



The Clueless Vegetarian: A Cookbook for the Aspiring Vegetarian (The Clueless series)

Evelyn Raab

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You're young, you're vegetarian, you're clueless.

So you're a vegetarian. Or you're thinking about becoming a vegetarian. Or maybe you live with a vegetarian. Or maybe you just have to feed one occasionally.

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). If you're a practicing vegetarian looking for some good old fashioned cooking, then this is your guide. There are lots of hints for concocting vegetarian versions of your favorite old recipes, and suggestions on preparing meals for the mixed household. You'll even find survival tips and cooking advice that's just plain useful for everyone, vegetarian or not.

Incredibly thorough and with lots of humor, **The Clueless Vegetarian** leads the new-vegetarian through a whole new kitchen experience. Every recipe is coded so that you can easily identify whose a lacto-ovo vegetarian, who's a lacto-vegetarian, who's a vegan, an ovo-vegetarian or an occasional vegetarian, it's all laid out simply and straightforwardly, with no surprises.

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. There are lots of delicious recipes to choose from:

- Chunky Avocado Salsa, Black Bean Dip, and Mexican Meltdown
- Creamy Carrot Soup, Minestrone Soup and Curried Red Lentil Soups
- Corn and Tomato Salad, Warm Mushroom Salad and Simple Sesame Noodle Salad
- Frittata, Quiche and Ricotta Pancakes
- Roasted Tomato Fettucine, Pad Thai and Nearly Normal Shepherd's Pie
- Mexican Red Rice, Ratatouille, and Potato Latkas
- Amazing Eggless Dairy-Free Chocolate Cake, Fruit Crisp, Frozen Chocolate Bananasicles

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

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James Brown:

The book untitled The Clueless Vegetarian: A Cookbook for the Aspiring Vegetarian (The Clueless series) contain a lot of information on the item. The writer explains her idea with easy technique. The language is very clear and understandable all the people, so do definitely not worry, you can easy to read that. The book was published by famous author. The author brings you in the new era of literary works. It is easy to read this book because you can read more your smart phone, or program, so you can read the book in anywhere and anytime. If you want to buy the e-book, you can open up their official web-site and order it. Have a nice examine.

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