

Vegan Under Pressure Perfect Vegan Meals Made Quick And Easy In Your Pressure Cooker

Vegan in an InstantThe Mindful VeganHealthier TogetherVegan Richa's Indian KitchenThrive, 10th Anniversary EditionThe Complete Vegan Instant Pot CookbookFed & FitPlant-Based on a BudgetFast & Easy Vegan CookbookThe Super Easy Vegan Slow Cooker CookbookThe Vegan Slow CookerVegan Under PressureThe New Fast FoodO M Gee Good! Instant Pot Meals, Plant-Based & Oil-FreeNinja Foodi Cookbook for Vegan and Plant Based DietThe Fresh and Healthy Instant Pot CookbookVegan Instant Pot CookbookThe Vegan Instant Pot CookbookCooking Under Pressure ()Vegan Pressure Cooking, Revised and ExpandedGreat Vegetarian Cooking Under PressureFresh from the Vegetarian Slow CookerEpic Vegan Pressure CookingEvolving VeganA Couple Cooks - Pretty Simple CookingVegan Pressure Cooker CookbookThe Ultimate Vegan CookbookVegan Pressure CookingOne-Pot Vegan CookbookThe Joyful VeganThe Ultimate Vegan Cookbook for Your Instant PotVegan Pressure Cooker CookbookThe Essential Vegan Instant Pot CookbookThe "I Love My Instant Pot®" Anti-Inflammatory Diet Recipe BookThe "I Love My Instant Pot®" Vegan Recipe BookThe Friendly Vegan CookbookPressure PerfectVegan Cookbook for Beginners: The Essential Vegan Cookbook To Get StartedShort-Cut VegetarianThe Vegan Electric Pressure Cooker Cookbook: Simple 5-Ingredient Recipes for Your Plant-Based Lifestyle

Vegan in an Instant

Discover the incredible health benefits of going vegan with Vegan Cookbook for Beginners. Eating a vegan diet that is free of animal products requires creativity. For those who are exploring veganism for the first time, Vegan Cookbook for Beginners will inspire you to create filling and flavorful plant-based meals to please even the most skeptical carnivore. With more than 150 versatile vegan recipes, Vegan Cookbook for Beginners will let you experience the benefits of improved health and increased energy through eating vegan with recipes that are hearty, comforting, and nutritious. Going vegan is a smart choice for your body and the planet, and Vegan Cookbook for Beginners will take the guesswork out of cooking everyday vegan meals. Vegan Cookbook for Beginners will help you enjoy the benefits of veganism today with:

- More than 150 easy and delicious vegan recipes straight from Vegan Cookbook
- 2-week Vegan Cookbook meal plan
- Introduction to the core principles of veganism
- Overview of the health benefits of going vegan
- Advice on equipping your kitchen and stocking your pantry from the editors of Vegan Cookbook

With help from Vegan Cookbook for Beginners, the transition to a vegan lifestyle will be easy and enjoyable.

The Mindful Vegan

From the leading authority on speed cooking comes the groundbreaking cookbook that inspired a generation of cooks—now updated and revised for today's tastes and sleek, ultrasafe machines From the elegant to the ethnic to the traditional, Cooking Under Pressure contains a wealth of flavor-packed recipes for fast, healthy, and delicious meals developed for the modern pressure cooker—a magical

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appliance that turns out foods in one-third (or less) the standard cooking time without sacrificing flavor or aroma. Lorna Sass introduces us to an eclectic array of dishes that can be prepared on a whim, including classic osso buco (18 minutes), chicken gumbo (9 minutes), and risotto (4 minutes, without stirring!). Even chocolate cheesecake and Grand Marnier bread pudding are done to perfection in short order. Plus, the dramatically shortened cooking times make it possible to prepare cholesterol-free, high-fiber ingredients such as grains and beans at the last minute. The pressure cooker is the cook's best friend!

Healthier Together

"cooks of all tastes and skill levels will appreciate Hester's inventive and approachable collection." - Publishers Weekly *Quick and Easy Plant-Based Meals for Your Instant Pot®* With this must-have vegan guide, bestselling author Kathy Hester shows you how easy it is to pressure cook, steam, sauté and slow cook with your Instant Pot®. Cook an entire meal at the same time with Kathy's layered entrees and sides, try a one-pot meal or prepare beans and lentils in half the time. With recipes like Herbed French Lentils with Beets and Pink Rice, Creamy Mushroom Curry with Brown Basmati Rice Pilaf, Southern- Style Pinto Beans, Whole-Grain Cornbread, Smoky Pecan Brussels Sprouts and Tres Leches-Inspired Dessert Tamales, maintaining a vegan lifestyle has never been easier or tastier. Kathy also shows you how to save time and money by making your own homemade condiments like No-Effort Soy Yogurt, Fresh Tomato Marinara Sauce and Not-Raw Almond Milk. Make delicious vegan meals the easy way with the press of a button.

Vegan Richa's Indian Kitchen

Healthier Together is all about nourishing and cooking for your body and your soul--and the best way to accomplish that is with another person. Food writer and health blogger Liz Moody once followed trendy diets and ate solely for fuel, not for flavor. That changed when she met her soon-to-be-boyfriend and they started cooking nutrient- and vegetable-rich meals. She not only fell in love with food again, but she also discovered that setting goals and sticking to them is easier and more gratifying when paired with someone else. Mincing garlic and sautéing onions together eventually led the couple to marriage--proving that good food really is the universal connector! These 100+ flavor-packed recipes are designed to be cooked and enjoyed by two people, plus they're all gluten-free, dairy-free, and plant-centered. They include homemade alternatives for all the foods you love to share, such as brunch, takeout, and sweet treats. Indulge in Cardamom Banana Bread Pancakes with Candied Coffee Walnuts, Cornflake "Fried" Chicken, General Tso's Cauliflower, and Chocolate Tahini Brownie Bites. Pick your partner--near or far--and get ready to get healthy.

