

15 Minute Vegan Comfort Food Simple Satisfying Vegan Recipes

Over 200 delicious, easy vegetarian recipes you can make after work! With only 15 minutes (including prep time), and a few basic ingredients, you can whip up a tasty dish that will please everyone in your household. There are even meat variations for the carnivores among you! Mouthwatering recipes include: Linguine with Walnuts, Garlic, and Chili Peppers; Grilled Eggplant with Salsa Fresca; 10 Easy Omelettes; and Broccoli Bisque.

Busy vegans, rejoice! award-winning husband and wife chefs/authors Reinfeld and Murray present 150 delicious, easy-to prepare recipes for everyday vegan cooking -- all dishes that can be prepared in a half-hour. Sections include The Lighter Side of Life: Smoothies & Satiating Beverages; Snacks, Pick Me Ups & Kids' Favorites; Lunches: Wraps, Rolls, Bowls, and More; Extraordinary Salads; Sumptuous Soups; Small Plates: Appetizers, Side Dishes, Light Dinners; Wholesome Suppers; Guilt-Free Comfort Food: Healthy Translations of Old Stand-bys; and Divine Desserts. The 30-Minute Vegan also provides at-a-glance cooking charts, kids' favorite dishes, and exciting menu suggestions for every occasion -- making this an essential cookbook for busy vegans who want to enjoy delicious, healthful, whole-foods vegan fare every day.

Being vegan doesn't have to mean living off kale and quinoa, or spending your money on fancy and expensive ingredients. And it definitely doesn't have to mean feeling limited for choices of what to eat! What if "vegan food" could mean cheesy nachos and pizza, hearty burritos, gooey spinach and artichoke dip, decadent chocolate cake or even cr è me br û l é e? Well, it can. In Fuss-Free Vegan, Sam Turnbull shows you that "vegan" does not equal unappetizing dishes, complicated steps, ingredients you have never heard of, or even food that tastes healthy. Instead, she gives you drool-worthy yet utterly fuss-free recipes that will bring everyone together at the table, vegans and non-vegans alike, in a chorus of rave reviews. This is the cookbook Sam wishes she had when she went vegan: one that recreates and veganizes the dishes she loved most in her pre-vegan days, like fluffy pancakes and crispy bacon, cheesy jalape ñ o poppers and pizza pockets, creamy Caesar salad and macaroni and cheese, rich chocolate brownies and holiday-worthy pumpkin pie, to name just a few. (And there's no hummus recipe in sight.) Say goodbye to searching endlessly around for that one special ingredient that you can't even pronounce, or cooking dishes that don't deliver on their promise of yumminess; instead, say hello to ingredients you can pick up at your local grocery store, step-by-step techniques, and Sam's enthusiastic voice cheering you on throughout this fun, approachable cookbook. With 101 tried-and-tested, one-of-a-kind vegan recipes for every meal, from breakfasts to lunches to dinners, and even snacks, desserts, appetizers and vegan staples, as well as handy menu plans and tips to amp up the recipes and your vegan life, Sam Turnbull and Fuss-Free Vegan are your ultimate guides in the new vegan kitchen.

We all love take-out. It's one of life's little pleasures, and a great way to try food from around the world in the comfort of our own homes. But when hankering after a plant-based treat, the take-out menu isn't always the easiest thing to navigate. Vegan Fake-out offers 70 recipes that deliver fast, easy, vegan takeaway classics that will make sure that you're able to indulge, whenever the craving strikes. Divided into chapters on American, Chinese, Indian, Italian and Middle Eastern classics you'll find recipes which take just fifteen minutes to cook, slow-cooker recipes that do the hard work for you, and menus that will feed up to four people. From All-in-one biryani or Sesame spring rolls, to Sicilian-style pizza, Falafel flatbreads and Chilli burritos, there's something for every Friday night feast. Using readily available ingredients, standard kitchen equipment and with tips on freezing, cost-saving and ditching single-use plastics, you can enjoy a fuss-free fake-out with minimal effort and maximum flavor – all without leaving the house.

101 Entirely Plant-based, Mostly Gluten-Free, Easy and Delicious Recipes

The 15-minute Vegetarian Gourmet

Vegan BBQ

Fast Easy Cheap Vegan

60 Delicious Recipes for Fast & Easy Plant-Based Eats

15-Minute Vegan Meals

Simple & Satisfying Vegan Recipes

Five Ingredient Vegan

Exciting Plant-Based Meals without the Mess Plant-based cooking just got easier than ever! Cleanup is a snap when your dinner cooks in one dish, and getting more plants into your diet is downright delicious with approachable yet inspired recipes like: Crispy Black Bean Chilaquiles Hoisin-Glazed Stuffed Acorn Squash Jamaican Jerk Veggie & Pineapple Lettuce Wraps Louisiana-Style Cajun Jambalaya Creamy Pumpkin Risotto with Fried Sage Chickpea Burgers with Sweet Mustard Sauce Street Corn Pita Pockets Mango Tango Pesto Pasta Balsamic Strawberry & Avocado Quinoa You won't find any salads or tofu here! Perfect for vegans, vegetarians and veggie-loving omnivores alike, this book centers on whole food recipes for more nutritious, satisfying meals without sacrificing flavor. Even on your busiest weeknights, these simple yet delicious meals will please the whole family with time to spare.

