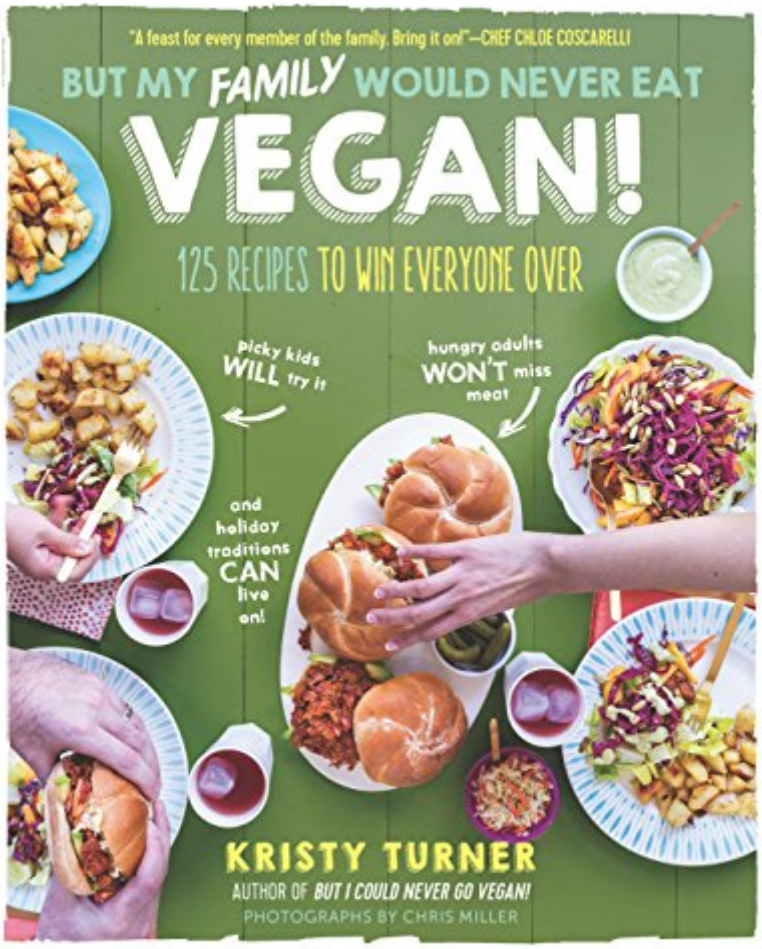
Ebook Directory
the best source of ebook

The book was found

But My Family Would Never Eat Vegan!: 125 Recipes To Win Everyone Over



PDF
Adobe
DOWNLOAD EBOOK

Synopsis

Do your kids think tempeh is weird? Does your partner worry that a vegan diet isn't well balanced? Do your parents just not get it? Well it's time to win them over! With her first cookbook, But I Could Never Go Vegan!, Kristy Turner deliciously refuted every common excuse to prove that, yes, anyone can go vegan. Now, But My Family Would Never Eat Vegan! serves up 125 all-new, scrumptious, satisfying recipesÃ¢â ¬â •organized around 20 too-familiar objections to eating vegan as a family: Don't have time to cook elaborate family dinners? Whip up an easy weeknight solution: Quick Cauliflower Curry, BBQ Chickpea Salad, or Cheesy Quinoa & Veggies.Worried about satisfying the "meat and potatoes" eaters? Wow them with Lazy Vegan Chile Relleno Casserole, Jackfruit Carnitas Burrito Bowl, or Ultimate Twice-Baked Potatoes.Hosting a special event? Try Pizzadillas for game day, Champagne Cupcakes for bridal showers, Maple-Miso Tempeh Cutlets for Thanksgiving, or Herbed Tofu Burgers for your next potluck.Easy-to-follow, bursting-with-flavor recipesÃ¢â ¬â •free of all animal products!--make it easier than ever to please vegans and non-vegans at gatherings. Even your most skeptical relatives will be begging for more!