Thrive, 10th Anniversary Edition

Introduces a delicious array of two hundred recipes for vegetarian dishes that can be prepared using the slow cooker, organized into sections on soups, stews, appetizers, beans, vegetables, condiments, breakfasts, desserts, and beverages and including such meals as Bell Peppers Stuffed with Couscous and Lentils,

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Boston Brown Bread, and Chocolate Fantasy Fondue. Simultaneous.

The Complete Vegan Instant Pot Cookbook

Learn the ins and outs of pressure cooking and start creating delicious, one-pot vegan meals in no time at all.

Fed & Fit

Finding plant-based recipes? Easy. Dealing with the social, cultural, and emotional pressures of being vegan? That's the hard part. Motivated by a desire to eat more healthfully or live more ethically, many people choose veganism as a logical and sensible response to their concerns about animals, the environment, and their health. Yet, despite their positive intentions, they're often met with resistance from friends, family members, and society at large. These external factors can make veganism socially difficult—and emotionally exhausting—to sustain. This leads to an unfortunate reality: the majority of vegetarians and vegans revert back to consuming meat, dairy, or eggs—breaching their own values and sabotaging their own goals in the process. Colleen Patrick-Goudreau, known as the “Joyful Vegan,” has guided countless individuals through the process of becoming vegan. Now, in *The Joyful Vegan*, she shares her insights into why some people stay vegan and others don't. Understanding that the food is the easy part of being vegan, Colleen turns her attention to what she believes is the most challenging—dealing with the social, cultural, and emotional aspects: being asked to defend your eating choices, living with the awareness of animal suffering, feeling the pressure (often self-inflicted) to be perfect, and experiencing guilt, remorse, and anger. In these pages, Colleen shares her wisdom for navigating and overcoming these challenges and arms readers with solutions and strategies for staying confident with family and friends, creating healthy relationships, communicating effectively, sharing enthusiasm without evangelizing, finding like-minded community, and experiencing peace of mind as a vegan in a non-vegan world. By implementing the tools provided in this book, you will find you can live ethically, eat healthfully, engage socially—and remain a joyful vegan.

Plant-Based on a Budget

Vegan Pressure Cooker Cookbook Get your copy of the most unique recipes from Lauren Stewart ! Do you miss the carefree years when you could eat anything you wanted?Are you looking for ways to relive the good old days without causing harm to your health?Do you want an ideal way to preserve your food?Do you want to lose weight? Are you starting to notice any health problems?Do you want to learn to prep meals like a pro and gain valuable extra time to spend with your family? If these questions ring bells with you, keep reading to find out, *Healthy Weekly Meal Prep Recipes* can be the best answer for you, and how it can help you gain many more health benefits! Whether you want to spend less time in the kitchen, lose weight, save money, or simply eat healthier, meal prep is a convenient and practical option and your family can savor nutritious, delicious, homemade food even on your busiest days. In this book: This book walks you through an effective and complete anti-inflammatory diet-no prior knowledge required. Learn how to

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shop for the right ingredients, plan your meals, batch-prepare ahead of time, and even use your leftovers for other recipes. and detailed nutritional information for every recipe, Vegan Pressure Cooker Cookbook is an incredible resource of fulfilling, joy-inducing meals that every home cook will love. In addition, 2 weeks of meals—a 14-day schedule of meals, including step-by-step recipes and shopping lists for each, with tips on what you can prepare ahead of time to get dinner or meal on the table faster. Let this be an inspiration when preparing food in your kitchen with your love ones for the Holiday. It would be lovely to know your cooking story in the comments sections below. Again remember these recipes are unique so be ready to try some new things. Also remember that the style of cooking used in this cookbook is effortless. I really hope that each book in the series will be always your best friend in your little kitchen.

Fast & Easy Vegan Cookbook

Now that millions of Americans are exploring the vegan lifestyle, award-winning cookbook author Lorna Sass has updated her classic cookbook to reveal that achieving great flavor and eating healthy meals don't require spending hours in the kitchen. Sass creates culinary magic from a pantry stocked with carefully selected prepared and instant foods, such as homemade curry powder, roasted red peppers, spicy salsas and mustard sauces, and roasted garlic oil. A splash of orange juice, a touch of cinnamon, and a few sliced leeks quickly transform handy frozen spinach and a can of highest-quality lentils into an exotic Orange-Scented Lentil Ragout that will satisfy the most sophisticated palates.

The Super Easy Vegan Slow Cooker Cookbook

Cassy Joy Garcia draws from her years of research and experience to deliver a roadmap to mastering her 'Four Pillars of True Health'. With over 150 gluten-free and Paleo-friendly recipes, a 28-day food and fitness plan, portion guides, program guides and supplemental online tools, Fed & Fit provides readers a foundation for lasting success. Joy's recipes were hand selected to complement each of 'The Four Pillars' and include step-by-step instructions, full-colour photos and personalisation guides to help you achieve your individual wellness goals.

