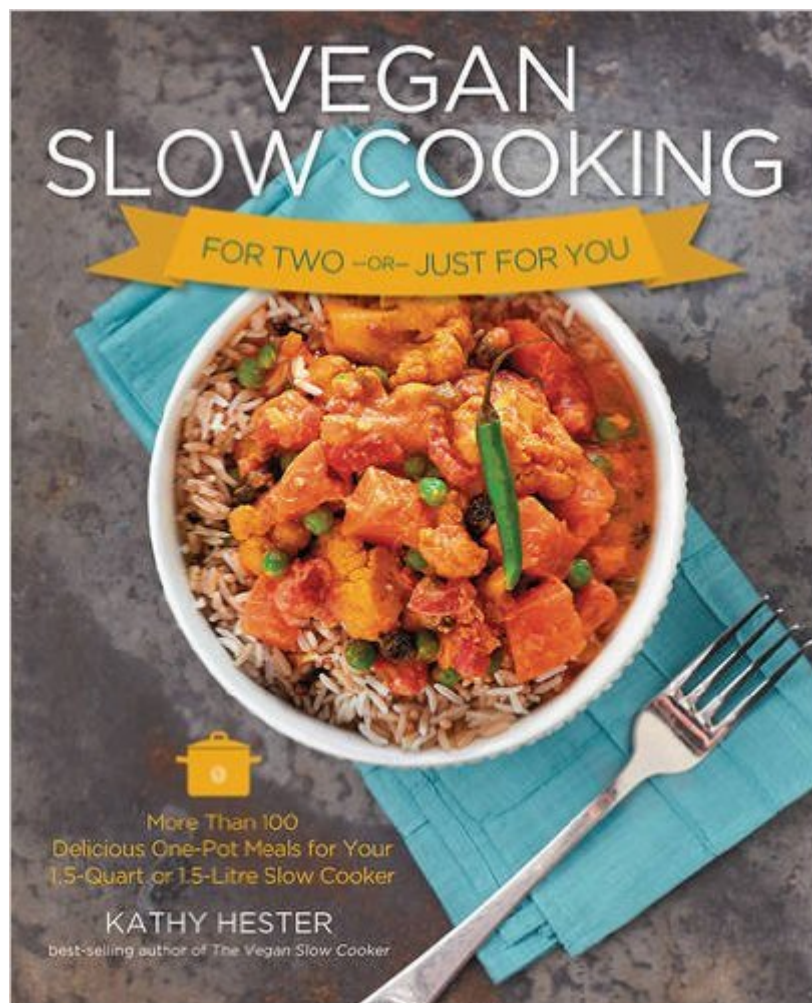


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Vegan Slow Cooking For Two Or Just For You: More Than 100 Delicious One-Pot Meals For Your 1.5-Quart/Litre Slow Cooker



Synopsis

If you have a small family or are looking for better-portioned vegan meals (that don't force you to eat chili for a week straight!), *Vegan Slow Cooking for Two or Just for You* is the perfect resource for you. Featuring recipes geared specifically for use with a 1.5- to 2-quart slow cooker, you'll find endless meal ideas that you can make with minimal effort and maximum taste. Just prep a few items the night before or morning of, and come home to a hot meal - or even side or dessert - the moment you walk in the door! The little slow cooker is so easy to use that it makes cooking everyday a snap, so you can have a healthy variety of foods at a fraction of the cost of eating out. Inside, you'll find a whole new world of food to fall in love with, from breakfast-y Pumpkin Polenta to comforting White Bean Quinoa Gumbo to luscious Blueberry Lemon Cake. You'll be amazed at what your little slow cooker can do!

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Customer Reviews

I love using my slow cookers (I own four in various sizes!) during busy weeks so I can have a hot meal waiting when I get home from work. I already own *The Vegan Slow Cooker: Simply Set It and Go with 150 Recipes for Intensely Flavorful, Fuss-Free Fare Everyone (Vegan or Not!) Will Devour* and I really like it, but the recipes in that make a LOT of food, and, since it's just my husband and me, we sometimes get sick of having so many leftovers, especially if they don't freeze well. I was excited to get this new cookbook by Kathy Hester since I love that it focuses on smaller portion sizes that are perfect for just one or two people! The recipes are designed for using a

1.5-quart or liter crockpot, so they're perfectly proportioned for smaller households. The book is organized as follows:*

- * Chapter 1 provides a nice overview about how to use your slow cooker effectively
- * Chapter 2 focuses on making what Hester calls "pantry staples" -- things like tofu sour cream and nut ricotta that you might want to have on hand for other recipes
- * Chapter 3 focuses on breakfast
- * Chapter 4 focuses on dips that can be eaten as appetizers or a main meal
- * Chapter 5 focuses on soups
- * Chapter 6 focuses on stews, curries, and chilis
- * Chapter 7 focuses on sandwich and taco fillings
- * Chapter 8 focuses on one-pot risottos, pastas, and pasta sauces
- * Chapter 9 focuses on full-meal dishes
- * Chapter 10 focuses on drinks, syrups, and desserts

