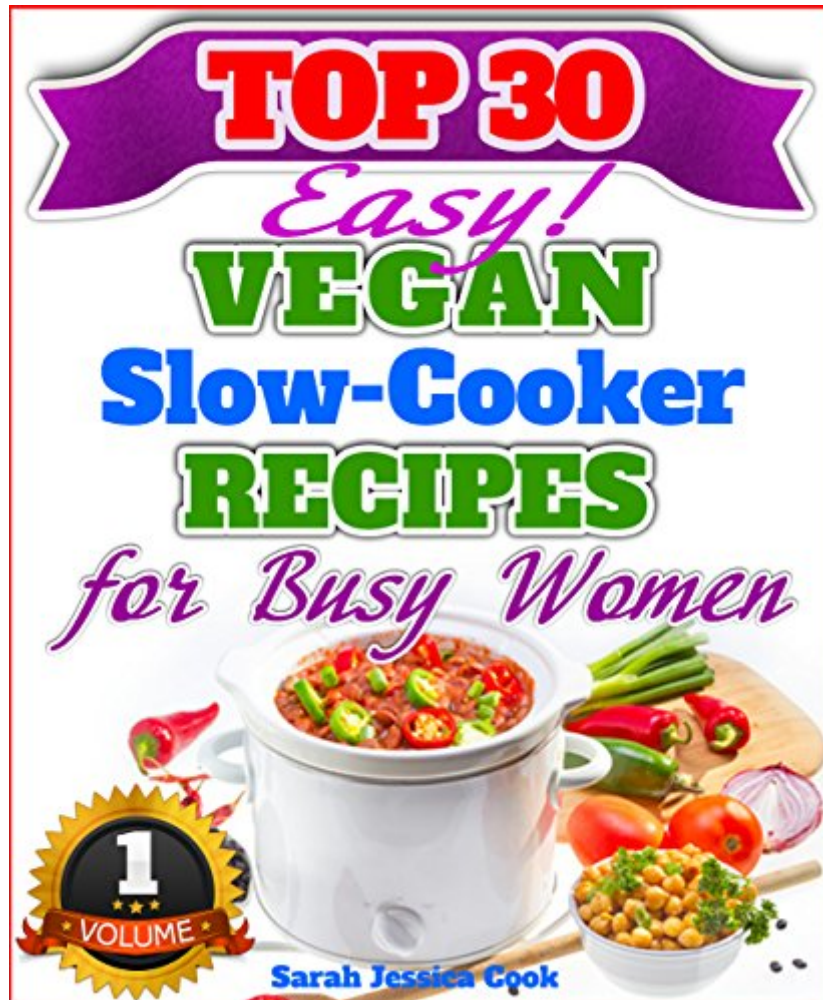


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# Top 30 Easy Vegan Slow Cooker Recipes For Busy Women: Amazing Vegan Recipes For Weight Loss And Healthy Eating: Slow Cooker, Slow Cooker Cookbook, Slow ... Cooker Recipes Cookbook For Busy Women 1)





