

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

Kathy Hester



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 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 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

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 Healthy Vegan Slow Cooker Deborah Oliver, Slow cookers are among an array of old kitchen gadgets making a comeback Most of us are experiencing the joys of cooking delicious readymade meals at home The extended cooking times allow better distribution of flavors in many recipes If you want to prepare hot nutritious home cooked meals for your family and friends but feel like time is never on your side think again The Vegan Slow Cooker will allow you to come home from work to a wonderful prepared Vegan meal With more than 225 recipes you ll find all the tasty inspiration you need to pull that neglected crock pot out of storage and get start creating compassionate crave worthy meals today Home cooking has never been more easy or delicious The recipes provided in this book are wholesome and tasty Simple to prepare yet totally delicious these recipes will be a surprise

Fresh from the Vegan Slow Cooker Robin Robertson,2012-09-25 Robin Robertson has built a publishing record of successful books in the vegetarian vegan category Her earlier cookbook Fresh from the Vegetarian Slow Cooker established her bona fides 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 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 She addresses any lingering skepticism readers 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 There are 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 Ragu and there are lots of East Asian South and Southeast Asian and Mexican Latin dishes too Beans which cook slowly under any circumstance are fabulously well suited to the slow cooker and Robertson includes such appealing recipes as a Crockery Cassoulet and a Greek Style Beans with Tomatoes and Spinach Eighteen robust chilis and stews two more categories that do well in the slow cooker include a warming Chipotle Black Bean Chili with Winter Squash and a surprising but yummy Seitan Stroganoff Beyond the mains there are chapters devoted to snacks and appetizers desserts breads and breakfasts and even one on drinks The many soy free and gluten free recipes are clearly identified Altogether the collection offers readers loads of ways to expand their vegan repertoire and to get maximum value from their investment in a slow cooker

The Vegan Slow Cooker, Revised and Expanded Kathy Hester, 2018-12-04 The Vegan Slow Cooker Revised and Expanded is the perfect collection of simple wholesome plant based recipes that are convenient and sure to satisfy the whole family Every home cook wants to prepare hot nutritious home cooked meals for their family and friends but time is rarely on our side With a slow cooker or Instant Pot however that can all change 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 revised edition of the previously best selling cookbook features more than 20 new and updated recipes more than 160 recipes in all new tricks for streamlining recipes and all new photography Recipes also include gluten free soy free and no oil added options The reward for your simple morning prep is perfectly cooked intensely flavorful one dish meals that are hot and ready as soon as you walk in the door each day You ll find recipes that cover every meal and type of cuisine from your favorite comforting casseroles and stews to fresh and exciting new takes on pizza and desserts all deliciously plant based and vegan friendly Just a few of the great recipes you ll find include Cranberry Vanilla Quinoa White Bean and Kale Stew Chorizo and Sweet Potato Enchilada Casserole Chick n Marsala Mashed Potato and Edamame Burrito Filling Pumpkin White Bean Lasagna Meatless Sausage Mushroom Ragu Savory Cheddar Sausage Bread Mango Coconut Rice Pudding Chile Chocolate Black Bean Brownies Get started creating healthy delicious stress free meals today with The Vegan Slow Cooker Revised and Expanded It s as simple as the flick of a switch

The Vegan Slow Cooker Kathy Hester, 2011-10 Author and slow cooker expert Kathy Hester founder of the blog Healthy Slow Cooking www.healthyslowcooking.com will show you how simple it is to 1 Prep your ingredients the night before in just a few minutes time and 2 Assemble everything in the slow cooker in the morning right before you head to work Publisher

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](#) [Paleo Diet Cookbook](#), [Air fryer cookbook](#), [Vegan Slow Cooker Cookbook & Anti-Inflammatory cookbook](#) Charlie Mason ,2021-03-02 Air Fryer Recipes Paleo Diet Vegan Slow Cooker Cookbook Anti Inflammatory Diet Air Fryer Recipes By purchasing The Complete Air Fryer Recipes for Quick and Healthy Meals you will soon be surprised how simple it really is to serve meals to your family that not only taste superb they will improve your general health Leave all of the work to the Air Fryer You can take the credit for the tasty dishes and no one has to know how you did it unless you want to share These are just a few of the tempting recipes you will soon know how to prepare Sausage Wraps Roast Turkey Reuben Meatloaf with Black Peppercorns Chicken Kiev Supper Lemon Fish Stuffed Mushrooms with Sour Cream Honey Roasted Carrot Avocado Fries Think of all of the activities that can happen during the summer while the kids are out of school Think of the time you can save if you already have a plan of a quick and healthy meal or snack You are much more likely to encourage healthier eating habits when you don t have to spend hours cooking a meal It is ready in no time Paleo Diet It s time to step into that time machine and land yourself back into the time of the cavemen We were created to eat items that we used to hunt and gather for but the world has sure changed and certainly not for the better in regards to how we fuel our bodies The Paleo Diet will get your physical being back on track as you explore the main consumables that our cavemen and women friends used to devour It s time to stop filling your body with pointless calorie filled carbs and sugars and get back to the basics The recipes included in this cookbook are not only delicious but very easy to whip up in the comfort of your own kitchen The recipes in this book include a wide array of breakfast lunch dinner snack and dessert recipes that will help you to please your Paleo palate even when the situation is not ideal to stick to your diet choices Even those that have yet to experience the benefits of the Paleo will appreciate the tasty qualities that these recipes have to offer [Vegan Slow Cooker Cookbook](#) You must see this to believe it You will be surprised at the tasty treats that await you in the [Vegan Slow Cooker Cookbook](#) Top 31 Vegan Slow Cooker Recipes your general health Not only will you have a step by step guide but it will also be simple to understand This is a sneak peek at what is in store if you decide to own your copy Spiced Granola with Fruit and Nuts Spinach and Artichoke Pasta Italian Eggplant Casserole with Cashew Tofu Ricotta Slow Cooked Coconut Raisin Rice Pudding Cauliflower Rice Sushi Bowls with Tofu Anti Inflammatory Diet In this cookbook you ll find an easy 7 day meal plan with 3 easy to follow recipes

