

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

Increasing numbers of people--including actress Drew Barrymore, pop star Moby, and actor Alec Baldwin--are embracing veganism, a lifestyle that entails avoiding all animal-based products and behaving ethically and conscientiously within our surroundings. In The Vegan Sourcebook, long-time activist Joanne Stepaniak further explores and illuminates the principles and practical aspects of compassionate living.

Examines the philosophical aspects of the treatment of animals and argues that animals have a basic moral right to respectful treatment

Whether you are new to plant-based cooking or are looking to master your vegan lifestyle, *Vegan Yack Attack on the Go!* is a must-have resource—with flavorful recipes you can prepare quickly and easily, make in advance, or take with you. Developed for real life, this is the cookbook you will return to again and again. Jackie Sobon, the plant-based rock star behind the blog *Vegan Yack Attack* and author of the popular cookbooks *Vegan Bowl Attack!* and *Vegan Yack Attack's Plant-Based Meal Prep*, will be your guide, offering beautifully photographed recipes you not only want to eat, but can whip up in any slice of time you can carve out. Following an introduction to vegan cooking that

includes pantry necessities, equipment, and tips and tricks, learn to make delicious: Blueberry Zucchini Breakfast Cookies Berry Rhubarb Chia Jam BBQ Tempeh Wrap Sesame Soba Salad Kale Raspberry Grain Salad Summer Stew with Zucchini, Tomatoes & Corn Butternut Mac and Trees Chickpea Tendies & Waffles Hearty Skillet Cornbread Cauliflower Curry Grill Packets with Yogurt Sauce Campfire Banana Splits Frozen Pineapple Floats Packed with a wide variety of meals that are fun, tasty, and quick to put together, you'll feel confident knowing you can go anywhere, do anything, and still eat delicious food.

Vegan Under Pressure: 51 Perfect Meals Fast and Healthy in Your Pressure Cooker
200 Recipes for Healthy and Hearty One-Pot Meals That Are Ready When You Are
A Couple Cooks - Pretty Simple Cooking

Fresh from the Vegetarian Slow Cooker
The Vegan Instant Pot Cookbook
100 Delicious Vegetarian Recipes to Make
You Fall in Love with Real Food
Vegetables Get the Royal Treatment :
More Than 100 Seasonal Vegetable
Recipes

A collection of recipes prepared without meat, fish, eggs, or cheese includes such dishes as Mediterranean red lentil pate and Cuban picadillo, and provides tips on purchasing, preparing, and storing ingredients.

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."

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. More than 100 delicious, easy, and colorful vegan dinners on a

budget from the founder of the massive social media platform Cooking for Peanuts, with a foreword by Jonathan Safran Foer. Nisha Melvani appreciates that it's hard for many people to commit to being 100% vegan. But committing to one vegan meal a day—dinner—is much more feasible. For those trying to incorporate more vegan meals into your diet, Practically Vegan is your go-to weeknight dinner cookbook and the perfect entry to veganism. A registered dietitian nutritionist, Melvani offers solid, tested vegan recipes and a non-militant approach for those wanting to eat less meat. Plant-based cooking will no longer feel intimidating with easy-to-find ingredients that you will

use in the kitchen over and over again. Inspired by the flavors she was introduced to while growing up in Jamaica, England, and Canada, as well as her own Indian heritage, Melvani shares over 100 delicious recipes, including Creamy One-Pot Cheesy Broccoli Pasta Soup, Cauliflower-Sweet Potato Curry, Sesame Noodle Veggie Stir-Fry, Mushroom Bourguignon, and more, accompanied by a foreword written by bestselling author Jonathan Safran Foer, who urged Melvani to write this cookbook after feeding his family her recipes. With easy-to-follow directions and recipe substitutions as well as culinary tips and tricks, Practically Vegan will be the helping hand you

need to prepare a vegan dinner for yourself or your family with confidence.