Live a healthy vegan lifestyle without breaking the bank with these 99 affordable and delicious plant-based recipes. Frugal Vegan teaches you how to avoid pricey perishables and special ingredients, and still enjoy nutritious, exciting food at every meal. Learn the tips and tricks to creating plant-based cuisine on a budget and fill yourself up with a delicious feast. Katie Koteen and Kate Kasbee are your guides to changing up your vegan cooking routine using less expensive ingredients. There's a meal idea for every time of day, whether it's a hearty breakfast of Pineapple Scones or Biscuits and Gravy; a Backyard BBQ Bowl or Crunchy Thai Salad for lunch; or Beer Battered Avocado and Black Bean Tacos, Mushroom Stroganoff or Chickpea Curry for dinner. Host movie night with a delicious snack like Salted Peanut Butter Popcorn, or indulge in Chocolate Coconut Cream Puffs for dessert. With practical tips and approachable recipes, Frugal Vegan will help you create stunning plant-based meals that'll not only save you money, but save you time in the kitchen, too.

Vegan Roasting Pan offers 70 oven-to-table recipes that are cooked in just one tin – a roasting tin, baking sheet or muffin tin, plus a few select pieces of preparation equipment. From Sticky maple aubergine with crushed peanuts, Watermelon niçoise and Oven-fried nuggets, to Apple and ginger dahl, Low and slow rice pudding or a Blackberry and peach tart, whether you're a kitchen pro or a vegan beginner, it's time to let your oven do all of the hard work for you. The recipes are organised into four chapters: Light: Dishes that are simple enough for lunch, or a light supper Supper: Delicious and hearty one-pots that all of the family will love, any night of the week Extras: Sides and snacks that are easy to prepare Sweet: Bakes, puddings and breakfast ideas that are both simple and tasty With tips for every recipe and advice on freezing and batch cooking, Vegan Roasting Pan will build your confidence in the kitchen, simplify cooking processes and prove that vegan cooking is easy, with fail-safe meals that all of the family will love.

Popular husband-and-wife bloggers and podcasters (acouplecooks.com) offer 100 recipes with an emphasis on whole foods and getting into the kitchen together. The couple's non-diet approach features simple lifestyle changes to make healthy cooking sustainable, rather than a short-term fix. A love story at its finest, Alex and Sonja Overhiser first fell for each other--and then the kitchen. In a matter of months, the writer-photographer duo went from

eating fast and frozen food to regularly cooking vegetarian meals from scratch. Together, the two unraveled a "pretty simple" approach to home cooking that kicks the diet in favor of long-term lifestyle changes. While cooking isn't always easy or quick, it can be pretty simple by finding love in the process. A Couple Cooks | Pretty Simple Cooking is an irresistible combination of spirited writing, nourishing recipes with a Mediterranean flair, and vibrant photography. Dubbed a "vegetarian cookbook for non-vegetarians", it's a beautiful book that's food for thought, at the same time providing real food recipes for eating around the table. The book features: 100 vegetarian recipes, with 75 vegan and 90 gluten-free options A full-color photograph for every recipe Recipes arranged from quickest to more time-consuming 10 life lessons for a sustainably healthy approach to cooking, artfully illustrated with a custom watercolor

Plant-Based Take-Out Classics For The Ultimate Night In

Quick & Easy Food

70 Delicious Plant-Based Recipes to Cook Outdoors

The Vegan 8

Quick and Easy Vegan Comfort Food

101 Everyday Comfort Food Favorites, Veganized

100 Simple, Fast, Modern Recipes

Thug Kitchen 101

15 Minute Vegan: On a Budget features 100 recipes for home cooks who want to create effortless, fast and delicious vegan food, without the price tag often associated with vegan cooking. All of the ingredients can be purchased in supermarkets and every recipe is ready in 15 minutes or less. Katy Beskow challenges the perception that vegan cooking is expensive, and shows that veganism is for all by using ingredients that are readily available and need no specialist equipment. This is a book for both non-vegans and vegans who want to try reduce food costs without sacrificing flavour. Chapters include: Leftovers (Potato peel crisps, Panzanella, Pitta chips); From the Cupboard (Spanish chickpea stew, Thai slaw, Black bean mole); Fresh food (Aubergine caponata, Mango gazpacho, Korean bibimbap); Family Favourites (Lentil ragu, Kedgeree with paprika yoghurt); and Sweet Treats (Cinnamon sugar tortillas, Sesame brittle thins, Apple fritters). There is also plenty of advice on eating seasonally and shopping wisely.

