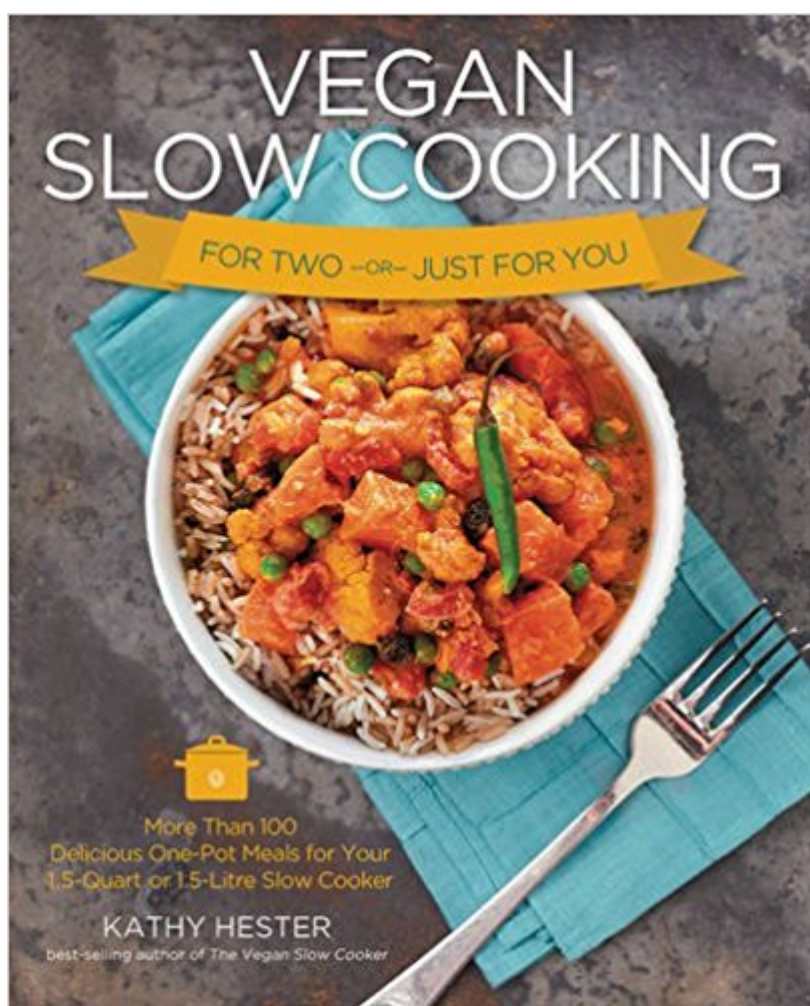


The book was found

Vegan Slow Cooking For Two Or Just For You: More Than 100 Delicious One-Pot Meals For Your 1.5-Quart/Litre Slow Cooker



Synopsis

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 even 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!

Book Information

Paperback: 176 pages

Publisher: Fair Winds Press (August 1, 2013)

Language: English

ISBN-10: 1592335632

ISBN-13: 978-1592335633

Product Dimensions: 7.5 x 0.5 x 9.2 inches

Shipping Weight: 1.2 pounds (View shipping rates and policies)

Average Customer Review: 4.2 out of 5 stars 149 customer reviews

Best Sellers Rank: #74,800 in Books (See Top 100 in Books) #68 in [Books > Cookbooks, Food & Wine > Cooking Methods > Cooking for One or Two](#) #168 in [Books > Cookbooks, Food & Wine > Cooking Methods > Slow Cooking](#) #193 in [Books > Cookbooks, Food & Wine > Cooking by Ingredient > Natural Foods](#)

