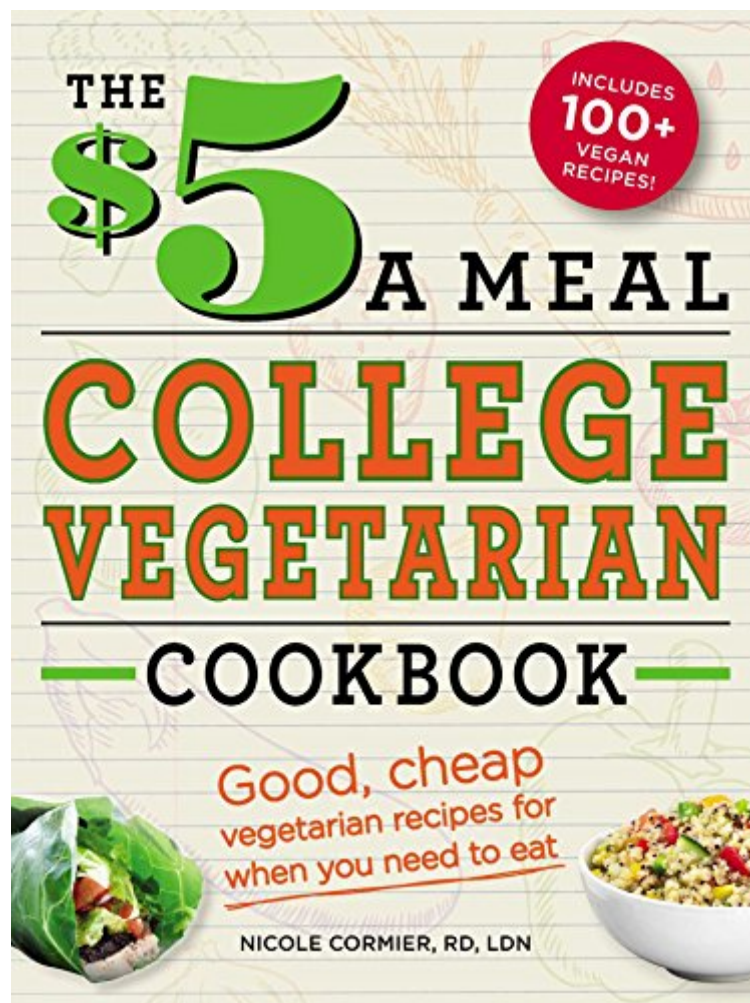




The book was found

The \$5 A Meal College Vegetarian Cookbook: Good, Cheap Vegetarian Recipes For When You Need To Eat (Everything Books)



Synopsis

300+ meat-free dishes for \$5 or less! Tired of your dining hall's sorry excuse for a vegetarian meal? Can't afford to spend all your money on mediocre takeout? Well, now you can enjoy hundreds of delicious, meat-free dishes that will not only satisfy your cravings but your wallet, too! The \$5 a Meal College Vegetarian Cookbook makes it easy to create satisfying vegetarian dishes you'll actually want to eat. Featuring simple instructions and more than 300 tasty recipes, this book provides you with a variety of meat-free meals that will keep you full throughout the day. Best of all, each dish will only cost you no more than \$5, so you'll never have to worry about breaking the bank when you create soon-to-be favorites, such as: Potato poblano breakfast burritos Avocado and shiitake pot stickers Hearty mexican taco salad Quinoa and hummus sandwich wrap Easy eggplant parmigiana Chocolate mocha ice cream Whether you need an energy-boosting breakfast, a cram-session snack, or a date-night entree, you will get the most out of your meals--and budget--with The \$5 a Meal College Vegetarian Cookbook.

Book Information

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Customer Reviews

Totally saved my TVP (as opposed to "bacon") when I moved out! So many great ideas that really expanded my recipe repertoire. They were easily adaptable for vegan and gluten free versions. I love how each dish is priced. I also love the variety of simple and complex meals, original ideas, and room to explore. I'm not a huge fan of how many tofu recipes there are (to be fair, they only compromise about 1/4 or less of the recipes)- but I just substitute or omit and its no big deal.

SO many recipes!! The prices may be off, but they are not too expensive! The first day I got it I made the vegetable risotto and Brussel sprouts with apples. Both were delicious! Excited to cook more recipes from this book!

Bought this for my vegan friend who is living in a dorm with no meal plan. There are many vegan recipes, although the vegetarian recipes are easily converted to vegan. Unlike most cookbooks, there aren't really any pictures and the whole book seems to be black and white. That said, the recipes seem good! Almost all of them are actually considerably under 5\$.

Portabello and bell-pepper fajitas, spinach and feta pie, black bean and butternut squash chili: these are just a few of the fantastic recipes in this cookbook. I purchased this book after watching Forks Over Knives while attending university. I still prepare these meals for my wife and myself years later. The recipes are great for the single and easily double for more. While I don't use all of the recipes in this book, I would heartily recommend it to everyone.

20 year old son (newly vegetarian) loves it!

another great book for kids, college, adults etc who are consuming less and less meat of all kinds. the meals are easy, tells how much each meal costs. this is great for students on a budget. tells what you need in the cooking area, how to stock your pantry. again never know where you will get good information and meals.

Very good purchase. The recipes in the book are easy to make and sound yummy. It breaks down how to become a vegetarian and stay on track! Definitely fits in my budget

Only downside is no pictures.

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