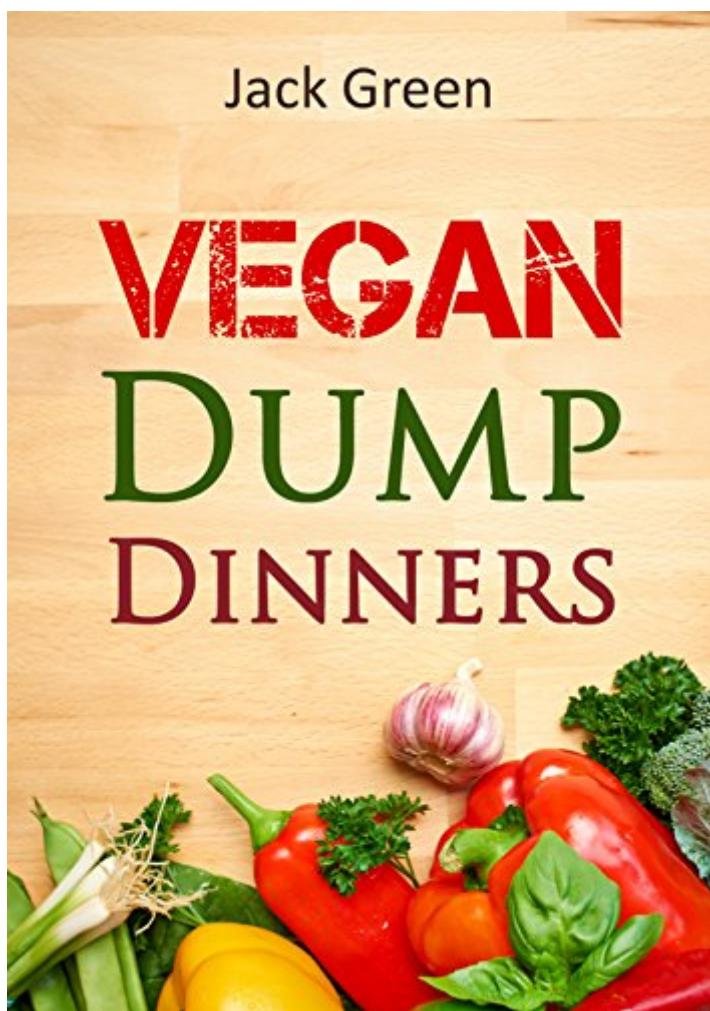


The book was found

Vegan: Vegan Dump Dinners-Vegan Diet On A Budget (Crockpot, Quick Meals,Slowcooker,Cast Iron, Meals For One) (Slow Cooker,crockpot,vegan Recipes,vegetarian ... Protein,low Fat,gluten Free,vegan Recipes)





Synopsis

Rawsome Vegan Dump Dinner MealsWelcome to a collection of flavorful vegan recipes that are all strictly plant-based. Inside you will see various types of recipes that can all be made with your favorite kitchen appliance whether its a cast iron,crockpot,or pressure cooker. A very important factor in everyone's diet is eating clean meals without losing taste and texture,especially with a plant based diet.Vegan Dump dinners not only keeps the recipes dairy free and meatless its shows how everyday herbivore meals can be enjoyable and diverse on an everyday basis. Witness a long list of diversified meals filled with essential vegan dietary needs that will power you through the day.Excludes/minimize:bleached flour refined sugar oil eggs Dairy Here's a glimpse of the recipes:spicy chickpeas bean & oat chili black garbanzo bean curry vegetable & Chinese barbecued tofu fiesta baked beans indian rice pudding dirty chai curried vegetable & chickpea stew tofu in pineapple bbq sauce bean & cornbread casserole muesli sin-cinnati chili

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Customer Reviews

The recipes I've tried so far from this book (and I'm an experienced cook) have not tasted like much

of anything. I've wound up throwing entire dishes out after my husband refused to eat an entire serving (I found them equally unpleasant). Waste of my time, waste of food and waste of my money. It was only \$2.99, but I'm annoyed that I even paid that much. There are many other Kindle recipe books that are much better. I suggest going elsewhere.

I gave this one star for the lie in the title. The recipes look good but most of them are not what I expect when something says "dump dinner." When I think "dump meal," I think easy prep and then throw in the cooking dish and walk away until the meal is finished but these dishes require several steps of cooking--cook this for five minutes in a skillet then put all ingredients in a crock pot then make your sauce -- how is this a dump meal?!

so far I have only tried the lentil soup. Wonderful:)Instead of preparing in the morning for dinner, I prepared it the night before and "dump" it into the slow cooker and the next morning I have a warm and protein packed breakfast.

I purchased this book for my wife so she can cook Vegan recipes. We're really glad to have this because there's a lot of healthy recipe to choose from. My wife cooked black garbanzo bean curry and bean & cornbread casserole and we all loved it. Even the kids enjoyed eating it. I can't wait to try the other recipes in this book. Thanks to the author for sharing this recipes.

This book is VERY short. Listen, you would do better spending your money on a bag of nutritional yeast. You can find better recipes just surfing the Internet. This guy just wants to make a quick buck. Oh, and one of the recipes includes dairy products! Ha-ha, so vegan. Thanks for taking my money, Jack.

I have been a fan of dump dinners for a long time. At first I was quite hesitant considering the name itself "dump" but after I got the concept of it I have not stopped using dump dinner recipes especially when the need arises. I was a little curious about this book wanting to add some healthy more nutritious meals to our diet. I loved the recipes in this book especially the vegetable & Chinese barbecued tofu and the fiesta baked beans. Absolutely delicious!

Disappointed in this cook book. If a child created it I'd support the child to be nice, but not out of desire for the cook book if I'd seen it in person before purchase! Very much over priced for quality

and content.

Another cookbook to add to my collection. Can't wait to give these recipies a try as I pursue a healthier lifestyle. The vegan Mexican bowl dish seems right up my alley and I'm looking forward to trying this. This will definitely go in my collection of recipies and cookbooks!

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