



# The Clueless Vegetarian: A Cookbook for the Aspiring Vegetarian

*Evelyn Raab*

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# The Clueless Vegetarian: A Cookbook for the Aspiring Vegetarian

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**The Clueless Vegetarian: A Cookbook for the Aspiring Vegetarian** Evelyn Raab

*Provides more than 130 recipes for delicious vegetarian dishes.*

*The Clueless Vegetarian* is designed for vegetarians who love good food, cooked from scratch, but also want to have a life. If you've just switched to a vegetarian diet, *The Clueless Vegetarian* gives you the straightforward nutritional information you need to help you make good food choices (without obsessing). Whether you're a practicing vegetarian looking for some good old fashioned cooking or someone who cooks for vegetarians, this is your guide. There are lots of hints for concocting vegetarian versions of favorite recipes, and suggestions on preparing meals for the mixed household. Included are survival tips and useful cooking advice for everyone, vegetarian or not.

Revised and updated, *The Clueless Vegetarian* guides the new vegetarian through a whole new kitchen experience. Every recipe is coded to easily identify recipes suited for the lacto-ovo vegetarian, the lacto-vegetarian, the vegan, the ovo-vegetarian and the occasional vegetarian.

*The Clueless Vegetarian* is filled with simple recipes for just about everything you might ever want to eat. There are recipes for lasagna, chili and burritos, there are curries and casseroles, hearty soups and lots of great snacks. There are even some truly decadent desserts.

The range of delicious recipes includes:

- Chunky Avocado Salsa, Black Bean Dip, Mexican Meltdown
- Creamy Carrot Soup, Minestrone Soup, Curried Red Lentil Soup
- Warm Mushroom Salad, Simple Sesame Noodle Salad
- Roasted Tomato Fettucine, Nearly Normal Shepherd's Pie
- Mexican Red Rice, Ratatouille, and Potato Latkas
- Amazing Eggless Dairy-Free Chocolate Cake, Fruit Compote, Fabulous Fresh Fruit Sorbet Chutney

Whether you're adopting a vegetarian lifestyle, or looking to spruce up your everyday cooking style, *The Clueless Vegetarian* is the best possible guide to vegetarian cooking.

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#### **Rhonda Robitaille:**

Book is to be different for every single grade. Book for children right up until adult are different content. We all know that that book is very important for all of us. The book The Clueless Vegetarian: A Cookbook for the Aspiring Vegetarian ended up being making you to know about other information and of course you can take more information. It is very advantages for you. The publication The Clueless Vegetarian: A Cookbook for the Aspiring Vegetarian is not only giving you more new information but also to get your friend when you truly feel bored. You can spend your own spend time to read your reserve. Try to make relationship with the book The Clueless Vegetarian: A Cookbook for the Aspiring Vegetarian. You never sense lose out for everything if you read some books.

#### **Brian Grant:**

The book untitled The Clueless Vegetarian: A Cookbook for the Aspiring Vegetarian contain a lot of information on the item. The writer explains the girl idea with easy way. The language is very straightforward all the people, so do not really worry, you can easy to read the item. The book was written by famous author. The author will bring you in the new time of literary works. It is possible to read this book because you can read more your smart phone, or program, so you can read the book throughout anywhere and anytime. If you want to buy the e-book, you can start their official web-site as well as order it. Have a nice learn.

#### **Debra Yarbrough:**

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#### **Kristen Blasingame:**

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