Customer Reviews

Hester (*The Vegan Slow Cooker*; *The Great Vegan Bean Book*) presents a collection of unique small batch recipes, from breakfast to dessert. As in her first slow cookbook, Hester covers staples including stews and unexpected treats such as cookies. The book opens with a brief overview of slow cooking and vegan alternatives for meat and dairy; subsequent recipes introduce both basic ingredients (e.g., nut ricotta, spice blends), as well as hard-to-find items. Dishes such as Cheezy Butternut Squash Macaroni or tamarind tempeh will satisfy a range of palates and diverse dietary needs and preferences. Recipes contain oil, soy, and gluten-free options, and substitutions for

many dishes make the most of seasonal vegetables or whatever grains and proteins are on hand. Hester provides a nutritional breakdown of fat, protein, cholesterol, fiber, and calories per serving along with each recipe. The text is accompanied by beautiful photographs, demonstrating that slow-cooked food can be vibrant and colorful. **Â VERDICT** Vegans, vegetarians, and anyone seeking healthy, appetizing slow cooker recipes in small portions will find this title informative and inspiring. - Library Journal

Kathy Hester is the founder of the blog Healthy Slow Cooking (<http://www.healthyslowcooking.com>) and author of *The Vegan Slow Cooker*, *Vegan Slow Cooking for One or Two*, *Oatrageous Oatmeals*, *The Great Vegan Bean Book*, *The Easy Vegan Cookbook*, and *The Ultimate Vegan Cookbook for Your Instant Pot*. She writes for various online health and cooking websites, including Bright Hub (<http://www.brighthub.com>), Divine Caroline (<http://www.divinecaroline.com>), Everything Mom (<http://www.everythingmom.com>), and The Healthy Hostess (<http://www.thehealthyhostess.com>). She lives in Durham, NC with her partner, two cats, and one dog. Kathy Hester, author of the bestselling cookbook *The Vegan Slow Cooker* and the upcoming *The Great Vegan Bean Book*, enjoys spreading the word about how easy it is to make tasty vegan food. **Â** She writes HealthySlowCooking.com, is the vegan blogger for Key Ingredient (<http://www.keyingredient.com/blog/bloggers/kathy-hester>), and writes for various publications, including the vegan magazine Chickpea. She also teaches vegan cooking classes. She lives in Durham, NC. Visit her at www.HealthySlowCooking.com Kate Lewis **Â** is an Ohio-based food, lifestyle and portrait photographer whose work brings her to multicultural, sophisticated and vibrant cities like New York, LA, Montreal and beyond. Kate is also a sought after vegan food stylist and has worked on prominent projects with authors such as Christy Morgan, **Â** Isa Chandra Moskowitz, **Â** Kathy Hester **Â** and Terry Hope Romero. **Â** With a passport in hand, she is ready to travel to wherever her skills are needed. Also, found in her repertoire are prop styling and art direction, which comes in handy when working with a small crew. You can find out more about Kate's day to day adventures on her blog **Â** LeChouSauvage.com, which showcases the beauty and artfulness of natural whole foods or watch her ever growing Twitter or Instagram feed develop (@lechousauvage.)

I love using my slow cookers (I own four in various sizes!) during busy weeks so I can have a hot meal waiting when I get home from work. I already own **Â** *The Vegan Slow Cooker: Simply Set It and Go with 150 Recipes for Intensely Flavorful, Fuss-Free Fare Everyone (Vegan or Not!) Will*

Devour! And I really like it, but the recipes in that make a LOT of food, and, since it's just my husband and me, we sometimes get sick of having so many leftovers, especially if they don't freeze well. I was excited to get this new cookbook by Kathy Hester since I love that it focuses on smaller portion sizes that are perfect for just one or two people! The recipes are designed for using a 1.5-quart or liter crockpot, so they're perfectly proportioned for smaller households. The book is organized as follows:

- * Chapter 1 provides a nice overview about how to use your slow cooker effectively
- * Chapter 2 focuses on making what Hester calls "pantry staples" -- things like tofu sour cream and nut ricotta that you might want to have on hand for other recipes
- * Chapter 3 focuses on breakfast
- * Chapter 4 focuses on dips that can be eaten as appetizers or a main meal
- * Chapter 5 focuses on soups
- * Chapter 6 focuses on stews, curries, and chilis
- * Chapter 7 focuses on sandwich and taco fillings
- * Chapter 8 focuses on one-pot risottos, pastas, and pasta sauces
- * Chapter 9 focuses on full-meal dishes
- * Chapter 10 focuses on drinks, syrups, and desserts

