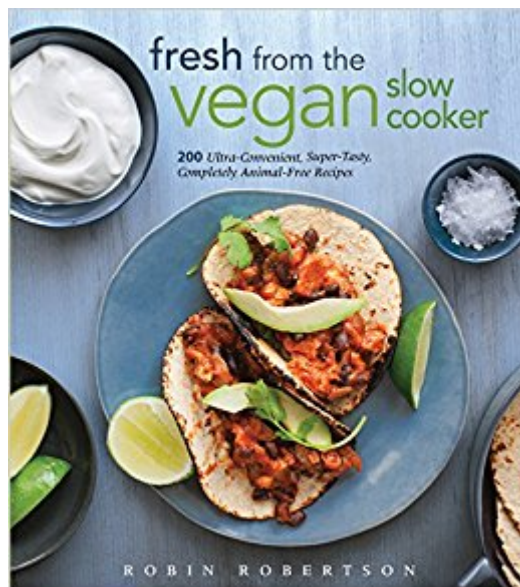




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Fresh From The Vegan Slow Cooker: 200 Ultra-Convenient, Super-Tasty, Completely Animal-Free Recipes



Synopsis

Robin Robertson has built a publishing record of successful books in the vegetarian/vegan category. Her earlier cookbook, *Fresh from the Vegetarian Slow-Cooker*, established her bona fides as an expert on the creative use of slow-cookers, and her entire body of work speaks to her ingenuity in the kitchen and the breadth of enticing ingredients and flavors with which she works. *Fresh from the Vegan Slow-Cooker* provides practical guidance on how to work with different models of slow-cookers, taking into account the sizes of various machines, the variety of settings they offer, and the quirks and personalities of each device. She addresses any lingering skepticism readers may have about whether slow-cookers can have delicious, meat-free applications, and she shows how to take into account the water content of vegetables and the absorptive qualities of grains when vegan slow-cooking. *Fresh from the Vegan Slow-Cooker* includes eleven recipe chapters, four of which focus on main courses. There are homey and comforting foods in the American and European style, such as a Rustic Pot Pie Topped with Chive Biscuits and a Ziti with Mushroom and Bell Pepper Ragu, and there are lots of East Asian, South and Southeast Asian, and Mexican/Latin dishes, too. Beans, which cook slowly under any circumstance, are fabulously well-suited to the slow cooker, and Robertson includes such appealing recipes as a Crockery Cassoulet and a Greek-Style Beans with Tomatoes and Spinach. Eighteen robust chilis and stews - two more categories that do well in the slow-cooker - include a warming Chipotle Black Bean Chili with Winter Squash and a surprising but yummy Seitan Stroganoff. Beyond the mains, there are chapters devoted to snacks and appetizers, desserts, breads and breakfasts, and even one on drinks. The many soy-free and gluten-free recipes are clearly identified. Altogether, the collection offers readers loads of ways to expand their vegan repertoire and to get maximum value from their investment in a slow-cooker.

Customer Reviews

Robin Robertson is a veteran restaurant chef, cooking teacher, and an acclaimed writer. She pens a regular column for *VegNews Magazine* and has written for *Vegetarian Times*, *Health Naturally*, *Restaurant Business*, *National Culinary Review*, *American Culinary Federation Magazine*, and *Better Nutrition*. She has written numerous cookbooks including the best-selling titles *Vegan Planet*, *Vegan on the Cheap*, and *Quick-Fix Vegan*. Robertson currently writes, promotes her books, and teaches classes on her innovative vegan cuisine from her home in the Shenandoah Valley of Virginia, where she lives with her husband and two cats. Her website is robinrobertson.com.

Introduction

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Vegan: High Protein Vegan Cookbook-Vegan Diet-Gluten Free & Dairy Free Recipes (Slow cooker,crockpot,Cast Iron) (vegan,vegan diet,vegan slowcooker,high ... free,dairy free,low carb)
Crock Pot: Everyday Crock Pot and Slow Cooker Recipes for Beginners(Slow Cooker, Slow Cooker Cookbook, Slow Cooker, Slow Cooker Cookbook, Crockpot Cookbook, ... Low Carb) (Cookbook delicious recipes 1)
Thai Slow Cooker Cookbook: 51 Classic Thai Slow Cooker Recipes with Step By Step Procedure (Thai Recipes, Thai Slow Cooker Recipes, Thai Slow Cooker Cookbook, ... Cooker, Simple Thai Cookbook, Thai Cooking)
Ethnic Vegan Box Set 4 in 1: Dairy Free Vegan Italian, Vegan Mexican, Vegan Asian and Vegan Mediterranean Recipes for an amazing Raw Vegan lifestyle (A ... Protein Vegan Recipes and Vegan Nutrition)
Ketogenic Slow Cooker Recipes: 200 keto Slow Cooker (Crock Pot) Recipes, Chef Approved, Delicious Low Carb Slow Cooker Recipes, For Super Fast Weight Loss , Quick and easy Recipes for Healthy Living
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Delicious Crockpot Recipes: A Full Color Crockpot Cookbook for your Slow Cooker (Crockpot;Crockpot Recipes;Slow Cooker;Slow Cooker Recipes;Crockpot Cookbook;Slow ... Cookbook;Crock Pot;Crock Pot Recipes;Cro 1)
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Pressure Cooker: 365 Days of Electric Pressure Cooker Recipes (Pressure Cooker, Pressure Cooker Recipes, Pressure Cooker Cookbook, Electric Pressure Cooker ... Instant Pot Pressure Cooker Cookbook)
Vegan Cookbook for Beginners: Top 500 Absolutely Delicious,Guilt-Free, Easy Vegan Recipes-The Ultimate Vegan Cookbook Chock-Full of

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