The Vegan Slow Cooker

Under pressure to get a tasty, nutritious dinner on the table in a flash? Like the idea of preparing fork-tender beef stew in thirty minutes and pot roast in under an hour? All this and more is made possible by the pressure cooker, a magical appliance that produces soul-satisfying, homemade food in one-third (or less) the standard cooking time. In Pressure Perfect, Lorna Sass, the country's leading authority on pressure cooking, distills her two decades of experience into one comprehensive volume. First learn everything you need to know about buying and using today's 100% safe cookers. Then enjoy more than 200 recipes for preparing soups, meats, poultry, grains, beans, vegetables, and desserts in record time. How about whipping up a savory risotto in 4 minutes, chicken cacciatore in 12 minutes, or a delectable chocolate cheesecake in 25 minutes? Because the pressure cooker tenderizes tough cuts of meat quickly, you can prepare fall-off-the-bone beef short

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ribs or lamb shanks on weekday nights instead of waiting for a special occasion. The pressure cooker also allows you to make delectable one-pot meals in minutes. Among the many innovative recipes and techniques, you'll learn to cook meatloaf and potatoes simultaneously in 10 minutes, and meatballs, pasta, and sauce at the same time in only 5 minutes. Many recipes also suggest Cook-Along ideas for preparing vegetables and grains along with the entrée. To further help those cooking under pressure (and who isn't nowadays?), each chapter contains timing charts for quick reference. Tips and Pressure Points in every recipe ensure optimum results. This ultimate guide to pressure cooking is a must for all busy cooks, boaters, brides, college students, and anyone looking for a great way to make irresistible, healthy, home-made food fast.

Vegan Under Pressure

The Only Vegan Cookbook You'll Ever Need Seven standout authors have joined forces to create this definitive vegan reference book. With more than 600 recipes, this indispensable kitchen staple is perfect for seasoned vegans looking to build their repertoires, cooks new to the basics of plant-based cuisine and curious meat-eaters on the hunt for new flavors. Gluten-free, soy-free and sugar-free options are included, and many recipes come together in 30 minutes or less. Offering unbeatable variety and covering everything from main dishes, sides, soups and salads to breakfasts, beverages, desserts and pantry staples, these experienced and creative vegan authorities have you covered.

The New Fast Food

One of the few professional athletes on an entirely plant-based diet, Brendan Brazier developed this easy-to-follow program to enhance his performance as an elite endurance athlete. Ten years later, his lifestyle still works. In this anniversary edition, Brendan brings 25 new recipes as well as updates throughout. Thrive features a 12-week whole foods meal plan, 125 easy-to-make recipes with raw food options that are free of dairy, gluten, soy, wheat, corn, refined sugar. With this program, you can lower body fat and increase muscle tone; diminish visible signs of aging; increase energy and mental clarity; sleep better and more restfully. Thrive is a long-term eating plan that will help you develop a lean body, sharp mind, and everlasting energy, whether you're a professional athlete or simply looking to boost your physical and mental health.

O M Gee Good! Instant Pot Meals, Plant-Based & Oil-Free

Eating healthy gets a whole lot easier with this delicious collection of 75 recipes—each one photographed—for nutritious and satisfying meals made quickly in your electric pressure cooker, all developed by a certified nutritionist and cookbook author for maximum health and flavor. In *The Fresh and Healthy Instant Pot Cookbook*, Megan Gilmore presents recipes that use easy-to-find, whole-food ingredients for simple weeknight meals from morning to night—through the revolutionary cooking power of the Instant Pot, an electric, programmable multicooker. There are gluten-free options for each recipe, and all recipes are free of refined sugar and many of the most common food allergens, yet don't scrimp on

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flavor. With dishes like Korean Chicken Bowls, Eggplant Parmesan Bake, Peanut Butter Crunch Granola Bars, Flourless Banana Oat Bread, and One-Pot Chocolate Cake and Frosting, following a healthy diet while enjoying your favorite whole foods has never been more achievable. Every recipe is photographed in this highly visual and information-rich collection, and also includes nutritional information (calories, fat, carbs, fiber, and protein) and detailed timing for prep, coming to pressure, cook time, and release time.

Ninja Foodi Cookbook for Vegan and Plant Based Diet

An authorized Instant Pot cookbook for easy, flavorful, and healthy recipes with your electric pressure cooker Including homemade staples and one-pot meals to sides and desserts, Marina Delio of Yummy Mummy Kitchen helps you create go-to recipes in your Instant Pot that are entirely plant-based and nourishing. Weeknight meals are full of flavor for both vegan and meat-eaters alike. Many recipes are free of oil, gluten, soy, and nuts, making them perfect for families with food sensitivities. With a breadth of cuisines and colorful fruits and veggies, you can whip up Crunchy Granola with Easy Vanilla Yogurt Jars, Veggie-Loaded Lentil Stew, Easy Yellow Curry with Sweet Potato, Chickpeas, and Spinach, or Creamy Polenta that pairs well with any entree. Don't forget about dessert with dairy-free Chocolate Fondue or oil-free and gluten-free Individual Apple Crisps. With the push-button convenience of an Instant Pot, you can pressure cook, steam, and saute an entire meal in record time.

The Fresh and Healthy Instant Pot Cookbook

Versatile vegan recipes for quick and easy meals. Whether you're a full-time vegan or just interested in eating more plant-based foods, variety will spice up your life. The Fast & Easy Vegan Cookbook brings a new selection of fresh meals to your table, pronto! From one-pot to pressure cooker, choose your favorite cooking method--without being held hostage for hours in your kitchen. This flavorful vegan cookbook doesn't require a long list of ingredients or a huge time commitment. The preparation techniques are simple--there's even a chapter devoted to not cooking at all (Gazpacho, anyone?). Every recipe lists nutritional information, and most include tips for ingredient substitution, adding more protein, or other easy customizations. The Fast & Easy Vegan Cookbook includes: 100 tasty recipes--Whip up meals full of personality and variety like Artichoke Heart Salad, Spicy Pinto Bean Skillet, Mushroom Stroganoff Bake, and more. Fast, easy, or both--Choose from chapters on 30-minute recipes, sheet pan and casserole meals, 5-ingredient dishes--or even recipes with no cooking required! Dietary options--This vegan cookbook lets you adapt menus to your needs with handy labels for gluten-free, nut-free, oil-free, or soy-free diets. Eat easily, healthfully, and deliciously with the Fast & Easy Vegan Cookbook.

