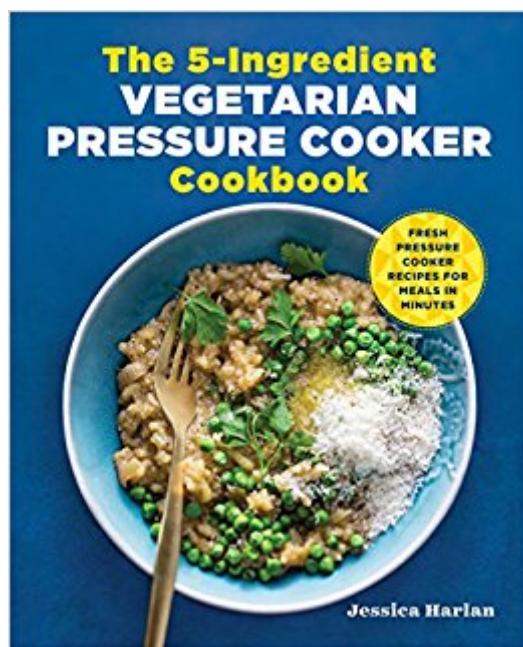


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# The 5-Ingredient Vegetarian Pressure Cooker Cookbook: Fresh Pressure Cooker Recipes For Meals In Minutes



## Synopsis

There are never enough minutes in the day. Luckily, with just five core ingredients and your amazing pressure cooker, there don't need to be! Preparing a healthy, delicious meal in under an hour can sometimes feel like a monumental task. With so many commitments these days, convenience usually wins out over healthy most days of the week. But the ease and simplicity of your pressure cooker, you can put an end to all of that. Jessica Harlan knows a thing or two about pressure cookers. As the cooking equipment expert at About.com, she researches and tests all the latest and greatest innovations in home cooking appliances. And she knows that when it comes to the pressure cooker, it's not enough to have the right pot. You also need the right pressure cooker cookbook. In *The Five-Ingredient Vegetarian Pressure Cooker Cookbook*, Jessica breathes new life into the world of pressure cooking by creating a pressure cooker cookbook that offers truly simple, vegetarian recipes. No more complicated ingredient lists! Each recipe in this pressure cooker cookbook includes no more than five core ingredients, supplemented with a handful of staple seasonings. From basic preparation tips to one-pot meals, you'll find everything you need to make tasty meals in a snap. With recipes that use fresh, healthy ingredients you no longer have to choose quickness over quality. With *The Five-Ingredient Vegetarian Pressure Cooker Cookbook*, you'll enjoy vegetarian recipes like: Breakfast Strata, Lemon-Ricotta Cups, Classic Polenta, Rosemary White Beans, Green Thai Tofu and Veggie Curry, Cheesy Cauliflower Soup, French Onion Soup, Goat Cheese and Asparagus, Brownie Pudding Cake, and more.

## Book Information

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## Customer Reviews

JESSICA HARLAN is the Cooking Equipment expert for About.com. She has served as associate editor of Fancy Food magazine, a trade magazine serving the gourmet food industry, as well as an editor at HFN, a trade magazine for the housewares and home furnishings industry. Jessica's work has appeared in Village Voice, Women's Wear Daily, Time Out Eating & Drinking, New York Family, as well as others. She is the author of six cookbooks, including *Ramen to the Rescue* and *The Simple Art of Salt Block Cooking*.

What the Author does right in this volume: This is a good cookbook, written especially for people new to cooking using a pressure cooker who also are vegetarians, or want to make some pleasing vegetarian dishes. The writer does a noteworthy job in two regards: Chapter 1, *The Basics*, explains several important points about using and maintaining your cookware. Chapter 2 *The Basics*, in which the author explains how to prepare, or cook what some call the staples of most good dishes - beans, rice, and many of the basic vegetables (cauliflower, broccoli, etc). She explains the options for overnight soaking, quick-soaking or dry-cooking of dried beans. Chapter three *One Pot Wonders* is where we get into some meals and soups and is the cookbook. More about this chapter in a moment. Chapter four is dessert, perhaps the most pleasurable part of any good meal. In her instructions, she includes prep times and cook times, but, alas, does not include any nutritional statement information. She also includes only a few photographs. The one other serious shortcoming is the number of recipes. A cookbook of only 38 recipes (9 breakfasts, 13 one-pot meals, and 16 soups) is really pretty skimpy. Still, because the writing is clear and concise, and because of the first two chapters, I do like this cookbook. Bottom Line: Four stars out of five. Comments regarding your opinion of this book or of my review, whether favorable or unfavorable, are always welcome. If you buy the book based on my review and become disappointed, especially, I do want to know that and I want to understand how I can improve as a book reviewer. Just please be polite. Thank you.

I just got an Instant Pot and am learning how to use it. I got two books to go with my new device and have really found this book the more useful of the two. I'll probably graduate to the more detailed book but for now this one has been my "go to" information

Good information and recipes

This is a great primer on how to use the device to make yummy vegetarian meals quickly. I may give it a higher rating after I have cooked out if it more.

great cookbook for those vegetarians who need to learn how to pressure cook. The recipes are simple and easy to follow.

Just the thin for an Instant Pot.

This has some nice recipes in it but there are no nutritional values listed. This is a big deal to me, especially when some of the recipes call for butter and heavy cream. I'm a Vegetarian to help me lead a healthy lifestyle so I like to see those in my cookbooks.

Great!!!

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