

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

Kathy Hester - pdf download free book



Books Details:

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Description:

Review

"Hester, who blogs at <http://www.healthyslowcooking.com> and <http://www.busyvegan.com>, has written a no-nonsense, easy-to-understand guide to vegan slow cooking. The first chapter is a brief introduction to the slow cooker, with an ingredient substitution list. In the next 12 chapters, readers learn how to make soups, stews, curries, casseroles, breads, party dips, and desserts, among other items. Hester draws her inspiration primarily from American (Chick'n Mushroom Casserole; Corn-Tastic Tex-Mex Loaf), Indian (Baigan Bharta; Easy Veggie Chickpea Biryani), and Asian (Ma Po Tofu; Thai Red Curry Tofu and Vegetables) cuisine, but many other culinary traditions are represented. Soy- and gluten-free dishes are clearly labeled, but a list of these dishes isn't included in a separate index. Dishes are indexed by the main ingredient, so Tofu Bouillabaise and the Smoked Tofu and Stars soup recipe are both found under 'tofu.' In a larger cookbook, this would be detrimental; here, it is merely annoying. VERDICT: This is a great slow-cooker cookbook with scrumptious dishes featuring ingredients that are easy to find in any major grocery store." - *Library Journal XPress*

About the Author

Kathy Hester lives in Durham, NC with her two cats who would rather not live together, a cute dog with a belly rub addiction, her very own picky eater, a kitchen garden, and more slow cookers than one person should own.

She writes [HealthySlowCooking.com](http://www.HealthySlowCooking.com), is the vegan blogger for Key Ingredient (<http://www.keyingredient.com/blog/bloggers/kathy-hester>) and writes for various publications like Chickpea Magazine. She also teaches vegan cooking classes, has put together a social media class for writers and has more classes in the works.

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