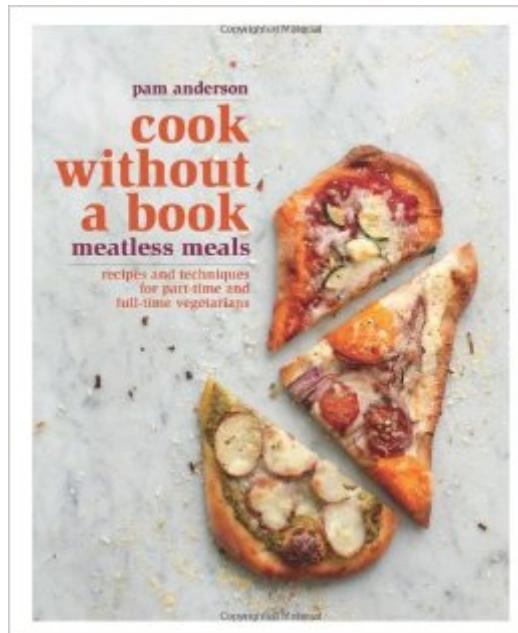


The book was found

# Cook Without A Book: Meatless Meals: Recipes And Techniques For Part-Time And Full-Time Vegetarians



## Synopsis

There are a lot of compelling reasons to eat less meat these days, but the shift to a totally or evenpartly vegetarian lifestyle is easier said than done for many beef, poultry, and fish lovers. In *Cook without a Book: Meatless Meals*, best-selling author Pam Anderson encourages readers to eat meat-free a day or two a week and makes it easy to do so with recipes for simple, fun vegetarian and vegan meals that are made from accessible, wholesome ingredients. To help readers prep their kitchens for meatless cooking, she includes tips and techniques for stocking the pantry and refrigerator. Instead of presenting complicated, inflexible recipes, she lays out blueprints with ingredient options for everything from hearty breakfasts and fun salads and sandwiches to satisfying main coursesâ so readers can craft a rewarding dish exactly to their personal tastes. Colorful, comprehensive, and perfect for parents, caretakers, and singles and couples alike, *Cookwithout a Book: Meatless Meals* will show all aspiring vegetarians that eating a little (or a lot) less meat can be simple, healthy, and totally delicious.

## Book Information

Hardcover: 288 pages

Publisher: Rodale Books; 1st edition (October 25, 2011)

Language: English

ISBN-10: 1605291765

ISBN-13: 978-1605291765

Product Dimensions: 7.5 x 0.9 x 9.4 inches

Shipping Weight: 1.7 pounds (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 starsÂ Â See all reviewsÂ (32 customer reviews)

Best Sellers Rank: #348,852 in Books (See Top 100 in Books) #225 inÂ Books > Health, Fitness & Dieting > Diets & Weight Loss > Low Fat #399 inÂ Books > Cookbooks, Food & Wine > Special Diet > Low Fat #529 inÂ Books > Cookbooks, Food & Wine > Special Diet > Vegetarian & Vegan > Non-Vegan Vegetarian

## Customer Reviews

As a devout carnivore, I ordered this book because I have all six of Pam Anderson's cookbooks including one personally autographed by the author at a cooking class I attended. Seeing many sneak previews of the book via USA Weekend and ThreeManyCooks, I knew the book would be great. I will never be a vegan (having grown up in the dairy industry), but I would like to reduce the amount of meat I eat. This book will make it easy. There is a multitude of "MASTER" recipes, each

followed by a list of variations for one or more of the ingredients. This way, if you like the recipe, but don't like a specific ingredient, there is a list of "alternatives". Also, you may not have to run out and buy a specific item just to make the recipe. As with the author's previous book on how to "cook without a book", you probably will need to refer to the book to refresh your memory when making anything. The book is divided into two sections (1) Not Strickly for Breakfast, and (2) Fun Food for the Rest of the Day. The "breakfast" section contains wrap-and-runs, breakfast pizza, pancakes, scones, muffins, etc. The "rest of the day" has sections on salads, soups and stews, sandwiches, eggs and potatoes, pies for dinner (including quiche and veggie pizzas), etc. The last section has Italian, Asian and Mexican meals (pasta, risotto, stir-fries, and even a "taco bar"). The recipes are loaded with vegetables and you may be able to convince a vegetable-hater to actually enjoy vegetables for once. Many of the recipes call for vegetable stock and I was surprised that there was not a recipe for a home-made vegetable stock. The author does, however, recommend some brands. (Don't tell anybody, but I bet you could substitute Ch@#%en stock.