Pressure Perfect

80 Easy and Delicious Plant-Based Recipes That You Can Make in Half the Time

The Vegan Table

Delicious Beans, Grains, and One-Pot Meals in Minutes

The Veggie Queen

The Super Easy Vegan Slow Cooker Cookbook

The "I Love My Instant Pot®"

Vegan Recipe Book

Cooking in a way that's good for you and for the environment—not to mention delicious—doesn't have to be a pain; in fact, it can be sheer bliss. In Blissful Bites: Vegan

Meals That Nourish Mind, Body, and Planet, Christy Morgan shows readers how to make healthy, delicious, animal-product free meals without a lot of effort. It's been long-accepted that giving up animal products also means giving up easy and enjoyable cooking, but that's just not true. Blissful Bites is a refreshing introduction to the idea that switching to a plant-based diet that uses locally grown and organic products can be easy and rewarding—for both body and mind. Blissful Bites includes more than 150 recipes that make eating every

meal healthier and exciting. Morgan, known to her online audience as "The Blissful Chef," also delivers recipes that are easy for the typical home cook to follow, making a plant-based diet seem simpler and more delicious to implement than ever before. Blissful Bites is filled with unique recipes and plenty of tips on how to live a healthier, more environmentally friendly life, without sacrificing an ounce of taste. Whether you are a veteran vegan or looking to adapt a clean and healthy lifestyle or are looking to transition from a

***vegetarian lifestyle to a purely
vegan lifestyle, this diet guide
will hold your hand through
the entire process. We will
start by looking at where the
vegan diet all began and how
it has grown to be one of the
most popular health
movements. We will also teach
you how to transition gently
into the vegan diet without
feeling deprived and all the
beautiful things you can
expect to gain in addition to
great health.***

***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.

A new and vibrant vegan cookbook authorized by Instant Pot, from the creator of the Rainbow Plant Life blog.

With food and photos as vivid, joyous, and wholesome as the title of her popular cooking blog--Rainbow Plant Life--suggests, Nisha Vora shares nourishing recipes with her loyal followers daily. Now, in her debut cookbook, she makes healthy, delicious everyday cooking a snap with more than 90 nutritious (and colorful!) recipes you can

make easily with the magic of an Instant Pot pressure cooker. With a comprehensive primer to the machine and all its functions, you, too, can taste the rainbow with a full repertoire of vegan dishes. Start the day with Nisha's Homemade Coconut Yogurt or Breakfast Enchilada Casserole, then move on to hearty mains like Miso Mushroom Risotto, and even decadent desserts including Double Fudge Chocolate Cake and Red Wine-Poached Pears. The Vegan Instant Pot Cookbook will quickly become a go-to source of inspiration in

your kitchen.

***Two Hour Taste in Twenty
Minutes Using Your Pressure
Cooker***

***Fast & Easy Vegan Cookbook
The Pressure Cooker Recipe
Book***

***The Must-Have Resource for
Plant-Based Eaters***

***100 Mouth-watering Recipes
for Time-crunched Vegans***

***The Case for Animal Rights
Nutrition CHAMPS***

*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. 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 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.

Recipes, tips, and strategies for easy, delicious vegan meals every day of the week, from America's bestselling vegan cookbook author. How does Isa Chandra Moskowitz make flavorful and satisfying vegan meals from scratch every day, often in 30 minutes or less? It's easy! In *Isa Does It*, the beloved cookbook author shares 150 new recipes to make weeknight cooking a snap. Mouthwatering recipes like Sweet Potato Red Curry with Rice and Purple Kale, Bistro Beet Burgers, and Summer Seitan Saute with Cilantro

and Lime illustrate how simple and satisfying meat-free food can be. The recipes are supermarket friendly and respect how busy most readers are. From skilled vegan chefs, to those new to the vegan pantry, or just cooks looking for some fresh ideas, Isa's unfussy recipes and quirky commentary will make everyone's time in the kitchen fun and productive. Whether you're a new to vegan cooking, a long-time vegan, or someone who is just trying to eat meatless meals a few times a week, this is the book for you. You will have a lifetime of recipes and inspiration.

These delicious recipes for breakfast, lunch, dinner and everything in between, are cholesterol-free, low in saturated fat, and high in fiber and complex carbohydrates. You'll get crowd-pleasing appetizers and snacks like Mango-Avocado Spring Rolls and Savory Artichoke Squares and family favorites like Vegan Margarita Pizza and Baked Mac and Cheeze. Best of all, Robertson gives you an endless variety of recipes from a diverse range of cultures. There is something in this book for everyone's taste!

