

VEGAN SLOW COOKING

FOR TWO —OR— JUST FOR YOU



More Than 100
Delicious One-Pot Meals for Your
1.5-Quart or 1.5-Litre Slow Cooker

KATHY HESTER

best-selling author of *The Vegan Slow Cooker*

Vegan Slow Cooking For Two Or Just For You

America's Test Kitchen



Vegan Slow Cooking For Two Or Just For You:

Vegan Slow Cooking for Two or Just for You Kathy Hester, 2013-08-06 A slow cooker cookbook filled with fantastic recipes that are perfectly sized for smaller households Stephanie O Dea New York Times bestselling author of Make it Fast Cook it Slow If you have a small family or are looking for better portioned vegan meals that don't force you to eat chili for a week straight Vegan Slow Cooking for Two or Just for You is the perfect resource for you Featuring recipes geared specifically for use with a 1.5 to 2 quart slow cooker you'll find endless meal ideas that you can make with minimal effort and maximum taste Just prep a few items the night before or morning of and come home to a hot meal or side or dessert the moment you walk in the door The little slow cooker is so easy to use that it makes cooking everyday a snap so you can have a healthy variety of foods at a fraction of the cost of eating out Inside you'll find a whole new world of food to fall in love with from breakfast y Pumpkin Polenta to comforting White Bean Quinoa Gumbo to luscious Blueberry Lemon Cake You'll be amazed at what your little slow cooker can do Hester presents a collection of unique small batch recipes from breakfast to dessert accompanied by beautiful photographs demonstrating that slow cooked food can be vibrant and colorful VERDICT Vegans vegetarians and anyone seeking healthy appetizing slow cooker recipes in small portions will find this title

informative and inspiring Library Journal **Vegan Slow Cooking for Two Or Just for You** Kathy Hester, 2013-08 Discover recipes for more than 100 delicious one pot vegan meals from dips and desserts to dinners and more **Vegan Slow Cooking For Two Or Just For You Cookbook** Dorothy Bell, 2020-10-11 Vegan Slow Cooking For Two Or Just For You Cookbook Get your copy of the best and most unique recipes from Dorothy Bell Do you miss the carefree years when you could eat anything you wanted Are you looking for ways to relive the good old days without causing harm to your health Do you want an ideal way to preserve your food Do you want to lose weight Are you starting to notice any health problems Do you want to learn to prep meals like a pro and gain valuable extra time to spend with your family If these questions ring bells with you keep reading to find out Healthy Weekly Meal Prep Recipes can be the best answer for you and how it can help you gain many more health benefits Whether you want to spend less time in the kitchen lose weight save money or simply eat healthier meal prep is a convenient and practical option and your family can savor nutritious delicious homemade food even on your busiest days Purchase The Print Edition Receive A Digital Copy FREE Via Kindle Matchbook In this book This book walks you through an effective and complete anti inflammatory diet no prior knowledge required Learn how to shop for the right ingredients plan your meals batch prep ahead of time and even use your leftovers for other recipes and detailed nutritional information for every recipe Vegan Slow Cooking For Two Or Just For You Cookbook is an incredible resource of fulfilling joy inducing meals that every home cook will love In addition 2 weeks of meals a 14 day schedule of meals including step by step recipes and shopping lists for each with tips on what you can prepare ahead of time to get dinner or meal on the table faster Let this be an inspiration when preparing food in your kitchen with your love ones for the Holiday It would be

lovely to know your cooking story in the comments sections below Again remember these recipes are unique so be ready to try some new things Also remember that the style of cooking used in this cookbook is effortless I really hope that each book in the series will be always your best friend in your little kitchen Well what are you waiting for Scroll to the top of this page and click the Add to Cart button to get your copy now

