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## Vegan Comfort Foods from Around the World

By Veronica Grace

Low Fat Vegan Chef. Paperback. Condition: New. 150 pages. Dimensions: 9.9in. x 7.8in. x 0.5in. Learn how to cook the oil-free and low fat vegan way with 60 recipes with full color photos for EVERY recipe! Recipes are designed to be Dr. McDougall, Forks Over Knives, Dr. Esselstyn, Engine2 and Eat To Live friendly and are based on oil-free, whole minimally processed plant foods. Comfort Foods From the Americas: Baked Butternut Squash Mac and Cheese, Better Than Boston Baked Beans, Black Bean and Corn Tacos, Cranberry Apple Pecan Holiday Stuffing, Easy Cheezy Shells and Broccoli, Hearty Vegetable Slow Cooker Stew, Herbed Lentil Loaf, Holiday Stuffed Acorn Squash, Jackfruit Carnitas (faux pulled pork tacos), Marinated Portobella Bean Burritos, Mashed Potatoes With Mushrooms, Meatless Sloppy Joes, Quinoa Veggie Slow Cooker Chili, Rainbow Nachos, Rice and Beans Costa Rican Style (Gallo Pinto), Saucy Eggplant Fajitas, Spicy Black Bean and Corn Burgers, Yam and French Lentil Shepherds Pie, Yam and Pecan Holiday Casserole, Yam Black Bean Enchiladas, Comfort Foods From Europe and Asia: Baked Artichoke Risotto, Baked Ziti With Greens, The Best Cabbage Rolls, Cauliflower Potato Tofu Frittata, Deluxe Spinach Mushroom Lasagna, Fettuccini Alfredo With Mushrooms and Spinach, Gourmet Chanterelle Mushroom Risotto, Greek Rice Stuffed Peppers,...



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*A fresh e-book with a brand new point of view. It really is packed with knowledge and wisdom Its been designed in an exceedingly simple way and is particularly simply following i finished reading this publication through which actually modified me, alter the way i really believe.*

-- **Bernhard Russel**