1,000 Vegan Recipes: Includes a "FAST" icon featuring quick and

easy recipes that can be ready in 30 minutes or less Provides kid-friendly recipes to help you get your kids to eat more nutritious foods Offers detailed information and guidelines on ingredients substitutions, special nutritional concerns, and a handy list of important pantry staples · Presents vegan alternatives to restaurant favorites with recipes such as Penne with Vodka-Spiked Tomato Sauce, Fajitas Without Borders, Cheezecake with Cranberry Drizzle, Vegan Tiramisu, and vegan ice creams, sorbets, and granitas 1,000 Vegan Recipes is for everyone who

is interested in healthy and delicious eating that is also ethically, environmentally responsible. Robin Robertson is a twenty-five-year veteran food writer, cooking teacher, and chef specializing in vegan and vegetarian cooking. She is the author of nineteen vegan or vegetarian cookbooks, including *Vegan Planet*, and is a regular columnist for *VegNews Magazine* and *VegCooking.com*. She operates a vegan- and vegetarian-focused Web site (GlobalVeganKitchen.com) and blogs regularly at VeganPlanet.blogspot.com. 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 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 entre. 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.

*150 Plant-based Recipes from Indian Cuisine and Beyond
101 Delicious Whole-Food Recipes for Your Pressure Cooker*

From Banana Nut Bread Oatmeal to Creamy Thyme Polenta, 175 Easy and Delicious Plant-Based Recipes

*Vegan Burgers & Burritos
The Ultimate Vegan Cookbook for Your Instant Pot*

*The New Fast Food
Epic Vegan Pressure Cooking
Containing 200 plant-based recipes from 45 different cookbook authors, bloggers*

and recipe developers, this book has both raw and cooked recipes for meals from breakfast through dessert. Most recipes are low in fat, many are gluten-free and are all quite tasty. CHAMPS is an acronym for Cruciferous vegetables, Herbs and spice, Alliums, Mushrooms, Peas, beans and lentils, and Seeds and Nuts - all foods which offer a framework for healthy eating, no matter what else you choose to eat. Each chapter opener introduces the benefits of the foods in each category. The chapter sidebars include information such as how to dry saute and why we

love to hate Brussels sprouts. The book includes an ingredient glossary and resource section for those new to this way of eating. 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. 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.

The cookbook that makes using your Instant Pot easier than ever! This is the must-have plant-based cookbook for the must-have appliance—the Instant Pot! 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. Whether
you're a dedicated vegan,
vegetarian, or an omnivore
looking to eat less meat, you're
sure to find easy, healthy, and
satisfying recipes that the
whole family will love.

Amazingly Easy, Wildly
Delicious Vegan Recipes for
Every Day of the Week
100 Simple Vegan Recipes to
Make Every Day Delicious
Great Taste In No Time
Easy and Delicious Whole

Food Recipes for the Everyday
Cook

The Vegan Sourcebook
Really Fresh, Really Good,
Really Vegetarian

Great Vegetarian Cooking
Under Pressure

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-consuming 10 life lessons for a sustainably healthy approach to cooking, artfully illustrated with a custom watercolor 100 all-new plant-based recipes by bestselling author Deliciously Ella. "Deliciously magnificent!" --Kris Carr,

author of the NYT-bestselling Crazy Sexy Diet Ella's latest book features the most popular, tried-and-tested recipes from her supper clubs, pop-ups, and deli to show how delicious and abundant plant-based cooking can be. These simple vegan recipes cover everything from colorful salads to veggie burgers, falafel, creamy dips and sides, hearty one-pot curries and stews, speedy breakfasts, weekend brunches, muffins, cakes, and brownies. They're the recipes that Ella's thousands of customers have been asking for since the deli first launched in 2015, and each recipe has a

beautiful photograph to show you how it should look. In addition to the more than 100 brand-new plant-based recipes, for the first time we are treated to a personal insight into Ella's journey--how she grew her blog, which she began writing to help get herself well while suffering from illness, into a wellness brand--and all that she has learned along the way, as well as what drives the Deliciously Ella philosophy and her team's passion for creating delicious healthy food. With diary excerpts that document the incredible journey that Deliciously Ella has taken and more than 100 irresistible

recipes for every day using simple, nourishing ingredients, this stunning book will be a must-have for fans and food-lovers alike, and it's also perfect for anyone looking to experiment with vegan cooking for the first time.

