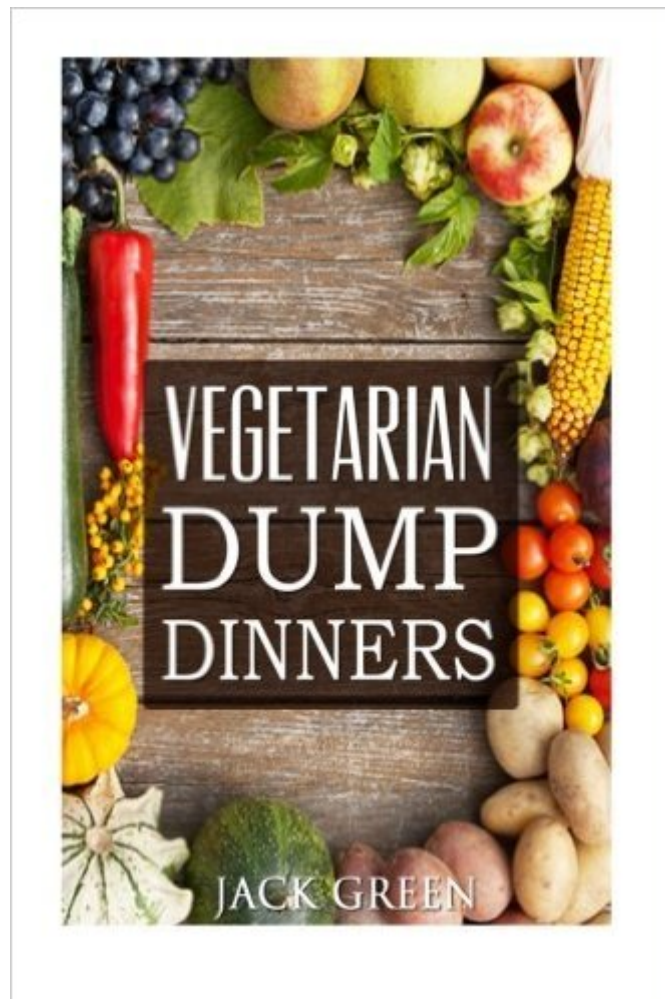


The book was found

Vegetarian: Vegetarian Dump Dinners- Gluten Free Plant Based Eating On A Budget (Crockpot, Quick Meals, Slowcooker, Cast Iron)



Synopsis

Simple & Flavorful Vegetarian Recipes-Gluten Free-Budget Friendly Revolutionize your kitchen with these easy guided flavored packed vegetarian meals. Prepare famous vegetarian cuisine dishes in less than 30 minutes with an easy straight forward approach that will leave your kitchen filled with a pleasant aroma. Making fresh warm one dish meals to share around the house hold couldn't be easier, filled with various combinations of grains and greens utilizing the universal crockpot-slowcooker. Vegetarian dump dinners includes a cuisine based off multiple traditional influences including dishes from mexico,italy,asia,and of course america. Throw out the canned soup and witness how gourmet plant based cooking can be just as readily available as a fast food drive thru lane. Take A Peek: buffalo cauliflower chili cauliflower sweet potato bisque layered vegetable casserole west african sweet potato and peanut stew thick and creamy coconut hot chocolate fennel tomato sauce over zucchini noodles butternut squash coconut chili apple butter yeast rolls

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Customer Reviews

A great collection of vegetarian dinners that are not only delicious and tasty but quick and easy to make. My favorite is the Tomato Basil Soup, which takes a while to cook but tastes delicious. You will find that in this book all of the vegetarian recipes are gluten free and that they are clearly and concisely formatted to be easy to understand and follow direction. Great book!

Lots of great ideas and recipes for new and experienced vegetarians alike. I'm transitioning to a

healthier lifestyle, and this book is great for "newbies," but it's just an overall great book for all vegetarian and gluten-free eaters, packed full of ideas and clear recipes.

I am not a vegetarian but I always look for healthy food recipes to make. This book has a very interesting collection of vegetarian recipes that are very good for health and rich with the useful ingredients and nutrition the human body needs. I just wished that the author had used some pictures in his book.

Excellent cookbook! Firstly, the author has taken into account the importance of a healthy vegetarian diet, and offered very tasty dishes. Secondly, the author offers economical options blyud. Ya delighted with this book. I recommend!

Great recipes and they are even gluten free for maximum health benefits! Instructions are easy to understand and the book is easy to use while cooking and preparing food! A must have for any vegetarian!

This book will take through creating diverse recipes packed with healthy meals. Certainly, a well planned vegetarian diet is a perfect way to meet your nutritional needs. This book was great for me because it gives so many easy to follow recipes. I can't believe I've gone so long without dump in my meals, it's the best way to eat and to live. I praise the author for putting out his fine manifesto of recipes. Excellent work.

Dump dinners recipes that we can enjoy if we are vegetarian. This book is perfect plus the text font is big and easy to read. Here are my favorite recipes from this book. 1. West African Sweet Potato and Peanut stew 2. Thick and Creamy coconut hot chocolate 3. Crockpot Yogurt 4. Tomato Basil soup

This is such a good book to read because you will learn tons of vegans dump dinner recipes that is budget friendly. I'm a vegetarian and this book is perfect for me! Jack did a magnificent job on creating a very well detailed cookbook like this and I commend him for that. It is indeed a very good read and I highly recommend it to everyone.

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