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# Frugal Vegan: Affordable, Easy & Delicious Vegan Cooking



## Synopsis

Live a healthy vegan lifestyle without breaking the bank with these 99 affordable and delicious plant-based recipes. Frugal Vegan teaches you how to avoid pricey perishables and special ingredients, and still enjoy nutritious, exciting food at every meal. Learn the tips and tricks to creating plant-based cuisine on a budget and fill yourself up with a delicious feast. Katie Koteen and Kate Kasbee are your guides to changing up your vegan cooking routine using less expensive ingredients. There's a meal idea for every time of day, whether it's a hearty breakfast of Pineapple Scones or Biscuits and Gravy; a Backyard BBQ Bowl or Crunchy Thai Salad for lunch; or Beer Battered Avocado and Black Bean Tacos, Mushroom Stroganoff or Chickpea Curry for dinner. Host movie night with a delicious snack like Salted Peanut Butter Popcorn, or indulge in Chocolate Coconut Cream Puffs for dessert. With practical tips and approachable recipes, Frugal Vegan will help you create stunning plant-based meals that'll not only save you money, but save you time in the kitchen, too.

## Book Information

Paperback: 208 pages

Publisher: Page Street Publishing (June 20, 2017)

Language: English

ISBN-10: 1624143776

ISBN-13: 978-1624143779

Product Dimensions: 8 x 0.6 x 8.7 inches

Shipping Weight: 1.3 pounds (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 stars 27 customer reviews

Best Sellers Rank: #5,592 in Books (See Top 100 in Books) #7 in Books > Cookbooks, Food & Wine > Cooking Methods > Budget #38 in Books > Cookbooks, Food & Wine > Special Diet > Vegetarian & Vegan > Vegan

## Customer Reviews

"The love of easy and comforting food shines in Frugal Vegan. With smart ingredient swaps to help you work with your pantry and preferences, and beautiful photography throughout, this book has recipes that are accessible, exciting and delicious." —Richa Hingle, bestselling author of Vegan Richa's Indian Kitchen

"Frugal Vegan is a cookbook that proves that vegan cooking does not have to be expensive or complicated. This is a plant-based cookbook that will fit your life and your budget!" —Kathy Patalsky, author of Healthy Happy Vegan Kitchen

and creator of the blog Healthy Happy Life “Kate and Katie’s food is vibrant, fun and most importantly, accessible. Frugal Vegan is a book for every cook who dreams of a world where healthy, practical foods also happen to be delicious.”

Matthew Kenney, chef and author of Everyday Raw “Frugal Vegan offers an incredible array of fresh and simple vegan recipes. Every single one of them manages to be easy to make, affordable and accessible, too.”

Kathryne Taylor, author of Love Real Food and creator of the blog Cookie and Kate

Katie Koteen is the founder and photographer behind Well Vegan, a vegan meal planning and recipe site. She lives in Portland, Oregon, where she enjoys the challenge of feeding a vegan family on a budget. Kate Kasbee is the recipe developer and content creator behind Well Vegan. A wanderer at heart, Kate’s recipes are inspired by her travels. She lives in Chicago, Illinois.

A lot of these recipes have ingredients that I already have and I’ve only been eating vegan for the past month and a half. The very first recipe I tried was that easy vegan enchiladas. They were absolutely amazing. It was my first time using TVP. My parents came over to grab a container I had made for them, and they ended up eating the entire thing in my home. My meat eating loved them too. The best part was that it took me 10 minutes to make and 30 minutes in the oven. Recipes like the ones found in this book are great because they’re easy and not time consuming. After coming from work and having three hours at most to cook dinner, feed and bathe my toddler and get him in the bed by 8 PM, I can say that this is the book I was looking for.

There were only two-three recipes that looked worth trying.

Got here very fast !!! Super easy delicious meals

Enjoying delicious recipes

I’m happy to see that there aren’t a bunch of cashew based recipes here and that most of them consist of things I can pick up at any grocery store. I’m looking forward to cooking!

Frugal Vegan is a very, very accessible cookbook. The recipes are simple yet creative and they really won’t break the bank. It’s a perfect book for someone like myself who wishes she/he was

savvy in the kitchen but often doesn't have the patience or energy or resources to make something nutritious and lavish. I highly recommend this book!

I bought this cookbook a week ago and have already made 9-10 recipes from it. They are GREAT! Easy recipes, simple ingredients, and very yummy! This cookbook will be getting a lot of use in my kitchen!

Frugal Vegan is a comprehensive guide to vegan cooking. In addition to simple recipes, there is a guide to smart shopping and building the perfect pantry on a budget, so you can prevent those moments of being an ingredient or two short. Frugal Vegan is a wonderful template for creating affordable, simple, nutritious meals.

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