Book Information

File Size: 73113 KB

Print Length: 336 pages

Publisher: The Experiment (November 10, 2016)

Publication Date: November 10, 2016

Language: English

ASIN: B01MXEJB70

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #144,098 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #16 inÃ Â Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Regional & International > U.S. Regional > Soul Food #42 inÃ Â Books > Cookbooks, Food & Wine > Regional & International > U.S. Regional > Soul Food #69 inÃ Â Kindle Store > Kindle eBooks > Cookbooks, Food & Wine >

Vegan & Vegetarian > Vegetables

Customer Reviews

I preordered this book the moment I saw it because I really liked Kristy Turner’s first book, "But I Could Never Eat Vegan." I use BICNEV all of the time, and many of the recipes from that first book are in my regular rotation. The same goes for "But My Family Would Never Eat Vegan." I’ve only had the book a few days, but so far I’ve made the Ultimate Twice Baked Potatoes and the Cheesy Quinoa and Veggies. Both are really delicious, and I’ve used the component recipes for the potatoes, Quick Bacon Crumbles and the Gouda variation of the Basic Cashew Cheese Sauce, in several other dishes with great success (Bacon Crumbles on top of salad and the Gouda Cashew Cheese on toast and a dab on the Quinoa and Veggies). The recipes are very easy to follow, even for the novice cook, and none take any particularly odd or pricey ingredients that would be unfamiliar to most cooks in the U.S.I’ve made notes to cook quite a few recipes in the book right away, but Spicy Soba Noodle Bowl, Chickenless Salad, Lasagna Soup and Chickpea Avocado Taquitos look especially good. One last key point is that like the author’s first book, this one is also low to no oil in most recipes and is suitable (sometimes with very slight modifications) for anyone who adheres to a "Forks Over Knives," "Eat to Live," McDougal or "China Study" style of eating plan.

Have made a few meals from this book and her other book. All have tasted wonderful. It is hard to find good tasting vegan foods but this is a great start! It does take a while to get started as far as meal prep and cooking time goes until you have done it a few times. Make stuff ahead of time on some things will save you a bunch of time.

I have KristyÃƒÂ¢Ã â ¬Ã â„¢s first book as well and really like it, but so far think this one is better (fewer ÃƒÂ¢Ã â ¬Ã Å“weirdÃƒÂ¢Ã â ¬Ã Â• ingredients, better flavors, in my opinion at least, and probably quicker recipes).IÃƒÂ¢Ã â ¬Ã â„¢m not someone who needs pictures, but hers (/her husbandÃƒÂ¢Ã â ¬Ã â„¢s) are really nice. I think my favorite thing about her book is the creativity and the lack of processed foods. I like how she uses veggies in all sorts of interesting ways and doesnÃƒÂ¢Ã â ¬Ã â„¢t call for vegan cheese, meat substitutes, etc. She also doesnÃƒÂ¢Ã â ¬Ã â„¢t use seitan, which makes me happy, because seitan makes me want to barf. For those with a nut issue, you should be warned that she does use them a good deal. She does not use very much oil, but occasionally calls for Earth Balance.I think some people will

