



Easy Vegetarian Cooking: 75 Delicious Vegetarian Casserole Recipes: Vegetables and Vegetarian (Paperback)

By Gina The Veggie Goddess Matthews

Createspace Independent Publishing Platform, United States, 2012. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.The casserole recipes in this easy vegetarian cooking cookbook offer both delicious and classic casserole creations, as well as creative, bold and exotic casserole creations. In this third book in The Veggie Goddess vegetarian cookbook series, this expansive casserole recipe collection will help you find just the right vegetarian casserole recipe for any meal or event occasion. These vegetarian recipes call for a 60/40 mix of fresh ingredients and packaged ingredients, which makes this vegetarian cookbook easy to follow for those who do not cook often, or are not acclimated to using a lot of fresh vegetarian ingredients. For the more acclimated vegetarian, any of the canned or frozen ingredients can be easily substituted with the fresh equivalent. Many of these recipes include dairy products, so while not vegan, these ingredients can easily be swapped out with vegan substitutions. Here s what you ll find inside Easy Vegetarian Cooking: 75 Delicious Vegetarian Casserole Recipes Chapter 1: Veggie-Based Casseroles Chapter 2: Potato-Based Casseroles Chapter 3: Bean-Based Casseroles Chapter 4: Pasta-Based Casseroles Chapter 5: Rice-Based Casseroles Chapter 6: Polenta, Hominy and Grits-Based...

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