



The Vegetarian Meat & Potatoes Cookbook: 275 Hearty and Healthy Meat-Free Recipes

Robin G. Robertson (Visual Art)

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Eating vegetarian doesn't have to mean giving up the satisfaction of mouthwatering, stick-to-your-ribs comfort foods. The Vegetarian Meat & Potatoes Cookbook recasts classic all-American "meat and potatoes" food in a healthier role, from family-style foods to gourmet specialties to ethnic favorites. It will revolutionize the way you think about vegetarian food. Recipes include: Tapenade-Stuffed Red Potatoes Spicy African Sweet Potato Stew Meat-Free Meatloaf with Good Gravy Cajun Red Bean Burgers Chipotle-Glazed Portobello Fajitas Eggplant Teryaki Sloppy Giuseppe's Total Chocolate Eclipse Cake

The Vegetarian Meat & Potatoes Cookbook: 275 Hearty and Healthy Meat-Free Recipes Details

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From Reader Review *The Vegetarian Meat & Potatoes Cookbook: 275 Hearty and Healthy Meat-Free Recipes* for online ebook

Michelle Ginther says

This seems like a good cookbook for hearty vegetarian comfort food, but don't expect pictures like the front cover. It's all recipes and no pictures.

Allison says

Vegetarian cookbook. Picked this book up with my meat-eating husband in mind, and he went through and picked out some interesting recipes to try. The thing is, I didn't like meatloaf, so I'm not really looking to replace it with a vegetarian version, but if he's willing to try vegetarian meatloaf, I'm willing to try it to. And that's what this cookbook is all about.

Lorraine says

This is a very good cookbook for those who erroneously believe that vegetarian meals aren't "hearty." Vegans, this cookbook is for you! Meat eaters, take a chance and discover yummy meat-free recipes!

Kelly says

I haven't yet gotten around to reviewing this cookbook - but you can see some of the dishes I've made from *The Vegetarian Meat & Potatoes Cookbook* here: <http://www.easyvegan.info/tag/the-veg...>

Tofu Fairy says

uh no...most of these dishes are VERY involved and hard to make and none of them qualify as meat and potato dishes for vegetarians...some good recipes though...just not what the title indicates.

Brittany says

awesome!!! this is my go-to for impressing guests, or when I'm feeling homesick for comfort food.

Suzanne says

I just got this one as well. Mostly, so that I can try to feed my meat eater more to his liking. I'll let you know when I make something. I hope it is good! It looks pretty promising.

Tara says

good recipes...a bit involved but great for family get togethers etc.

Alanna says

Vegetarian with meat-eating partner and children, hopefully can tick all the boxes with something from in here.

Nan says

I picked up this cookbook from my local library. As a vegetarian living with a son of cattle farmers, I'm always looking for hearty vegetarian comfort food. This book does the trick. We've made a couple recipes so far and have eaten every last crumb. The latter half of the book uses a lot of meat substitutes (tempah, soy crumbles). Normally, I'm not a huge fan of these, but they are usually disguised and don't take center stage. I would recommend this as a good veggie cookbook in winter months when you want the oven on and something filling for dinner.

Katie says

Pretty good so far, but I haven't really tried making the mock-meat "steaks" she talks about. I just have to find a place where I can get 12lbs of organic, whole wheat flour!

Ultimately, I want to go through all of the recipes in this book so I can upgrade to being one of those vegans with the "I worship seitan" t-shirts.