Vegan Instant Pot Cookbook

The single best kitchen appliance for vegans is a pressure cooker! A person's diet has arguably the most significant impact on their health out of any other habit they might have. In that sense, we really are what we eat. In response to a society

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driven by an extreme hunger for meat and animal products, more and more people are turning to veganism. This plant-based diet eliminates all animal products, and the results include resistance to serious disease, better heart health, and increased energy. So, veganism is great, but it sounds hard. So many of our favorite meals are based on meat, or at least have animal products in them, like eggs and dairy. What can a person do to make transitioning to (and maintaining) that diet easier? Two words: pressure cooking. Pressure cooking is the best way to prepare vegan staples like vegetables and beans because more nutritional value is preserved than through any other cooking method. This means more vitamins and minerals, like iron, which is something most vegans have trouble getting. This book focuses on the electric pressure cooker, a kitchen tool that is both fast and affordable. There are 100 vegan pressure cooking recipes contained in its pages, so you can start enjoying things like: Chai-spiced oatmeal Tofu scrambles Curry bowls Hearty winter soups "Cheese" sauces Cornbread and Thanksgiving stuffing Simple syrups Cheesecakes and poached pears Chocolate fondue Vegan food has a reputation for being boring and tasteless, but it won't take you long to see just how untrue that is. By using ingredients like pureed cashews, non-dairy milk, seitan, beans, and more, you can continue making fan favorites by "veganizing" everything you love. Vegan pressure cooking will impress anyone who tastes your food, vegan or not, and transform the way you see cooking.

The Vegan Instant Pot Cookbook

Vegan cooking made fast, fresh, and flavorful with the convenience of a pressure cooker, including all the essential info for using the appliance safely and effectively, and 175 recipes.

Cooking Under Pressure ()

175 anti-inflammatory diet recipes to make for the hottest kitchen appliance—the Instant Pot for those who want fast, delicious meals the whole family will love. Chronic inflammation is a major health risk and can wreak havoc on your body, contributing to many types of diseases. But preventing and/or reducing inflammation doesn't have to be an overwhelming challenge. Diet—particularly one high in processed, fatty, and sugary foods—is one of the main causes of chronic inflammation, but by introducing anti-inflammatory meals into your diet, you can reduce inflammation and enjoy a healthier lifestyle. The Instant Pot can be used to create healthy anti-inflammatory meals that are quick, easy, and most importantly delicious. With 175 recipes and photographs throughout, this cookbook is perfect for those who follow an anti-inflammatory diet. Whether you are new to the Instant Pot or an expert, this easy-to-understand cookbook takes you step-by-step through exactly how the Instant Pot works and offers simple recipes that anyone can follow. The "I Love My Instant Pot®" Anti-Inflammatory Diet Recipe Book shows you how to make satisfying, whole-food dishes from breakfast to dinner and from snacks to dessert. Discover how quick and easy it is to follow the anti-inflammatory diet using everyone's favorite cooking appliance. This cookbook makes creating healthy recipes in your Instant Pot easier than ever!

Vegan Pressure Cooking, Revised and Expanded

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The founder of World of Vegan and the author of *Plant-Based on a Budget* have teamed up to create the ultimate kitchen resource for longtime vegans and the veggie-curious alike, with 100 foolproof, flavor-forward recipes. Eating vegan doesn't have to mean a lifetime of bland veggie burgers and boring salads—nor does it have to make every shared meal a source of stress. As all plant-based cooks know, when it comes time to please a crowd, the pressure is on. You want to serve delicious, memorable dishes, and you're also well-aware that many will be skeptical of vegan food measuring up to their favorites. Enter Michelle Cehn and Toni Okamoto, longtime friends and two of the most trusted figures in the online vegan community. Through their popular food blogs, videos, podcast, and cookbooks, the two have helped millions of people make living vegan easy, fun, and delicious. Michelle and Toni share 100 amazing recipes for satisfying meals, snacks, and treats, designed for both the veggie-curious and longtime vegans looking for a trusted recipe resource. In *The Friendly Vegan Cookbook: 100 Essential Recipes to Share with Vegans and Omnivores Alike*, you'll find rigorously tested, no-fail recipes including favorites such as: Fettuccine Alfredo Sushi Pot Pie Breakfast Burritos Pop Tarts Chocolate Mousse Cinnamon Rolls Mac 'n' Cheese Corn Chowder Chewy Brownies Michelle and Toni also share their go-to kitchen tips to make meal planning a breeze, helpful shopping lists, and directions for making your own staples—nut milks, dressings, pasta sauces, and breads. *The Friendly Vegan Cookbook* is filled with meals that will become your new favorites and go-to staples for when you have meat-eaters to impress. Because amazing food should be shared.

Great Vegetarian Cooking Under Pressure

Whether you are brand new to veganism or simply looking for some delicious new recipes for your Instant Pot, make things easy on yourself by grabbing this cookbook and enjoying dozens of amazing vegan meals you can make tonight in your Instant Pot!

