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THE PRACTICAL VEGETARIAN (PAPERBACK)



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AUTHORHOUSE, United States, 2008. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. The Practical Vegetarian is more than a cookbook - it is a complete guide to vegetarian cooking and food preparation which has been designed for vegetarians and meat-eaters alike! Whether you are currently a vegetarian, just thinking about becoming one, or desiring to take a break from meat - perhaps for a couple of days out of the week - you will find The Practical Vegetarian an irreplaceable guide in your kitchen. The Practical Vegetarian is convenient; every recipe includes simple step-by-step directions. The Practical Vegetarian is realistic; utilize its valuable information everyday on a busy schedule or a tight budget - no fancy equipment or expensive ingredients are needed; meat-eaters will enjoy these traditional family-style meals too without missing the meat! The Practical Vegetarian is hands-on easy; every ingredient is commonly found in the grocery store or supermarket. In addition to over 60 meatless recipes, The Practical Vegetarian includes easy-to-follow guides to help you make the most of your healthy cooking. Included in The Practical Vegetarian: * Put together barbecue-ready meatless burgers; * Cook family favorites including pizza, burritos, indulgent desserts, stuffed peppers, and more; * Prepare International fare including Italian Lasagna, Buddha s Feast, and Homemade Tomato Sauce from fresh tomatoes; * Create your own protein-packed meat substitute; * Make your own tofu and soy milk from scratch as well as learn how to shop for fresh soy beans; * Transform common vegetables into mouth-watering delights; * .and more! The Practical Vegetarian is a complete vegetarian cookbook with easy-to-follow recipes ideal for everyone!.

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