complain about the chapters not having the traditional starter-main-sides-dessert layout, but I kind of like it for a change. You never know what youÃƒÂ¢Ã â ¬Ã â„¢re going to find where, so itÃƒÂ¢Ã â ¬Ã â„¢s like Christmas when you come across a different recipe.This is what IÃƒÂ¢Ã â ¬Ã â„¢ve made so far (in order of appearance in the book) and my commentary on each recipe:Basic Cashew Cheese Sauce (Regular and Pepper Jack)Both good, quick. Cheese-like, though wouldnÃƒÂ¢Ã â ¬Ã â„¢t fool anyone, at least not when itÃƒÂ¢Ã â ¬Ã â„¢s served on its own.Pickled Red Cabbage and OnionsYummy condiment, very easy.Avocado Ranch DressingNot my fav. Nothing like ranch, not that great overall.Maple-Peanut Butter PancakesYummy and hearty. Reduced the maple somewhat and used the all-purpose flour option.EveryoneÃƒÂ¢Ã â ¬Ã â„¢s Favorite OatmealNeeds a lot more liquid, but good, nothing special if you already know how to make oatmeal. I still prefer steel cut to rolled I guess.BBQ Chickpea SaladVery hearty, very pretty colorsÃƒÂ¢Ã â ¬Ã Â¦ bit on the sweet side. Would probably Ãƒâ Ã Â the BBQ sauce next time, since thatÃƒÂ¢Ã â ¬Ã â„¢s really sweet and the pickled cabbage is really sweet.Jackfruit Crabless Cakes with Lemon Dill AioliProbably my fav so far - cakes and sauce both delish.Hidden Veggie Mac ÃƒÂ¢Ã â ¬Ã ËœnÃƒÂ¢Ã â ¬Ã â„¢ CheeseWouldnÃƒÂ¢Ã â ¬Ã â„¢t fool anyone for being ÃƒÂ¢Ã â ¬Ã Å“realÃƒÂ¢Ã â ¬Ã Â•, but is a healthy and good dish on its own (if you donÃƒÂ¢Ã â ¬Ã â„¢t mind nooch).Lazy Vegan Chile Relleno CasserolePretty good; definitely recommend the optional salsa on top and serving with tortillas, which you will have leftover anyway since this recipe only uses 1.Herbed Macadamia RicottaDelish, though quite tangy so more reminiscent of feta than ricotta to me.Filet O Chickpea Sandwich with Tartar Sauce SlawMade these two separately, which was probably a mistake, because the patties on their own are just ok, but the tartar sauce and slaw are delish, quick and easy. I think all together on a nice bun itÃƒÂ¢Ã â ¬Ã â„¢d be really good.Sweet Potato ShepherdÃƒÂ¢Ã â ¬Ã â„¢s PieMaking tonight, will update.Lasagna SoupHearty and really good. DonÃƒÂ¢Ã â ¬Ã â„¢t skimp on the ricotta though.Chickpea and Avocado TaquitosQuick and delish. Made 11 (instead of 8), wohoo! Used yogurt option (versus mayo or nothing). One of my favs so far.Chickpea Croquettes with Dill Yogurt SauceAnother fav. Both the patties and sauce (made with unsweetened soy yogurt) were great. Made for (meat-eating) dinner guests and everyone really liked. Unsweetened vegan yogurt was a bit of a pain to find, but in the end I found it at the local organic shop.Spiced NutsReally addicting. (Meat-eating) family loved. Can make ahead freeze.PS- I have over 120 cookbooks and cook only vegetarian (mostly vegan) food.

When this cookbook was delivered, I gave it to my 8yo with some post-it flags to mark recipes he

wanted me to make. He ran out of flags! This is a wonderful cookbook that has something for everyone, is uncomplicated, humorous, and uses whole unprocessed ingredients. And for those that need it, almost every recipe has directions for how to make it GF if it isn't already.So far we have tried (and will make all again in the future):Blueberry-Banana Muffins: These were a huge hit with the kids and easily the best muffin recipe I've made in a very long time.Lasagna Soup: I made this for omni guests and they LOVED it. It was so good and flavorful. They asked for the recipe!Chinese Chickpea Salad: So amazingly good! The whole family loved it.All those were in one delicious week! We can wait to try the rest of our flagged recipes, like Maple Peanut Butter Pancakes, Spicy Sesame Soba Noodle Bowl, Jackfruit Carnitas Burrito Bowl, Ultimate Twice-Baked Potatoes, Fillet O' Chickpea Sandwich, Pumpkin Chai Scones, Deviled Potato Salad, Maple-Miso Tempeh Cutlets, Deconstructed Sushi Bowl and so many more. Do your family a favor and try this cookbook!

I've made a few recipes from this book and they've turned out well. They do make a lot! It is truly a book for feeding families or having lots of left overs. The quick bacon crumbles are great, will be making them again for sure! The No Tuna Cassarole reminded me of the real thing, not the healthiest meal but tasty and I'll make it again when I get a cassarole craving. I don't really like how the recipes are organized but the intro does explain why.

So far so good. My kids (14 & 15) are actually loving these meals. Wow. A must have for all vegans who like me, are not culinary experts.

When I googled beginning vegan cookbook suggestions, this one was at the top but it's really not for beginners. The recipes include items that are not readily available. It has a ton of recipes but they are pretty complicated.

Another great cookbook from Kristy Turner. I had my six-year-old son use page flags to mark the recipes that appealed to him. We will be very busy in the kitchen as he marked a ton!

Download to continue reading...