Vegan Slow Cooking for Two Rhyen Geiger RD, 2021-12-14

Simplify plant based cooking for two with set and forget slow cooker recipes Your slow cooker makes it easy to whip up healthy cooking for two just throw in nutritious ingredients press a button and come back to a mouthwatering meal This cookbook offers an exciting variety of plant based slow cooker recipes for breakfast lunch dinner and dessert No complicated ingredients no pricey grocery bills no boatloads of leftovers just effortless vegan meals so tasty you ll want to share them with a partner This healthy slow cooker cookbook for two includes Expert guidance Learn everything you need to know for vegan slow cooking success including money saving shopping hacks handy explanations of your slow cooker s settings and meal planning pointers for small batch cooking Recipe tips Find suggestions for varying flavors with different ingredients using up leftover ingredients when a dish doesn t call for the full amount and other helpful recipe pointers Vegan staples Discover simple recipes for plant based versions of baked beans meatless grounds barbecue sauce veggie broth and more Create flavorful meals fit for weeknights date nights and beyond with *Vegan Slow Cooking for Two*

The Best Vegan Dinner Recipes Celine Steen, Joni Marie Newman, 2009-11-01 Flavorful Recipes to Suit Your Every Taste and Craving Here are our favorite soup stew pasta and casserole recipes from the best selling 500 Vegan Recipes These recipes give you the array of dishes you ve been searching for while still including all your favorite comfort foods and traditional fare Vegans and non vegans alike can satisfy their every craving with these recipes which feature international cuisines as well as hearty and comforting dishes Individual recipes are also marked with such distinctions as Soy Free Gluten Free Low Fat and Under 30 Minutes Recipes in this mini book include Chicken Noodle Soup Creamy Tomato Soup Split Pea Soup Minestrone Red Jambalaya Au Gratin Potatoes Leek Bean and Rice Medley Veggie Fried Rice Cheater Mac and Cheese Moroccan Spaghetti Lentil Tart with Tahini Crust Curry Cashew Tofu Bake Tuna Less Casserole Mexican Shepherd s Pie Spinach Quiche With 500 Vegan Recipes eating healthfully has never been easier or more kind

500 Vegan Recipes Celine Steen, Joni Marie Newman, 2009-11-01 Flavorful Recipes to Suit Your Every Taste and Craving Here are our favorite dinner recipes from the best selling 500 Vegan Recipes These recipes give you an array delicious and healthy main course and side dish options for great family meals Vegans and non vegans alike can satisfy their every craving with these recipes which feature international cuisines as well as hearty and comforting dishes Individual recipes are also marked with such distinctions as Soy Free Gluten Free Low Fat and Under 30 Minutes Recipes in this mini book include Eggplant Lasagna Chorizo Tacos with Chunky Roasted Veggie Salsa Granny s Meatloaf Multigrain Pilaf Veggie Chow Mein Greek Stuffing Creamed Corn Refried Beans Hot and Spicy Buffalo Sauce Simple Cheezy Sauce With 500 Vegan Recipes eating healthfully has never been easier or more kind

Vegan Slow Cooking Carla Kelly, 2012-04-10 Provides a collection of more than 150 recipes for vegan meals that can be made in a slow cooker with detailed instruction on preparing the ingredients along with easy to prepare recipes for side dishes to accompany the meal

The Vegan Slow Cooker Kathy Hester, 2018-12-04 Revised and Expanded the ultimate collection of simple wholesome plant based slow cooker recipes that are sure to satisfy the whole family With a slow cooker or Instant Pot you can create delicious meals that are loaded with healthy ingredients AND work with your schedule Author and slow cooker aficionado Kathy Hester gives you the techniques and tricks you need to make the most out of your slow cooker or multi cooker This edition of The Vegan Slow Cooker features more than twenty new and updated recipes more than 160 recipes in all plus new tricks for streamlining recipes and all new photography Recipes also include gluten free soy free and no oil added options These recipes cover every meal and type of cuisine from your favorite casseroles and stews to exciting new takes on pizza and desserts all deliciously plant based and vegan friendly Recipes include Cranberry Vanilla Quinoa White Bean and Kale Stew Chorizo and Sweet Potato Enchilada Casserole Chick n Marsala Pumpkin White Bean Lasagna Mango Coconut Rice Pudding Chile Chocolate Black Bean Brownies

