



# **The Simply Vegan Cookbook: Easy, Healthy, Fun, and Filling Plant-Based Recipes Anyone Can Cook**

*Dustin Harder (Contributor)*

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## The Simply Vegan Cookbook: Easy, Healthy, Fun, and Filling Plant-Based Recipes Anyone Can Cook Details

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# **From Reader Review The Simply Vegan Cookbook: Easy, Healthy, Fun, and Filling Plant-Based Recipes Anyone Can Cook for online ebook**

**Mary Dettloff-Reilly says**

**Easy, fast and delicious vegan meals!**

The recipes are easy and quick with minimal ingredients! The author makes me want to have him over to cook together. And any friend of Chloe Coscarelli is a friend of mine!

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**Karen says**

I discovered Dustin Harder a few months ago by stumbling across his fun travel food show on YouTube, The Vegan Roadie. What a nice surprise to see a food show that actually focuses on foods I eat! Yes, I'm vegan. I also spent several years traveling for work and mostly living out of hotels (though I was only mostly-vegan at the time). Still, it's fun seeing a few places I found on my own featured in his episodes. Dustin also shares an easy 3-ingredient (plus a few travel pantry items) recipe of his own at the end of each episode. I've been looking forward to this cookbook after trying one of those and enjoying it.

What's great (and unique) about this cookbook?

Dustin focuses on truly simple recipes, using simple kitchen utensils/appliances - you won't need to buy a Vitamix if you don't already have one! I've seen other cookbooks that say they're simple or easy, but they include ingredients not always easy to find in all areas of the country or world. Having traveled a lot, I know how difficult it can be in certain areas to find specialty ingredients so I really appreciate this aspect. It also makes this cookbook more accessible to those not already familiar with vegan cooking.

The chapters are set up around ingredients (greens, beans, lentils, grains, broccoli/cauliflower, root vegetables, tofu, squash, avocado, mushrooms, simple sweets, kitchen staples) rather than types of dishes (breakfast, sides, entrees, etc). This makes it simple to find a recipe for what you happen to have on hand. Each chapter begins with the basics of cooking that main ingredient and then moves on to the recipes, which also include variations and tips.

Recipes are noted clearly as gluten-free, nut-free, soy-free and those that take 30 minutes or less to prepare.

In the end, he also includes a list of brands he likes. This, of course, will vary on your own tastes, but it's a great place to start if you're new to all of this vegan stuff.

So, the recipes? I've been highlighting a ton I'd like to try! One variation on the salt and vinegar kale chips is... dessert kale chips?! There's Portobello bacon. Honestly, that mushroom chapter will likely see heavy use! (=) I've heard that the Spinach and Mushroom Pizza Bowl is yummy too! The Southwest Pinto Bean Burger looks like a winner. Black Bean Home Fries? Yes, please! I definitely share his love of potatoes. Swedish Chickpea Balls and Chickpea Hush Puppies - I'm for almost anything bean related. The Cauliflower Alfredo will be making an appearance in my kitchen soon too. There are also Zucchini Cornbread Muffins

and Pulled Mushroom BBQ Sandwiches. Mmmm. I've tried a jackfruit version and it's okay, but mushrooms? That's a sure hit for me! The only chapter I don't see getting much use is the Avocado one. But that's just me. Dustin does include some sweets including Kettle Corn with a S'mores Popcorn variation... The section on Kitchen Staples will surely come in handy as well. So, essentially, there are a ton of recipes in here I plan to work my way through. Definitely worth the cover price!

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## **Ricci Hershey says**

Switching to a vegan diet can seem challenging. After much reading and soul searching I decided that becoming vegan was what I needed to do. I browsed through the vegan cookbooks and was quickly overwhelmed. There are several that I want to buy but where do I begin, which do I buy first? And I wanted to keep my first meals simple, foolproof, with foods I could find at my nearby grocery store. I knew that succeeding in my transition would depend on those things.

Dustin Harder's Simply Vegan book has been a lifesaver! The meals are easy to prepare and oh-so-yummy too! This evening I had the Mexican Spiced Cauliflower and a green salad with Unhidden Valley Ranch Dressing. Delicious! The vegan mayonnaise and vegan sour cream are staples I will use many, many times. Uncomplicated to make and great to use in my meals.

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## **Hope says**

This is a nice cookbook.

I will admit that I made a few of the recipes and while the pictures are great and the recipes simple, none of them were super stellar tasting. I have tried many other vegan cookbooks and I usually find a few recipes that we really like... I found some here that were ok, but none that were super yummy. Part of this may be due to myself. As I become more comfortable and competent in my abilities as a vegan cook I am looking for a depth of flavor that won't be found in a simple cookbook. I don't know. I just know I wanted to be wowed, but was not.

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## **Renee says**

I am not vegan, but in the summer when the vegetable garden is producing a daily harvest, it is easy to go meatless. As fall waned and the garden faded, I committed to continuing to prepare meatless meals for at least half of the week. But without the garden and limited produce at the grocery store, my plan became less focused and I started to fall back on old standby recipes with meat.

This book was exactly what I needed to kick start my cooking brain and get some good plant-based recipes back on the menu. The ingredients don't require going to specialty stores or shopping online. There aren't many pictures and since I like to see what the final results will be, I gravitated towards the 'picture recipes'. I've made the Soft-Batch Chocolate Chip Cookies, the Quick Thai Coconut Mushroom Soup, and the Veggie and Brown Rice Stir Fry. All easy and good, though the nutritional information is not provided, so I will have to do some research before making any of the recipes to ensure that the low sodium needs of my significant other are met. A good resource whether you are vegan or not if you want a varied diet that is plant-based.

Thank you, Dustin Harder and Callisto Publisher's Club for the opportunity to read and review this book.

Vegetable seed starting will begin soon, but it will be months before I am harvesting daily and this will definitely help to keep my food choices healthy throughout the winter.

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**Lisa says**

**New Plant-Based Life**

BEST Vegan book I've ever read. As a newbie this was the most helpful and realistic cookbook ever. TY Dustin.

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