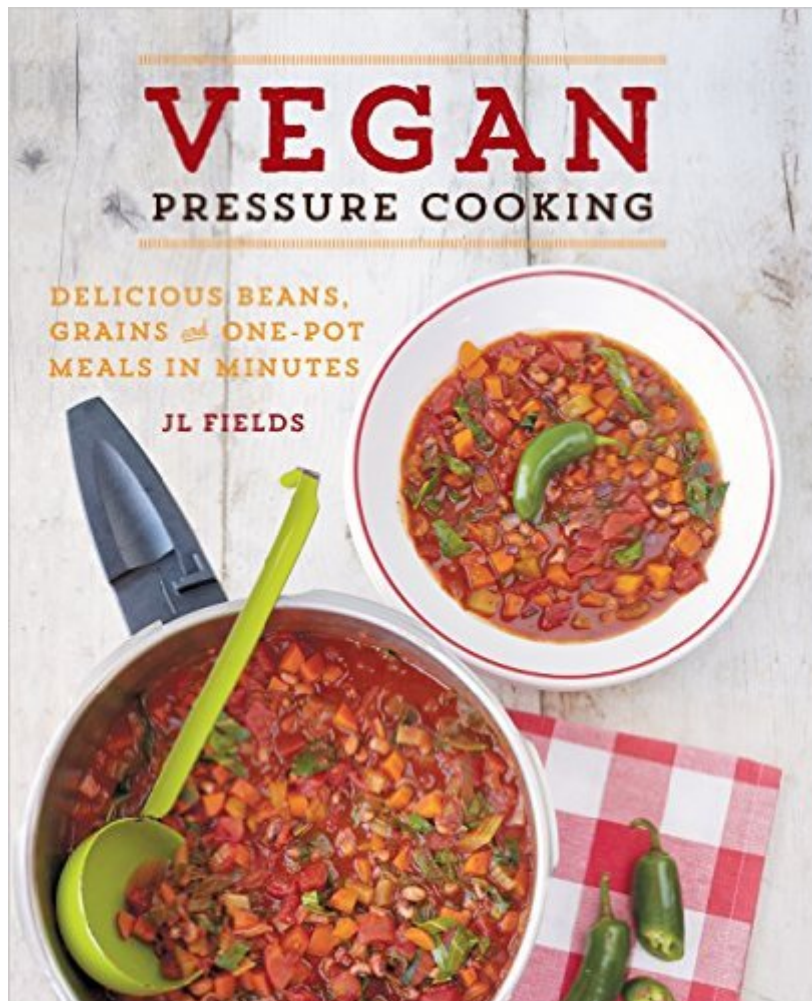


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# Vegan Pressure Cooking: Delicious Beans, Grains, And One-Pot Meals In Minutes



## Synopsis

Say goodbye to long cooking and preparation times. With a pressure cooker, you can cook filling, nutritious meals in under an hour and with little mess or cleanup. It's not only delicious, but easy too! With *Vegan Pressure Cooking*, you'll learn all of the ins and outs of pressure cooking--including why there's no need to be scared of trying something new! From choosing a pressure cooker that suits you best to understanding the ingredients that are perfect for pressure cooking - including beans, grains, hearty vegetables, and more - author JL Fields will walk through all the ropes so you can start creating delicious, everyday meals in no time. Recipes span all meals and tastes, from easy breakfasts like Savory Oatmeal and Stewed Apricots to healthy dinners like Kale, Lentil, and Squash Chili and Sweet Potato Enchiladas. There's something for everyone!

## Book Information

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## Customer Reviews

**Chickpea Lentil Noodle Soup** This soup is a reader favorite on my blog, I suspect because it is reminiscent of a childhood favorite for many of us—and because it's incredibly easy to prepare and delicious! The "chicken" flavoring is simply seasoning. I use Butler Chik-Style seasoning, though your favorite brand of dry seasoning will do just fine. This is rich in protein and packed with healthy vegetables. 1 teaspoon extra-virgin olive oil 3 cloves garlic, finely diced 1 large onion, diced 2 cups (200 g) green beans (fresh or frozen), snapped into bite-size pieces 1 cup (130 g) chopped carrots 1 cup (120 g) chopped celery 2 teaspoons vegan chicken flavored seasoning 1 bay leaf 1/2 teaspoon dried sage 1 cup (200 g) dried brown lentils,

rinsed and drained 4 ounces (112 g) soba noodles 4 cups (940 ml) vegetable broth 1 to 1 1/2 cups (235 to 355 ml) water In an uncovered pressure cooker, heat the oil on medium-high. Add the garlic, onions, green beans, carrots, and celery and sauté for about 3 minutes. Add the chicken-flavored seasoning, bay leaf, and sage and sauté for another 2 minutes. Add the lentils, noodles, and vegetable both. Stir to combine. Cover and to bring to pressure. Cook at high pressure for 8 minutes. Use a quick release. Sample both the lentils and the noodles. If they are not cooked through, simmer on low in the uncovered pressure cooker until done. Remove the bay leaf before serving. Yield: 4 to 6 servings You can find vegan chicken-style seasoning or Bouillon cubes at most grocery stores. To deepen the flavor further, use vegan chicken broth instead of vegetable broth.

Oat, Amaranth, and Carrot Porridge Similar to the couscous porridge on page 45, this recipe has a decreased cooking time. Consider replacing the carrots with 1 cup (150 g) of vegetables that cook up in about four minutes: cubed butternut squash, cauliflower florets, or cubed fingerling potatoes. 2 tablespoons (28 g) vegan butter 1/4 cup (40 g) diced yellow onion 2 carrots, diced 1 cup (80 g) rolled oats 1 cup (130 g) amaranth 2 1/2 cups (588 ml) water 1 teaspoon salt 1/2 teaspoon ground cinnamon In an uncovered pressure cooker, heat the vegan butter on medium heat. Add the onion and carrots and saute until the onions are translucent, 3 to 4 minutes. Add the oats, amaranth, water, salt, and cinnamon. Stir to combine. Cover and bring to pressure. Cook at high pressure for 4 minutes. Allow for a natural release. Yield: 4 servings

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