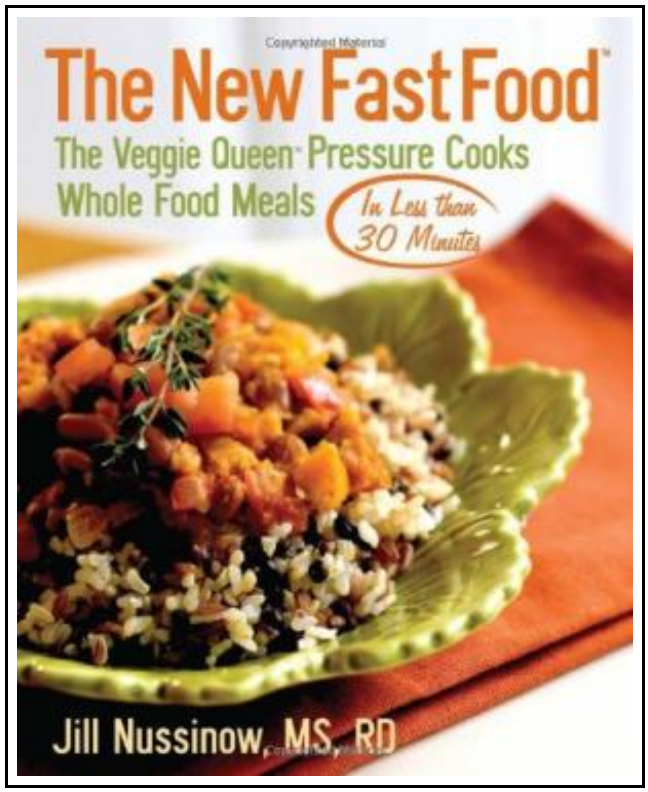
The New Fast Food: The Veggie Queen Pressure Cooks Whole Food Meals in Less Than 30 Minutes



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Reviews

Absolutely among the best book We have ever study. It is actually writter in easy words instead of hard to understand. I found out this publication from my i and dad encouraged this book to find out.
(Kristina Rippin)

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The Veggie Queen. Paperback. Book Condition: New. Emily Horstman (illustrator). Paperback. 250 pages. Dimensions: 9.2in. x 7.4in. x 0.7in.A Pressure Cooker Can Change Your Life Discover how you can make delicious meals in minutes using just one pot. Let Jill, The Veggie Queen, show you how easy and safe it is to make flavorful, healthy plant-based meals with vegetables, grains, beans and other legumes and fruit. With a pressure cooker, you can save time and money, lock in flavor and nutrition, decrease your energy costs and avoid a messy kitchen with only one pot to clean! Jill will show you how you can cut cooking time in half (or more!) compared to conventional stove top cooking. In The New Fast Food, youll learn how to choose and use a pressure cooker, with timing charts for your favorite plant foods. Youll also find more than 100 recipes for everything from breakfast to dessert. Most of the recipes are gluten-free and all are vegan. The New Fast Food offers fast, colorful and tasty dishes such as: Orange Glazed Broccoli with Carrots and Kale Mashed Maple Winter Squash with Cinnamon Lemony Lentil and Potato Chowder Smoky Sweet Potato and Black Bean Chili Coconut Almond Risotto This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Paperback.

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