A new and vibrant vegan cookbook authorized by Instant Pot, from the creator of the Rainbow Plant Life blog. With food and photos as vivid, joyous, and wholesome as the title of her popular cooking blog--Rainbow Plant Life--suggests, Nisha Vora shares nourishing recipes with her loyal followers daily. Now, in her debut cookbook, she makes healthy, delicious everyday cooking a snap with more than 90 nutritious (and colorful!) recipes you can make easily with the magic of an Instant Pot pressure cooker. With a comprehensive primer to the machine and all its functions, you, too, can taste the rainbow with a full repertoire of vegan dishes. Start the day with Nisha's Homemade Coconut Yogurt or Breakfast Enchilada Casserole, then move on to hearty mains like Miso Mushroom Risotto, and even decadent desserts including Double Fudge Chocolate Cake and Red Wine-Poached Pears. The Vegan Instant Pot Cookbook will quickly become a go-to source of inspiration in your kitchen.

From the author of the bestselling 15 Minute Vegan comes 15 Minute Vegan: Comfort Food. The book shatters the notion that vegan food is cold and soulless by showing you how to create inspired comfort foods, whether you're vegan or not. Vegan cookery expert Katy Beskow celebrates cooking for pleasure, soul and enjoyment, without having to spend hours in the kitchen. Using ingredients readily available in supermarkets, Katy 's easy recipes and instructions will have you making delicious, nutritious meals time after time. The book explores how a mindful cooking process is as comforting as the final dish, even when you have just 15 minutes to spare, and offers 100 recipes across five chapters: comfort classics (chocolate chilli, moussaka bowls); sides & bites (sweetcorn fritters, speedy samosas); social sharing (mushroom bourguignon, garden biryani); solo recipes (spicy falafel burger, cashew chow mein); and sweet comforts (cherry pot pies, jam sponge pudding).

100 vegan recipes that riff on Southern cooking in surprising and delicious ways, beautifully illustrated with full-color photography. Jenné Claiborne grew up in Atlanta eating classic Soul Food—fluffy biscuits, smoky sausage, Nana's sweet potato pie—but thought she'd have to give all that up when she went vegan. As a chef, she instead spent years tweaking and experimenting to infuse plant-based, life-giving, glow-worthy foods with the flavor and depth that feeds the soul. In Sweet Potato Soul, Jenné revives the long tradition of using fresh, local ingredients creatively in dishes like Coconut Collard Salad and Fried Cauliflower Chicken. She improvises new flavors in Peach Date BBQ Jackfruit Sliders and Sweet Potato-Tahini Cookies. She celebrates the plant-based roots of the cuisine in Bootylicious Gumbo and savory-sweet Georgia Watermelon & Peach Salad. And she updates classics with Jalapeño Hush Puppies, and her favorite, Sweet Potato Cinnamon Rolls. Along the way, Jenné explores the narratives surrounding iconic and beloved soul food recipes, as well as their innate nutritional benefits—you've heard that dandelion, mustard, and turnip greens, okra, and black eyed peas are nutrition superstars, but here's how to make them super tasty, too. From decadent pound cakes and ginger-kissed fruit cobblers to smokey collard greens, amazing crabcakes and the most comforting sweet potato pie you'll ever taste, these better-than-the-original takes on crave-worthy dishes are good for your health, heart, and soul.

Delicious Down-Home Recipes for Your Plant-Based Diet

Quick and Easy Low-Cal Vegan Comfort Food

75 Plant-Based Recipes to Satisfy Cravings and Warm Your Soul

Simple and satisfying plant-based recipes for every day

200 Easiest Ever Plant-based Recipes

The Complete Vegan Cookbook

Happy Vegan Comfort Food

100 Easy Vegan Recipes for the Southern Flavors of Smoke, Sugar, Spice, and Soul : A Cookbook

In Happy Vegan Food, Bettina Campolucci Bordi shares a collection of easy and delicious plant-based recipes that anyone can incorporate into their busy life. With recipes including Hearty Buckwheat Waffles, a tasty Korean Pancake, a delicious yet quick One Pot Curry in a Hurry, and the decadent Hazelnut Bites, Bettina proves that nutritious food doesn't have to be restrictive. Happy Vegan Food is designed to take you through your busy day by including ideas for breakfast, lunch, dinner, meals for one, desserts and snacks, and will easily meet the needs of any modern household. Whether you're looking to eat more veggies or have decided to turn vegan but don't want to compromise on taste, Happy

Vegan Food is the perfect book for you.

Five years ago, popular blogger Brandi Doming of The Vegan 8 became a vegan, overhauling the way she and her family ate after a health diagnosis for her husband. The effects have been life-changing. Her recipes rely on refreshingly short ingredient lists that are ideal for anyone new to plant-based cooking or seeking simplified, wholesome, family-friendly options for weeknight dinners. All of the recipes are dairy-free and most are oil-free, gluten-free, and nut-free (if not, Brandi offers suitable alternatives), and ideally tailored to meet the needs of an array of health conditions. Each of the 100 recipes uses just 8 or fewer ingredients (not including salt, pepper, or water) to create satisfying, comforting meals from breakfast to dessert that your family--even the non-vegans--will love. Try Bakery-Style Blueberry Muffins, Fool 'Em "Cream Cheese" Spinach-Artichoke Dip, Cajun Veggie and Potato Chowder, Skillet Baked Mac n' Cheese, and No-Bake Chocolate Espresso Fudge Cake.