There is also a list of recommended shops to order your spices from. For any recipes that are soy-, gluten-, and/or oil-free, there is a designation at the top of each recipe page. It seems like quite a few are all three. What I also really like about this book is that hardly any of the recipes call for pre-cooking ingredients. When I use my slow cooker, I'm all about saving time, and I love that you can make most of these recipes by just tossing the ingredients into the pot. Hester does recommend that you pre-cook your onions, but, conveniently enough, she provides a recipe for how to cook them in your slow cooker, and then freeze them so you have them on hand when you need them. The directions don't involve a lot of steps, which is nice, too. Chapter 1 also gives some really useful pointers about meal planning on a smaller scale, and here Hester talks about how you should plan out your recipes so that you use up all your ingredients. For instance, if one recipe calls for using just half a can of beans, she encourages you to find a second recipe to make that week that will use up the second half. As I mentioned in my review title, I also really like how this book uses whole foods, with only a few processed ingredients. Last night, I made the Pumpkin Caramel Breakfast Barley, and it turned out great! Tonight I'm making the White Bean Quinoa Gumbo. I snuck a taste of it earlier, and it looks to be another winner. Also, if you need a small slow cooker recommendation, this one is great:

- Proctor-Silex 33112Y 1-1/2-Quart Portable Oval Slow Cooker. I also just got this
- Crock-Pot SCCPMD1-BL Hook Up Double Oval Connectable Entertaining System, 1-Quart, Metallic Blue

and think it will be perfect to get two recipes going at the same time. As I use this book more, I'll be sure to update my review. For now, I can already tell that I'm going to get a lot of use out of this -- and my hubby won't have to suffer through endless leftovers! :-)

Happy cooking!

I am compelled to add my voice to the chorus of praise for this book. There are three key elements that make it particularly useful for me and my family of 2 at this time:1.) It is a vegan/plant based book with lots of variety.2.) It contains recipes for a smaller group/family or single person3.) The book is very user-friendly and cook times are perfect for overnight/work day meal planning1.) My husband and I have been following the Happy Herbivore (The Happy Herbivore Cookbook: Over 175 Delicious Fat-Free and Low-Fat Vegan Recipes) recipes/meal plans for the past year and a half or so. While those recipes are generally easy, fast and delicious, there is something to be said for having the option of preparing meals in a slow cooker that I can consume almost immediately when I get home from work after a long, exhausting day. We have grown accustomed to Lindsay Nixon's low- and no-oil recipes, so I was very pleased to find a book for slow-cooking plant-based food that offered low/no oil options and generally does not use very much added fats as such anyway. This has helped us maintain our plant-based lifestyle in a healthy way with more options. I should add that we are also CSA users and I appreciate the versatility of the recipes and indeed the encouragement of the author to use seasonal produce in place of the listed ingredients, where appropriate. It helps us use our CSA, keep our dietary choices in check, and allows for variety from week to week and day to day.2.) I do not like eating leftovers for more than once or twice after the original meal. These portions are perfect for my husband and I to enjoy dinner and then each have leftovers for lunch the following day. I love that even doubling a recipe we particularly like does not make an overwhelming amount of food.3.) Because we already have a plant-based diet and usually have lots of produce in the house, I haven't had to buy anything special at all, or that I wouldn't already buy in order to make recipes. If you have a relatively well-stocked kitchen with whole food ingredients, then it is very easy to make most items in the book. Also, I have found it very easy to pre-cut and assemble all of the ingredients the night before, then pour everything together in the morning and come home to a perfectly prepared meal. Everything is fairly simple and most things I have on-hand, so I have been able to make home-cooked meals at times when I may have otherwise relied on takeout or convenience food. I have used a few other vegan slow-cooker books in the past and this one stands heads above all of them. This book is absolutely worth the investment!

I hate to disparage someone's hard work, but this book is not good. Of the recipes I have tried---an oatmeal, a curry and the Cincinnati chili---none has tasted like any of the many expensive seasonings this book requires. I am not really sure who enjoys the recipes in this book, but I personally find them to be bland or overly spiced without any flavor underlying the heat. Part of

slowcooking food is the convenience of leftovers and I haven't wanted to eat anything I've made from this book a second time around. I won't be recommending it.

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