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Quick-Fix Vegan draws upon a myriad of ethnic influences including French, Mexican, Moroccan, Mediterranean,

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Greek, Cajun, East Asian, Italian, and Middle Eastern, and features recipes such as Spicy Black Bean Hummus with Orange, Korean Hotpot, Rotini with Creamy Avocado-Herb Sauce, Moroccan-Spiced Pumpkin Soup, BBQ Pinto-Portobello Sandwiches, Burmese Ginger Salad, Autumn Harvest Gratin, and Catalan-Style Creme Brulee.

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Quick-Fix Vegan : Healthy Homestyle Meals in 30 Minutes or Less by Robin Robertson turns cooking vegan foods into something faster ,healthier and tastier than convenience foods using no animal products. She's also the author of

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Quick Fix Vegetarian. My family are not vegans, but we try to eat a vegan menu a few days every week.

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150 quick and easy vegan recipes all made in 30 minutes or less from a well-loved, best-selling author in the vegan



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community. "Robertson cuts to the chase and puts together good food simply.

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Vegan provides 150 new vegan recipes

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ranging, from starters, snacks, salads, sauces, and sandwiches to stovetop suppers, pastas, soups, and desserts that can all be prepared in 30 minutes or less. Quick-Fix Vegan also features “Make-Ahead Bakes,” convenient recipes that are assembled ahead of time (in less than 30 minutes) and then baked before serving.

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Quick-Fix Vegan: Healthy, Homestyle Meals in 30 Minutes or Less (Quick-Fix Cooking Book 4) Quick-Fix Vegetarian: Healthy Home-Cooked Meals in 30 Minutes or Less; Quick-Fix Vegetarian: Healthy Home-Cooked Meals in 30 Minutes or Less; Rice & Spice: 100

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Middle Eastern, and features recipes such as Spicy Black Bean Hummus with Orange, Korean Hotpot, Rotini with Creamy Avocado-Herb Sauce, Moroccan-Spiced Pumpkin Soup, BBQ Pinto-Portobello Sandwiches, Burmese Ginger Salad, Autumn Harvest Gratin, and Catalan-Style Creme Brulee.

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Healthy, Homestyle Meals in 30 ...**

Marigold red and purple tubs are vegan (not the greeny orange one); Kallo do vegan stock cubes and even Green Oxo is vegan. Things like chipotles in adobo - just use dried chipotles, soaked in stock and don't worry about the more obscure extras.

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Orange, Korean Hotpot, Rotini with Creamy Avocado-Herb Sauce, Moroccan-Spiced Pumpkin Soup, BBQ Pinto-Portobello Sandwiches, Burmese Ginger Salad, Autumn Harvest Gratin, and Catalan-Style Creme Brulee.

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