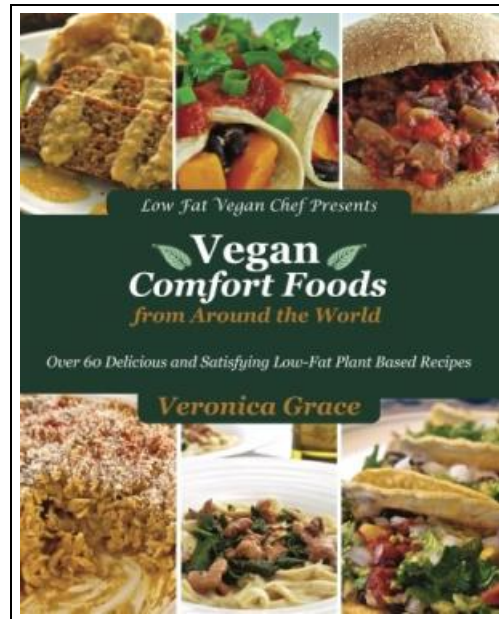


Vegan Comfort Foods from Around the World



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Reviews

Complete guide! Its this kind of very good read through. This is certainly for all who statte there was not a worthy of looking at. I am just quickly will get a delight of looking at a composed publication.

(Kacie Carroll)

VEGAN COMFORT FOODS FROM AROUND THE WORLD



Low Fat Vegan Chef. Paperback. Condition: New. 150 pages. Dimensions: 9.9in. x 7.8in. x 0.5in. Learn how to cook the oil-free and low fat vegan way with 60 recipes with full color photos for EVERY recipe! Recipes are designed to be Dr. McDougall, Forks Over Knives, Dr. Esselstyn, Engine2 and Eat To Live friendly and are based on oil-free, whole minimally processed plant foods. Comfort Foods From the Americas: Baked Butternut Squash Mac and Cheese, Better Than Boston Baked Beans, Black Bean and Corn Tacos, Cranberry Apple Pecan Holiday Stuffing, Easy Cheezy Shells and Broccoli, Hearty Vegetable Slow Cooker Stew, Herbed Lentil Loaf, Holiday Stuffed Acorn Squash, Jackfruit Carnitas (faux pulled pork tacos), Marinated Portobella Bean Burritos, Mashed Potatoes With Mushrooms, Meatless Sloppy Joes, Quinoa Veggie Slow Cooker Chili, Rainbow Nachos, Rice and Beans Costa Rican Style (Gallo Pinto), Saucy Eggplant Fajitas, Spicy Black Bean and Corn Burgers, Yam and French Lentil Shepherds Pie, Yam and Pecan Holiday Casserole, Yam Black Bean Enchiladas, Comfort Foods From Europe and Asia: Baked Artichoke Risotto, Baked Ziti With Greens, The Best Cabbage Rolls, Cauliflower Potato Tofu Frittata, Deluxe Spinach Mushroom Lasagna, Fettuccini Alfredo With Mushrooms and Spinach, Gourmet Chanterelle Mushroom Risotto, Greek Rice Stuffed Peppers, Indian Basmati Rice with Peas, Indian Cauliflower and Potato Curry (Aloo Gobi), Indian Chickpea Curry (Chana Masala), Indian Eggplant Curry (Baingan Bharta), Indian Spinach Potato Curry (Aloo Palak), Moroccan Root Vegetable Tagine (Stew), Ratatouille, Rotini Marinara With Chanterelle Mushrooms, Spaghetti Marinara With French Lentils, Thai Eggplant and Basil Stir Fry, Vegan California Sushi Rolls, Yam Chickpea Spinach Curry, Comfort Sauces/Gravies/Dips: Baba Ghanoush (Roasted Eggplant Dip), The Best Guacamole, Black Bean Dip, Cheezy Sauce For Vegetables, Classic Brown Gravy, Creamy White Bean Gravy With Thyme, Low Fat Hummus, Miso Tahini Gravy, Queso Sauce, Rich Mushroom Gravy, Roasted Red Pepper Hummus, Southern...



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