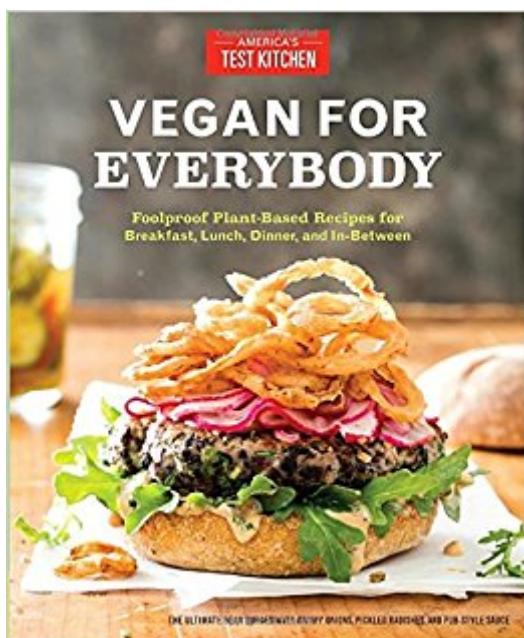


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# Vegan For Everybody: Foolproof Plant-Based Recipes For Breakfast, Lunch, Dinner, And In-Between



## Synopsis

In this cookbook, America's Test Kitchen decodes and demystifies vegan cooking, so you can reap its many benefits and avoid the pitfalls of bland food, lack of variety, and overprocessed ingredients. You'll find approachable, fresh, vibrant recipes for breakfast, lunch, dinner, and in between.

Veganism is going mainstream. The benefits of consuming fewer animal

products appear frequently in the news, and public figures and celebrities have

openly embraced the tenets of a vegan diet, bringing it further into the food

consciences of baby boomers, millennials, and postmillennials alike. Whether

exploring a vegan diet for health, environmental, or political reasons, more and

more people are looking to get a hearty, plant-based meals onto their table. But

eating vegan can seem overwhelming: Will it be flavorful? Satisfying? Easy to

make? And it's easy to rely on processed foods. America's Test Kitchen addresses

head-on what intimidates people: finding great-tasting and filling vegan protein

options, cooking without dairy, preparing different whole grains and vegetables,

and even baking. With more than 200 vibrant, foolproof recipes including proper

day-starters, "cheesy" pizza you'll actually want to eat, filling vegetable-and-grain

bowls, new dinner favorites, appetizers, DIY staples, and the ultimate birthday

cake, this cookbook has something satisfying for everyone—the committed vegan

or simply those looking to freshen up their cooking.

## Book Information

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## Customer Reviews

America's Test Kitchen is well-known for its top-rated television shows with more than 4 million weekly public television viewers, bestselling cookbooks, magazines, websites, and cooking school. The highly reputable and recognizable brands of America's Test Kitchen, Cook's Illustrated, and Cook's Country are the work of over 60 passionate chefs based in Boston, Massachusetts, who put ingredients, cookware, equipment, and recipes through objective, rigorous testing to identify the very best. Discover, learn, and expand your cooking repertoire with Julia Collin Davison, Bridget Lancaster, Jack Bishop, Dan Souza, Lisa McManus, Tucker Shaw, Bryan Roof, and our fabulous team of test cooks!

I tread very lightly with healthy cookbooks. Will it taste like the emphasis is on health or flavor? I'm happy to say that everything we've tried has been really yummy, and just happens to be good for you. Perfect! The instructions are very clear, and the ingredients are readily available. We don't have any food allergies in our house, but I know finding vegan and vegetarian recipes that work with nut allergies can provide a challenge. Out of the recipes I've tried, 10 out of 13 were nut free. Pictured below: 1-2) These two were in the preview of the cookbook. I love it when they do that, so you can test a recipe out to see if the book will be a good fit for you. Google "vegan for everybody Spicy Peanut Rice Noodle Bowl" on p 175, and "vegan for everybody Brownies" on p 278 if you'd like to take

