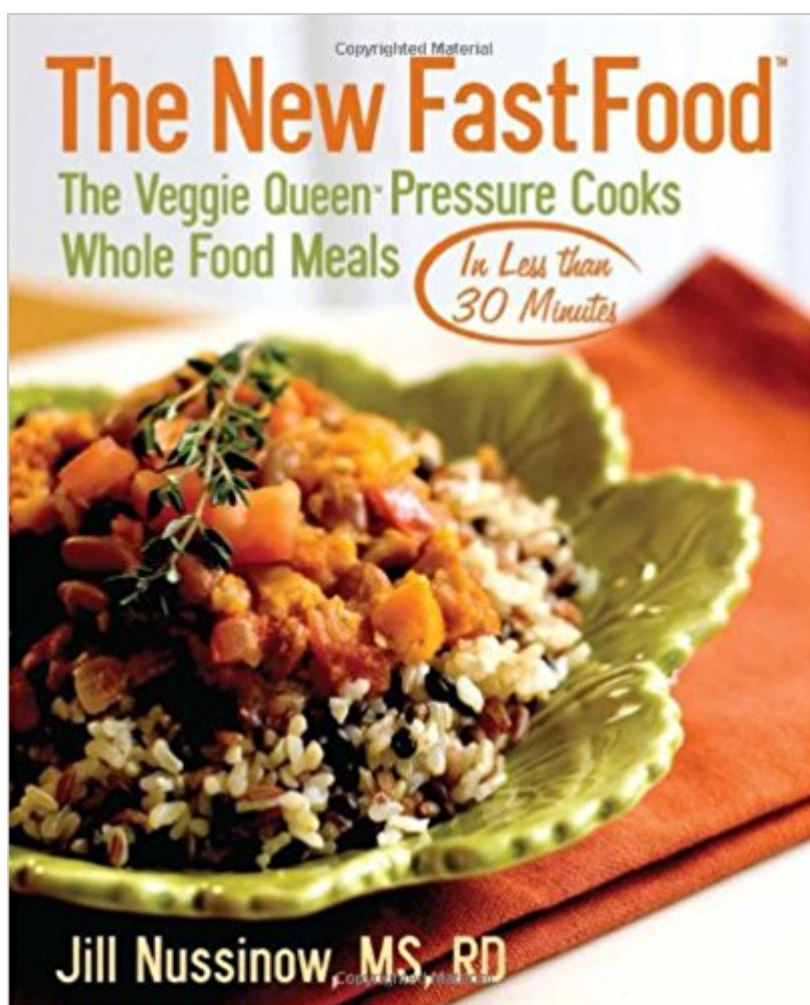




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The New Fast Food: The Veggie Queen Pressure Cooks Whole Food Meals In Less Than 30 Minutes



Synopsis

A Pressure Cooker Can Change Your Life Discover how you can make delicious meals in minutes using just one pot. Let Jill, The Veggie Queen, show you how easy and safe it is to make flavorful, healthy plant-based meals with vegetables, grains, beans and other legumes and fruit. With a pressure cooker, you can save time and money, lock in flavor and nutrition, decrease your energy costs and avoid a messy kitchen with only one pot to clean! Jill will show you how you can cut cooking time in half (or more!) compared to conventional stove top cooking. In The New Fast Food, you'll learn how to choose and use a pressure cooker, with timing charts for your favorite plant foods. You'll also find more than 100 recipes for everything from breakfast to dessert. Most of the recipes are gluten-free and all are vegan. The New Fast Food offers fast, colorful and tasty dishes such as: Orange Glazed Broccoli with Carrots and Kale Mashed Maple Winter Squash with Cinnamon Lemony Lentil and Potato Chowder Smoky Sweet Potato and Black Bean Chili Coconut Almond Risotto

Book Information

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Best Sellers Rank: #120,631 in Books (See Top 100 in Books) #113 in Books > Cookbooks, Food & Wine > Kitchen Appliances > Pressure Cookers #199 in Books > Cookbooks, Food & Wine > Special Diet > Vegetarian & Vegan > Non-Vegan Vegetarian #281 in Books > Cookbooks, Food & Wine > Special Diet > Gluten Free

Customer Reviews

As my husband and I transition to a whole food vegan diet this cookbook has been a great help. We have enjoyed each of the recipes tried so far. My husband even liked the Indian Dal - much to my surprise. The author doesn't use a lot of salt, oil or sugar, so it is easy to leave them out without impact to the dish. She doesn't recommend electric pressure cookers, but her recipes adapt nicely to my Instant Pot.

I have an Instant-Pot (electric pressure cooker/multi-cooker) and I am also plant-based. This cookbook has been extremely helpful for me. Jill gives cooking times for beans, grains, etc. along with cooking tips and provides some excellent recipes...I haven't tried all of them yet, but the ones I have tried, I've made more than once. The book is easy to use and perfect for any type of pressure cooker (stove top or electric). Jill knows her stuff and if you have questions (I have had some), all you have to do is contact her for an answer. The only problem with this book is that the binding doesn't lie flat; if you order directly from Jill's "Veggie Queen" website, you can get a binding that does lie flat. For me, it's the content that is important and Jill delivers! I'd give extra stars if I could!!!

I've only made one recipe so far, but it was fantastic. The "Spicy Thai Carrot Coconut Soup" on page 139 tastes delicious and perfectly seasoned. I wish the nutritional content of each recipe was included, but this information is easily accessed by using the recipe feature on myfitnesspal.com. I have already found several other recipes that I'm excited to make and anticipate that I'll be using this cookbook frequently.

Fabulous cookbook especially for the Instant Pot! Makes using a pressure cooker less intimidating. Delicious and easy recipes!

Hi! I now have I think three of her books! She has very good recipes, pressure cooker recipes, which I love, and I learn something new about veggies by using this book. New ways to cook, and I love it. I would love to challenge myself, making each and every one and just all of her recipes! I just may do it! Lots of great recipes, information, a must have for the plant based diet. Read the reviews, I did, then make your own decision. Like I said, I now have three of her books. So she comes highly recommended from me. Good luck! Kat =^/^^=

All recipe books should have pictures. The recipes in here are ok.

I have not made something yet that I have not liked. I have bought several copies for friends. LOVE IT! This author deserves a medal for these recipes. Takes the scariness out of using a pressure cooker, and every recipe is perfect.

Enjoy the recipes and found it helpful with cooker skills.

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