Fresh from the Vegetarian Slow Cooker

This enticing collection of more than 75 easy, inventive, well-tested vegan recipes for the incredibly popular electric pressure cooker, the Instant Pot, is the go-to source for mouthwatering plant-based weekday meals. The best-selling Instant Pot makes cooking delicious meals a snap! But finding vegan recipes that are both inspiring and trustworthy has proven difficult, until now. *The Essential Vegan Instant Pot Cookbook* presents a collection of quick and easy vegan recipes that cover each meal of the day, offering tried-and-true dishes with a modern twist, such as Black Bean Tamale Casserole, Root Vegetable Tagine with Couscous, African Peanut Stew, Jerk Tofu Wraps, and more. And best of all, they're all well-tested and authorized by Instant Pot. With beautiful photography and an attractive package, this book is an indulgence for home cooks who live a plant-based lifestyle as well as healthy eaters looking to incorporate more meatless Mondays into their week.

Epic Vegan Pressure Cooking

Read Book Vegan Under Pressure Perfect Vegan Meals Made Quick And Easy In Your Pressure Cooker

A Pressure Cooker Can Change Your Life Discover how you can make delicious meals in minutes using just one pot. Let Jill, The Veggie Queen, show you how easy and safe it is to make flavorful, healthy plant-based meals with vegetables, grains, beans and other legumes and fruit. With a pressure cooker, you can save time and money, lock in flavor and nutrition, decrease your energy costs and avoid a messy kitchen with only one pot to clean! Jill will show you how you can cut cooking time in half (or more!) compared to conventional stove top cooking. In The New Fast Food, you'll learn how to choose and use a pressure cooker, with timing charts for your favorite plant foods. You'll also find more than 100 recipes for everything from breakfast to dessert. Most of the recipes are gluten-free and all are vegan. The New Fast Food offers fast, colorful and tasty dishes such as: Orange Glazed Broccoli with Carrots and Kale Mashed Maple Winter Squash with Cinnamon Lemony Lentil and Potato Chowder Smoky Sweet Potato and Black Bean Chili Coconut Almond Risotto

Evolving Vegan

"A vegan, plant-based diet is healthy, nutritious, and environmentally friendly. Now, it's easier than ever to create plant-based dishes thanks to the Instant Pot. With 175 vegan recipes and photographs throughout, this cookbook is perfect for fans who want to learn how to make delicious plant-based dishes for every meal"--

A Couple Cooks - Pretty Simple Cooking

Quick-and-easy vegan recipes, pressure cooker convenience. The Vegan Electric Pressure Cooker Cookbook is for anyone who's interested in healthy and delicious plant-based recipes--but a little intimidated by vegan cooking. It will show you how to sidestep the complicated parts and easily create a wide variety of vegan dishes with just 5 main ingredients and the convenience of your electric pressure cooker. These recipes are fast and simple with easy-to-follow instructions--whether you're new to veganism, new to pressure cookers, or an old pro at both. Discover basic starter guides, safety tips, and more that will have you dishing up delights in no time. The Vegan Electric Pressure Cooker Cookbook offers: Sections to savor--The chapters are organized into grains, beans and legumes, soups and stews, pasta, veggies, desserts, and dishes for special occasions. Pressure-cooking perfection--Learn the common misconceptions and beginner's basics with this electric pressure cooker cookbook. It's so much easier than you think. Food in a flash--Did you know that electric pressure cooker cookbook recipes can be prepared in about half the time of stovetop cooking? Enough for everyone--Conversion charts make it easy to change these 6-quart pressure cooker recipes into recipes for 8- or 12-quart pressure cookers. Plant-based eating is now practical, easy, and fun with The Vegan Electric Pressure Cooker Cookbook.

Vegan Pressure Cooker Cookbook

Provides nutritious vegan slow-cooker recipes that require a minimum of hands-on time, explaining how to prepare ingredients quickly the night before and assemble them in the cooker the following morning, offering such options as Pumpkin Pie Oatmeal, Chili Relleno Casserole and Mushroom Lasagna with Garlic-Tofu Sauce.

Original.

The Ultimate Vegan Cookbook

Discover how to shed old thinking patterns—and live more joyfully with food. Are you ready to get to the roots of your challenges around food—whether it's gratuitous snacking, compulsive or emotional eating, indulging cravings, overeating, or other disheartening habits? Be ready to get mindful. Mindfulness can be the deciding factor between your successful adoption of a healthy vegan diet and repeated frustrating attempts. This simple technique goes under the surface of what is hampering your happiness, providing a sought-after solution to many of life's ups and downs by rewiring your reactivity to challenges. Certified mindfulness meditation facilitator, award winning health educator, and longtime vegan advocate Lani Muelrath has been practicing mindfulness meditation for 25 years. In *The Mindful Vegan*, she teaches you how to practice mindfulness and shows how it can bring freedom and a new joy to your eating—and living—experience. Backed by extensive research, with step-by-step instructions, personal stories, positivity, humor, and a handful of delicious recipes, *The Mindful Vegan* will help you emancipate yourself from the stranglehold that mindless and compulsive eating have on your weight, health, food choices, and, most of all, peace of mind. With Lani's guidance, you'll learn the techniques of mindfulness meditation, opening the door to creating a more resilient vegan lifestyle. You'll discover why eating in a way that lines up with your convictions about health, the environment, and ethics reduces stress and increases happiness. *The Mindful Vegan* sets you on a path to cultivating your capacity for genuine happiness and a more peaceful life—in a way that is personally satisfying and aligned with your deepest values. This book is for anyone who wants to be free of frustrating and baffling eating behaviors, experience a new ease around eating, and discover their naturally healthy body and weight. Stop stressing. Start living—and eating—mindfully. Your body and mind will thank you.