## Synopsis

This Vegan cookbook designed specially for busy women who want to use their slow-cooker to make easy-to-prepare, healthy, and more importantly delicious meals. Sarah Jessica Cook have worked her magic again, creating and perfecting this all-new collection of TOP 30 Easy Vegan Slow Cooker Recipes for Busy Women...Do You Like The Idea Of Throwing Few Easy-To-Find Ingredients Into A Slow-Cooker And Coming Back Hours Later To A Finished Hearty And Healthy Meal? Too bad many slow cooker recipes rely on less-than-healthy ingredients. And most of them deliver mediocre results you'd rather forget about them than use again. Are You Trying To Lose Weight? Then...Meet your new best friend: YOUR SLOW-COOKER. This low-fat Vegan slow-cooker recipes cookbook makes it easy to cook healthy, delicious and easy-to-prepare meals without spending hours in the kitchen. Consider this: "TOP 30 Easy Vegan Slow Cooker Recipes For Busy Women" Is Your Quick-Start Guide To Preparing Easy, Delicious, And Healthy Recipes: Create classics such as Vegan Slow-Cooker Vegetable Stew and Ever Green Slow-Cooker Pasta, and new taste sensations like Thai-Style Green Vegetable Curry and Slow-Cooker Pumpkin With The Glaze Of Peanuts. Living The Vegan Lifestyle Just Got Easier Now with "TOP 30 Easy Vegan Slow Cooker Recipes For Busy Women" you can enjoy all the health benefits of the Vegan diet with the convenience of your slow cooker! The Vegan diet consists of all-natural, mostly plant-based foods. According to many studies it's the way humans were meant to eat. The slow cooker and the Vegan diet are a perfect pairing for modern, busy women who want to live healthy lifestyle...Just Look At The Variety Of Recipes You'll Enjoy When You Get This Cookbook: Vegan Slow-Cooker Vegetable Stew, Easy Slow Cooked Spiced Spinach With Garlic, Red Bean Soup With Green Chili, Slow-Cooker Spinach And Beans, Tortillas, Curried Vegetables With Chickpea Stew, Slow-Cooker Spicy Chickpeas With White Rice, Slow-Cooker Delicious Roasted Vegetables, Slow-Cooker Vegetable Spaghetti, Slow-Cooker Thai-Style Green Vegetable Curry, Vegan Slow-Cooker Spicy Rice, Slow-Cooker Potato And Pineapple Curry, Vegan Chinese Hot Pot With Tofu, Slow-Cooker Spicy Black-Eyed Peas, Slow-Cooker Tomato Lettuce And Basil Soup, Slow-Cooker Cauliflower Puree, Slow-Cooker Sweet Potato And Peanut Stew, Slow-Cooker Delicious Ladyfinger And Corns, Slow-Cooker Mushroom Gravy, Slow-Cooker Broccoli And Tofu Curry, Slow-Cooker Spicy Black Beans With Mushrooms, Potato And Green Peas Vegan Stew, Chickpeas Squash And Red Lentils Stew, Sizzling Fresh Beans with Carrots and Lettuce, Slow-Cooker Black Beans With Rice, Ever Green Slow-Cooker Pasta, Chickpeas Squash And Red Lentils Stew, Slow-Cooker Lentil With Boiled Potatoes, Slow-Cooker Rice With Chickpeas And Potatoes, Slow-Cooker Spicy Eggplant, Slow-Cooker Pumpkin With The Glaze Of Peanuts. Try This Cookbook 100% Risk FREE! With Kindle Store's 7

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## Book Information

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## Customer Reviews

I've been vegetarian since 1998 and have pulled together my own favorite recipes for years. I got this book when it was running the Kindle free promotion. The first recipe in the book for "Vegan Slow-Cooker Vegetable Stew" is confusing! In the ingredient list, the first four ingredients are: 1/2 cup Olive oil, 2 Golden Onions, 4 Tomatoes, 1 medium sized Pumpkin. I wondered, "1/2 cup Olive Oil?" Either the 1/2 cup olive oil is a typo (that hasn't been corrected since the book was published in July 2014) or this is not a healthy recipe at all. The first part of the instructions say to put the oil in a pan, add the onion and cook until golden brown. (Am I supposed to chop the onion first?) When was the last time you cooked 2 onions in a 1/2 cup of olive oil? And a whole medium sized pumpkin? How are we supposed to prepare the pumpkin before putting it into the crock pot? Am I

still in the U.S.?The second recipe in the book for "Easy Slow Cooked Spiced Spinach with Garlic" also has a 1/2 cup vegetable oil. A "tip" after the second recipe is titled "How to Make Green Veggies Even Greener" and the tip says when you're cooking green veggies to sprinkle sugar on them to have fresh green color. Seriously.Folks, the point of being a vegan is to eat a healthy diet. This much oil, adding sugar, etc., is not healthy. Technically it may be vegan, but it's not healthy.And I agree with other commenters that the grammar and typos is poor in this cookbook. This is why indie authors need to hire a US-based editor and proofreader before publishing in the US. Editors & proofreaders are well worth their fees.

I'm always looking for new slow cooker recipes that are vegan but this one is just awful. filled with spelling mistakes and bland recipes this is a big waste of money (luckily I got free with my prime membership). save your money and invest in one of the "happy herbivore" series or "vegan with a vengeance"

The recipes were okay. I could have done without the "screaming testimonials" before every recipe. Also, this book claims to be vegan, but there are recommendations and recipes using honey. Honey is not vegan as it comes from bees.

I can't give a very solid review because I only made one recipe from this book. I will say that there are not too many I am anxious to try and the one I did make the directions were not easy to follow. This just isn't a cookbook I see myself using often.

Thank goodness I got this free. The way these recipes are written it sounds like it is a poor translation from another language. Or REALLY bad editing. They recipes are also very basic.

This book has a number of grammatical errors and possible typos (e.g., two cups of corns). It makes me concerned that the recipes are accurate in descriptions of ingredients and instructions.

I enjoy looking through this book and plan to share many of these recipes with my son ,who is the true vegan in the family. I will enjoy the recipes for Meatless Mondays.I love the fact the author makes it so simple to follow these recipe ,she will say things like take a pan ,add olive oil to it ,heat.You will not go wrong with this book.

Great read!!!

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