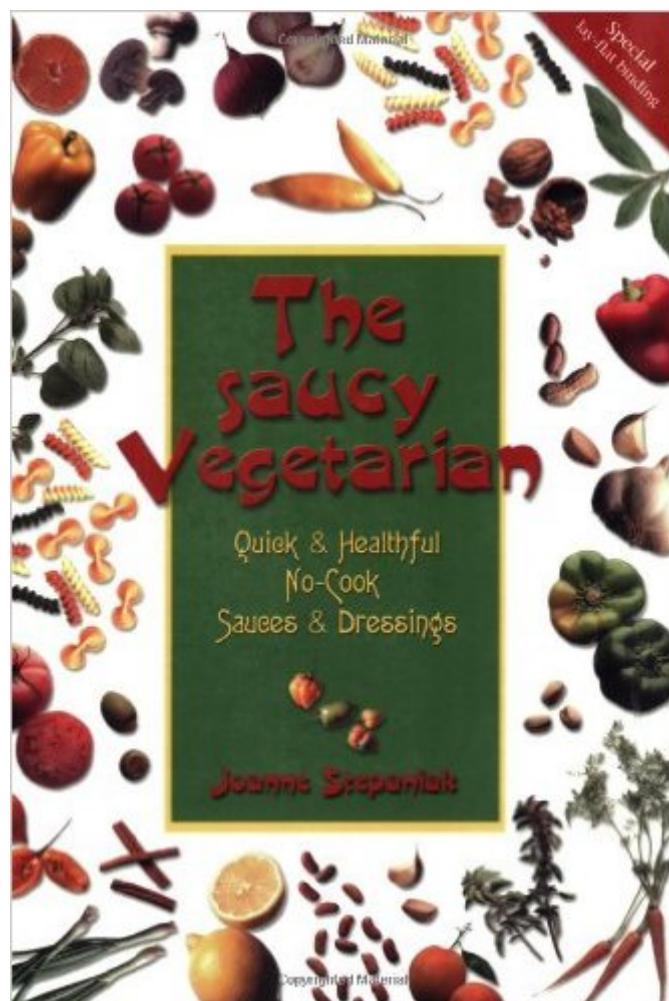


The book was found

# The Saucy Vegetarian



## Synopsis

With this guide, learn the secrets of making either hot or cold no-cook sauces, from curried to Italian style, sweet or spicy, smooth or chunky, that will make any meal out of the ordinary, more nutritious and mouthwatering.

## Book Information

Paperback: 144 pages

Publisher: Book Publishing Company (TN); 1 edition (January 1, 2000)

Language: English

ISBN-10: 1570670919

ISBN-13: 978-1570670916

Product Dimensions: 7 x 0.4 x 10 inches

Shipping Weight: 11.2 ounces (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 starsÂ  See all reviewsÂ  (33 customer reviews)

Best Sellers Rank: #321,985 in Books (See Top 100 in Books) #63 inÂ  Books > Cookbooks, Food & Wine > Main Courses & Side Dishes > Sauces & Toppings #452 inÂ  Books > Cookbooks, Food & Wine > Special Diet > Vegetarian & Vegan > Non-Vegan Vegetarian #997 inÂ  Books > Cookbooks, Food & Wine > Cooking Methods > Quick & Easy

## Customer Reviews

I have several shelves full of vegan and vegan-friendly cookbooks. The Saucy Vegetarian is one of my favorites, not just for the delicious 100% vegan recipes, but for the creativity it inspires. The recipes generally involve processing about 6 to 8 no-cook (with occasional stove-top roasting) ingredients in the blender, and in some cases a food processor. Using this simple technique, I've made many awesome sauces and dressings, both Jo Stepaniak's recipes, and variations based on her recipes. A couple of ingredient substitutions I make that work well are 1 tablespoon chopped onion for each teaspoon powdered onion, and 1 teaspoon maple syrup for each teaspoon sugar. Unlike Jo's earlier works, some of these recipes call for sugar rather than a more natural, lower glycemic index sweetener. Fortunately, this isn't a problem as the maple syrup works fine, and there is a section listing recommended sweeteners and describing how they work in recipes. My favorite recipes from the book include:<sup>\*</sup> Instant Alfredo Sauce - Very cheesy and smooth. And you would never know it contains only 13 calories per tablespoon and 0 grams of fat!<sup>\*</sup> Walnut Pesto Sauce - Delicious and very quick to make. No need to chop the walnuts first, just pile them high in the measuring cup. Works well with 1 to 2 teaspoons of Bragg Liquid Aminos (similar to soy sauce) in

lieu of the salt and water.\* Carrot-Dill Sauce - I add a secret ingredient of celery seed and cut down on the water a bit for a thicker sauce. Delicious over rice and vegetables.\* Tahini, Tamari & Onion Dressing - I was afraid when I first made this raw onion dressing it would be overpowering, but the tahini and olive oil combine with the onion to make a mild oniony dressing that won't make your eyes tear.

[Download to continue reading...](#)

The Saucy Vegetarian Student's Vegetarian Cookbook, Revised: Quick, Easy, Cheap, and Tasty Vegetarian Recipes Easy Vegetarian Slow Cooker Cookbook: 125 Fix-And-Forget Vegetarian Recipes Vegetarian: High Protein Vegetarian Diet-Low Carb & Low Fat Recipes On A Budget( Crockpot,Slowcooker,Cast Iron) Vegetarian: Vegetarian Dump Dinners- Gluten Free Plant Based Eating On A Budget (Crockpot,Quick Meals,Slowcooker,Cast Iron) Love Soup: 160 All-New Vegetarian Recipes from the Author of the Vegetarian Epicure The \$5 a Meal College Vegetarian Cookbook: Good, Cheap Vegetarian Recipes for When You Need to Eat (Everything Books) The Forest Feast for Kids: Colorful Vegetarian Recipes That Are Simple to Make Vegetarian India: A Journey Through the Best of Indian Home Cooking Go Vegetarian - The Chinese Way! The Pescetarian Plan: The Vegetarian + Seafood Way to Lose Weight and Love Your Food The Vegetarian Flavor Bible: The Essential Guide to Culinary Creativity with Vegetables, Fruits, Grains, Legumes, Nuts, Seeds, and More, Based on the Wisdom of Leading American Chefs The Chili Cookbook: A History of the One-Pot Classic, with Cook-off Worthy Recipes from Three-Bean to Four-Alarm and Con Carne to Vegetarian The Mindful Carnivore: A Vegetarian's Hunt for Sustenance Whole Bowls: Complete Gluten-Free and Vegetarian Meals to Power Your Day A Modern Way to Eat: 200+ Satisfying Vegetarian Recipes (That Will Make You Feel Amazing) Risotto: 30 Simply Delicious Vegetarian Recipes from an Italian Kitchen The Forest Feast: Simple Vegetarian Recipes from My Cabin in the Woods One Pan, Two Plates: Vegetarian Suppers: More than 70 Weeknight Meals for Two Vegan Vegetarian Omnivore: Dinner for Everyone at the Table

[Dmca](#)