The highly anticipated cookbook from the immensely popular food blog Minimalist Baker, featuring 101 all-new simple, vegan recipes that all require 10 ingredients or less, 1 bowl or 1 pot, or 30 minutes or less to prepare Dana Shultz founded the Minimalist Baker blog in 2012 to share her passion for simple cooking and quickly gained a devoted worldwide following. Now, in this long-awaited debut cookbook, Dana shares 101 vibrant, simple recipes that are entirely plant-based, mostly gluten-free, and 100% delicious. Packed with gorgeous photography, this practical but inspiring cookbook includes:

- Recipes that each require 10 ingredients or less, can be made in one bowl, or require 30 minutes or less to prepare.*
- Delicious options for hearty entrées, easy sides, nourishing breakfasts, and decadent desserts—all on the table in a snap*
- Essential plant-based pantry and equipment tips*
- Easy-to-follow, step-by-step recipes with standard and metric ingredient measurements*

Minimalist Baker's Everyday Cooking is a totally no-fuss approach to cooking for anyone who loves delicious food that happens to be healthy too.

Stay In, Save Time, Eat Vegan! This brilliant cookbook reveals the secrets to cooking dinners that you crave— the kind that comfort, nourish and inspire you, without a ton of work. With every recipe clocking in under 30 minutes (prep included!), anyone can enjoy incredible plant-based meals every night of the week. Fabulous recipes like Roasted Cauliflower Romesco Tacos, Spicy Buffalo Tempeh Wraps or Date Night Truffled Mac 'n' Cheez mean you can cut back your restaurant spending by making your own photo-worthy dishes at home. Megan Sadd has your back with smart tips for cooking efficiently, and a recipe for every mood you may find yourself in. Many of these amazing meals are gluten-free to boot, helping you maximize healthy eating in as little time as possible. These vegan dinners will satisfy the herbivorous and the omnivorous (and not just on Meatless Monday)! Whether you're craving Jerk Lettuce Wraps with Caramelized Pineapple or Texas-Style Chili with Cashew Sour Cream, these easy plant-based dinners are more than salads and stir-fries—they're fun, fast and scrumptious.

125 Comfort Food Classics, Reinvented with an Ethnic Twist!

The Vegan Instant Pot Cookbook

100 Simple, Delicious Recipes Made with 8 Ingredients Or Less

Over 200 Tantalizing Recipes, Plus Plenty of Kitchen Wisdom for Beginners and Experienced Cooks

Vegan Fake-out

15 Minute Vegan: On a Budget

5 Ingredients

The 30-Minute Vegan

Simple, straightforward and delicious - Easy Vegan Bible is the ultimate guide for plant-based mealtimes, bringing you 200 new recipes from bestselling author Katy Beskow. Easy to prepare, quick to cook and using readily available ingredients, this book is not only the go-to cookbook for new and established vegans, but also for home cooks looking for effortless ways to bring plant-based meals into their kitchen. The modern world of vegan cooking can often be confusing, but with a list of easy-to source store-cupboard essentials, useful kitchen equipment, details on common vegan substitutions and demystifying explanations of increasingly popular vegan ingredients (such as jackfruit and silken tofu) you'll be able to produce delicious food, every time hunger calls. Clearly labelled as 15-minute, 30-minute, 5-ingredient or one-pot, the recipes cater for every craving. From French toast for breakfast or a Chickpea and pesto toastie for lunch, to suppertime Panzanella or Katy's vibrant Spring risotto, every mealtime is covered. There are even recipes for those special occasions, like Christmas chestnut cassoulet, a heady Summer punch for those long warm evenings, and satisfying sweet treats such as Rhubarb and orange crumble or Sticky toffee flapjack. This is feel-good, effortless food by an expert in vegan cooking - and the only plant-based cookbook you'll ever need.

Undeniably Good, Unbeatably Fast Simple, speedy and satisfying—these vegan recipes check all the boxes for the perfect weeknight meal. Even if you are low on time and energy, you don't need to sacrifice your health. Janet Gronnow's creative approach shows you how to pack plant-based protein and healthy fats into your dinners to give you the flavors you want with the nutrition you need. And all in just 15 minutes! Feel reenergized at the end of a long

day with vibrant and nourishing bowls such as the Buffalo Tempeh & Avocado Bowl with Vegan Honey Mustard or find comfort with hearty pastas like the Sun-Dried Tomato Alfredo Penne with Broccoli. Janet's recipes are easy to follow, utilizing her smart cooking methods and simple shortcuts, along with affordable, easy-to-find ingredients. This collection is full of flavors inspired by a variety of cuisines that will keep your tastebuds happy. Every page will amaze you with what you can create in such a short amount of time.

A fun and irreverent take on vegan comfort food that's saucy, sweet, sassy, and most definitely deep-fried, from YouTube sensation Lauren Toyota of Hot for Food. In this bold collection of more than 100 recipes, the world of comfort food and vegan cooking collide as Lauren Toyota shares her favorite recipes and creative ways to make Philly cheesesteak, fried chicken, and mac 'n' cheese, all with simple vegan ingredients. Never one to hold back, Lauren piles plates high with cheese sauce, ranch, bacon, and barbecue sauce, all while sharing personal stories and tips in her engaging and hilarious voice. The result is indulgent, craveworthy food - like Southern Fried Cauliflower, The Best Vegan Ramen, and Raspberry Funfetti Pop Tarts - made for sharing with friends at weeknight dinners, weekend brunches, and beyond.

