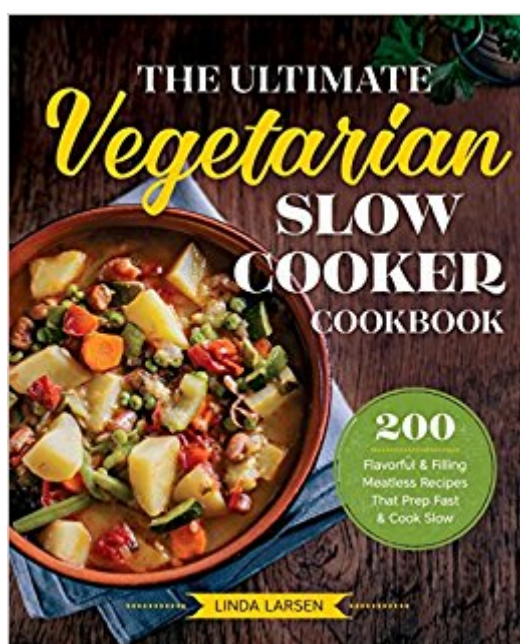


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# The Ultimate Vegetarian Slow Cooker Cookbook: 200 Flavorful And Filling Meatless Recipes That Prep Fast And Cook Slow



## Synopsis

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.

## Book Information

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## Customer Reviews

Linda Larsen is the author of 33 cookbooks including the bestseller The Complete Slow Cooking for Two. She is the Busy Cooks Expert for About.com, and specializes in quick-cooking, healthy, and

slow cooker cookbook recipes. She and her husband live outside of Minneapolis, Minnesota.

This cook book didn't live up to my expectations and there are errors. For instance, a recipe for bean and spinach enchilada bake, page 150, does not list an amount of spinach in the list of ingredients or how to incorporate it into the dish. The split pea soup, page 87, uses caramelized onions as flavor, but the resulting soup has a odd after taste because of this. The fruit and rice pudding, page 250, uses only 1 cup of rice and 2 quarts of liquid resulting in a very sharp tasting fruit pudding instead of a rice pudding where you can actually taste and feel the rice. Rice should have been listed only as a thickener. I'm a fairly experienced home cook and I've tried several of the recipes. So far, not so good.

We have made about a dozen of the meals from this book. It's perfect for Crock Pot Monday. We've had some hit and misses. The chilis are delicious! I never like quinoa before now. I haven't enjoyed so many of the cumin and beans recipes - but my husband loves them. The sweet potato frittata was strange, but we agreed to make this recipe with half as much sweet potatoes and bake it (like a traditional frittata) because the flavors were good, but the texture was quite disagreeable. The recipes tend to call for A LOT of liquid. We generally add at least one fewer cup of liquid (usually broth) and then take the lid off between coming home from work and dinner time. There aren't any pictures which was initially disappointing, but after making so many of these dishes, I can see why - they're mostly red and soupy.

This book is excellent. It gives solid instruction on using the slow cooker, background in various ingredients (who knew), and delicious recipes.

Marvelous variety and detailed explanations, but I was looking for something a little simpler and less time-consuming. Everything looks great, though, if you cook at this level. Wish I did!

Difficult recipes that even seasoned cooks find difficult to make. Unrealistic.

Wonderful recipes for all occasions.

Great recipes.

Before even finishing this book I bought a 5-quart slow cooker. Well there are only two of us at home, I often dishes for church potluck. I'm anxious to start trying all these recipes. Well, some of them since I eat gluten and dairy free, often no grains either. I recommend this book to anyone who loves vegetables as I do. She includes recipes using gluten free flour as well as regular flour. This book is very encouraging. Thanks, Linda.

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