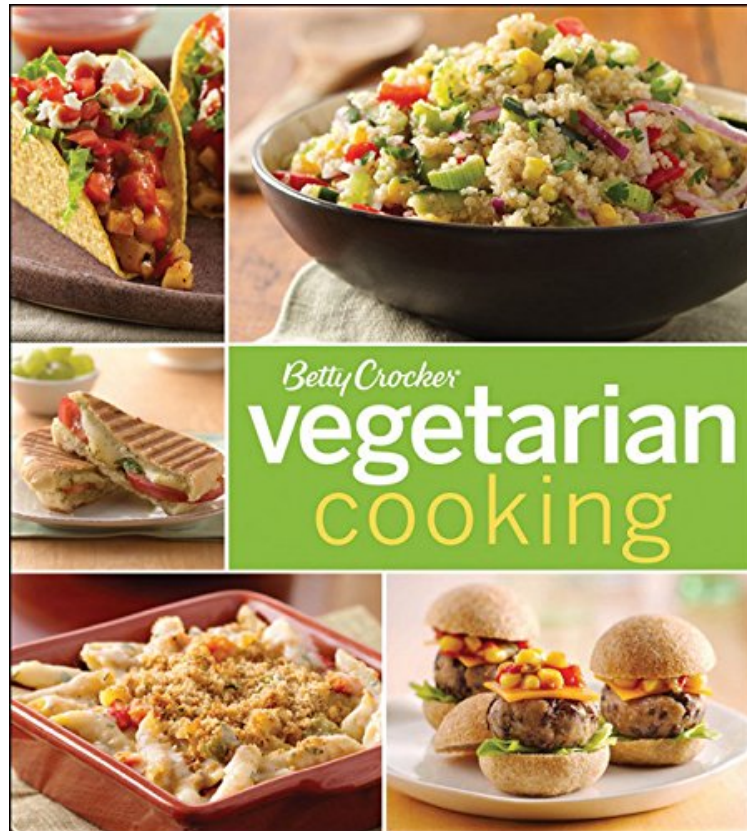


Betty Crocker Vegetarian Cooking (Betty Crocker Cooking)

Betty Crocker

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#537561 in Books Betty Crocker 2012-03-30 2012-04-17Original language:EnglishPDF # 1 10.00 x .72 x 9.00l, 2.20 #File Name: 1118146085288 pages | File size: 67.Mb

Betty Crocker : Betty Crocker Vegetarian Cooking (Betty Crocker Cooking) before purchasing it in order to gage whether or not it would be worth my time, and all praised Betty Crocker Vegetarian Cooking (Betty Crocker Cooking):

2 of 2 people found the following review helpful. Betty Crocker Vegetarian CookingBy D. L. NorwoodThis is a great cookbook for beginners looking to understand more about vegetarian cooking for inexperienced cooks. This book gives definitions of various types of vegetarians what each diet includes or does not include. The book also explains sources of foods rich in calcium, iron, zinc. It also provides suggestions as to when vitamin supplements may be needed. The book does give a brief segment on myth busters. It briefly tells the reader how to order when eating out. There are many beautiful illustrations of baked dishes throughout this cookbook. Certain recipes are labeled "quick easy". Most of the ingredients can be found at your local grocery store. There easy to follow step by step instructions on each recipe. There are also nutritional guidelines on every recipe. The recipes that I have tried have been hearty, filling, pleasing to the eye; however, I have not found the 2 recipes (Cuban Black Beans Three-Bean Enchilada Chili) to be very palatable due to lack of flavor when I followed the recipes. I am an experienced cook who likes the vegetarian lifestyle. I prefer very highly seasoned food with odd combinations of spices which are not found in this book. I will keep trying new recipes from this book retrying others untill I get it right. I have begun to enjoy

cooking recipes from this book since my original review of 5/24/14. I have enjoyed the following recipes with my own variations: Bean Barley Chili, Mediterranean Minestrone Casserole, Vegetable Bean Chili, Vegetarian Chili with Spicy Tortilla Strips. My future sister-in-law comes from the Midwest likes the assortment of salads that this book offers. She was impressed with this cookbook was familiar with dishes that I was not. The consumer needs to buy many vegetarian cookbooks as far as I am concerned. I have no choice, but to adapt to this lifestyle for a heart healthy diet I intend to make the most of it. 6 of 6 people found the following review helpful. Great cookbook! By Kelly Jurgens If you are thinking about cutting meat out of your diet even a little bit, this is a good way to start. There are so many delicious recipes in here to try. I have two other vegetarian cookbooks and this one is my favorite so far, even my picky daughter likes the meals I have prepared out of here. 0 of 0 people found the following review helpful. Vegetarian Cookbook By bwlake It is your typical cookbook with a big picture on one page and the recipe on the other. It has about 130 recipes. There is lots of wasted space. None of the recipes looked appealing, but I am not a vegetarian. I bought it for my son to give him alternatives. I was disappointed.

Vegetarian cooking isn't just for vegetarians anymore! Today, more and more families incorporate vegetarian meals and products into their everyday cooking. This updated third edition works for everyone - carnivore, flexitarian or dedicated vegetarian - with easy, family-pleasing recipes. Updated third edition with information on how to fit vegetarianism into a busy lifestyle, how to feed vegetarian kids, and vegetarian myth busters Includes 180 meatless recipes for healthier eating with broad all-family appeal Complete nutritional analysis for every recipe Vegan recipes identified with an icon 60 beautiful full color photos throughout

.com Recipe Excerpts from Betty Crocker Vegetarian Cooking Black Bean Sliders (Click for recipe)