More than 100 delicious, easy, and colorful vegan dinners on a budget from the founder of the massive social media platform Cooking for Peanuts, with a foreword by Jonathan Safran Foer. Nisha Melvani appreciates that it's hard for many people to commit to being 100% vegan. But committing to one vegan meal a day-dinner-is much more feasible. For those trying to incorporate more vegan meals into your diet, Practically Vegan is your go-to weeknight dinner cookbook and the perfect entry to veganism. A registered dietitian nutritionist, Melvani offers solid, tested vegan recipes and a non-militant approach for those wanting to eat less meat. Plant-based cooking will no longer feel intimidating with easy-to-find ingredients that you will use in the kitchen over and over again. Inspired by the flavors she was introduced to while growing up in Jamaica, England, and Canada, as well as her own Indian heritage, Melvani shares over 100 delicious recipes, including Creamy One-Pot Cheesy Broccoli Pasta Soup, Cauliflower-Sweet Potato Curry, Sesame Noodle Veggie Stir-Fry, Mushroom Bourguignon, and more, accompanied by a foreword written by bestselling author Jonathan Safran Foer, who urged Melvani to write this cookbook after feeding his family her recipes. With easy-to-follow directions and recipe substitutions as well as culinary tips and tricks, Practically Vegan will be the helping hand you need to prepare a vegan dinner for yourself or your family with confidence.

Vegan Roasting Pan

101 Recipes to Feed Your Face [A Cookbook]

15 Minute Vegan

VEGAN MEALS YOU'LL LOVE TO EAT: Guilt-free, Meat-free Recipes to Indulge In Let Your Oven Do the Hard Work for You, With 70 Simple One-Pan Recipes

Veggie Lean in 15

Pizzas and Flatbreads

Fast, Modern Vegan Cooking

Vegan BBQ showcases 70 simple, summery recipes to cook on your barbecue, as well as delicious sides, dips and snacks to brighten up any alfresco event. From Katsu burgers with wasabi mayo, Buttered Hassleback squash, and Sizzling fajitas, to Brown sugar baked beans, BBQ potatoes bravas or Kiwi and avocado salsa, the recipes are easy to follow, using seasonal and readily available ingredients - proving that you don't have to grill meat to enjoy a barbecue! Plus, you'll learn how to get the most out of your ingredients, how to host the perfect plant-based barbecue with friends and what essential kit you'll need (including advice on small barbecue set-ups for balconies or bijoux gardens). With tips throughout from an expert author, Vegan BBQ will build your confidence on the grill, keep you fed all summer long and prove that vegan barbecuing is easy, with fun and vibrant recipes that everyone will love.

Hearty Plant-Based Indulgences for Every Day of the Week When Melanie McDonald first became a vegan, she was disappointed in the lack of vibrant, flavorful vegan recipes available-so she created her own. Now, she shares all her favorite homey recipes, ensuring that everyone can enjoy tasty plant-based dishes. Pump up your mornings with Black Forest Breakfast Crepes or Rustic Skillet Potato and Greens Hash. Gather around the dinner table with family and friends to enjoy favorites like Soul-Warming Stew and Dumplings, Sticky Sweet-and-Sour Tofu and Rich and Saucy Bolognese. And satisfy all those between-meal cravings with sweets and snacks like Bangin' BBQ Cauliflower Wings and Sky-High Apple Pie. No matter the meal or occasion, Melanie's recipes prove that the vegan versions of familiar favorites leave you feeling nourished and satisfied.

Happy Vegan Comfort Food is the exact book that Karoline Jönsson would have wanted when she first became a vegan. Back then she was both hungry and bewildered by this new lifestyle. In order to help guide new vegans, Karoline has gathered her most indispensable recipes: dishes that provide a good basis and that can be used in various flavour combinations; food that adds warmth and comfort; delicious meals to simplify everyday life. Karoline invites us into her home and to her table to enjoy dinner, breakfast and snacks and the classic food that we always come back to when we think of home. Whether you are cutting down on your meat intake, starting a new vegan diet, or looking for fresh ideas to make dishes like Paella, Colcannon, and Frittatas, Karoline Jönsson, the author of bestselling Happy Vegan Christmas, is here to inspire you. Happy Vegan Comfort Food is a collection of dishes that always work and always taste good. The book is divided into sections: From scratch - how to make your own tofu, oat cream for cooking and tempeh. In the frying pan - dishes such as vegetable fritters, okonomiyaki (Japanese pancakes), scrambled tofu In the pot - soups, daal and stews In the oven - gratins and jacket potatoes with delicious fillings

