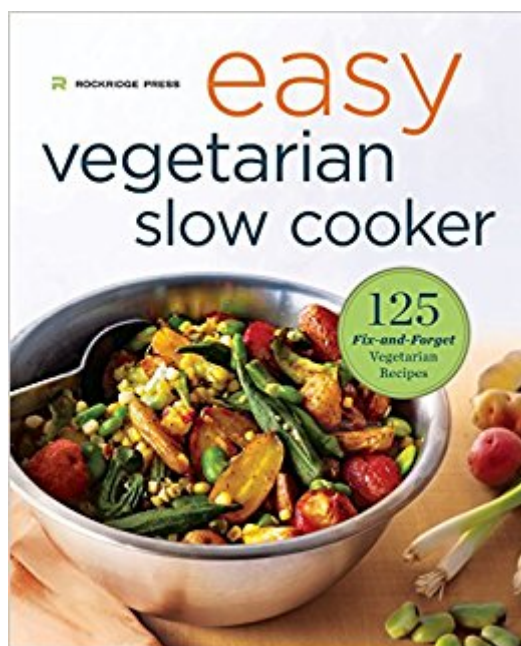


The book was found

Easy Vegetarian Slow Cooker Cookbook: 125 Fix-And-Forget Vegetarian Recipes



Synopsis

Healthy, Comforting Vegetarian Meals with the Push of a Button You've gone meat-free, thanks to your conscience, your doctor, or maybe even your teenager. Whatever the reason, the big challenge isn't what to cook--it's how to make healthy, hearty vegetarian meals without spending hours in the kitchen. With Easy Vegetarian Slow Cooker Cookbook, you can take back your time while letting your palate travel the world of vegetarian dishes. No time? All meals prep in 15 minutes or less. Chop and go. Hungry for real food? Not a single recipe calls for fake meat products. No animal products? Over 75 of the 125 recipes are vegan. Got restrictions? Dietary labels indicate whether a recipe is gluten-free, soy-free, and/or nut-free. Counting calories--or carbs? Nutritional information is listed with every recipe. Live your life and let Easy Vegetarian Slow Cooker Cookbook toil in the kitchen for you. Recipes include: Coconut Curry Simmer Sauce, Healing Vegetable Soup, Chiles Rellenos with Fresh Mozzarella, Eggplant in Hoisin Garlic Sauce, Banana Nut Bread, and more!

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Customer Reviews

I absolutely LOVE this cookbook. I'm not a very good cook, at all. I stick to simple foods and things that don't take a lot of prep time. As a vegetarian it's hard because I don't usually like taking tons of time to prep my meals. This book is perfect for me! The meals are actually easy and don't take a lot of prep time. It allows me to try new things that I would have never tried before. It has breakfast recipes, breads, sides, soups, chili, stews, pizzas, pastas, desserts, and kitchen staples. It has so

many delicious recipes that I can set up and leave cooking all day and have ready in the evening. Surprisingly, even my husband, who is a big meat eater, has enjoyed the meals I have made from this book so far!! That makes me very happy! Now I don't have to spend double the time preparing something for him and preparing something for me every single night. I will definitely be incorporating recipes from this book into my weekly meals from now on. The meals are healthy, delicious, and full of flavor! *sample provided for testing and review*

Don't get me wrong, I love me some steak, and chicken. However, I love veggies, and fruits, and even meat alternatives. My best friend is a vegetarian though, and I wanted to expand my arsenal of recipes I can cook for her, as well as for myself. I really found myself enjoying most the recipes in this book, there is something for everyone, and they are all easy to follow. There is so many too, which is great. I like that I can substitute some things in recipes as well, since I am not a huge zucchini or squash lover. All are healthy, and satisfying. Yet filling. I even bought my best friend a copy so she could cook more too!

As a meat eater I was a bit iffy about reading this book and trying out some of the recipes. I was lucky enough to get it for free in exchange for an honest unbiased review and I am glad I did because I see vegetarian dishes a bit more differently now. When I think of vegetarian dishes I think of no flavor dishes full of green stuff. This book is pretty good at introducing people to eating vegetarian dishes and making good use of a slow cooker. Me being so busy with work all the time the slow cooker and microwave are my friends. I like to throw a bunch of stuff in a slow cooker and forget about it until I'm ready to eat. The book goes through a few useful steps before getting into the recipes. It talks a bit about slow cookers, healthier choices and other information before getting into the recipes. The recipes so far seemed to be easy to do, I have tried 2 of them so far and they were great. I tried the Sopa mexicana (mexican soup) and it was yummy and on the weekend I tried the Grilled cheese monkey bread and it was yummy and easy to make. I was surprised at the recipes that didn't contain veggies since I thought all vegetarian dishes were full of veggies lol.

I would consider myself a beginner in "slow cooking." As a matter of fact, I just recently started once I received a cooker as a gift. I LOVE the idea of throwing yummy food in the cooker and leaving it for a bit. The mere fact that I don't need to hover over the stove is amazing. This book has delicious recipes and is completely guided. Until getting this book, I wasn't one for just vegetables (I am not a vegetarian), but I feel as though a whole new world has opened up. I highly recommend this book to

anyone seeking good slow recipes; it truly is amazing. I would get this as a gift for anyone who enjoys cooking.

In the beginning of this book it starts out by explaining that being vegan is not all about just eating tofu, carrots, and celery sticks . It makes you look forward to what you're about to read .The next chapter is all about slow cooking . Like the reason to get a slow cooker . There were some pretty good reasons such as:1.) Will free up time for better things .2.) It's healthier and less expensive than buying prepared foods or eating out .3.) Help stock your freezer4.) It keeps the kitchen cool on hot summer days and/or nights .Let me tell you , I was pretty convinced about making a slow cooker meal that night ..It also let's you know about the must to keep you healthy and all about food safety .There is so many recipes in here that will make your mouth water . From broths to grilled cheese , to German potato salad , to Mexican pizza , to different kinds of sauces to prepare for your lovely meals , to pound cakes , all the way to humus ... and so much more !This books lets you know which fruits and vegetables to stay clear of to minimize your exposure to pesticides . I was quiet shocked about the foods they listed ..This book is just filled very useful tips and with delicious recipes for vegans or even for non-vegans .It makes you feel good about yourself and your life choice of being vegan if you are . I felt like this book was with me every step of the way while I was reading it and as I still do , as I refer back to recipes to follow and make . I did get this book as a free sample to give my honest review on it to everyone and this is it .

I have never been so compelled to write a review before, as I do right now. We have made several meals from this cookbook, all of which were tasteless, bland and borderline gross. Even my son, who is like a vacuum cleaner at the dinner table, refused to eat. Not worth it!

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