But My Family Would Never Eat Vegan!: 125 Recipes to Win Everyone Over (But I Could Never Go Vegan!) But My Family Would Never Eat Vegan!: 125 Recipes to Win Everyone Over Ethnic Vegan Box Set 4 in 1: Dairy Free Vegan Italian, Vegan Mexican, Vegan Asian and Vegan Mediterranean Recipes for an amazing Raw Vegan lifestyle (A ... Protein Vegan Recipes and Vegan Nutrition) Vegan: The Ultimate Vegan Cookbook for Beginners - Easily Get Started With Over 70

Mouth-Watering Vegan Recipes (Vegan Recipes for Beginners, Vegan Diet for Beginners, Vegan Cookbook for Beginners) The Ultimate Vegan Instant Pot Cookbook: Tasty & Healthy Vegan Instant Pot Recipes for Everyone (Vegan Instant Pot Recipes Cookbook, Vegan Instant Pot Cooking, Vegan Instant Pot for Two) Vegan Cookbook for Beginners: Top 500 Absolutely Delicious,Guilt-Free, Easy Vegan Recipes-The Ultimate Vegan Cookbook Chock-Full of Recipes(Vegan Cookbooks for beginners, Vegan Diet,Weight loss,Vegan Vegan: 100 Delicious Recipes For The Beginner Vegan Vegan Diet (vegan diet,vegan cookbook,vegan smooties) Vegan: High Protein Vegan Cookbook-Vegan Diet-Gluten Free & Dairy Free Recipes (Slow cooker,crockpot,Cast Iron) (vegan,vegan diet,vegan slowcooker,high ... free,dairy free,low carb) Vegan Protein Smoothies: Superfood Vegan Smoothie Recipes for Vibrant Health, Muscle Building & Optimal Nutrition (Vegan Cookbooks, Vegan Smoothies, Vegan Smoothie Recipes) (Volume 1) VEGAN: 30 Days of Vegan Recipes and Meal Plans to Increase Your Health and Energy (Healthy Eating, Vegan Recipes, Vegan Cookbook, Gluten Free, Low Carb, Vegan Diet, Healthy Weight Loss Book 1) Vegan Instant Pot Cookbook - Healthy and Easy Vegan Pressure Cooker Recipes for Everyday Cooking: (Vegan Instant Pot Cookbook for Two, Vegan Instant Pot Recipes, Vegan Pressure Cooker Cookbook) Vegan: 365 Days of Vegan Recipes (Everyday Vegan Vegan Recipes Vegan Cookbook) Vegan: Vegan Dump Dinners-Vegan Diet On A Budget (Crockpot, Quick Meals,Slowcooker,Cast Iron, Meals For One) (Slow Cooker,crockpot,vegan recipes,vegetarian ... protein,low fat,gluten free,vegan recipes) But I Could Never Go Vegan!: 125 Recipes That Prove You Can Live Without Cheese, It’s Not All Rabbit Food, and Your Friends Will Still Come Over for Dinner Vegan for Everybody: Vegan Instant Pot Cookbook: Plant Based Vegan Diet of Delicious, Healthy Instant Pot Vegan Recipes for Every Occasion to ensure Weight ... Plant-Based Vegan Cookbook for Beginners 1) Vegan: High Protein Cookbook: 50 Delicious High Protein Vegan Recipes (Dairy Free, Gluten Free, Low Cholesterol, Vegan Diet, Vegan for Weight loss, vegetarian, vegan bodybuilding, Cast Iron,) One-Pot Vegan Cookbook: Family-Friendly Salad, Soup, Casserole, Slow Cooker and Skillet Recipes for Busy People on a Budget (Vegan, Vegan Cookbook, Vegan Recipes) Cheap Vegan: Learn How To Cook Amazing Low-Budget Vegan Recipes That Only Cost A Few $$$ A Day (vegan recipes in 30 minutes) (vegan recipes cookbook Book 1) The Vegan Power: Why Going Vegan Will Save Your Life (Vegan diet, Veganism, Healthy Eating, Vegan Diet For beginners, Clean Eating, Weight Loss, Vegan Cookbook) Vegan: Vegan Diet for Beginner: Easy 123 Recipes and 4 Weeks Diet Plan (High Protein, Dairy Free, Gluten Free, Low Cholesterol, Vegan Cookbook, Vegan Recipes, Cast Iron, Easy 123 Diet Book 1)