Join Vegan Richa's Instant Pot revolution with brand new techniques to level up your favorite plant-based meals. Welcome to Vegan Richa's kitchen, where hearty flavors and easy recipes are your passport to delicious, satisfying meals every day of the week. Whether you are an Instant Pot™ pro or newbie, you'll learn how to save time and

maximize the potential of your Instant Pot™ with Richa's inventive new techniques for layered pot-in-pot cooking (Crunchwraps!) one-pot meals (Spicy Peanut Noodles in minutes) dump-and-done meals (comforting Wild Rice Soup and Chana Masala—no sautéing) roasting and caramelizing (Mushroom Gyros) and much more! With 150 recipes from a range of global cuisines highlighting an abundance of whole foods, vegetables, and legumes, minimal oil, and no processed ingredients, you'll use your Instant Pot for everything from breakfasts (Egg Sandwiches) to

desserts (yes, cake!) to Richa's fan favorite regional Indian specialties. Complete with myriad adaptations, swaps for allergies and special diets, and full nutritional information, Vegan Richa's Instant Pot™ Cookbook is your go-to guide for healthful, flavor-forward meals that are a breeze to get to the table.

Discover the amazing versatility of the slow cooker! If you're a vegetarian who thought slow cookers were just for meat-eaters, Fresh from the Vegetarian Slow Cooker will introduce you to the wonders of slow cooking. And if you're already a slow cooker

enthusiast, here's a whole new array of healthy, delicious recipes for a favorite appliance. Slow cookers can be used for a lot more than just tough, inexpensive cuts of meat. They're perfect for vegetarian and healthy cooking because slow cooking is a foolproof way to make beans, grains, numerous vegetables, and much, much more. "Until now most slow cooker cookbooks have been heavily meat oriented, leaning mightily on processed, preservative-heavy ingredients. Fresh from the Vegetarian Slow Cooker changes that. What a good idea! Here, every ingredient is

fresh and real, and there's not a single pot roast with dehydrated onion soup to be found! Hooray for this cookbook's ease, innovation, delicious-sounding variety, bright ingredients, and fine results. Not just vegetarians, but anyone who needs cooking ease but doesn't want to sacrifice full flavor or health, will rejoice in this inviting book." - Crescent Dragonwagon, James Beard Award-winning author of *Passionate Vegetarian*, *Isa Does It*, *Blissful Bites*, *1,000 Vegan Recipes*, *Epic Vegan*

*Simple Oil-Free Instant Pot
Vegan Recipes for Lazy F@cks
Short-Cut Vegetarian
Plant-Based Recipes for Your
Fast-Paced Vegan Lifestyle*

*•Quick & Easy •Portable •Make-
Ahead •And More!*

Entertain in style—vegan style. The Vegan Table is your one-stop source for creating the perfect meal for your friends and family. Whether you're hosting an intimate gathering of friends or a large party with an open guest list, author Colleen Patrick-Goudreau, crowned the “Vegan Martha Stewart” by VegNews magazine, will answer your every entertaining need. Inside you'll be treated to practically limitless recipe and menu ideas, making it easy to satisfy any and all palates and preferences. From romantic meals for

two to formal dinners, casual gatherings, children's parties, and holiday feasts, you can keep the party going through every occasion and season. Recipes include: Pumpkin Curry Roasted Red Pepper, Artichoke, and Pesto Sandwiches Creamy Macaroni and Cashew Cheese Elegantly Simple Stuffed Bell Peppers Pasta Primavera with Fresh Veggies and Herbs Tempeh and Eggplant Pot Pies African Sweet Potato and Peanut Stew Roasted Brussels Sprouts with Apples and Onions Spring Rolls with Peanut Dipping Sauce South of the Border Pizza Tofu Spinach Lasagna Blackberry Pecan Crisp Flourless Chocolate Tart Red Velvet Cake with Buttercream Frosting Celebrate the joy of plant-based cuisine with The Vegan Table, your ultimate at-home dining and entertaining guide.