The Complete Slow Cooking for Two Linda Larsen, 2015-09-15 Slow cooking for dinner duos Twosomes who share a kitchen face a dinner dilemma get takeout or spend tons of time preparing meals with way too much leftover Not anymore The Complete Slow Cooking For Two serves up good for you slow cooker meals that save hours and are portioned precisely for duos Think slow cookers are only for soups and stews Think again This slow cooker cookbook introduces you to the best of the best slow cooker recipes from tender Teriyaki Pork Roast to spicy Curried Veggie Bake and more Complete with a guide to slow cooker dos and don ts plus shopping and planning tips you ll find everything you need to slow down and enjoy meals together This slow cooker cookbook includes Slow Cooking 101 Get the lowdown on how to choose and use your slow cooker for the best results 150 Weeknight Worthy Recipes Cook up hearty wholesome meals with recipes for soups stews chilis beef lamb pork poultry vegetarian and more Easy Tips Learn how to pull a meal together and transform your leftovers if you have any The Complete Slow Cooking For Two is your go to slow cooker cookbook for making pared down portions perfect for two

The Complete Idiot's Guide to Vegan Slow Cooking Beverly Bennett, 2012-10-02 The Complete Idiot s Guide to Vegan Slow Cooking provides more than 200 slow cook vegan plant based recipes for every meal of the day and includes not only soups and stews but sandwiches sides snacks appetizers sauces and even breads Although most recipes are prepared with a slow cooker some are simply prepared by slow cooking The opening chapters introduce the reader to the world of slow cooking with the hows and whys of slow cooking as well as instructions for adapting favorite recipes to one s slow cooker

The Ultimate Vegan Cookbook for Your Instant Pot Kathy Hester, 2017-01-10 As the Instant Pot becomes increasingly affordable and popular among home cooks who better than to teach vegans the ins and outs of this handy appliance than bestselling vegan cookbook author Kathy Hester In The Ultimate Vegan Instant Pot Cookbook Kathy presents 80 new and unique recipes using the many

features of the 7 appliances in 1 Instant Pot which includes a pressure cooker slow cooker yogurt maker and steamer The Instant Pot does most of the work for less kitchen stress and mess and it produces astoundingly delicious results Recipes include Autumn Mushroom Bean Soup Quinoa Chickpea Scramble California Vegetables in Cheesy Sauce All American Tempeh Chili Mushroom Stroganoff Over Instant Pot Potatoes and even desserts like Vegan Cheesecake and S'mores Sweet Potatoes Readers also save money by easily making their own staples such as vegetable stock nondairy milk yogurt seitan and cheesy sauce With plenty of introductory material readers can learn about using the different features of their Instant Pot nutritional benefits of each do's and don'ts and how to care for it This cookbook helps vegan home cooks confidently use the Instant Pot to prepare their own nourishing staples and delicious meals for their families This book will have 80 recipes

Fresh from the Vegan Slow Cooker Robin Robertson, 2012-10-02 Pair the convenience of a slow cooker with the health and environmental benefits of a plant based diet with 200 delicious vegan recipes In Fresh from the Vegan Slow Cooker bestselling vegan and vegetarian cookbook author Robin Robertson unites her expertise on the creative use of slow cookers her ingenuity in the kitchen and talent for working with enticing ingredients and flavors She 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 Robin addresses any lingering skepticism you may have about whether slow cookers can have delicious meat free 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 Including many soy free and gluten free recipes you will find Homey and comforting foods in the American and European style such as a Rustic Pot Pie Topped with Chive Biscuits and a Ziti with Mushroom and Bell Pepper Ragù East Asian South and Southeast Asian and Mexican Latin dishes Appealing bean dishes such as a Crockery Cassoulet and a Greek Style Beans with Tomatoes and Spinach Eighteen robust chilis and stews including a warming Chipotle Black Bean Chili with Winter Squash and a surprising but yummy Seitan Stroganoff Snacks and appetizers desserts breads and breakfasts and even drinks Whether you live a completely vegan lifestyle or are looking to incorporate more meatless meals into your busy life this cookbook is a must have resource **The Essential Vegan**