delicious recipes a day In addition there are 4 Fantastic recipes as a bonus Chronic inflammation is a common unrecognized health issue A byproduct of a diet full of processed foods hydrogenated fats and refined sugars inflammation wreaks havoc on the body's ability to maintain balance Your immune system stays in high gear trying to heal that imbalance The result is you feel terrible Chronic joint pain abdominal pain cramping fatigue depression and general overall malaise have all been attributed to chronic inflammation Your body is meant to maintain a delicate balance When chronic inflammation is present in the body it keeps the body out of balance

The Plant-Based Slow Cooker Robin Robertson, 2020-11-10 This revised and updated edition of the best selling cookbook Fresh from the Vegan Slow Cooker now with a plant based focus offers over 225 extremely convenient delicious and completely plant based recipes for everyone's favorite cooking machine Beyond five chapters focusing exclusively on main courses there are nine chapters devoted to soups snacks and appetizers desserts breakfasts and breads and even one on hot drinks Some of the recipes you will find include Spicy Tomato Queso Dip Vegetable Paella Thai Coconut Soup Jackfruit and Black Bean Chili Lasagna Primavera Irish Soda Bread Artichoke Risotto Indian Eggplant Curry Mexican Hot Chocolate Pi a Colada Cake The Plant Based Slow Cooler also provides practical guidance on how to work with different models of slow cookers and takes into account the sizes of various machines their variety of settings and the quirks and personalities of each Robertson also addresses any lingering skepticism readers may have about whether slow cookers can have delicious meat free applications they absolutely can Book jacket

[The Ultimate Vegan Cookbook for Your Instant Pot](#) Kathy Hester, 2017-01-10 cooks of all tastes and skill levels will appreciate Hester's inventive and approachable collection Publishers Weekly Quick and Easy Plant Based Meals for Your Instant Pot With this must have vegan guide bestselling author Kathy Hester shows you how easy it is to pressure cook steam saut and slow cook with your Instant Pot Cook an entire meal at the same time with Kathy's layered entrees and sides try a one pot meal or prepare beans and lentils in half the time With recipes like Herbed French Lentils with Beets and Pink Rice Creamy Mushroom Curry with Brown Basmati Rice Pilaf Southern Style Pinto Beans Whole Grain Cornbread Smoky Pecan Brussels Sprouts and Tres Leches Inspired Dessert Tamales maintaining a vegan lifestyle has never been easier or tastier Kathy also shows you how to save time and money by making your own homemade condiments like No Effort Soy Yogurt Fresh Tomato Marinara Sauce and Not Raw Almond Milk Make delicious vegan meals the easy way with the press of a button

[Gluten Free Wheat Free Easy Baking, Bread & Meals Getting Started Recipes Cookbook](#) Milly White, Do you think that gluten free baking and meals can't possibly taste fantastic Does the idea of wheat free bread and pastry conjure up images of heavy and unpalatable food Do you think that eating gluten and wheat free meant turning your back on all your most loved recipes Milly White's Gluten Free Wheat Free Easy Baking Bread you can serve them to the whole family even those who would normally eat gluten This inspiring and exciting recipe collection will become an essential part of your gluten free kitchen Milly White's Gluten Free Wheat Free Easy Baking Bread Meals Recipes Cookbook is your recipe for delicious foods that are gluten free

wheat free and are sure to delight and satisfy so click the Buy Now button and let's get cooking together