Vegan Pressure Cooking

Under pressure to prepare a quick, nutritious dinner? Under pressure to reduce your fat and cholesterol? When the pressure's on for a great vegetarian meal on the run, turn to Lorna Sass's second guide to the safe and delicious use of the pressure cooker. Following the phenomenal success of *Cooking Under Pressure*, this collection of recipes dispels the myth of the difficult-to-use pressure cooker -- which is in fact easier and faster than the microwave -- and shows how vegetarian fare can be vibrantly colorful and full of flavor! Bursting with rich soups, hearty stews and casseroles, zesty curries, and flavor-packed chilis, *Great Vegetarian Cooking Under Pressure* brings together over 150 recipes, most with cooking times of under ten minutes. Arrive in Provence with a two-minute soupe au pistou laced with garlic and fennel; serve up an elegant zucchini bisque with tomatoes and fresh basil in just five minutes; or prepare a polenta good enough for a palazzo in only ten minutes. There are also scores of perfect vegetable side dish recipes, with an instructive chart detailing how to prepare everything from artichokes to zucchini. Lorna Sass devotes special attention to grains -- a vital part of the healthy diet -- and shows how brown rice, millet, couscous, quinoa, and bulgur can turn from gourmet store items into staples of your pantry. Whether it's Risotto with

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Broccoli Rabe and White Beans in five minutes, or Mediterranean Vegetable Couscous in just six, these recipes lock in delicious nutrition without tying up precious time. There's even a section about the splendid desserts that are possible with the pressure cooker, like Banana Pudding Cake and Pumpkin Bread Pudding. Filled with informative sections about the equipment, ingredients, and language of pressure cooking, suggestions for theme menus, and mail-order resources, this compendium of high-quality, high-fiber, low-fat (and mostly cholesterol-free) dishes will become an essential guide for today's bustling cook.

One-Pot Vegan Cookbook

O M Gee Good! Instant Pot(r) Meals, Plant-Based & Oil-Free is the VERY FIRST plant-based, oil-free Instant Pot(r) cookbook. Jill McKeever, author, wrote this family-pleasing cookbook solely for Instant Pot(r) owners. Inside you'll find 34 plant-based, oil-free meals and sides your family will ask for again and again. Looking at the Instant Pot(r) with all its function buttons can give some folks the feeling that cooking is made easier with a push of a button. As for others, multiple buttons can be overwhelming and confusing. Take a breath. There are four cooking functions most commonly used in this book; Keep Warm/Cancel, Saute, Manual, and Slow Cook. The cooking directions are written so even the newest Instant Pot(r) owner can whip up a delicious meal with ease. Jill compiled all her fan's favorite Instant Pot(r) recipes from her YouTube channel, Simple Daily Recipes, and brought them together in this book. Every recipe comes with a mouthwatering photo and easy to read list of ingredients and directions. Also included is a quick reference pressure cooking chart for beans/legumes, grains, and vegetables. You won't have to worry about your family eating their veggies when you make, Awesome Tex-Mex Lasagna Stack, Barbecue Cabbage Sandwiches, Barbecue Shredded Soy Curls, Barbecue Lentils, Bring Along Black Bean Hash, Chili Bean Goulash, Creamy Soy Curls Alfredo, Extra Creamy Tomato Spinach Pasta, Ethiopian Inspired Stew, Memaw's Beefless Stew, Memaw's Soy Curls Pot Pie, Go-To Lentil Soup, Slow Cooked Pasta-free Lasagna, Spinach Tacos, Thick & Creamy Nacho Sauce, Vegan Sausage Scramble, Veggies in Creamy Curry Sauce or Veggies in Creamy Curry Sauce. Order O M Gee Good! Instant Pot(r) Meals, Plant-Based & Oil-Free and get started making meals your family will want to eat week after week and will even be able to cook for themselves. WOOT WOOT!"

The Joyful Vegan

A vibrant authorized vegan Instant Pot cookbook from the creator of the popular blog RainbowPlantLife. With food and photos as colorful, joyous, and wholesome as the title of her blog, RainbowPlantLife, suggests, Nisha Vora shares recipes with 240k+ Instagram followers daily. Now, in her debut cookbook, she offers up more than 90 nourishing recipes to achieve the nutritious (and colorful!) food she's known for with the magic of the widely-popular Instant Pot electric cooker. In a book that includes a comprehensive guide to the Instant Pot and all its functions, you too can taste the rainbow with a full repertoire of vegan dishes, including Nisha's Pulled BBQ Jackfruit Tacos, Sweet Potato Bean Burgers, Blueberry Cheesecake, and many more.

The Ultimate Vegan Cookbook for Your Instant Pot

Get more out of your veggies, wallet, and time in the kitchen with The Super Easy Vegan Slow Cooker Cookbook. When it comes to ease and convenience in the kitchen, the slow cooker is a must-have appliance. Now the slow cooker is becoming synonymous with healthy eating as well, offering benefits that increase nutrition while also decreasing cook time and stress. By using a slow cooker for both full meals and basic staples, cooking instructor and founder of the popular food blog, Plant Based on a Budget, Toni Okamoto creates simple, healthy meals that are packed full of flavor and nutrients. In The Super Easy Vegan Slow Cooker Cookbook Toni shows you how to get your money's worth when making vegan meals at home. The easy-to-follow recipes in The Super Easy Vegan Slow Cooker Cookbook make it simple to enjoy healthy vegan meals that you'll love to eat--without the fuss of using multiple pots and pans. With The Super Easy Vegan Slow Cooker Cookbook you will: Stock up on vegan slow cooking staples like beans and lentils Enjoy more than 100 healthy, flavorful plant-based meals Create complete meals with just 15 minutes of active prep time Choose from a range of variations on classic vegan dishes--as well as recommendations for super-simple salads to be served alongside Find out how The Super Easy Vegan Slow Cooker Cookbook will save you time and money while serving up wholesome, tantalizing dishes such as: Spicy Ethiopian Lentil Stew, Corn Salad with Creamy Avocado Lime Dressing, Curried Ginger Butternut Squash Soup, Grilled Romaine Hearts with Miso Dressing, and much more.