At last, vegan food that packs a heaping helping of comfort without the extra calories! Alicia C. Simpson, the master of vegan comfort food, is back again with food that's crave-worthy and conscience-friendly: 150 satisfying, flavorful, all-new recipes to enjoy from breakfast to dinner and anytime in between. However you define "comfort food," Alicia's got you covered with down-home Southern standards, Tex-Mex fiesta favorites, backyard BBQ fare, ole-fashioned one-dish meals, riffs on classic takeout—and a few surprises destined to become new standbys: Baked Hush Puppies • Hoppin' John • Sweet Potato Salad • Meatball Soup • Carolina BBQ Sammich • Chik'n Pot Pie • Kung Pao Tofu • Gyros with Tzatziki Sauce • Butter Rum Pound Cake • Ooey Gooeys • Mexican Hot Cocoa • and more! Every recipe includes detailed nutritional data on calories, carbohydrates, fat, fiber, and more. Plus, suggested daily menus, ranging from 1,400 to 2,000 calories, make it easier than ever to start cooking food that's good—in every sense of the word!

Over 175 Quick, Delicious, and Healthy Recipes for Everyday Cooking

Fusion Food in the Vegan Kitchen

15-Minute Vegetarian Recipes

100 Delicious Vegetarian Recipes to Make You Fall in Love with Real Food

15-minute Veggie Meals with Workouts

101 Recipes You Can Make in 30 Minutes or Less, for \$10 or Less, and with 10 Ingredients or Less!

Happy Vegan Food

Minimalist Baker's Everyday Cooking

The first veggie cookbook from the nation's favourite healthy cook and fitness sensation, Joe Wicks aka The Body Coach. Get ready for Joe's vegetarian take on Lean in 15: The Shift Plan, which is the bestselling diet book of all time. Inside are a hundred flavour-packed vegetarian recipes, many of which are also vegan, plus three exclusive Body Coach HIIT workouts and a bonus abs workout. From Smoky Sweet Potato Chilli to 'Creamy' Butternut Pasta, Veggie Lean in 15 features a fantastic range of meat-free dishes, all prepared in fifteen minutes flat. The recipes are ideal for full- and part-time veggies, as well as those wishing to cut down on eating meat in a healthy and delicious way. There are also plenty of make-ahead ideas to get you prepping like a boss in no time at all. The man who kept the nation moving during lockdown, Joe has sold more than 3 million books in the UK alone. He has more than 4 million followers on social media, where fans share their journeys towards a leaner, fitter lifestyle.

The creators of the New York Times bestselling cookbook series Thug Kitchen are back to deliver you the sorta gentle, but always hilarious shove you need to take the leap into healthy eating. Thug Kitchen 101 includes more than 100 easy and accessible recipes to give you a solid start toward a better diet. TK holds your hand and explains ingredients from chickpeas to nooch so you'll feel confident knowing exactly what the f*ck you're cooking. This kickass vegan kitchen primer also serves up health benefits and nutrition statistics to remind everyone, from curious newbies to health nuts, how a plant-based lifestyle benefits our bodies, minds, environment, and our pocketbooks. THAT'S RIGHT. EAT GREEN, SAVE GREEN. So scared of commitment you can't even dedicate some time to cook? Thug Kitchen's here to fix that sh*t: All recipes in TK 101 are guaranteed to be faster than delivery, so you can whip up some tasty meals with simple ingredients regardless of when you stumbled home from work. You're too damn important to be eating garbage, so TK has made it easy to take care of #1: you. No needless nonsense or preachy bullsh*t. Just delicious, healthy, homemade food for all the full-time hustlers out there. "Thug Kitchen backs up its bluster with good, solid recipes."--New York Times "Funny, self-aware, and full of delicious-looking recipes that I want to make right this second." --Epicurious.com "F*cking delicious."--Popsugar.com

Simple, straightforward and delicious - Easy Speedy Vegan is the ultimate guide for plant-based mealtimes, bringing you 100 new recipes from bestselling author Katy Beskow. Easy to prepare, quick to cook and using readily available ingredients, this book is not only the go-to cookbook for new and established vegans, but also for home cooks looking for effortless ways to bring plant-based meals into their kitchen. The modern world of vegan cooking can often be confusing, but with a list of easy-to source store-cupboard essentials, useful kitchen equipment, details on common vegan substitutions and demystifying explanations of increasingly popular vegan ingredients (such as jackfruit and silken tofu) you'll be able to produce delicious food, every time hunger calls. Whether you've got 10, 20 or 30 minutes, there's something to satisfy at any time of the day, no matter how little time you have. This is feel-good, effortless food by an expert in vegan cooking - and the only plant-based cookbook you'll ever need. Provides a collection of recipes prepared without animal products, including spaghetti with artichoke-pistachio pesto, bulgur and red lentil pilaf with kale and olives, and yellow beet and arugula salad with dried cranberries.