The founder-chef of Real Food Daily showcases a collection of 150 trademark recipes that exemplify the best in healthful, vegetarian cookery, with such creative dishes as Lentil-Walnut Pt, Country-Style Miso Soup, Tuscan Bean Salad with Herb Vinaigrette, Southern-Style Skillet Cornbread, and Coconut Cream Pie with Chocolate Sauce.

Original. 15,000 first printing.

Not Your Granny's Home Cookin'! Epic Vegan offers a step-by-step guide to creating timeless comfort foods that are over-the-top delicious, and always plant based. Think classic and nostalgic, yet messy, juicy, and Instagram-worthy at the same time. Are you into playing with your food? Epic Vegan does just that, encouraging home cooks to think outside of the box. Author Dustin Harder, host and creator of the original vegan travel culinary series, The Vegan

Roadie, is your culinary coordinator for the adventure ahead, sharing recipes that everyone from beginner cooks to experienced chefs can create at home. How does it work? Recipes are built from the ground up, so you can stop at just the biscuit, or go beyond to the Deep Dish Brunch Pizza with Garlicky Cheddar Biscuit Crust—the choice is yours! Also included are recreations of fast-food classics, like Norito’s Los Tacos and Cray Cray Bread (you know you can’t resist). Every creation is a flavor sensation guaranteed to wow your friends and your taste buds. The level of indulgence is up to you to decide! What does an Epic Vegan recipe sound like? Here are just a few examples: Festive Cheesy Spinach Bread Savory Cheddar Fondu Waffle Bowl Monte Cristo Rolls Crab Rangoon Pizza Double Stacked Cookie Dough

**Cake Bacon Macaroni and Cheese Blue
Burger Hushpuppy Phish Filet
Sandwich Pumpkin Cream Cheese
Latte Shake Cheesesteak Baked Potato
Bowl Fried Chicken n Waffle Benedict
Sandwich Stuffed Crust Meatball Parm
Pizza Almost Famous Buffalo Chicken
Lasagna Churro Cup Sundaes Epic
Vegan offers a choose-your-own-
adventure approach for you to become a
kitchen warrior in your own home, your
own way. Playing with your food has
never been more fun, or more epic!
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, 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 Real Food Daily Cookbook
Wild and Over-the-Top Plant-Based Recipes**

**The Ultimate Vegan Cookbook
Vegan Yack Attack on the Go!**

More Than 100 Easy, Delicious Vegan Dinners on a Budget: A Cookbook

The Essential Vegan Instant Pot Cookbook

Perfect Vegan Meals Made Quick and Easy in Your Pressure Cooker

Consummated home cook and magazine editor Suzanne Gibbs shows us how to use a pressure cooker to create slow-cooked flavour in a fast-paced world.

Pressure cookers allow us to cook

quickly, cheaply and efficiently. The food is cooked in liquid at high temperatures, which shortens cooking time by up to 70 per cent. Because the method seals in flavour and nutrition, cheaper ingredients can be used to great effect. Here Suzanne selects more than 80 of her favourite pressure-cooker recipes, and describes the process from beginning to end. Learn how to cook an osso bucco in 25 minutes, a chicken tagine in 15 minutes and a delicious bread and butter pudding in 20 minutes. Packed with information on practicalities, such as choosing, using and cleaning your cooker, and fully illustrated with beautiful

photography. The Pressure Cooker Recipe Book is a must-have guide for anyone balancing the constraints of time and money with a desire to create delicious healthy meals for themselves, their friends and their families.

Say goodbye to dry, boring and overly processed and hello to easy, fun and delicious veggie burgers and burritos from Sophia DeSantis. These next level veggie burgers and burritos are approachable for any chef, and Sophia's mind blowing flavor combinations are unlike any other you've ever had. All burgers and burritos are plant-based, gluten-free and refined-sugar free, and feature real, whole food

ingredients, as well as side dish and sauce pairings. Excite your tastebuds and feel satisfied and nourished with the unique and internationally inspired combinations that bring to together flavors even meat eaters will enjoy. Recipes include Smoky Hawaiian, Tangy Black Bean and Chiles and Curry burgers to burritos like Crispy Cauliflower "Fish", Greek Orzo and Thai Burritos. Sophia also includes notes on how to make some of the more exotic burgers and burritos accessible for kids and babies, and sauces like Sriracha Mayo and her coveted vegan sour cream recipe that she's been perfecting for years. This book

features 75 delicious recipes and 75 mouth-watering photos.