Vegan Pressure Cooker Cookbook

Eat vegan—for less! Between low-paying jobs, car troubles, student loans, vet bills, and trying to pay down credit card debt, Toni Okamoto spent most of her early adult life living paycheck to paycheck. So when she became a vegan at age 20, she worried: How would she be able to afford that kind of lifestyle change? Then she discovered how to be plant-based on a budget. Through her popular website, Toni has taught hundreds of thousands of people how to eat a plant-strong diet while saving money in the process. With Plant-Based on a Budget, going vegan is not only an attainable goal, but the best choice for your health, the planet—and your wallet. Toni's guidance doesn't just help you save money—it helps you save time, too. Every recipe in this book can be ready in around 30 minutes or less. Through her imaginative and incredibly customizable recipes, Toni empowers readers to make their own substitutions based on the ingredients they have on hand, reducing food waste in the process. Inside discover 100 of Toni's "frugal but delicious" recipes, including: 5-Ingredient Peanut Butter Bites Banana Zucchini Pancakes Sick Day Soup Lentils and Sweet Potato Bowl PB Ramen Stir Fry Tofu Veggie Gravy Bowl Jackfruit Carnita Tacos Depression Era Cupcakes Real Deal Chocolate Chip Cookies With a foreword by Michael Greger, MD, Plant-Based on a Budget gives you everything you need to make plant-based eating easy, accessible, and most of all, affordable. Featured in the groundbreaking documentary What the Health

The Essential Vegan Instant Pot Cookbook

Read Book Vegan Under Pressure Perfect Vegan Meals Made Quick And Easy In Your Pressure Cooker

Easy vegan meals--the one-pot way Making delicious and satisfying vegan meals at home just got easier. Thanks to the One-Pot Vegan Cookbook, you can whip up crowd-pleasing plant-based favorites with just one pot, pan, or appliance. This means less time in the kitchen, no extra dishes, and super-fast cleanup. From comfort food classics to veggies, snacks, and sauces, these dishes are simple to prepare; made with accessible, familiar ingredients; and so tasty your whole family will clamor for more. The One-Pot Vegan Cookbook offers: One-pot, no limits--These recipes can be made in just one vessel, including a skillet, a stockpot, a Dutch oven, a sheet pan, an electric pressure cooker, a slow cooker, or an air fryer. Choose the ones that work for you! Better for you--These one-pot vegan options are naturally healthy with wholesome ingredients--along with a selection of indulgent favorites, too (think pancakes and fudge). 125 Delicious recipes--Enjoy fun and flavorful plant-based eating, with a range of mouthwatering recipes including vegan twists on classic dishes. See for yourself how eating vegan is faster, easier, and offers more variety than ever before.

The "I Love My Instant Pot®" Anti-Inflammatory Diet Recipe Book

NINJA® FOODI(tm) COOKBOOK FOR VEGAN AND PLANT BASED DIET Perfect guide to Broil, Pressure cook, Air Fry, Dehydrate and Bake Fruits, Vegetables and Plant Based Recipes You must have heard about The Ninja® Foodi(tm), a kitchen technological advancement that delivers a whole new way of cooking by combining the speed of a pressure cooker with the quick-crisping action of an air fryer. Imagine how you could easily prepare your Smoked Paprika Risotto and Quinoa with Mushrooms by pressure cooking and it will still come out Crispy all in one cooking appliance. This cookbook, Ninja® Foodi(tm) Complete Cookbook For Vegan And Plant Based Diet includes: 100+ quick, scrumptious, good-for-you recipes that has been classified into Appetizer, Main dishes, Side dishes and Desserts Detailed explanation of the different functions of the Ninja® Foodi(tm) and a breakdown of how to perform these excellent functions independently. Easy to find ingredients and detailed instructions on every recipe, for quick and hassle-free cooking Useful tips and tricks how to use the Ninja Foodi appliance and how to get the most out of it For the love of Animals We are Vegans and we have no blood on our hands

The "I Love My Instant Pot®" Vegan Recipe Book

DELICIOUS NEWS FOR VEGANS! The Complete Official Instant Pot® Cookbook The Complete Vegan Instant Pot Cookbook is your jam-packed, fully-authorized guide to vegan pressure cooking. Brimming with 101 mouthwatering whole food recipes meant to satisfy every palate, this book also features complete and detailed instructions to help you master vegan pressure cooking. Filled with useful tips and tricks for vegan pressure cooking, this book shows you how to keep your Instant Pot clean, why pressure cooking is great for vegans, what accessories you need in your kitchen, how to avoid common mistakes, and more. The Complete Vegan Instant Pot Cookbook includes: FRESH AND TASTY RECIPES--From Maple Morning Millet to Chickpea Kale Korma, savor 101 healthy, plant-based vegan recipes--no processed substitutes needed. EASY INSTRUCTIONS--Take the guesswork out of vegan pressure cooking with instructions that use exact Instant Pot settings,

Read Book Vegan Under Pressure Perfect Vegan Meals Made Quick And Easy In Your Pressure Cooker

including the Porridge, Slow Cooker, and Sauté functions. MASTER YOUR PRESSURE COOKER--Get the most out of your Instant Pot thanks to feature guides, maintenance instructions, handy shortcuts, and more. The Complete Vegan Instant Pot Cookbook gives you vegan pressure cooking without the pressure.