a peek yourself. The brownies have 3 different kinds of chocolate in them. They're rich, chewy, and uber-chocolatey. They were really good, but the noodle bowl was absolutely amazing tasting and so pretty! I hit the buy button.3) Black Beans on Toast with Avocado and Tomato ÁfÂç Á Ñ Ä ã œ p 48. Speedy enough for a weekday breakfast. The kids loved this one, and said it's like burrito toast. The pickled onions are a worthwhile touch if you have a little time to pull them together the night before. The recipe doesn't call for jalapeños, but they're in the photo, so I added them, too.4) Quinoa and Vegetable Stew ÁfÂç Á Ñ Ä ã œ p 100. Delicious, really fragrant stew spiced with paprika, coriander, and cumin. Only about 30 minutes to pull together. Perfect cozy dinner for a rainy or cold day. One of my kids isn't a big quinoa fan, and she was happy that its earthy flavor was undetectable in this dish. If you're new to quinoa, be sure to rinse it really well, or it tastes dusty.5) Tofu Ranchero ÁfÂç Á Ñ Ä ã œ p 44. Nice strong chili flavor. This one takes a little time, so save it for a weekend morning. It gets served in tortillas, but I could easily see it spooned over smashed grilled corn, too.6) Black Bean Burgers ÁfÂç Á Ñ Ä ã œ p 114 with Arugula, Pub-Style Burger Sauce, Quick Pickled Radishes, and Crispy Onions ÁfÂç Á Ñ Ä ã œ p 120-121. Oh my gosh! Absolutely outstanding! 8 thumbs up in this omnivore house!7) Crispy Orange Seitan ÁfÂç Á Ñ Ä ã œ p 209. Absolute knock out! I think this one might be the favorite in this house. This was the only recipe with an ingredient I had trouble locating. I wasn't sure how to say seitan, so I wimped out and showed my list to the guy at Kroger, "I'm looking for this," like a kid holding up their pennies, "I have this much." They didn't have it. I looked it up today, and it is, as I feared, pronounced say-tahn. Luckily, I found it easily in the health food store, in the refrigerated section right next to the tofu. Good thing, or I might have made it from scratch from vital wheat gluten to get around asking.8) French Apple Tart ÁfÂç Á Ñ Ä ã œ p 288. Delicious and surprisingly easy. I'd made the regular version of this in the big ATK book. This version uses coconut oil and water in place of butter. It's a bit harder to work with.9) Chia Pudding with Fresh Fruit and Coconut ÁfÂç Á Ñ Ä ã œ p 73. Minutes to pull together, then it rests in the fridge for 8 hours to a week. Yummy, and I love that it's waiting when you need it, so hungry teenagers can grab it in the morning, and top it as they please before running out the door.10) Tortilla soup ÁfÂç Á Ñ Ä ã œ p 93. My kids put a post-it note covered in emojis on this one, so I had to give it a try. Delicious! Amazing depth of flavor for just a half hour.11) Tofu Pad Thai ÁfÂç Á Ñ Ä ã œ p 234. Super yummy! My youngest wanted to know why her fish looked like tofu. ;)12) Tofu Banh Mi ÁfÂç Á Ñ Ä ã œ p 125. Delicious! It's on the mild side, so if you like spicy, put the Sriracha on the table after you make the spicy mayo

spread.13) Falafel with Tahini Yogurt Sauce 126. Yum! I can't wait to try the rest! Some others I have flagged are: Lentil and Mushroom Burgers, Korean Barbecue Tempeh Wraps, Quinoa Black Bean and Mango Salad with Lime Dressing, Creamy Cashew Mac and Cheese, Fettuccine Alfredo, Pan-Seared Tempeh Steaks with Chimichurri Sauce, Spicy Basil Noodles with Crispy Tofu Bok Choy and Bell Peppers, Kale Chips Ranch-Style, Loaded Nachos, Peach-Raspberry Crisp, and Coconut Ice Cream.

if you don't have ATK The Complete Mediterranean Cookbook or The Complete Vegetarian Cookbook, you will be thrilled with this Cookbook! The recipes are delicious, but I have to give this one 3 stars because ATK got lazy. I can say the recipes are delicious because I've made them when using the other two books mentioned. Out of the 16 recipes under Stews and Chilis, 11 are from the Vegetarian Cookbook and 3 are from the Mediterranean Cookbook!! Yes, that means there are only 2 Recipes that are new to me. That's way too much redundancy. Sections: Intro - has some great ideas on how to boost flavor in vegan recipes. Soups Stew and Chilis - see comments above. Burgers Sandwiches and Pizza - the pizzas look amazing. Main Dish Salads and Bowls Stir fries Curries and Noodles Snacks and Apps Desserts Nutrition Info One thing to note. The recipes are not marked for gluten free. I will update my review as I dig in further.

As someone that owns (and avidly uses) The Complete Vegetarian Cookbook, I can attest that this is NOT merely "recycled" as some other reviews suggest. My husband and I are pleasantly surprised at the addition of many NEW vegan recipes, as well as helpful tips and information on a vegan kitchen. Sure, some of the recipes are also in the vegetarian cookbook. However, I fully believe this book is worth it. Of the recipes we have already tried, we are loving it. If you're vegan, you're probably not going to purchase the vegetarian book straight out. Which is why I think it is actually helpful that they included some of the same recipes in this book. If you DO own the vegetarian book, the addition of new, amazing recipes and information in this book is worth purchasing. As an added bonus, they have calculated nutritional information for each recipe, which is also something you don't get with the vegetarian cookbook. 100% recommend.

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