



# Quick and Easy Vegan Comfort Food: 65 Everyday Meal Ideas for Breakfast, Lunch and Dinner with Over 150 Great-tasting, Down-home Recipes

*Alicia C. Simpson*

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A born food-lover, raised in California on “the best Mexican food in the country” and her father’s “traditional Southern soul food,” Alicia C. Simpson couldn’t imagine giving up her favorite dishes to become vegan. Animal-free food might be healthier, but could it match the tastes of home—like fried chicken, macaroni and cheese, or a bowl of chili? Three years after Alicia took the vegan plunge, *Quick and Easy Vegan Comfort Food* answers that question with a resounding “yes!”

Here is the essential cookbook for any of America’s more than 6 million vegans who miss the down-home tastes they remember (or want to try), or for vegetarians and even meat-eaters who want to add more plant-based foods to their diets, but don’t know where to start. Comfort-seeking cooks will find:

- Easy-to-prepare, animal-free versions of classics like Spicy Buffalo Bites, Ultimate Nachos, Baked Ziti and more
- 65 delicious combinations for breakfast, lunch, and dinner, with flavors from around the world, like “Chinese Take-In” or “Tijuana Torpedo”
- Everything you need to know to start your vegan pantry, and why being vegan is easier, less expensive, and more delicious than you might think.

With spirit and style, Alicia shows just how easy—yes, and comforting—vegan food can be.



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The book untitled Quick and Easy Vegan Comfort Food: 65 Everyday Meal Ideas for Breakfast, Lunch and Dinner with Over 150 Great-tasting, Down-home Recipes is the guide that recommended to you to read. You can see the quality of the reserve content that will be shown to you. The language that article author use to explained their ideas are easily to understand. The article author was did a lot of investigation when write the book, so the information that they share for you is absolutely accurate. You also could get the e-book of Quick and Easy Vegan Comfort Food: 65 Everyday Meal Ideas for Breakfast, Lunch and Dinner with Over 150 Great-tasting, Down-home Recipes from the publisher to make you considerably more enjoy free time.

#### **Richard Riggins:**

Why? Because this Quick and Easy Vegan Comfort Food: 65 Everyday Meal Ideas for Breakfast, Lunch and Dinner with Over 150 Great-tasting, Down-home Recipes is an unordinary book that the inside of the publication waiting for you to snap that but latter it will zap you with the secret this inside. Reading this book next to it was fantastic author who else write the book in such incredible way makes the content within easier to understand, entertaining method but still convey the meaning entirely. So , it is good for you for not hesitating having this anymore or you going to regret it. This amazing book will give you a lot of advantages than the other book have such as help improving your ability and your critical thinking approach. So , still want to postpone having that book? If I have been you I will go to the e-book store hurriedly.

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As a pupil exactly feel bored to help reading. If their teacher inquired them to go to the library or even make summary for some reserve, they are complained. Just tiny students that has reading's soul or real their hobby. They just do what the teacher want, like asked to go to the library. They go to there but nothing reading really. Any students feel that examining is not important, boring along with can't see colorful photographs on there. Yeah, it is being complicated. Book is very important for you personally. As we know that on this time, many ways to get whatever you want. Likewise word says, ways to reach Chinese's country. Therefore

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