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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, and Boston Brown Bread.

~~Fresh from the Vegetarian Slow Cooker: 200
Recipes for ...~~

It keeps the kitchen cool on warm days 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 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, and Boston Brown Bread.

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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.

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Fresh from the Vegetarian Slow Cooker 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 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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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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Recipes for ...

1. Heat the oil in large saucepan over medium heat. Add the onion, celery, carrot, and garlic. Cover and cook until softened, 8 to 10 minutes. Transfer the vegetables to a 4-quart slow cooker and add the lentils, stock, and tamari. Cover and cook on low for 8 hours. Season to taste with salt and pepper. 2.

~~Recipes from Fresh from the Vegetarian Slow Cooker — Robin ...~~

January 27, 2012. Format: Paperback
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Fresh from the Vegan Slow Cooker. by Robin Robertson on October 15, 2013. 200 Ultra-Convenient, Super-Tasty, Completely Animal-Free Recipes. by Robin Robertson. Robin ' s earlier cookbook Fresh from the Vegetarian Slow-Cooker established her bona fide 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~~—

~~Robin Robertson~~

She has written numerous cookbooks, including the best-selling titles Fresh from the Vegan Slow Cooker, 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

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Oct 17, 2017 - Recipes from my slow cooker

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cooker, Fresh from the Vegan Slow Cooker. You'll find vegan recipes for your crockpot, including vegetable soup, chili, dal, vegan stew and more, with dishes for dinner, lunch, breakfast, dessert, and even snacks. See more ideas about vegan slow cooker, vegan stew, vegan recipes.

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Fresh from the Vegetarian Slow Cooker delivers recipes for simple, delicious, hearty fare without relying on canned soup for flavor. With chapters on appetizers, soups, stews, breakfasts, desserts, and more, this is the book for anyone looking for healthy meal alternatives.

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For the millions of home cooks who swear by the ease and convenience of the slow

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~~book by Robin G ...~~

Instructions Heat oil in a large skillet over medium heat. Add onion, celery, carrot, garlic, and stems from Swiss chard. Cover and... Add cooked vegetable mixture, lentils, potatoes, broth, and soy sauce in a 4- to 6-quart slow cooker. Stir to combine,... Just before soup is finished cooking, bring ...

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