The Ultimate Vegetarian Slow Cooker Cookbook Linda Larsen, 2016-09-13 Get More Veggies in Your Diet and Your Schedule Working more vegetables into your diet and schedule is easier than ever by using your slow cooker to create wholesome plant based meals Full of diverse ingredients and exciting flavors The Ultimate Vegetarian Slow Cooker is a vegetarian cookbook that offers 200 recipes to meet your nutritional needs and busy lifestyle Linda Larsen About.com's Busy Cooks Expert and author of the bestselling The Complete Slow Cooking for Two has created over 200 recipes that deliver delicious filling healthy vegetarian meals most with 15 minutes prep time or less In this vegetarian cookbook Linda's recipes deliver the prep fast cook slow ease to your kitchen The Ultimate Vegetarian Slow Cooker offers tasty variations that ensure that you'll be able to use each recipe again and again Finally a vegetarian cookbook with simple scrumptious recipes such as Pumpkin Apple Breakfast Bars Barley Vegetable Risotto Fajita Chowder Black Bean Quinoa Chili Wild Mushroom Stroganoff Roasted Garlic Mashed Root Veggies Salted Caramel Cheesecake and much more The only vegetarian cookbook for slow cookers that you'll ever need The Ultimate Vegetarian Slow Cooker also includes smart grocery shopping tips that enable you stay within budget as well as suggestions for slow cooker care that make clean up a breeze

Mostly Homemade Antoinette Johnson, 2024-10-15 The debut cookbook from the winner of the Amazon Prime Video original series America's Test Kitchen The Next Generation 100 budget friendly home cook developed recipes that transform everyday supermarket ingredients into something special with meals sides snacks desserts and more Forget takeout and get fired up for cooking at home while saving money and learning simple ways to build fast easy meals around taken for granted ingredients In her debut cookbook Antoinette Johnson dispels myths that cooking takes too long and buying ingredients is too expensive She guides you through grocery aisles with a creative look at canned goods condiments frozen items and more You'll learn to shop efficiently to build a lean must have pantry and then how to make culinary magic in a flash using those few well chosen items Make canned goods impressive Maximize canned vegetables with Ginger Miso Carrots Weeknight Collard Greens and the No Churn Sweet Potato Pie Ice Cream that wowed the TV judges Use tinned fish for Oysters Rockefeller Dip and Sriracha Soy Salmon Sliders Turn frozen foods into assets Transform frozen pasta into Weeknight Ravioli Lasagna Jazz up frozen meatballs to enjoy Strawberry Hoisin Meatballs Make flavors sing with basic condiments You don't need 17 different condiments for Stuffed Pork Chops the Dijon Lemon Roasted Cabbage Wedges from the TV show or Spicy Potato Salad Get more bang for your prepared foods buck Don't just slice up a rotisserie chicken turn it into Thai Chicken Lettuce Wraps Curry Chicken Noodle Soup or White Chicken Chili Bring comfort food within reach Make dinner what Antoinette calls Wednesday night ready using your Instant Pot from Quesabirria Tacos to her TV competition winning Barbecue Burnt Ends These approachable recipes are proof positive that mostly homemade is faster cheaper and far more delicious than takeout

Fresh from the Vegetarian Slow Cooker Robin Robertson, 2003-12-25 Presents a collection of vegetarian recipes to be prepared in a slow cooker including appetizers

and snacks soups and chowders chilis and stews beans and grains and more **Vegetarian Times** ,1994-02 To do what no other magazine does Deliver simple delicious food plus expert health and lifestyle information that s exclusively vegetarian but wrapped in a fresh stylish mainstream package that s inviting to all Because while vegetarians are a great vital passionate niche their healthy way of eating and the earth friendly values it inspires appeals to an increasingly large group of Americans VT s goal To embrace both **The Easy Vegan Cookbook** Kathy Hester,2015-09-01 Quick and Tasty Plant Based Recipes 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 packed with 80 recipes is 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

Vegetarian Times ,1995-11 To do what no other magazine does Deliver simple delicious food plus expert health and lifestyle information that s exclusively vegetarian but wrapped in a fresh stylish mainstream package that s inviting to all Because while vegetarians are a great vital passionate niche their healthy way of eating and the earth friendly values it inspires appeals to an increasingly large group of Americans VT s goal To embrace both **The Complete Beans and Grains Cookbook** America's Test Kitchen,2024-02-06 From favas to fonio take a deep dive into the vast world of beans and grains with hundreds of exceptional foolproof recipes Whether you re just opening a can of black beans taking the time to brine scarlet runners or cooking teff the world of beans and grains is both approachable and delicious Discover tantalizing recipes that use them in everything from sandwiches and handpies to tacos and pizza salads and simmered soups to cultural mainstays from around the world like adasi spatzle hummus and gyros These dishes will delight omnivores vegetarians and vegans alike ATK test cooks have worked through mountains of beans sprouting baking pressure cooking and pureeing to present you with expert cooking instructions and make ahead know how From how to make beans tender while keeping their shape to preventing cooked grains from clumping up In this comprehensive collection find everything from weeknight recipes to special occasion meals helpful charts fast and vegan tags and much more Beanified recipes Classics reimaged to let beans deliciously take over Think Beans Puttanesca and Chickpea Bouillabaisse Grainy innovations Unique dishes such as Savory Oatmeal and Teff Stuffed Squash with Lime Crema and Roasted Pepitas Classic comfort The best versions of favorites like Texas Chili Black Bean Burgers and Creamy White Bean Soup Heirloom beans and ancient grains Test cooks developed

recipes to match to the right bean or grain Learn how best to purchase prep and cook these beans and grains for optimum flavor Useful substitutions Recipes include a substitution line offering convenient bean and grain options

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