

Create Hearty Meals With Meatless Meat To Sustain The Vegan Lifestyle Using The Complete Plant-Based Cookbook

The Complete Plant-Based Cookbook is your guide to creating hearty and satisfying meals without meat.

With over 100 recipes, this book has something for everyone, from breakfast to dinner and everything in between. Whether you're a new vegan or you're just looking to add more plant-based meals to your diet, this cookbook is a great resource.

The recipes in this book are all made with whole, unprocessed ingredients, so you can feel good about what you're eating. And because they're all meatless, they're also good for the environment.



Create A Hearty Meal With Meatless Meat To Sustain The Vegan Lifestyle Using The TVP Cookbook

by Julie Smolyansky

★★★★☆ 4.4 out of 5

Language : English

File size : 1249 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled

Print length : 57 pages

Lending : Enabled



So what are you waiting for? Free Download your copy of The Complete Plant-Based Cookbook today and start enjoying delicious, healthy vegan meals!

Here's a sample recipe from the book:

****Vegan Shepherd's Pie****

Ingredients:

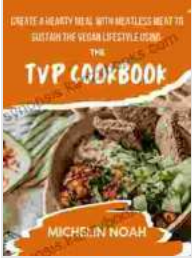
* 1 tablespoon olive oil * 1 onion, chopped * 2 carrots, chopped * 2 celery sticks, chopped * 1 pound potatoes, peeled and mashed * 1 (15 ounce) can black beans, rinsed and drained * 1 (15 ounce) can corn, drained * 1 (10 ounce) can diced tomatoes with green chilies * 1 teaspoon chili powder * 1/2 teaspoon cumin * 1/4 teaspoon salt * 1/4 teaspoon black pepper

Instructions:

1. Preheat oven to 375 degrees F (190 degrees C). 2. Heat olive oil in a large skillet over medium heat. Add onion, carrots, and celery and cook until softened about 5 minutes. 3. Stir in black beans, corn, tomatoes, chili powder, cumin, salt, and black pepper. Bring to a simmer and cook for 10 minutes, or until the vegetables are heated through. 4. Spread the vegetable mixture into a 9x13 inch baking dish. Top with mashed potatoes. 5. Bake in preheated oven for 20 minutes, or until the potatoes are golden brown.

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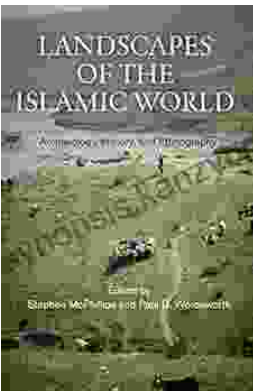


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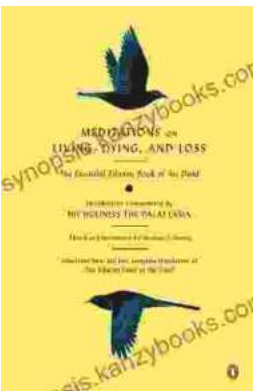
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