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

Cook without a Book: Meatless Meals: Recipes and Techniques for Part-Time and Full-Time Vegetarians Natural Meals In Minutes - High-Fiber, Low-Fat Meatless Storage Meals-in 30 Minutes or Less! Dump Dinners Cookbook: Quick & Easy Dump Dinner Recipes for the Busy Home Cook (Dump Dinners, Dump Dinners Cookbook, Dump Dinner Recipes, Slow Cooker Recipes, ... Recipes, Crockpot Meals, Meals For One) Crock Pot: 2,000 Crock Pot Recipes Cookbook (Crock Pot Recipes, Slow Cooker Recipes, Dump Meals Recipes, Dump Dinner Recipes, Freezer Meals Recipes, Crock Pot Recipes Free) CROCK POT: Over 1825 Crock Pot Dump Meals and Dump Dinner Recipes (Crock Pot, Dump Meals, Dump Dinners, Freezer Meals, Crock Pot Cookbook, Crock Pot Recipes, Crock Pot Chicken Recipes) Mason Jar Meals: Quick, Easy & Healthy Mason Jar Meal Recipes For Busy People: Cooking For One with Meals In A Jar (mason jar, mason jar recipes, mason ... jar recipes, jar meals, mason jar salads) Microwave Meals (5 in 1): No-Mess Quick and Easy Microwave Recipes, Mug Meals and Mug Desserts to Cook in No Time Paleo For Vegetarians: 28-Day Meal Plan For Weight Loss and Radiant Health: Enjoy the Heath Benefits of Paleo-Without the Meat! Chai Street - Indian Street Food Recipes for Vegans and Vegetarians (Curry Dinner Recipes Book 3) Best of Authentic Meals Box Set (6 in 1): Chinese, Japanese, Korean, Italian Recipes, Traditional Southern and Amish Meals (Authentic Meals & Traditional Recipes) Crock Pot Recipes - The Ultimate 500 CrockPot Recipes Cookbook (Crock-Pot Meals, Crock Pot Cookbook, Slow Cooker, Slow Cooker Recipes, Slow Cooking, Slow ... Meals, Paleo, Vegan): Bonus 200 Recipes Low Carb Freezer Meals: 30 Healthy Meals to Choose and Prepare in

One Day for the Whole Week to Save Your Time and Money (Microwave Cookbook & Quick and Easy Meals) Vegan: Ice Cream Vegan Recipes: A Delicious Escape for Beginner Raw Vegans and Vegetarians (Soul Satisfying Low Fat, Gluten Free, Dairy-Free, Smoothie ... Recipe Cookbook for Healthy Weight Loss 1) Oven-Baked Meals Box Set (4 in 1): Discover Meals and Recipes You Can Make with Your Toaster Oven, Sheet Pan and Dutch Oven (Cozy Meals for Busy People) Freezer Meals BOX SET 3 IN 1: 25 Simple And Money-Saving Recipes + 20 Healthy Crockpot Freezer Meals + 16 Delicious And Healthy Freezer Meals With No Meat: ... cookbook for two, dump dinners cookbook) CROCKPOT DUMP MEALS: Delicious Dump Meals, Dump Dinners Recipes For Busy People (crock pot dump meals, crockpot dump dinners, dump dinners) Slow Cooker Freezer Meals: 30 Best Tasting Slow Cooker Freezer Meals In 3 Hours: (Freezer Recipes, 365 Days of Quick & Easy, Make Ahead, Freezer Meals) ... cookbook for two, dump dinners cookbook) Make Ahead Meals: Stock Up On These 44 Fridge And Freezer Friendly Meals Ahead Of Time, And You'll Never Go Hungry Again-Save Time And Reduce The Stress ... Slow Cooker Recipes, Make Ahead Paleo) The Mega Crockpot Recipes Box Set: Crockpot Recipes, Slow Cooker Recipes, Crock pot Recipes, Dump Dinner Recipes, Quick Meal Recipes: Over 300 All Time ... Recipes For You & Your family (99+1 Book 4) Breakfast Meals Made Simple Cookbooks: 100 Sensation Breakfast Recipes - Healthy food (Breakfast,Meals Made Simple, Breakfast cookbooks,Breakfast recipes,Breakfast ... : 100 Sensation Breakfast Recipes)

[Dmca](#)