The Friendly Vegan Cookbook

From actor and avid traveler Mena Massoud comes a collection of diverse, delicious, and accessible vegan recipes inspired from dishes all over the world, perfect for everyone at the table! It's safe to say that veganism is no longer just a trend. Lifelong vegans, part-timers, and aspiring vegans are a diverse and eclectic group of people from all walks of life and backgrounds, and yet, there's very little out there in mainstream media that reflects this new reality. The Evolving Vegan cookbook celebrates both flavors and stories from a wide array of plant-based eateries all across North America, proving that a plant-friendly diet is truly accessible to all! In this book you will meet Cyrus Ichiza from Ichiza Kitchen in Portland, whose Taiwanese mother inspired him to share his Southeast Asian roots through authentically flavorful vegan dishes. You'll learn legendary behind-the-scenes secrets of San Francisco's Peña Pachamama, a Bolivian plant-based restaurant that serves national dishes like pique macho and aji de fideo. And you can finally conquer veganism once and for all, without sacrificing the delicious flavors you love. Containing recipes from many different countries and cultures, and including helpful tips for lifelong and transitioning vegans alike, Evolving Vegan takes you on a food-based road trip to explore the vibrancy of veganism across North America.

Pressure Perfect

30 Simple Oil-Free Vegan Pressure Cooker Recipes For Lazy F@cks

Vegan Cookbook for Beginners: The Essential Vegan Cookbook To Get Started

Popular husband-and-wife bloggers and podcasters (acouplecooks.com) offer 100 recipes with an emphasis on whole foods and getting into the kitchen together. The couple's non-diet approach features simple lifestyle changes to make healthy cooking sustainable, rather than a short-term fix. A love story at its finest, Alex and Sonja Overhiser first fell for each other--and then the kitchen. In a matter of months, the writer-photographer duo went from eating fast and frozen food to regularly cooking vegetarian meals from scratch. Together, the two unraveled a "pretty simple" approach to home cooking that kicks the diet in favor of long-term lifestyle changes. While cooking isn't always easy or quick, it can be pretty simple by finding love in the process. A Couple Cooks | Pretty Simple Cooking is an irresistible combination of spirited writing, nourishing recipes with a Mediterranean flair, and vibrant photography. Dubbed a "vegetarian cookbook for non-vegetarians", it's a beautiful book that's food for thought, at the same time providing real food recipes for eating around the table. The book features: 100 vegetarian recipes, with 75 vegan and 90 gluten-free options A full-color photograph for every recipe Recipes arranged from quickest to more time-

Read Book *Vegan Under Pressure Perfect Vegan Meals Made Quick And Easy In Your Pressure Cooker*

consuming 10 life lessons for a sustainably healthy approach to cooking, artfully illustrated with a custom watercolor

Short-Cut Vegetarian

Conquer your pressure cooking fears and make meals in minutes! Say goodbye to long cooking and preparation times. With an Instant Pot® or other pressure cooker, you can cook filling, nutritious meals in under an hour and with little mess or cleanup. It's the dinner (and breakfast, and lunch) solution you've always dreamed of. In this revised and expanded edition of the classic *Vegan Pressure Cooking*, you'll find: More than 30 pages of new content, including new recipes (over 120 recipes total) and new photos Information about using any type of pressure cooker or multicooker, including an Instant Pot, and how to choose which is best for you Cooking charts for beans, grains, vegetables, and more, so there's no guesswork—or mushy vegetables—involved Recipes that span all meals and tastes, from easy breakfasts such as Apple Pie Steel-Cut Oats to healthy dinners like Kale, Lentil, and Squash Chili and Jackfruit and Sweet Potato Enchiladas Perfect for novice cooks and experts alike, there's something for everyone with *Vegan Pressure Cooking*.

The Vegan Electric Pressure Cooker Cookbook: Simple 5-Ingredient Recipes for Your Plant-Based Lifestyle

From delicious dals to rich curries, flat breads, savory breakfasts, snacks, and much more, this vegan cookbook brings you Richa Hingle's collection of plant-based Indian recipes inspired by regional cuisines, Indian culture, local foods, and proven methods. Whether you want to enjoy Indian cooking, try some new spices, or add more protein to your meals using legumes and lentils, this book has got it covered. You'll explore some well-known and new Indian flavor profiles that are easy to make in your own kitchen. Learn the secrets of eclectic Indian taste and textures, and discover meals in which pulses and vegetables are the stars of the dish. And once you taste Richa's mouth-watering desserts, they will likely become your new favorites. Within these pages you will find recipes to please all the senses, including: • Mango Curry Tofu • Whole Roasted Cauliflower in Makhani Gravy • Baked Lentil Kachori Pastries • Quick Tamarind-Date Chutney • Avocado Naan • Fudgy Cardamom Squares The recipes have been designed to simplify complex vegan cooking procedures, and Richa's workflow tips incorporate modern appliances and techniques from other cuisines to reduce cooking times. Replacement spices are indicated wherever possible, and Richa also provides alternatives and variations that allow people to be playful and creative with the Indian spices called for in the recipes. The restaurant-quality vegan recipes are ideal to make for yourself, for family, and for entertaining guests.

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