

## **QUICK AND EASY VEGAN COMFORT FOOD**



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Yum. Yum. Yum! Sarah Kramer, co-author of How It All Vegan Quick and Easy Vegan Comfort Food is filled with accessible, invigorating recipes. Alongside simple preparation instructions are cooking tips and suggestions for pairings with other dishes in the book . . .

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This easy vegan chickpea curry with potatoes, peas, and carrots is perfect for quick weeknight dinners! It's delicious, comforting, and packed with protein and nutrients. And it's ready in only 30 minutes! This vegan curry is one of my all-time favorites! I've made it so many times and it's

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Over 250 stunning cheap & easy vegan meal ideas. All recipes are budget-friendly, no-fuss, quick and simple to make, and very very delicious! I think most people can go along with the ideology of veganism. Nobody wants to cause suffer and pain, nobody wants to hurt animals, nobody wants to

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### **Easy Vegan Falafel Minimalist Baker Recipes**

These falafel are simple, requiring just 10 ingredients (give or take a spice), and come together in a blender or food processor.. They also saut up beautifully in just 5 minutes! The only waiting period is 1-2 hours for chilling the dough (which is optional but recommended).

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### **Vegan Chickpea Quinoa Stew Running on Real Food**

This gluten-free, vegan chickpea quinoa stew lands somewhere between a stew and a hearty soup. The broth is made from Indian spices, coconut milk and diced tomatoes and makes a warming, flavourful and nourishing base for chickpeas, quinoa and veggies. It's hearty, healthy, easy to make in under 30 minutes, made with simple ingredients and can be made in advance as part of your weekly meal prep.

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