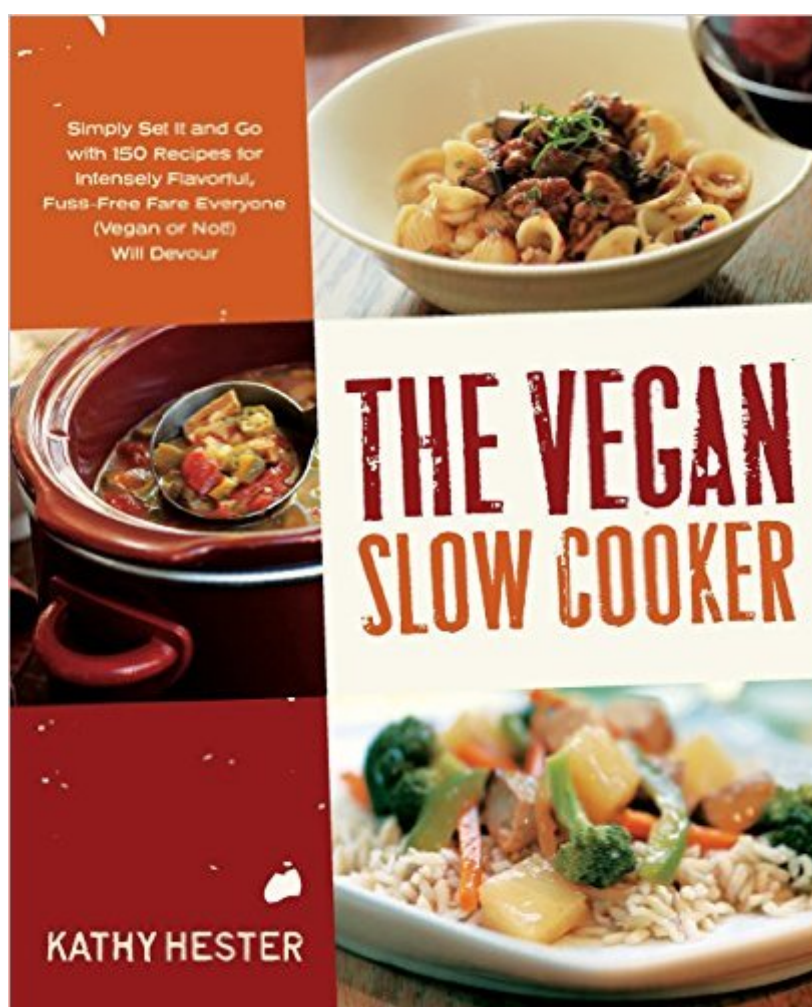


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# The Vegan Slow Cooker: Simply Set It And Go With 150 Recipes For Intensely Flavorful, Fuss-Free Fare Everyone (Vegan Or Not!) Will Devour



## Synopsis

"Kathy's stellar recipes and straightforward instructions will have you creating hot, fresh, gourmet meals in just minutes a day. No more slaving away in the kitchen. With *The Vegan Slow Cooker*, you'll be eating like a queen with just the flip of a switch!" —Rory Freedman, author of the #1 New York Times bestseller *Skinny Bitch* "This book might just revolutionize vegan cooking! Kathy Hester's recipes are ridiculously fast and easy, unbelievably delicious, and believe it or not—cheap. Bravo, Kathy!" —Kathy Freston, New York Times best-selling author of *Veganist*, *Quantum Wellness*, and *The Quantum Wellness Cleanse* "The *Vegan Slow Cooker* is a fantastic collection of mouthwatering, fuss-free, easy-to-make vegan recipes. From curries, dals, and steamy stews to casseroles, breads, and decadent desserts, you'll be serving up delicious slow-cooked meals every day of the week." —Julie Hasson, author of *Vegan Diner* "The health advantages of a plant-strong diet are compelling and well proven. But preparing yummy meals that are wholesome can be time consuming. That's where this book comes in. Slow cookers can be huge labor and time savers, if you know how to use them. This is the book that will show you how." —John Robbins, author of *The Food Revolution*, *The New Good Life*, and *Diet for a New America* "If you want to prepare hot, nutritious, home-cooked meals for your family and friends, but feel like time is never on your side, think again! *The Vegan Slow Cooker* shows you how to create fresh, nourishing cuisine in just two simple steps, using all the healthiest produce, whole grains, and vegan-friendly ingredients found at your local market or farm stand (or home garden!). Author and slow cooker expert Kathy Hester, founder of the blog *Healthy Slow Cooking* ([www.healthyslowcooking.com](http://www.healthyslowcooking.com)), will show you how simple it is to 1.) Prep your ingredients the night before, in just a few minutes' time, and 2.) Assemble everything in the slow cooker in the morning, right before you head to work. The results vary from one-dish meals that are hot and ready as soon as you walk in the door to dishes that are ready in less than 3 hours. There are even recipes for staples like bouillon, apple sage sausage and seitan that you can make once and store in the freezer to use all month long. From your favorite comforting casseroles to fresh and exciting new stews, and even desserts and quick breads—all veganized!—you find recipes that cover every meal and a wide variety of cuisines, including: "Pumpkin Pie Oatmeal" "Exotic Cardamom Hot Chocolate" "Chick'n and Dumplings" "Mushroom Lasagna with a Garlic-Tofu Sauce" "Chili Relleno Casserole" "Tempeh Braised with Figs and Port Wine" "Kung Pao Chick'n" "Turkish Delight Tapioca Pudding" With *The Vegan Slow Cooker*, you'll find all the tasty inspiration you need to pull that neglected crock pot out of storage and get start creating compassionate, crave-worthy meals today. Home cooking has never been more easy, or delicious. <sup>Â</sup>

