



Vegan Comfort Foods From Around The World: Over 60 Delicious and Satisfying Low-Fat Plant Based Recipes

Veronica Grace

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Learn how to cook the oil-free and low fat vegan way with 60+ recipes with **full color photos** for **EVERY** recipe!

Recipes are designed to be Dr. McDougall, Forks Over Knives, Dr. Esselstyn, Engine2 and Eat To Live "friendly" and are based on oil-free, whole minimally processed plant foods.

Comfort Foods From the Americas:

Baked Butternut Squash Mac & Cheese,
Better Than Boston Baked Beans,
Black Bean & Corn Tacos,
Cranberry Apple Pecan Holiday Stuffing,
Easy Cheezy Shells and Broccoli,
Hearty Vegetable Slow Cooker Stew,
Herbed Lentil Loaf,
Holiday Stuffed Acorn Squash,
Jackfruit Carnitas (faux pulled pork tacos),
Marinated Portobella Bean Burritos,
Mashed Potatoes With Mushrooms,
Meatless Sloppy Joe's,
Quinoa Veggie Slow Cooker Chili,
Rainbow Nachos, Rice & Beans Costa Rican Style (Gallo Pinto),
Saucy Eggplant Fajitas,
Spicy Black Bean & Corn Burgers,
Yam & French Lentil Shepherd's Pie,
Yam and Pecan Holiday Casserole,
Yam Black Bean Enchiladas,

Comfort Foods From Europe and Asia:

Baked Artichoke Risotto,
Baked Ziti With Greens,
The Best Cabbage Rolls,
Cauliflower Potato Tofu Frittata,
Deluxe Spinach Mushroom Lasagna,
Fettuccini Alfredo With Mushrooms and Spinach,
Gourmet Chanterelle Mushroom Risotto,
Greek Rice Stuffed Peppers,
Indian Basmati Rice with Peas,
Indian Cauliflower & Potato Curry (Aloo Gobi),
Indian Chickpea Curry (Chana Masala),
Indian Eggplant Curry (Baingan Bharta),
Indian Spinach Potato Curry (Aloo Palak),

Moroccan Root Vegetable Tagine (Stew),
Ratatouille,
Rotini Marinara With Chanterelle Mushrooms,
Spaghetti Marinara With French Lentils,
Thai Eggplant & Basil Stir Fry,
Vegan California Sushi Rolls,
Yam Chickpea Spinach Curry,

Comfort Sauces/Gravies/Dips:

Baba Ghanoush (Roasted Eggplant Dip),
The Best Guacamole,
Black Bean Dip,
Cheezy Sauce For Vegetables,
Classic Brown Gravy,
Creamy White Bean Gravy With Thyme,
Low Fat Hummus,
Miso Tahini Gravy,
Queso Sauce,
Rich Mushroom Gravy,
Roasted Red Pepper Hummus,
Southern White Gravy,
Tangy Tofu Ranch Dip,

Bonus Recipes and Material:

How To Cook Basic Side Dishes
How To Cook The Perfect Brown Rice
How To Cook The Perfect White Basmati Rice (and brown)
How To Cook Quinoa Perfectly Every Time
How To Bake Jacket Potatoes Without Oil
How To Cook The Perfect Sushi Rice
Tools Necessary For A Low Fat Vegan Kitchen
Ingredients Needed For These Recipes
Why Cook Without Oil?
Debunking Common Cooking Myths
What Is This Ingredient?

Bonus Recipes:

Sautéed Garlic Mushrooms,
Two Bite Brownies
Vegan Rice Pudding



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