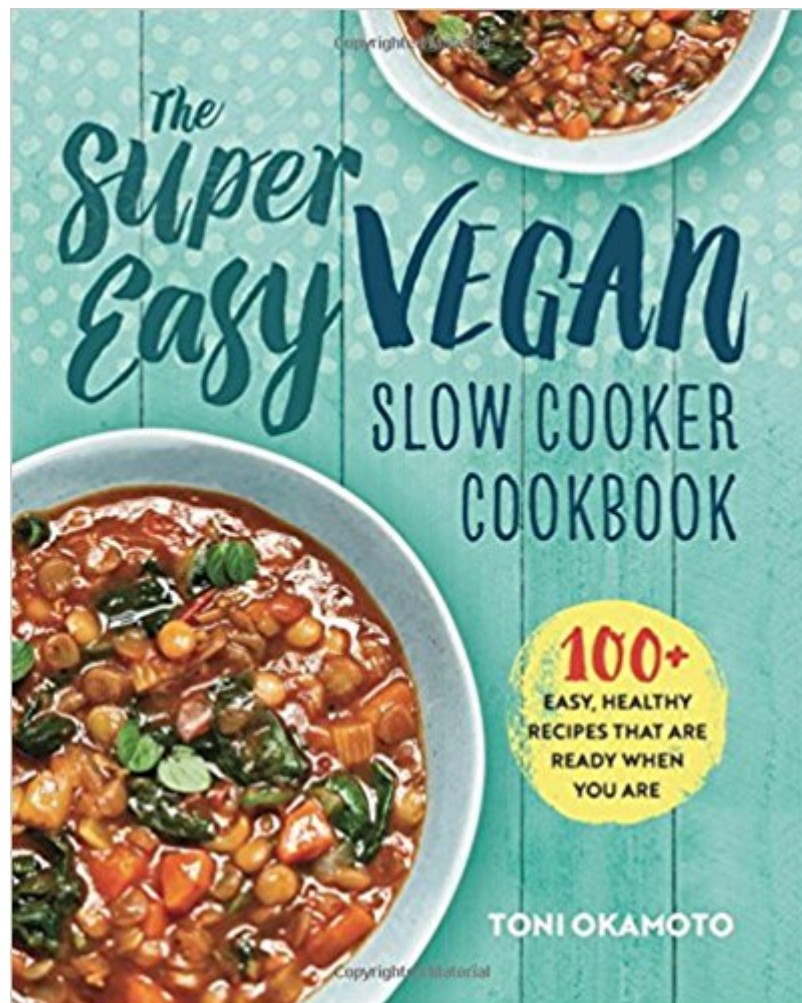




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# The Super Easy Vegan Slow Cooker Cookbook: 100 Easy, Healthy Recipes That Are Ready When You Are



## Synopsis

Get more out of your veggies, wallet, and time in the kitchen with *The Super Easy Vegan Slow Cooker Cookbook*. When it comes to ease and convenience in the kitchen, the slow cooker is a must-have appliance. Now the slow cooker is becoming synonymous with healthy eating as well, offering benefits that increase nutrition while also decreasing cook time and stress. By using a slow cooker for both full meals and basic staples, cooking instructor and founder of the popular food blog, *Plant Based on a Budget*, Toni Okamoto creates simple, healthy meals that are packed full of flavor and nutrients. In *The Super Easy Vegan Slow Cooker Cookbook* Toni shows you how to get your money's worth when making vegan meals at home. The easy-to-follow recipes in *The Super Easy Vegan Slow Cooker Cookbook* make it simple to enjoy healthy vegan meals that you'll love to eat without the fuss of using multiple pots and pans. With *The Super Easy Vegan Slow Cooker Cookbook* you will:

- Stock up on vegan slow cooking staples like beans and lentils
- Enjoy more than 100 healthy, flavorful plant-based meals
- Create complete meals with just 15 minutes of active prep time
- Choose from a range of variations on classic vegan dishes as well as recommendations for super-simple salads to be served alongside

Find out how *The Super Easy Vegan Slow Cooker Cookbook* will save you time and money while serving up wholesome, tantalizing dishes such as: Spicy Ethiopian Lentil Stew, Corn Salad with Creamy Avocado Lime Dressing, Curried Ginger Butternut Squash Soup, Grilled Romaine Hearts with Miso Dressing, and much more.

## Book Information

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Best Sellers Rank: #1,546 in Books (See Top 100 in Books) #1 in Books > Cookbooks, Food & Wine > Main Courses & Side Dishes > Casseroles #6 in Books > Cookbooks, Food & Wine > Cooking Methods > Slow Cooking #16 in Books > Cookbooks, Food & Wine > Special Diet > Vegetarian & Vegan > Vegan

## Customer Reviews

TONI OKAMOTO is the founder of Plant Based on a Budget, the popular web site, food blog, and meal plan that shows you how to save dough by eating veggies. She's also author of the Super Easy Vegan Slow Cooker Cookbook, and the co-author of The Friendly Vegan Cookbook. Plant Based on a Budget has been featured in Reader's Digest, US News and World Report, and more. Toni's also a regular presence on the FOX affiliate in Sacramento, where she teaches viewers how to break their meat habit without breaking their budget. Toni is a burrito enthusiast, and spends her free time swing dancing across the county. She resides in Sacramento with her cat Yosha McBean.

LOVE this cookbook! Some reviews comment their disappointment at frozen vegetables or canned goods being used in the recipes but to be honest - I'm happy that it does! As a married couple on a budget, we are always striving to make our money and food stretch a little farther every week. I'm thrilled to know that I have many of the items in my cupboards right now to cook up something healthy, easy and delicious!

Slow cooker is a working vegan's best friend. Nice to have so many different options and super easy is an accurate description of the recipes. What could be better? Healthy, Vegan, Slow Cooker, EASY! Love this

Veg for 26 years, and vegan on and off for many, that too often hasn't translated into healthy eating, mainly due to poor planning and lack of time. Over and over, I looked at my lonely crock-pots in the pantry, wondering if they might be the solution. But, not so hot at coming up with recipes on my own, all I could do was wonder, aside from making the occasional pot of chili. A fan of Toni's blog, I was excited when I heard the topic of her cookbook. And just as I'd hoped and expected, it's a straightforward presentation of practical but appetizing recipes. I've only had a chance to try two so far, but both came together quickly and did not disappoint. Even my kids were impressed, which was my goal. So, with a bunch of recipes dog-eared and ready to try, I know I'll be cooking my way through this book over and over, thankful for its getting us back on course!

So far I really like this. Being that it is summer I have not made a lot yet from it, but what I have is good, it is easy to make and uses common sense. In other words you are not spending an hour with prep time. I cannot give it 5 stars yet because I have not used it enough yet.

Love it!

A good, ready source of recipes for the slow-cooker approach, which in turn helps keep my days organized. A worthwhile purchase!

It is difficult to find a book of recipes good enough to hold my husband's attention. This is the best intersection between foodie fabulousness and convenience.

We use this constantly!

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