, gluten-, and soy-free options. Find your new favorite recipe in this complete vegan cookbook.

Cook Share Eat Vegan Delicious plant-based recipes for Everyone Mitchell Beazley

100 simply delicious vegan recipes--good for the planet, and for you--from the chef and blogger behind The Buddhist Chef. A practicing Buddhist for over two decades, Jean-Philippe Cyr, aka The Buddhist Chef, believes that everyone has the power to make their vision of the world a reality--and that the most impactful way to do that is through the food we choose to make, eat, and share. This realization led him to veganism, which transformed his life and health. In this cookbook, he shares how to make classic dishes vegan, easy, and so delicious and show-stopping that everyone--even the pickiest of eaters--will love them. The Buddhist Chef is a collection of Jean-Philippe's best vegan recipes that will become a mainstay in vegan and non-vegan kitchens alike. The recipes are perfect for long-time vegans, those trying out a vegan diet for the first time, or those simply trying to eat more plant-based foods. Inspired by cuisines from all around the world, these recipes offer something for everyone. Enjoy breakfast and brunch recipes like Vegan Shakshuka and Maple Baked Beans, or salads and protein-packed bowls like Beet Carpaccio or Tempeh Poke Bowl. Transform your dinners with hearty mains like Eggplant Parmigiana, General Tso's Tofu, and Mushroom Poutine. Indulge in vegan desserts like Chocolate Lava Cake or have a nourishing snack like Coconut Matcha Energy Balls. With delicious recipes for every meal of the day, The Buddhist Chef is a celebration of healthy, plant-based dishes that will have everyone at the table, vegan or not, wanting more.

Satisfying Plant-Based, Gluten-Free Meals Without the Hassle Who says preparing vegan, gluten-free meals has to be so hard? Get back to enjoying your time in and out of the kitchen with Effortless Vegan. Painless to prep, simple to cook and completely plant based and gluten free, these delicious recipes focus on full flavors, clean eating and efficiency. Make breakfast the most important and easiest meal of the day with a filling 10-Minute Smashed Chickpea Scramble or sweet and sustaining Cinnamon-Banana Socca Pancakes. Not to worry if you're more of a lunch or dinner person! Try one of many incredible 30-minute or less meals, like savory Sweet Potato & Black Bean Avocado-Tahini Wraps or spicy Paprika-Roasted Cauliflower Steaks. Love to cook but hate the cleanup? Give your time and taste buds the gift of a one-pot wonder, like the superb Pizza Supreme Casserole. And if dessert is your favorite port of call, you'll fall in love with any of the delectable 5-ingredient sweets, such as the deliciously elegant Mixed Berry Crumble or guilt-free Boozy Peach-Mango Sorbet. Leave your stress behind with this collection of straightforward, no-fuss recipes that make vegan cooking so easy it's effortless.

A beautiful cookbook for the next generation of newly vegan and vegan-curious, from the creator of the popular website and Instagram Nom Yourself. Mary Mattern became a vegan in her early twenties, and was immediately astonished by how great she felt—and how rewarding she found her new vegan lifestyle to be. She soon became a vegan personal chef to the stars, working with people such as Entourage

actor Jeremy Piven and touring with pop singer Ellie Goulding. When she began blogging about her vegan recipes on NomYourself.com, she soon built up an enormous following, with nearly 100,000 followers on Instagram. Mattern has also gotten support from big names in the plant-based world, including Brendan Brazier, Chad Sarno, and many more. With her terrific personality and edgy, hip style, Mattern is poised to become the rock star of the millennial vegan world. Now Mattern offers her delectable American-with-a-vegan-twist recipes to the world in her beautiful cookbook, Nom Yourself. With comfortable, familiar recipes such as Beer-Battered Buffalo [Cauliflower] Wings, American Apple Pie, and Creamy Cashew Alfredo, Nom Yourself will be the perfect book for the vegan-curious. And with beautiful color photos throughout to illustrate the mouthwatering recipes, Nom Yourself will prove that eating vegan is both delicious and easy.

Put flavour and flexibility at the heart of your kitchen with Rachel Ama's One Pot: Three Ways. Rachel Ama is reframing vegan cooking. Create a veg-packed centerpiece dish in one pan/pot/tray and choose from three creative and flavoursome ways to either serve it up with just a few ingredients or transform it into something else entirely. The options are endless - level up your leftovers and create a new feast each day, scale portions up or down, cook all three serving options for a vegan feast with friends, or freeze leftovers to refresh later when you're strapped for time - whatever you choose, this way of cooking will help you have dinner part-ready-and-waiting, making plant-based eating feel even more achievable every day. Transform or serve Peri Peri Mushrooms with: 1. Peri Peri Pittas 2. Potato Wedges & Slaw 3. Peri Peri Charred Sweetcorn Salad Bowls Serve up or refresh Caribbean Curried Jack into: 1. Coconut Rice & Coleslaw 2. Coconut Flatbreads with Tomato & Red Onion Salad 3. Caribbean Patties with Orange & Avocado Salad Rachel creates her recipes by moving through 'stations' in the kitchen, weaving together fresh ingredients, pantry staples, and, most importantly, the 'flavour station', where she adds spices, dried herbs and those all-important sauces to really bring each dish to life. So pick up Rachel's handy tips to help you live a vegan lifestyle simply and deliciously.