Instant Pot Cookbook Coco Morante, 2019-02-26 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 New Cooking School Cookbook** America's Test Kitchen,2021-11-16 Learn how to cook just about anything with this easy to follow cookbook for beginners featuring 80 themed courses 400 recipes and 200 kitchen hacks and skills for cooking at home Go to cooking school in your own kitchen In this cookbook for beginners and experienced cooks America s Test Kitchen teaches you cooking basics from poaching the perfect egg to making Italian pasta from scratch Learn how to cook with 80 focused courses from Pizza and Fried Rice to Fish on the Grill Insights on cooking techniques key takeaways and the food science of each course Demonstrations of a wide range of skills progressing from basic to more advanced Easy to digest sections so you can stop reading and start cooking Infographic pages that dive deeper into each recipe and their ingredients Why should you salt food at multiple stages during the cooking process How is olive oil really produced and why do mushrooms benefit from water when sauteing Come learn all this and more with The New Cooking School your ultimate guide to cooking basics and kitchen hacks for cooking at home [Vegan & Slow](#) T.S Avini,2025-08-06 Dive into Vegan Slow your ultimate guide to embracing a lifestyle where plant based nutrition and convenience go hand in hand This book unveils the secrets to making mouthwatering nutrient dense vegan meals with the simple magic of a slow cooker Whether you re a seasoned vegan or exploring plant based cooking for the first time discover how easy it is to create diverse dishes from robust soups and stews to creative veggie mains Revel in flavorful global recipes that transport your taste buds around the world Simplify your kitchen routine with meal prep tips and one pot wonders that reduce clean up and stress Unleash the full potential of your pantry and explore dynamic combinations of grains legumes and plant based proteins The book also offers insight into crafting delicious desserts with ease and provides strategies for adapting cherished traditional recipes into vegan friendly delights Transform everyday dining into a delightful experience and join the growing community of slow cooking enthusiasts who savor every step of the process Empower your daily routine with minimal effort and maximum flavor order your copy of Vegan Slow today and begin your delicious journey **The Complete Mediterranean Cookbook Gift Edition** America's Test Kitchen,2021-10-19 THE PERFECT GIFT FOR COOKS Give your favorite foodie a keepsake hardcover edition of the 1 bestselling Mediterranean diet cookbook featured on NBC s Today Show and USA Today The one book you need to master Mediterranean cooking with 500 healthy recipes and expert advice from America s Test Kitchen San Francisco Book Review ATK s 1 bestselling Mediterranean cookbook showcased the vibrancy and benefits of the Mediterranean diet Now give the gift of these delicious recipes in a stunningly luxe hardcover edition Inside you ll find 500 accessible Mediterranean recipes from Greece Italy Turkey Egypt and more Seafood meat and plant based recipes for building a healthy Mediterranean plate Essential Mediterranean diet ingredients found in every supermarket Practical guides to meal planning entertaining and pantry building Easy healthy recipes you can make in just 45 minutes or less Nutritional guidelines and goals for every recipe all fish recipes are 750 calories br Large colorful photos you

I love to recreate recipes. With more than 600,000 copies sold, *The Complete Mediterranean Cookbook* by The Easy Vegan Cookbook author Kathy Hester, 2015-09-01, is a quick and tasty plant-based recipe book that the whole family will enjoy. Bestselling author Kathy Hester hits the bulls' eye with a brand new cookbook to solve a big vegan dilemma: how to make vegan food that is fast, easy, and lip-smackingly delicious. *The Easy Vegan Cookbook* is packed with 80 recipes, a must-have cookbook for vegans with families, busy schedules, limited budgets, and hearty appetites for healthy food that simply tastes good. With recipes like Creamy Broccoli and Potato Casserole and Veggie Pot Pie, pasta readers will have a stockpile of quick recipes that they can count on to be delicious. Additionally, many of the recipes are gluten-free, soy-free, and oil-free for those who have other dietary restrictions or preferences. This cookbook includes chapters such as Make Ahead Staples and Speedy Stir Fries, as well as recipes such as Inside Out Stuffed Pepper Stew, Creamy Cauliflower Pesto Pasta, and Vegged Out Chili. No longer will weeknight meal planning be a source of stress. With *The Easy Vegan Cookbook*, vegans everywhere can enjoy easy, fast, and family-friendly recipes for amazing food.

