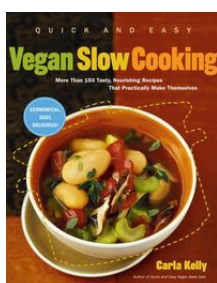


QUICK AND EASY VEGAN SLOW COOKING: MORE THAN 150 TASTY, NOURISHING RECIPES THAT PRACTICALLY MAKE THEMSELVES

Who knew “slow” could be so fast? Well, it can be—whether you’re an experienced cook or a slow-cooker newbie—with this cookbook of set-and-forget vegan meals! Ever wished you could have a healthy, delicious, home-cooked dinner waiting for you when you get home? Well, stop dreaming and start cooking! In Quick and Easy Vegan Slow Cooking, Carla Kelly brings you over 150 recipes for nourishing, whole foods-based meals, with easy-to-find, economical ingredients, simple cooking...



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Quick and Easy Vegan Slow Cooking: More Than 150 Tasty, Nourishing Recipes That Practically Make Themselves

Author	Carla Kelly
Original Book Format	Paperback
Number of Pages	296 pages
Filetype	PDF / ePub / Mobi (Kindle)
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Reader's Opinions

I'm not sure why other reviews of this book are so negative. There are a ton of soups and stews, which are one of my favourite things to make - especially in the slow cooker. There is an emphasis on beans, vegetables, grains, etc., although there are a fair amount of recipes using seitan as well. I would give this four stars, but I...

It was okay. The concept was good but unfortunately the author has lazily used lots of meat substitutes in many of the recipes. Not my idea of an inventive cookbook!