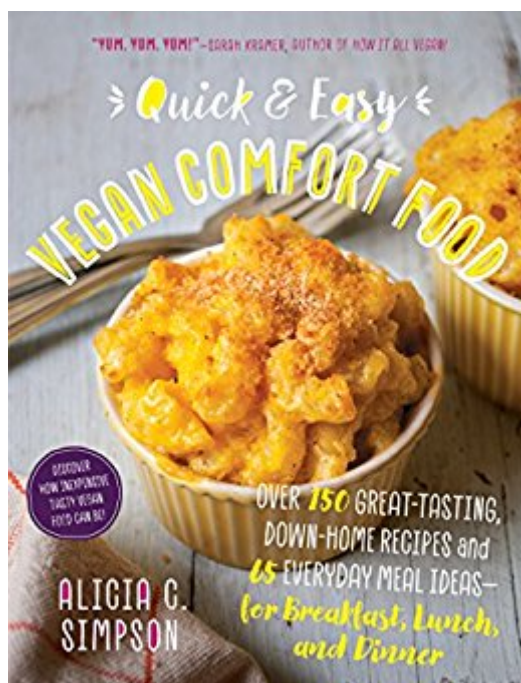


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# Quick And Easy Vegan Comfort Food: 65 Everyday Meal Ideas For Breakfast, Lunch And Dinner With Over 150 Great-Tasting, Down-Home Recipes



## Synopsis

A born food-lover, raised in California on “the best Mexican food in the country” and her father’s “traditional Southern soul food,” Alicia C. Simpson couldn’t imagine giving up her favorite dishes to become vegan. Animal-free food might be healthier, but could it match the tastes of home—like fried chicken, macaroni and cheese, or a bowl of chili? Three years after Alicia took the vegan plunge, *Quick and Easy Vegan Comfort Food* answers that question with a resounding “yes!” Here is the essential cookbook for any of America’s more than 6 million vegans who miss the down-home tastes they remember (or want to try), or for vegetarians and even meat-eaters who want to add more plant-based foods to their diets, but don’t know where to start. Comfort-seeking cooks will find: Easy-to-prepare, animal-free versions of classics like Spicy Buffalo Bites, Ultimate Nachos, Baked Ziti and more 65 delicious combinations for breakfast, lunch, and dinner, with flavors from around the world, like “Chinese Take-Out” or “Tijuana Torpedo.” Everything you need to know to start your vegan pantry, and why being vegan is easier, less expensive, and more delicious than you might think. With spirit and style, Alicia shows just how easy—yes, and comforting—vegan food can be.

## Book Information

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## Customer Reviews

A go to cookbook that I use often for the Vegan scramble recipe. This is a nice intro book for anyone interested in eating more Vegan foods that are familiar. I love it.

I only recently began plant-based diet and have bought several cookbooks to assist in my endeavor and so far this is my favorite/most often used. Every dish I have prepared so far has been very tasty. Be forewarned: to those who restrict the use of oil, this author does include oils and nonhydrogenated margin in some of her recipes. Also, no caloric counts or vitamin/mineral/fiber content breakdowns are included. The food is just delish! Love her combination suggestions to make a complete meal from individual dishes. I grew up eating many of the traditional southern dishes and this cookbook teaches me how to keep foods that I love in my diet.

Yummy

I just got this book, read through most of it and I think it's going to live up to its high rating. I've only made the Tacos Pecos so far but it was excellent. My husband thought so, too. I was afraid that the calories and fat would be too high as it is "comfort food" so I entered the info into [edit: an online nutrition database which must remain nameless]. Took a little tinkering with their database (which does include TVP!) and came up with these numbers assuming her recipe is four servings (I actually prefer to stuff them fatter and eat fewer taco shells, the least nutritious part of this recipe): 475 calories, 233 calories from fat, total fat 25.9 g (40%), Saturated fat 3.8 g, trans fat 1.9 grams, cholesterol 0 g, sodium 364 mg, total carbs 47.3 g, dietary fiber 12.2 g, sugars 10.7 g, protein 18.6 g, vitamin A 67% RDA, vitamin C 57%, iron 25%, calcium 16%. Not too bad for comfort food!

This has been my go to book for vegan cooking for years! The recipes are simple and delicious! Great book for new vegans.

Other reviews commented on the cheese sauce (from the Mac and Cheese on page 84), which was the primary reason I bought this book. Let me tell you, I would have paid the price for this book just for that recipe. It's amazing. My kids had NO idea it wasn't "real" cheese sauce, even when they saw the evidence on the counter (potatoes, carrots, onions, nuts, etc). They LOVED it, and there is

no tougher audience than 9 and 12 year old boys. The other recipes look great as well - love how she organized recipes into simple meals plans. I am SO glad I bought this book.

Comfort food has always been a delight in my life, and when I became vegan I could not rely on the same old standards, until this book came along. There are so many recipes, some very simple and some more complex. Any kind of comfort food you can think of -- and then some -- is in this book. Some of the recipes are front scratch, and some rely on processed foods, or other pre-made shortcuts, to ensure a variety of results. The fettucini alfredo recipe is to die for, and I am also pleased with the fake filet 'o fish sandwiches, and the fried "chicken" filets.

This is by far the best vegan cookbook I own. I have been a vegan for 30 years so I know. She has definitely tried every recipe. They are easy, healthy and very very tasty. I would recommend this for first time starters and veterans like me.

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