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proves that slow cookers can be used for much more than just tough, inexpensive cuts of meat. They are perfect for vegetarian and healthy cooking because slow cooking is a foolproof way to make beans, grains, and root vegetables, in preparations such as Spicy White Bean and Sweet Potato Stew with Collards, Balsamic-Glazed Carrots and Parsnips,

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proves that. For the millions of home
cooks who swear by the ease and
convenience of the slow cooker, this
book provides a whole new array of

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healthy, delicious recipes - that don't
rely on canned soup for flavor! And for
the millions of vegetarians looking for
simple, hearty fare, this book introduces
them to the magic of slow cooking.

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It keeps the kitchen cool on warm days

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and is inexpensive and durable. The perfect appliance for vegetarian and healthy cooking, the slow cooker offers a foolproof way to cook beans, grains, and numerous vegetables. Fresh from the Vegetarian Slow Cooker delivers recipes for simple, delicious, hearty fare without relying on canned soup for flavor.

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FRESH FROM THE VEGETARIAN SLOW COOKER works better as a vegetarian cookbook than a slow-cooker cookbook. In fact, I realized after reading this cookbook that the slow cooker doesn't really offer a lot to me as a vegetarian cook.

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We all know that a slow-cooker is ideal for cooking beans, soups, and stews, but as you explore the pages of Fresh From the Vegan Slow-Cooker, you'll discover a whole new slow-cooking world. The slow-cooker can be used to make braised

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snacks.

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She addresses any lingering skepticism
readers may have about whether slow-
cookers can have delicious, meat-free

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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

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Rustic Pot Pie Topped with Chive Biscuits
and a...

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Simple Vegetarian Slow-Cooked Beans
When I have a hungry family to feed,
these tasty beans with spinach,
tomatoes and carrots are a go-to dish.

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This veggie delight is frequently on the menu.

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and that require huge drawers lined up
with many different natural products -
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Discover the amazing versatility of the
slow cooker! If you're a vegetarian who

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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.

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You combine the spinach, garlic, and the remaining ingredients in a food processor. You put this mixture into an oiled loaf pan and cover with pierced aluminum foil. You place the loaf pan on a rack or trivet inside the slow cooker and add water to the slow cooker to steam the pâté for four hours.

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COOKER works better as a vegetarian
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cookbook that the slow cooker doesn't
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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

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they offer, and the quirks and
personalities of each device.

Fresh from the Vegan Slow Cooker - Robin Robertson

Fresh from the Vegan Slow Cooker Robin
Robertson Her earlier cookbook, Fresh
from the Vegetarian Slow-Cooker,
established her bona fides as an expert

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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.

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looking for simple, hearty fare, this book introduces them to the magic of slow cooking. Fresh from the Vegetarian Slow Cooker proves that slow cookers can be used for much more than just tough, inexpensive cuts of meat.

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Healthy meals made the slow cooker way America's Test Kitchen had a simple goal: Create quick and easy foolproof slow cooker recipes that taste as good as meals prepared on the stovetop or in the oven. They had one more stipulation: They wanted their selections to be healthy, not the fat-heavy main courses featured in many slow cooker

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For the millions of home cooks who swear by the ease and convenience of the slow cooker, this book provides a whole new array of healthy, delicious recipes - that don't rely on canned soup

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for flavor And for the millions of vegetarians looking for simple, hearty fare, this book introduces them to the magic of slow cooking. Fresh from the Vegetarian Slow Cooker proves that slow cookers can be used for much more than just tough, inexpensive cuts of meat...

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Fresh from the Vegetarian Slow Cooker proves that slow cookers can be used for much more than just tough, inexpensive cuts of meat. They are perfect for vegetarian and healthy cooking because slow cooking is a foolproof way to make beans, grains, and root vegetables, in preparations such as Spicy White Bean

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