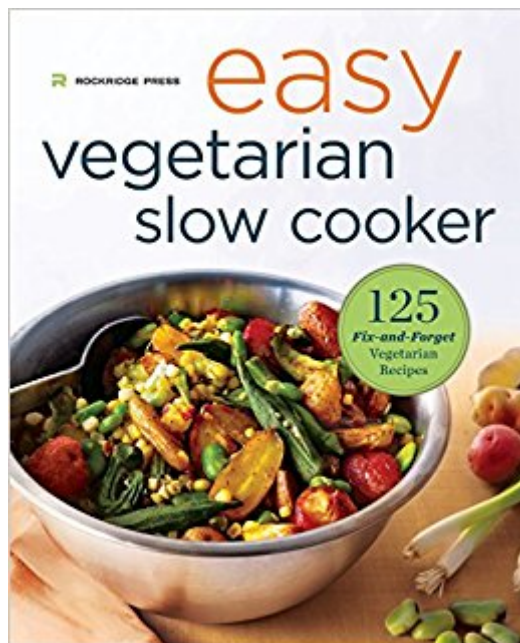




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# Easy Vegetarian Slow Cooker Cookbook: 125 Fix-And-Forget Vegetarian Recipes



## 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!

## Book Information

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## Customer Reviews

ROCKRIDGE PRESS is a trusted voice in health and diet publishing a wide variety of lifestyle guides and cookbooks, including The New York Times best seller Paleo for Beginners, The Wicked Good Ketogenic Diet Cookbook, The Mediterranean Diet Plan and the Instant Pot Electric Pressure Cooker Cookbook. Our authors take pride in publishing thoughtful, well-researched books that help readers make positive lifestyle changes and build permanent healthy habits. Headquartered in

Berkeley, California, Rockridge Press is situated in the heart of one of the healthiest regions in the world, the San Francisco Bay Area.

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 are 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!

So far the recipes for entrees and soups are OK a few bordering on good. None excellent so far. As always, I try recipes as written first and then make changes to 'improve' them. So the next time the recipe will get a pass or fail for future use. Still trying them out. I can not recommend the desserts or other categories as I have not tried any of them. My experience is of an OK basic cookbook.

I recently received a slow cooker as a gift and this book is great! Having never used a slow cooker before this book had beneficial information and was handy to have it all in one place. The recipes are easy to follow and even though they are vegetarian, I've still thrown some meat into a couple of them. There is even a recipe in this book for slow cooker pizza! How awesome is that!? If you are new to slow cooking I definitely recommend checking this out. I received this book free in exchange for my honest, unbiased review.

While buying a book on cooking BBQ I also had to think of my girlfriend and her family. She and them are vegetarians and do not eat meat. This book was perfect! I never thought about slow cooking vegetables, honestly because I myself don't eat very many (well unless you count mashed potatoes). It gives detailed instructions on what type to use and great recipes for any time. I tried the French toast they had listed in the introduction and it was amazing. Would defiantly recommend.

Great recipes! The only problem I have is that there are no pictures. For an amateur it's nice to have the photos so I know if I completely screwed up or not.

I love this book I am not vegetarian but you can always add veggies to your diet and what better

way then with a crock pot. I love the recipes that come in this book they all sound so tasty. I think the best use of this book is a veggie day each week. I was lucky to get this in exchange for my honest and unbiased review. If you are vegetarian or just want to test out veggie meals this is a great book.

Excellent cookbook. Not your run-of-the-mill vegetarian recipes. Very healthy, hearty, low cal and tasty meals. Lots of different veggies and herbs that you didn't know existed.

The recipes in here are pretty basic. Tons of oatmeal recipes, and lots of open can and dump in type of soups. Nothing really excited me.

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