



Vegetarian: Vegetarian Dump Dinners- Gluten Free Plant Based Eating On A Budget (Crockpot,Quick Meals,Slowcooker,Cast Iron)

Jack Green

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Simple & Flavorful Vegetarian Recipes-Gluten Free-Budget Friendly

Revolutionize your kitchen with these easy guided flavored packed vegetarian meals. Prepare famous vegetarian cuisine dishes in less than 30 minutes with an easy straight forward approach that will leave your kitchen filled with a pleasant aroma. Making fresh warm one dish meals to share around the house hold couldn't be easier, filled with various combinations of grains and greens utilizing the universal crockpot-slowcooker. Vegetarian dump dinners includes a cuisine based off multiple traditional influences including dishes from mexico,italy,asia,and of course america. Throw out the canned soup and witness how gourmet plant based cooking can be just as readily available as a fast food drive thru lane.

Take A Peek:

- buffalo cauliflower chili
- cauliflower sweet potato bisque
- layered vegetable casserole
- west african sweet potato and peanut stew
- thick and creamy coconut hot chocolate
- fennel tomato sauce over zucchini noodles
- butternut squash coconut chili
- apple butter yeast rolls

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Elmer August:

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