Weeknight One-Pot Vegan Cooking

More Than 100 Easy, Delicious Vegan Dinners on a Budget: A Cookbook

65 Everyday Meal Ideas for Breakfast, Lunch and Dinner with Over 150 Great-tasting, Down-home Recipes

Easy Speedy Vegan

Hot for Food Vegan Comfort Classics

100 Quick Plant-Based Recipes

15 Minute Vegan Comfort Food

Southern Vegan

Whether you're already eating vegan or just want to try something new, nothing could be simpler and faster than 15-Minute Vegan. Using ingredients that are available in supermarkets, the recipes are as easy as can be – from shopping to cooking to serving. Starting with advice on the equipment you need to make cooking go faster, plus essential pantry ingredients, chapters cover Breakfast, Light Bites, Mains, Essentials and Sweet Stuff. Katy also offers straightforward recipes and tips about preparation, freezing and storing.

Live well and feel energised - go vegan in 15.

Plant-Based Recipes with Heart and Soul Here to ring in a new era of vegan cooking is Lauren Hartmann, native Southerner, chef and founder of the food blog Rabbit and Wolves. In these 60 recipes, Lauren shows you how to make rich, buttery, decadent plant-based versions of all your favorite southern foods, so you never again have to miss out on the tastes you love. With foolproof cooking methods and easy substitutions, every bite of these spot-on vegan dishes will transport you to a warm summer night, full of family, tradition and (of course) a little sweet tea. Start the day with a proper southern brunch, complete with a Giant Gooey Toffee Cinnamon Roll and Black Pepper-Chive Biscuits and "Sausage Gravy." Gather the whole family for a seriously good feast, with Cheesy Biscuit Vegetable Pot Pie, Pecan-Crusted Tofu with Mashed Sweet Potatoes and Collard Green Carbonara. Don't forget to serve them with the best southern staples, like Candied Jalapeño Hushpuppies, Pimento Cheese Spread and Dill Pickle Pasta Salad. Finish the meal off with a slice of Mississippi Mud Cheesecake, Berry-Peach Cornmeal Cobbler or a Red Velvet Funnel Cake. These comforting recipes perfectly capture the rich flavors of the South, all while helping you discover a delicious plant-based side of everything fried, stewed and barbecued.

15 Minute Vegan Comfort Food Simple & Satisfying Vegan Recipes Hardie Grant Publishing

Affordable, Easy & Delicious Vegan Cooking

Fuss-Free Vegan

Easy Vegan Bible

Sweet Potato Soul

200 Quick, Easy, and Delicious Recipes the Whole Family Will Love

Wholesome, Indulgent Plant-Based Recipes

Ultimate Veg

Practically Vegan

From the author of 15 Minute Vegan, Five Ingredient Vegan showcases simple yet exciting recipes using five ingredients or fewer. It's perfect for vegans and non-vegans looking for effortless ways to introduce plant-based meals into their everyday cooking. Katy Beskow is the expert on making easy meals for home cooks – even if you're not confident with vegan cooking. Using ingredients available from your local supermarket and with a list of larder essentials, plus helpful tips throughout, you'll have everything you need to create delicious meals with taste and texture. With 100 recipes covering Basics (Baba ganoush, 3-ingredient beer bread, Citrus tabbouleh, Green apple salsa), Soups (Lemony super greens, Country vegetable soup, Pantry minestrone), Lunches (Santorini tomato fritters, Welsh rarebit stuffed potatoes, Spicy bean and avocado wraps, Spinach pancakes), Suppers (Baked chickpea dukkah, Roasted cherry tomato risotto, Pumpkin and sage macaroni, Pear and butterbean traybake), and Sweets (Carrot cake porridge, Zesty bread and butter pudding, Blood orange granita), you too can get maximum flavor with minimal fuss – all with just five ingredients.

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 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? 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 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 diet. 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 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.

This edition has been adapted for the US market. From simple suppers and family favorites, to weekend dishes for sharing with friends, this book is packed full of phenomenal and simple. Whether it's embracing a meat-free day or two each week, living a vegetarian lifestyle, or just wanting to try some brilliant new flavor combinations, this book

Super-tasty, brilliantly simple, but inventive veg dishes include: · AMAZING VEGGIE CHILI, comforting black rice, zingy crunchy salsa and chili-rippled yogurt · GREENS MAC CHEESE with leek, broccoli & spinach and a toasted almond topping · VEGGIE PAD THAI, crispy fried eggs, special tamarind & tofu sauce and peanut sprinkle · SUPER SPIRIT PANCAKES with avocado, tomato and cottage cheese · SUMMER TAGLIATELLE, basil & almond pesto, broken potatoes and delicate green veg With chapters on Soups & Brunch, Pies & Bakes, Curries & Stews, Salads, Burgers & Fritters, Pasta, Rice & Noodles, and Traybakes there's something tasty for every occasion. Sharing simple tips to excite the taste buds, this book will give you the confidence to up your vegetable intake and widen your recipe repertoire, safe in the knowledge that it'll taste utterly delicious. You'll be you feeling full, satisfied and happy - and not missing meat from your plate. "It's all about celebrating really good, tasty food that just happens to be meat-free." Jamie Oliver--one of the bestselling cookbook authors of all time--is back with a bang. Focusing on incredible combinations of just five ingredients, he's created 130 brilliant recipes you can cook up at home, any day of the week. From salads, pasta, chicken, and fish to exciting ways with vegetables, rice and noodles, beef, pork, and lamb, plus a boatload of treats, Jamie's got all the bases covered. This is about maximum flavor with minimum fuss, lots of nutritious options, and loads of epic inspiration. This edition has been on the market.