Easy Everyday Keto by America's Test Kitchen, 2020-03-31, raises the bar on keto cooking with dishes that offer fantastic flavor, efficiency, and ease. Break free from the monotonous or time-consuming recipes that too often make up the reality of a keto diet and discover easier, naturally keto dishes that deliver inspiration, variety, and great taste all while perfectly meeting your macros. In this meticulously tested must-have collection, we set our sights on regular meals anyone would enjoy, skipping the gimmicky ideas and seeking nourishing healthy fats and low-carb vegetables in recipes such as Lemon Thyme Pork Tenderloin with Green Beans, Grilled Chicken Thighs with Shaved Zucchini Salad, One-Pan Steak Fajitas, Kimchi Beef Meatball Soup, and Green Shakshuka. Essential keto-friendly comfort foods help satisfy cravings with all-purpose keto wraps, pancakes, and simple sweets and snacks. Our recipes keep mealtime easy but interesting; most recipes take less than an hour with plenty of variations to change up the routine. Try making Butter Basted Ribeye Steak using Coffee Chile Butter. Since eating outside the house is challenging, our Keto Meal Prep feature highlights the best make-and-take recipes so you can skip that packaged snack bar and enjoy a bite of something homemade. A Keto essentials section and weekly meal plans will help to organize your shopping list, and healthy tips from our nutritionist make your goals achievable.

Fix-It and Forget-It Plant-Based Keto Cookbook by Hope Comerford, 2020-10-06, features anti-inflammatory recipes for your slow cooker, Instant Pot, oven, stovetop, and grill from the New York Times bestselling series. The keto diet has soared in popularity due to its effectiveness in helping people lose weight, balance blood sugar, and lower blood pressure and cholesterol, and more. Now you can combine those benefits with the healing power of plant-centric clean eating. But coming up with family-friendly keto meals that are also vegetarian or vegan and don't require a lot of preparation time can be tricky. Here are 100 recipes that are quick to prep and will satisfy your cravings for down-home comfort foods. Whether you're looking for tasty breakfasts, easy lunches, healthy dinners, delicious desserts, or even snacks, you'll find something to fuel your body and make your mouth happy. Find recipes such as Chia Breakfast Pudding.

Avocado Breakfast Bowl Tempeh and Zucchini Stew Hearty Chili Spinach Stuffed Tomatoes Szechuan Style Tofu and Broccoli
Lemon Garlic Green Beans Chocolate Mousse Raspberry Almond Bars Lotsa Chocolate Almond Cake And more Whether you
re new to keto and plant based cooking or a long term advocate you ll find plenty in these pages to inspire you Never have
comfort foods been so healthy or so easy Slow Cook, Fast Food Sarah Flower,2011-07-01 Nutritionist Sarah Flower offers
advice for the busy family to literally take things slowly Slow cooking is the easiest way to cook plus it has the added
advantage of being good for your health And you don t have to slave over a hot stove when you ve finished work for the day
to create your supper Literally fill your slow cooker with your chosen ingredients and walk away for the day Nothing could be
simpler Slow Cook Fast Food also shows you how to save on washing up by creating one pot meals and desserts for all the
family without breaking a sweat Use your slow cooker to make nutritious meals with very little effort Prepare one pot dishes
with ease and less washing up Prepare mouth watering soups main meals and desserts Make the most of your ingredients
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Vegan Slow Cooking For Two Or Just For You Introduction

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