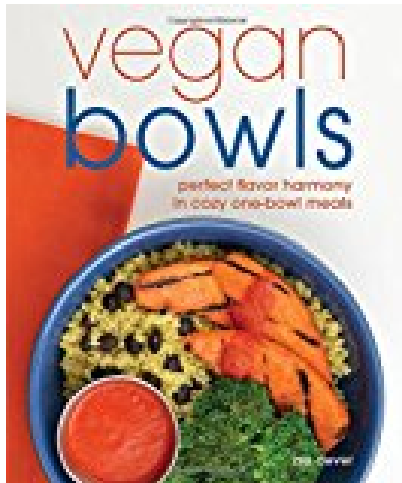


# Vegan Bowls Perfect Flavor Harmony in Cozy One-Bowl Meals

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## BOOK DETAILS

- Author : Zsu Dever
- Pages : 192 Pages
- Publisher : Vegan Heritage Press, LLC
- Language : English
- ISBN : 194125215X

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## **BOOK SYNOPSIS**

Many of the recipes can be made in 30 minutes or less. You'll enjoy satisfying bowls of soup and salad bowls, such as Vietnamese Seitan Pho, Rhode Island Chowder, Sizzling Southwest Fajita Salad, and Tapenade Panzanella. The book also features enticing breakfast bowls and international specialties, such as Chickpea Brasoi, Lentil Picadillo, and Jerk Tofu over Coconut Rice. Fun to make and serve, the more than 100 main dish bowls include: Summer Orzotto Bowl Mushroom Carbonara Vegan Gyros Bowl Sofrito Crusted Tempeh Bowl Korean Bean Bulgogi Grilled Potato Salad Bowl All the components for these one-bowl meals have been matched perfectly for a truly great eating experience. The recipes sound like they're from an upscale restaurant, but they are simple to prepare and use familiar ingredients. Best of all, every savory recipe is a complete meal all contained in a single cozy bowl: protein, starch, vegetables and flavors, flavors, flavors! Also includes full-color photos, cooking tips, tricks, and a resources list.

### **VEGAN BOWLS PERFECT FLAVOR HARMONY IN COZY ONE-BOWL MEALS -**

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