75 Effortless Recipes with Maximum Flavor and Minimal Cleanup

A Couple Cooks - Pretty Simple Cooking

Fast as F*ck

75 Fast Plant-Based Meals You're Going to Crave!

150 Down-Home Recipes Packed with Flavor, Not Calories

Beautifully Real Food

30-Minute Vegan Dinners

Frugal Vegan

Whether you're looking for a classic pepperoni pizza or a vegetarian pita pocket, Pizzas and Flatbreads is stuffed full of flavorful recipes to satisfy all your doughy cravings. Whether you're looking for a classic pepperoni pizza or a vegetarian pita pocket, Pizzas and Flatbreads is stuffed with over 100 flavorful recipes to satisfy all your doughy cravings. Featuring international pizza and flatbread recipes for every meal of the day, with recipes for everything from making your own dough to cooking the perfect batch of naan, you're sure to find yourself going back for seconds. Like all the books in the "Art of Entertaining" series Pizzas and Flatbreads offers easy-to-follow recipes and colorful photographs that will help make you the hero of family meals and parties.

From Sam Turnbull, the bestselling author of Fuss-Free Vegan, and creator of the blog It Doesn't Taste Like Chicken, comes her eagerly awaited second cookbook. She is cooking up even simpler vegan comfort food--on a budget, with fewer ingredients, and in 30 minutes or less! Some people think that a vegan diet can be too time-consuming, too much work, and too expensive! In Sam Turnbull's Fast Easy Cheap Vegan, she's busting those myths and showing us just how simple (with 10 ingredients or fewer), inexpensive (for \$10 or less), and quick (in 30 minutes or less) it can be to cook delicious plant-based comfort food at home. Wholesome recipes can be made using items you already have in your pantry and fridge. And if they're not stocked in your kitchen, these ingredients are easily found at your local grocery store. Fast Easy Cheap Vegan is filled with 101 recipes, many of them perfect for busy weeknights, like 10-Ingredient Creamy Basil Gnocchi, Gorgeous Greek Bowl, and Quicker Quesadillas. You'll have tons of options for speedy breakfasts and lunches, including Oatmeal Breakfast Cookies, 20-Minute Breakfast Sandwiches, 15-Minute Apple Chickpea Salad, and DIY Instant Ramen Soup, and no shortage of ready-to-go snacks, like Cheesy Cracker Snackery, Loaded Queso Dip, and Cool Ranch Popcorn. And don't skip dessert because there's Lickety-Split Ice Cream, Easy Peasy Peanut Butter Squares, Brownie in a Cup, and 10-Minute Mini Berry Crisp. Fast Easy Cheap Vegan is all about smart tips and easy techniques that simplify cooking. Many recipes are one-pot, freezer-friendly, and make-ahead meals, creating a stress-free kitchen. So whether it's breakfast, lunch, dinner, or dessert, Sam has thought of everything to help get delicious, fuss-free meals on the table in no time flat.

Many of us, for various reasons, are trying to reduce the amount of meat and dairy in our diets but are reluctant to let go of our favourite foods. When chef Sam Murphy decided to change her lifestyle, originally just to lose weight and have a more balanced diet, she assumed that her days of eating pizzas, burgers and brownies were over. But after experimenting in the kitchen, Sam realized that she could still eat all of those irresistibly indulgent dishes while looking after herself and the world around her. Bringing all of Sam's best recipes together, this incredible collection includes delicious, healthy options for breakfast, lunch and dinner, as well as sides, salads, sauces, smoothies and desserts. It features Sam's recipes for: Spaghetti Carbonara Chickpea Chilli Cheese Toasties Loaded Vegan Hot Dogs Salted Caramel Brownies Cookie Dough Cereal The Vegan Big Mac And many, many more. Whether you're looking to go without meat or dairy every day, every week or just once a month, or if you just want to indulge in guilty food without the guilt, Beautifully Real Food is the perfect guide to making meals you can really enjoy.

This innovative vegan cookbook combines the best of both worlds—comfort food + ethnic cuisine. The result is Fusion Food in the Vegan Kitchen, a delicious, experimental type of cooking popular in California and quickly taking the vegan world by storm. Its focus is not only on fresh, local ingredients, but also the amazing flavors found in different world cuisines.

Think Korean pulled “pork” sandwiches, jalapeno mac ‘n’ cheese, and Mexican hot chocolate cake. Traditional, with a twist! Author and California native Joni Marie Newman will treat you to more than 100 innovative recipes, all featuring whole foods ingredients that can be found at almost any grocery store or farmer's market—no store-bought faux meats, mayos, cheeses, or the like. Recipes will also feature low fat, soy free, and gluten free options for those with special dietary needs. Push the envelope on taste and take plant-based cooking to a whole new level with Fusion Food in the Vegan Kitchen.

Vegan Comfort Cooking

Fast, Fresh, Simple Vegan

Fast, Modern Vegan Food That Costs Less

Vegan in 15