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!"

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. The Complete Vegan Instant Pot Cookbook
Innovative Vegetarian Recipes
Free of Dairy, Eggs, and
Cholesterol

The Veggie Queen Pressure Cooks
Whole Food Meals in Less Than 30
Minutes

Vegan Meals That Nourish Mind,
Body, and Planet

200 Unforgettable Recipes for
Entertaining Every Guest at Every
Occasion

Practically Vegan

Wholesome, Indulgent Plant-Based
Recipes

30 epic vegan oil-free everyday
recipes that you will ACTUALLY use
for your electric pressure cooker.
Spend more time doing the things
you love while making home made
food for you and your family that
you actually know what is going in
to it. Includes a 7 day Instant Pot
challenge, cooking charts and all

the information you will need to get started cooking with your Instant Pot or electric pressure cooker today. One recipe photo for each and every recipe.

"...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. 30 Simple Oil-Free Vegan Pressure Cooker Recipes For Lazy F@cks NATIONAL BESTSELLER • 100+ big, bold, sock-you-sideways plant-based vegan recipes from the breakout star of The Game Changers "Charity is taking a

practical approach to a plant-based diet. . . . She provides support and encouragement as she guides you through this exploration.”—Venus Williams, from the foreword ONE OF THE MOST ANTICIPATED COOKBOOKS OF 2022—Delish, Food52 Whether you’re new to plant-based eating or already a convert, when you cook vegan with Charity Morgan, private chef to elite athletes and rock stars, you may be leaving out the meat, dairy, and eggs, but you won’t be missing out on the flavor and indulgence of all your favorite comfort foods. In her highly anticipated first cookbook, Charity lays out a plan for anyone who wants to eat less meat—whether they are looking to go completely vegan or just be a little bit more meat-free. Pulling

inspiration from her Puerto Rican and Creole heritage as well as from the American South, where she lives with her family, Charity's recipes are full of flavor. Think Smoky Jambalaya; hearty Jerk-Spiced Lentils with Coconut Rice & Mango Salsa; Jalapeno-Bae'con Corn Cakes with Chili-Lime Maple Syrup; and a molten, decadent Salted Caramel Apple Crisp. Unbelievably Vegan offers more than 100 recipes for living a meat-free life without giving up your favorite comfort foods. Charity guides readers on how to use oyster mushrooms to stand in for chicken and how to spice walnuts to taste like chorizo! She proves that vegan food can be fun, filling, healthy, and above all else unbelievably delicious.

Instant Pot Vegan Korean
Cookbook

Deliciously Ella The Plant-Based
Cookbook

Vegan Under Pressure

Fresh and Foolproof Plant-Based
Recipes for Your Electric Pressure
Cooker

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

The New Vegan Cookbook

Epic Vegan Instant Pot Cooking

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.

A seasonal cookbook with more
than 100 recipes to elevate the
status of vegetables on your plate.

A lighthearted look at vegetables to inspire people to eat more of them.

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

Cook up vibrant and nutritious Vegan Korean Meals in no time with your Instant Pot The Instant Pot makes it quick and easy to whip up Vegan Korean cuisine. This Vegan Korean Cookbook offers a comprehensive collection of delicious plant-based Korean recipes that you can make entirely with your Instant Pot. No expensive or hard-to-find ingredients necessary just everyday basics you can find at

your local grocery store or Indian grocer. This Vegan Instant Pot Cookbook includes: An Intro to Korean cooking Learn more about the staples, spices, and pantry items you'll need to get started, as well as how to get the most out of your Instant Pot when cooking Indian food. An Intro to Plant-Based Eating Get a breakdown of what it means to eat a plant-based diet, why it's beneficial, and how to adopt and stick with it. Easy, Wholesome Recipes Find simple and nutritious plant-based meals that highlight the garden-fresh flavors of veggies. Spice up your Instant Pot with flavorful, Plant-Based Korean recipes.

Vegan Richa's Instant Pot™
Cookbook
100 + Easy, Healthy Recipes That
Are Ready When You Are
100+ Life-Changing, Plant-Based
Recipes: A Cookbook
Vegan Pressure Cooking
Unbelievably Vegan