



## Toss Your Own Salad: The Meatless Cookbook with Burgers, Bolognese, and Balls (Paperback)

By Eddie McNamara

St Martin's Press, United States, 2017. Paperback. Condition: New. Language: English . Brand New Book. Takeout food every night is great. for leaving you broke, bloated, and praying for a national healthcare plan to deal with your fat ass self. Eddie McNamara wants to show you how to stop being a takeout junkie or a Gordon Ramsay wannabe who spends years learning complex knife skills you don't need. He also wants to show you how to pump up the flavour without resorting to using meat because - really - who needs to eat more meat? As Eddie puts it, Any schmuck can put bacon on something to make it delicious. He wants to show people how easy it was to cook delicious meatless meals for themselves rather than gorging on more fat and salt on a daily basis than you'd see in a bucket of KFC. He also wants to show people that you don't have to be Warren Buffett to eat well. As Eddie says, Brokesters have cooked filling plant-based food since long before Mark Bittman moved to Berkeley in search of a perfectly ripe avocado. That's how his popular Tumblr, Toss Your Own...



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