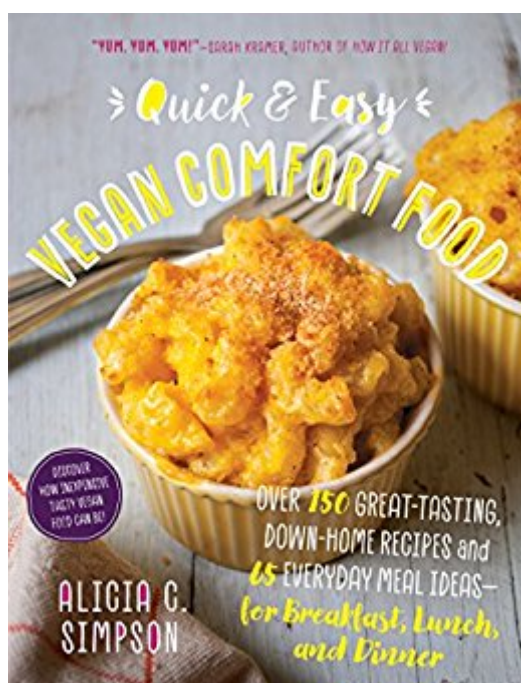


The book was found

Quick And Easy Vegan Comfort Food: 65 Everyday Meal Ideas For Breakfast, Lunch And Dinner With Over 150 Great-Tasting, Down-Home Recipes



Synopsis

A born food-lover, raised in California on “the best Mexican food in the country” and her father’s “traditional Southern soul food,” Alicia C. Simpson couldn’t imagine giving up her favorite dishes to become vegan. Animal-free food might be healthier, but could it match the tastes of home—like fried chicken, macaroni and cheese, or a bowl of chili? Three years after Alicia took the vegan plunge, *Quick and Easy Vegan Comfort Food* answers that question with a resounding “yes! Here is the essential cookbook for any of America’s more than 6 million vegans who miss the down-home tastes they remember (or want to try), or for vegetarians and even meat-eaters who want to add more plant-based foods to their diets, but don’t know where to start. Comfort-seeking cooks will find: Easy-to-prepare, animal-free versions of classics like Spicy Buffalo Bites, Ultimate Nachos, Baked Ziti and more 65 delicious combinations for breakfast, lunch, and dinner, with flavors from around the world, like “Chinese Take-In” or “Tijuana Torpedo.” Everything you need to know to start your vegan pantry, and why being vegan is easier, less expensive, and more delicious than you might think. With spirit and style, Alicia shows just how easy—yes, and comforting—vegan food can be.

Book Information

File Size: 7443 KB

Print Length: 248 pages

Publisher: The Experiment (October 6, 2009)

Publication Date: October 1, 2009

Sold by: Amazon Digital Services LLC

Language: English

ASIN: B0038R8U36

Text-to-Speech: Enabled

X-Ray: Enabled

Word Wise: Enabled

Lending: Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #18,416 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #13

in Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Vegan & Vegetarian >

Vegetables #29 in Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Quick & Easy

Customer Reviews

A go to cookbook that I use often for the Vegan scramble recipe. This is a nice intro book for anyone interested in eating more Vegan foods that are familiar. I love it.

I only recently began plant-based diet and have bought several cookbooks to assist in my endeavor and so far this is my favorite/most often used. Every dish I have prepared so far has been very tasty. Be forewarned: to those who restrict the use of oil, this author does include oils and nonhydrogenated margarine in some of her recipes. Also, no caloric counts or vitamin/mineral/fiber content breakdowns are included. The food is just delish! Love her combination suggestions to make a complete meal from individual dishes. I grew up eating many of the traditional southern dishes and this cookbook teaches me how to keep foods that I love in my diet.

Yummy

I just got this book, read through most of it and I think it's going to live up to its high rating. I've only made the Tacos Pecos so far but it was excellent. My husband thought so, too. I was afraid that the calories and fat would be too high as it is "comfort food" so I entered the info into [edit: an online nutrition database which must remain nameless]. Took a little tinkering with their database (which does include TVP!) and came up with these numbers assuming her recipe is four servings (I actually prefer to stuff them fatter and eat fewer taco shells, the least nutritious part of this recipe): 475 calories, 233 calories from fat, total fat 25.9 g (40%), Saturated fat 3.8 g, trans fat 1.9 grams, cholesterol 0 g, sodium 364 mg, total carbs 47.3 g, dietary fiber 12.2 g, sugars 10.7 g, protein 18.6 g, vitamin A 67% RDA, vitamin C 57%, iron 25%, calcium 16%. Not too bad for comfort food!

This has been my go to book for vegan cooking for years! The recipes are simple and delicious! Great book for new vegans.

Other reviews commented on the cheese sauce (from the Mac and Cheese on page 84), which was the primary reason I bought this book. Let me tell you, I would have paid the price for this book just for that recipe. It's amazing. My kids had NO idea it wasn't "real" cheese sauce, even when they saw the evidence on the counter (potatoes, carrots, onions, nuts, etc). They LOVED it, and there is

no tougher audience than 9 and 12 year old boys. The other recipes look great as well - love how she organized recipes into simple meals plans. I am SO glad I bought this book.

