



One-Dish Vegetarian Meals: 150 Easy, Wholesome, and Delicious Soups, Stews, Casseroles, Stir-Fries, Pastas, Rice Dishes, Chilis

Robin Robertson

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Now you can make satisfying and flavorful vegetarian main-course meals any time, whether you're a devoted vegetarian, a vegan hoping to add variety to your diet, or a meat-eater looking to give your meals a healthy boost. *One-Dish Vegetarian Meals* offers an abundance of fare from best-selling author Robin Robertson, with more than 150 favorite recipes for very taste, lifestyle, and season. Each dish, from warming comfort foods to refreshing main-dish salads, is easy to prepare using wholesome ingredients.

The recipes in this comprehensive new volume—including soups and stews, baked stuffed vegetables, pastas and casseroles, stir-fries and sautés, hearty chilis, and speedy meals you can fix in a cinch—are ideal for family lunches or dinners, as well as for entertaining friends or taking to potlucks. Many of these globally inspired one-dish meals can even be made ahead and heated in the oven before serving.

While preparation is simple and cost-effective, these family favorites are full of flavor, minus all the fuss. And if you're unable to consume dairy products—whether you're a vegan, lactose intolerant, or simply watching your cholesterol—Robertson gives you dairy-free options throughout the book. From summer to winter, you'll relish such recipes as Starstruck Minestrone with Yellow Peppers and Chickpeas; Eggplant Parmesan Lasagne; Green Beans and Rice with Sesame-Orange Sauce; Zesty Bombay Beans with Chutney; White Bean Cassoulet; and much more.

This collection of the finest recipes from three earlier works—*Rice & Spice*, *Pasta for All Seasons*, and *The Vegetarian Chili Cookbook*—features an all-new introduction by the author and a fully updated chapter dedicated to vegetarian cooking tips and insights on ingredients. Robertson provides helpful advice on how to properly cook and store staples such as rice and other grains, pasta, and beans (including tofu, tempeh, and seitan) and also suggest how to stock your pantry so that you'll have all the tools you need to create fast, fabulous vegetarian meals!

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People live in this new day time of lifestyle always aim to and must have the spare time or they will get lots of stress from both everyday life and work. So , if we ask do people have extra time, we will say absolutely without a doubt. People is human not a robot. Then we question again, what kind of activity have you got when the spare time coming to a person of course your answer can unlimited right. Then do you ever try this one, reading ebooks. It can be your alternative throughout spending your spare time, the book you have read is definitely One-Dish Vegetarian Meals: 150 Easy, Wholesome, and Delicious Soups, Stews, Casseroles, Stir-Fries, Pastas, Rice Dishes, Chilis.

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Peter Christensen:

The book untitled One-Dish Vegetarian Meals: 150 Easy, Wholesome, and Delicious Soups, Stews,

Casseroles, Stir-Fries, Pastas, Rice Dishes, Chilis contain a lot of information on this. The writer explains the woman idea with easy way. The language is very clear to see all the people, so do not worry, you can easy to read the idea. The book was compiled by famous author. The author will take you in the new period of time of literary works. You can easily read this book because you can continue reading your smart phone, or gadget, so you can read the book within anywhere and anytime. If you want to buy the e-book, you can open up their official web-site and also order it. Have a nice learn.

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