

[PDF] The Complete Vegetarian Cookbook: A Fresh Guide To Eating Well With 700 Foolproof Recipes

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Books Details:

Title: The Complete Vegetarian Cookb

Author:

Released: 2015-03-01

Language:

Pages: 472

ISBN: 1936493969

ISBN13: 9781936493968

ASIN: 1936493969

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Description:

Best-Selling vegetarian cookbook destined to become a classic.

Everyone knows they should eat more vegetables and grains, but that prospect can be intimidating with recipes that are often too complicated for everyday meals or lacking in fresh appeal or flavor. For the first time ever, the test kitchen has devoted its considerable resources to creating a vegetarian cookbook for the way we want to eat today. The Complete Vegetarian Cookbook is a wide-ranging collection of boldly flavorful vegetarian recipes covering hearty vegetable mains, rice and grains, beans and soy as well as soups, appetizers, snacks, and salads.

More than 300 recipes are fast (start to finish in 45 minutes or less), 500 are gluten-free, and 250 are vegan and are all highlighted with icons on the pages. The book contains stunning color photography throughout that shows the appeal of these veggie-packed dishes. In addition, almost 500 color photos illustrate vegetable prep and tricky techniques as well as key steps within recipes.

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