Comfort food has always been a delight in my life, and when I became vegan I could not rely on the same old standards, until this book came along. There are so many recipes, some very simple and some more complex. Any kind of comfort food you can think of -- and then some -- is in this book. Some of the recipes are front scratch, and some rely on processed foods, or other pre-made shortcuts, to ensure a variety of results. The fettucini alfredo recipe is to die for, and I am also pleased with the fake filet 'o fish sandwiches, and the fried "chicken" filets.

This is by far the best vegan cookbook I own. I have been a vegan for 30 years so I know. She has definitely tried every recipe. They are easy, healthy and very very tasty. I would recommend this for first time starters and veterans like me.

[Download to continue reading...](#)

Quick and Easy Vegan Comfort Food: 65 Everyday Meal Ideas for Breakfast, Lunch and Dinner with Over 150 Great-Tasting, Down-Home Recipes
Breakfast Recipes: 50 Quick and Healthy Breakfast Recipes (Quick & Easy Breakfast Recipes, Delicious Breakfast, Everyday Recipes)
Ethnic Vegan Box Set 4 in 1: Dairy Free Vegan Italian, Vegan Mexican, Vegan Asian and Vegan Mediterranean Recipes for an amazing Raw Vegan lifestyle (A ... Protein Vegan Recipes and Vegan Nutrition)
50 Quick And Easy Gastric Sleeve Lunch and Dinner Recipes: Easy and Delicious Bariatric Friendly, Low-Carb, High-Protein Lunch and Dinner Recipes For Post Weight Loss Surgery
50 Quick and Easy Recipes For Breakfast – Including Pancake Recipes, Waffle Recipes and Crepes Recipes (Breakfast Ideas - The Breakfast Recipes Cookbook Collection 2)
Vegan: The Ultimate Vegan Cookbook for Beginners - Easily Get Started With Over 70 Mouth-Watering Vegan Recipes (Vegan Recipes for Beginners, Vegan Diet for Beginners, Vegan Cookbook for Beginners)
Vegan Cookbook for Beginners: Top 500 Absolutely Delicious, Guilt-Free, Easy Vegan Recipes-The Ultimate Vegan Cookbook Chock-Full of Recipes (Vegan Cookbooks for beginners, Vegan Diet, Weight loss, Vegan Instant Pot Cookbook - Healthy and Easy Vegan Pressure Cooker Recipes for Everyday Cooking: (Vegan Instant Pot Cookbook for Two, Vegan Instant Pot Recipes, Vegan Pressure Cooker Cookbook)
Vegan Recipes in 30 Minutes or Less: Family-Friendly Soup, Salad, Main Dish, Breakfast and Dessert Recipes Inspired by The Mediterranean Diet (Free Gift):
Breakfast, Lunch and Dinner Made Simple VEGAN: 30 Days of Vegan Recipes and Meal Plans to Increase Your Health and Energy (Healthy Eating, Vegan Recipes, Vegan Cookbook, Gluten Free,

Low Carb, Vegan Diet, Healthy Weight Loss Book 1) 1001 Best Crock Pot Recipes of All Time: Crockpot, Fast and Slow, Slow Cooking, Meal, Chicken, Crock Pot, Instant Pot, Electric Pressure Cooker, Vegan, ... Breakfast, Lunch, Dinner, Healthy Recipes Meal Prep Cookbook: Meal Prep Ideas for Weight Loss and Clean Eating, Quick and Easy Recipes for Healthy Meal Prep (Ketogenic diet, Low Carb Diet, Weight Watchers, Meal Prepping Book 2) The Breakfast Cookbook: Breakfast Recipes from the Comfort Food Cook Book (Comfort Food Cookbooks 1) Vegan: 365 Days of Vegan Recipes (Everyday Vegan Vegan Recipes Vegan Cookbook) Air Fryer: Super Quick, Easy, Healthy and Very Delicious Recipes for your Air Fryer For Your Whole Family (Vegan, Vegetarian, Chicken, Pork, Seafood, Breakfast, Lunch, Dinner Appetisers and More) Rice Cooker Vegan Recipes: Easy Meal Prep - Easy Vegan Meals - 30+ Quinoa Recipes - 75+ Recipes Total (Vegan Rice Cooker Recipes Book 2) Rice Cooker Vegan Recipes: Easy Meal Prep - Easy Vegan Meals - 30+ Quinoa Recipes - 75+ Recipes Total (Vegan Rice Cooker Recipes) (Volume 2) Vegan: Vegan Dump Dinners-Vegan Diet On A Budget (Crockpot, Quick Meals,Slowcooker,Cast Iron, Meals For One) (Slow Cooker,crockpot,vegan recipes,vegetarian ... protein,low fat,gluten free,vegan recipes) Vegan: 100 Delicious Recipes For The Beginner Vegan Vegan Diet (vegan diet,vegan cookbook,vegan smoothies) Vegan: High Protein Vegan Cookbook-Vegan Diet-Gluten Free & Dairy Free Recipes (Slow cooker,crockpot,Cast Iron) (vegan,vegan diet,vegan slowcooker,high ... free,dairy free,low carb)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)