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# Fresh From The Vegan Slow Cooker: 200 Ultra-Convenient, Super-Tasty, Completely Animal-Free Recipes



## Synopsis

Robin Robertson has built a publishing record of successful books in the vegetarian/vegan category. Her earlier cookbook, *Fresh from the Vegetarian Slow-Cooker*, established her bona fides as an expert on the creative use of slow-cookers, and her entire body of work speaks to her ingenuity in the kitchen and the breadth of enticing ingredients and flavors with which she works. *Fresh from the Vegan Slow-Cooker* provides practical guidance on how to work with different models of slow-cookers, taking into account the sizes of various machines, the variety of settings they offer, and the quirks and personalities of each device. She addresses any lingering skepticism readers may have about whether slow-cookers can have delicious, meat-free applications, and she shows how to take into account the water content of vegetables and the absorptive qualities of grains when vegan slow-cooking. *Fresh from the Vegan Slow-Cooker* includes eleven recipe chapters, four of which focus on main courses. There are homey and comforting foods in the American and European style, such as a Rustic Pot Pie Topped with Chive Biscuits and a Ziti with Mushroom and Bell Pepper Ragu, and there are lots of East Asian, South and Southeast Asian, and Mexican/Latin dishes, too. Beans, which cook slowly under any circumstance, are fabulously well-suited to the slow cooker, and Robertson includes such appealing recipes as a Crockery Cassoulet and a Greek-Style Beans with Tomatoes and Spinach. Eighteen robust chilis and stews - two more categories that do well in the slow-cooker - include a warming Chipotle Black Bean Chili with Winter Squash and a surprising but yummy Seitan Stroganoff. Beyond the mains, there are chapters devoted to snacks and appetizers, desserts, breads and breakfasts, and even one on drinks. The many soy-free and gluten-free recipes are clearly identified. Altogether, the collection offers readers loads of ways to expand their vegan repertoire and to get maximum value from their investment in a slow-cooker.

## Book Information

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## Customer Reviews

I have owned a slow cooker for years. Occasionally I would make chili but other than that it sat in the cupboard. I have loved all of Robin Robertson's cook books. When I heard she had put out a new slow cooker collection I knew it would be a must have. My slow cooker now sits on the counter as I am working my way through the book. I have tried about 15 recipes; every single one of them has been amazing. The pizza I made 2 days in a row it was that good. The book is well organized and the recipes are easy to follow. Robin has introduced me to wide range of spices. I buy spices in bulk so I am not stuck with a big jar of any one spice and it is much more cost effective. You do not have to be vegan to love and enjoy this gem of a book. The recipes are very satisfying for any palate. I highly recommend this book.

I've had my slow cooker for about 5 years, and I never used it to make anything except vegan chili and some applesauce. It seemed to me to be a waste of cupboard space...until now. I have attempted to use other vegan slow cooker books, but with no success. Recipes always failed. I'm not sure if it was lack of recipe testing or what. Ms. Robertson's book has yielded nothing but excellent food. The times and quantities are spot-on, though I do tend to add a smidge more salt. I'm just a picky cook, though. Of the 7 recipes I've tried so far, I have had great success. She really knows how to balance flavors to make a dish taste great. I can't recommend this book enough! It has made me excited to use my slow cooker.

I'm a big fan of my slow cooker and an even bigger fan of Robin Robertson, so I was super excited when I heard she was working on a slow cooker book. I use my slow cooker a lot during the cooler months, as I love coming home to a hot, cooked meal waiting for me. If you're new to slow cookers, you're in luck, because Robin starts the book out with an extensive chapter on slow cooker basics. Everything you could possibly imagine cooking up in your slow cooker is covered here, from snacks and appetizers to dessert and drinks with a plethora of tasty dishes in between. Did you know that you can make pizza in a slow cooker? I didn't either! You can even make bread, marmalade and cheesecake! Robin's simple instructions make cooking just about anything in the slow cooker seem

easy. She also gives gluten-free and soy-free options, so there's really something for everyone in this book! I've made about 6 dishes from *Fresh From the Vegan Slow Cooker* already, and every one of them has been delicious. So far my favorites have been the Rustic Potpie Topped with Chive Biscuits and the Wine Braised Seitan and Cremini Mushrooms. My copy of the book is already full of bookmarks for dishes I want to make, so I know my slow cooker will be working overtime this fall, and I'm sure I'll have new favorite recipes soon!

I had the pleasure to test recipes for this amazing cookbook, and I was blown away by each and every recipe. The recipes range from basics, such as a pot of beans and homemade seitan, to amazing entrees and desserts, such as Chickpea and Mushroom Tagine, Seitan Pot au Feu, and Bananas Foster Bread Pudding. And don't forget to make the Warm and Creamy Artichoke-Spinach Dip--you won't be able to stop digging in!! I personally bought a slow cooker for this particular book, and it was one of the best purchases I've ever made. This book has spawned a love affair between me and my slow cooker. How amazing is it to have dinner waiting for you when you get home from work?! It's also a wonderful tool to make staples for your weekly meals, and also serves as a space-saver when making big meals. Why not use your slow cooker to make Green Bean Casserole or Stuffing on Thanksgiving day--you'll find both recipes in the book, and they are delicious. This book has it all and then some! All of Robin Robinson's books are truly fantastic, and we wouldn't have the plethora of vegan cookbooks without her. You won't regret picking up this book--it's a winner, hands down!

Having attempted cooking vegan on my own for a few months, I decided to invest in a book that would make going to school and planning meals easier. This book has inspired, and delivered wonderful meals. I appreciate the variety of recipes available. Several of these dishes are now staples in my school life lineup. That being said.... I have found many of the recipes to be severely under seasoned. In particular many of the bean recipes fall flat without extra spices added. A few of the cook times have been off, again with beans and with some potato dishes, and I am willing to blame those partially on my crockpot. However, when a meal is supposed to be done in 4-6 hours and it actually takes eight.... That's an unhappy, hungry student who pays for that mistake. Overall I could not be more happy with the book, and will continue working through the recipes as written and making adjustments if necessary. My favorites: Chickpea tagine, Minestrone, Veggies with barley, Artichoke risotto, Colcannon, Green bean casserole, My "needs work" Cuban black bean soup, Southwest beans, Burgundy beans, Caramelized onion soup.

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