Hearty Plant-Based Indulgences for Every Day of the Week When Melanie McDonald first became a vegan, she was disappointed in the lack of vibrant, flavorful vegan recipes available—so she created her own. Now, she shares all her favorite homey recipes, ensuring that everyone can enjoy tasty plant-based dishes. Pump up your mornings with Black Forest Breakfast Crepes or Rustic Skillet Potato and Greens Hash. Gather around the dinner table with family and friends to enjoy favorites like Soul-Warming Stew and Dumplings, Sticky Sweet-and-Sour Tofu and Rich and Saucy Bolognese. And satisfy all those between-meal cravings with sweets and snacks like Bangin' BBQ Cauliflower Wings and Sky-High Apple Pie. No matter the meal or occasion, Melanie's recipes prove that the vegan versions of familiar favorites leave you feeling nourished and satisfied. The founder of World of Vegan and the author of Plant-Based on a Budget have teamed up to create the ultimate kitchen resource for longtime vegans and the veggie-curious alike, with 100 foolproof, flavor-forward recipes. Eating vegan doesn't have to mean a lifetime of bland veggie burgers and boring salads—nor does it have to make every shared meal a source of stress. As all plant-based cooks know, when it comes time to please a crowd, the pressure is on. You want to serve delicious, memorable dishes, and you're also well-aware that many will be skeptical of vegan food measuring up to their favorites. Enter Michelle Cehn and Toni Okamoto, longtime friends and two of the most trusted figures in the online vegan community. Through their popular food blogs, videos, podcast, and cookbooks, the two have helped millions of people make living vegan easy, fun, and delicious. Michelle and Toni share 100 amazing recipes for satisfying meals, snacks, and treats, designed for both the veggie-curious and longtime vegans looking for a trusted recipe resource. In The Friendly Vegan Cookbook: 100 Essential Recipes to Share with Vegans and Omnivores Alike, you'll find rigorously tested, no-fail recipes including favorites such as: • Fettuccine Alfredo • Sushi • Pot Pie • Breakfast Burritos • Pop Tarts • Chocolate Mousse • Cinnamon Rolls • Mac 'n' Cheese • Corn Chowder • Chewy Brownies Michelle and Toni also share their go-to kitchen tips to make meal planning a breeze, helpful shopping lists, and directions for making your own staples—nut milks, dressings, pasta sauces, and breads. The Friendly Vegan Cookbook is filled with meals that will become your new favorites and go-to staples for when you have meat-eaters to impress. Because amazing food should be shared.

A volume of vegan recipes features an array of distinctive options that use fresh ingredients, draw on a variety of influences and provide for numerous occasions, in a handbook that offers options ranging from Buttermilk Biscuits with Southern-Style Gravy and Barbecue Ranch Salad to Palm Heart Ceviche and Italian Cornmeal Cake. Original.

Presents two hundred whole-foods-based recipes that use fresh, seasonal ingredients and emphasize gluten-free options, natural sweeteners, raw foods, beans, and greens to satisfy even the pickiest eaters.

LIMITED-TIME BONUS FREE EBOOK INCLUDED Try These Simple, Healthy, And Delicious Vegan Recipes To Immediately Cook Better Meals! Are you tired of cooking complicated, boring, and uninspiring meals every night? If you are, then this book is perfect for you! Millions of people all across the world are going vegan but the biggest issue they all have is what to cook. Simply put, too many vegan dishes suck. That is what this book will fix. If you follow the simple, beginner-friendly recipes found in this book I guarantee you will start to love what you cook and eat. I know what it's like to be vegan and have a hard time in the kitchen. Growing up I was never a great cook and I thought I would be doomed to only eat raw veggies and fruits when I went vegan, until I learned some amazing tips and tricks that transformed my cooking. Vegan cooking is not hard to learn or master and it certainly doesn't have to be boring. A healthy and delicious meal can be created in just a few steps from common ingredients you already have in your home! Mastering vegan cooking has not only helped my health and mind but for thousands of others who have tried and have seen permanent success as well. Through following and applying the recipes and techniques found in this book I guarantee you will start to see a positive change in your body. That is because these recipes are packed with more than enough nutrients to keep you healthy. These fundamentals of a healthy vegan diet have not only worked for me, but for thousands of others who have tried them and have seen permanent success. Find yourself just a few minutes in your day to learn some simple, life-changing vegan recipes, and to do just that, you need this book.

Interview with the Author Q - What made you want to write this cookbook A - When I first went vegan I found it really hard to find a book that gave a good overview of all the different flavors of vegan. For instance, I saw raw food vegan, vegan ketogenic diet, but all I wanted to know was how to start healthy eating on a budget! So I made this book,

and the thesis is, "clean eating made simple"! I was very happy with the reception this book has received I think people wanted a cookbook just like this! Q - Who is this cookbook for? A - This is a vegan cookbook for beginners. I'm not an expert chef by any means, I just wanted to put together a simple healthy eating guide and share it with the world. These recipes are delicious and easy to make, I hope everyone loves them as much as I do. Q - What exactly will people find inside this book? A - Apart from the recipes, people will find a lot to digest in this book: Here's a preview of what you'll learn... The Basic Principles of a Vegan Diet Plan How to Lose Weight as a Vegan Food To Eat And Avoid 20 Breakfast Recipes 20 Lunch Recipes 20 Dinner Recipes 20 Snack Recipes 20 Dessert Recipes And Much, Much More! Click the BUY button and start cooking like a pro Today! Download "100 Simple Vegan Recipes For Beginners" right now.... ... and get a FREE BONUS EBOOK On Exactly How To Live A Healthy Vegan Lifestyle!

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