There is also a list of recommended shops to order your spices from. For any recipes that are soy-, gluten-, and/or oil-free, there is a designation at the top of each recipe page. It seems like quite a few are all three. What I also really like about this book is that hardly any of the recipes call for pre-cooking ingredients. When I use my slow cooker, I'm all about saving time, and I love that you can make most of these recipes by just tossing the ingredients into the pot. Hester does recommend that you pre-cook your onions, but, conveniently enough, she provides a recipe for how to cook them in your slow cooker, and then freeze them so you have them on hand when you need them. The directions don't involve a lot of steps, which is nice, too. Chapter 1 also gives some really useful pointers about meal planning on a smaller scale, and here Hester talks about how you should plan out your recipes so that you use up all your ingredients. For instance, if one recipe calls for using just half a can of beans, she encourages you to find a second recipe to make that week that will use up the second half. As I mentioned in my review title, I also really like how this book uses whole foods, with only a few processed ingredients. Last night, I made the Pumpkin Caramel Breakfast Barley, and it turned out great! Tonight I'm making the White Bean Quinoa Gumbo. I snuck a taste of it earlier, and it looks to be another winner. Also, if you need a small slow cooker recommendation, this one is great:Â Proctor-Silex 33112Y 1-1/2-Quart Portable Oval Slow Cooker. I also just got thisÂ Crock-Pot SCCPMD1-BL Hook Up Double Oval Connectable Entertaining System, 1-Quart, Metallic BlueÂ and think it will be perfect to get two recipes going at the same time. As I use this book more, I'll be sure to update my review. For now, I can already tell that I'm going to get a lot of use out of this -- and my hubby won't have to suffer through endless leftovers! :-)

Happy cooking!

First off, there isn't many slow-cooker books that focus on the 1.5 quart slow cooker. So I am usually stuck trying to do the math from a regular slow cooker recipe. These small cookers also cook different, so doing the math and cutting a recipe in half does not always work. I cook weekly in my slow cooker, sometimes twice a week. I love not having so many leftovers. I eat generous

portions and did not run short on any of the recipes I tried from the book. This cookbook does not have the same old boring type recipes. Some of my favorites - Ethiopian Tempah Veggie Meal (a layered complete meal in the pot), All in one Thanksgiving (again why dirty another pot?), Indian mashed veggies sandwich or Pav Bhaji, and the Potato, Greens and soy curls (or chickpea) curry. I am looking forward to trying more! A bonus for those watching their weight - Portion, calories, fat, fiber and protein are listed for each recipe. Thank you for that Kathy. I have a feeling this book will be used a lot as is Kathy's other Vegan crock pot book. So nice to have some comfort food ready when I get home from work, especially in winter.

I am compelled to add my voice to the chorus of praise for this book. There are three key elements that make it particularly useful for me and my family of 2 at this time: 1.) It is a vegan/plant based book with lots of variety. 2.) It contains recipes for a smaller group/family or single person. 3.) The book is very user-friendly and cook times are perfect for overnight/work day meal planning. 1.) My husband and I have been following the Happy Herbivore (The Happy Herbivore Cookbook: Over 175 Delicious Fat-Free and Low-Fat Vegan Recipes) recipes/meal plans for the past year and a half or so. While those recipes are generally easy, fast and delicious, there is something to be said for having the option of preparing meals in a slow cooker that I can consume almost immediately when I get home from work after a long, exhausting day. We have grown accustomed to Lindsay Nixon's low- and no-oil recipes, so I was very pleased to find a book for slow-cooking plant-based food that offered low/no oil options and generally does not use very much added fats as such anyway. This has helped us maintain our plant-based lifestyle in a healthy way with more options. I should add that we are also CSA users and I appreciate the versatility of the recipes and indeed the encouragement of the author to use seasonal produce in place of the listed ingredients, where appropriate. It helps us use our CSA, keep our dietary choices in check, and allows for variety from week to week and day to day. 2.) I do not like eating leftovers for more than once or twice after the original meal. These portions are perfect for my husband and I to enjoy dinner and then each have leftovers for lunch the following day. I love that even doubling a recipe we particularly like does not make an overwhelming amount of food. 3.) Because we already have a plant-based diet and usually have lots of produce in the house, I haven't had to buy anything special at all, or that I wouldn't already buy in order to make recipes. If you have a relatively well-stocked kitchen with whole food ingredients, then it is very easy to make most items in the book. Also, I have found it very easy to pre-cut and assemble all of the ingredients the night before, then pour everything together in the morning and come home to a perfectly prepared meal. Everything is fairly simple and most things I

have on-hand, so I have been able to make home-cooked meals at times when I may have otherwise relied on takeout or convenience food. I have used a few other vegan slow-cooker books in the past and this one stands heads above all of them. This book is absolutely worth the investment!

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