## Book Information

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## Customer Reviews

You won't be sorry if you buy this one! Not only does this book contain simple, delicious, and nutritious, 100% vegan recipes, but it is also put together extremely well. The arrangement of the ingredients and instructions on each page makes each recipe easy to follow. All recipes are limited to one page, with the ingredients in the left column, and instructions in the right. I own another cookbook (Viva Vegan by Terry Hope Romero), and while it contains tasty recipes, I rarely use it because there are multiple recipes on single pages, requiring you to turn the pages to see the remainder of many of the recipes... Which is not a good thing because you have to stop what you're doing to wash food off your hands, remove the book from the stand, turn the page, and place the book back in the stand before you can continue with the recipe. A 2nd problem I find with the arrangement of the Viva Vegan book is it's simply hard to follow with my eyes. Every time I look away (to do the next step), it takes me several seconds to find and "refocus" on the correct place on the page. So I really appreciate the user-friendly format of THIS book by Kathy Hester! There are so many great recipes in this book, that I had a difficult time deciding what to try first. I decided to go with the "Chik'n Cacciatore" (made with seitan), and my family LOVED it! Over the next couple of days, I made the "Mix-and-Match Jambalaya", and the "Baigan Bharta" (eggplant curry).... and both were followed by rave reviews! Some prep time is required in the recipes (chopping and sauteing), but Kathy makes it a cinch, by breaking up the instructions between "The Night Before", and "In the Morning".

I have never written a bad review for a cookbook before, but every time I look over at this one, I feel so ripped off. I have over 140 vegan cookbooks and this has to be the very worst I have ever seen. Page 17, Dried beans from scratch: 1 pound beans, water, cook overnight. That's it! And that's not all: Page 18, Everyday rice: basmati rice, water, pinch of salt, cook. Page 25, Preserve-the-harvest diced tomatoes: "tomatoes to fill your crock," cook, freeze. Page 26, Beyond Easy Baked Potatoes: you guessed it; put potatoes in slow cooker and cook. Page 27, All-Occasion Roasted Garlic: Add 4 to 6 heads garlic and cook. Really? A whole slow cooker to cook 4 heads of garlic? Page 35, Brandied Cranberry Sauce: brandy, cranberries, sweetener, cook. Page 59, Creamy Potato Soup: potatoes, water, non-dairy milk, 1 clove garlic, and a little seasoning. Couldn't anyone come up with that on their own? Even the Cheater Chili another reviewer mentioned, is a joke: 3 cans beans, 1 can corn, 1 can tomatoes, and chili flavorings. Anyone could do that on top of the stove in less time than it would take to clean the slow cooker! Page 131, Sweet Herbed Beets: beets, water, herbs. Page 142, Southern-Style Green Beans: green beans, water, seasoning. Page 143 Vodka and Dill-Glazed Baby Carrots: carrots, water, vodka, seasoning. Page 189, Big Pot of Grits: grits, water, margarine. Page 190, Big Pot of Oatmeal: oats, water, non-dairy milk. Page 191, Pumpkin Pie Oatmeal: See previous recipe and add pumpkin puree and pumpkin pie spices. Also, two other recipes wasted on changing the flavor of oatmeal. Page 211 Earl Grey Poached Pears: pears, tea, sweetener. Page 216, Spiced cider: apple cider and spice, duh.

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