



Vegetarian Pressure Cooker: Top 50 Original Vegetarian Meals Ready In Minutes-Make Meatless, Frugal, And Easy Meals To Use At Home

Donna Treston

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Intimidated by the neglected pressure cooker in your kitchen cabinet? Don't be – 50 Vegetarian meals to take all the mystery out of pressure cooking

The ideas are simple really. Other than raw food, pressure cooking is one of the most efficient methods of cooking (it cuts cooking time by as much as a third). Also, shorter and hotter cooking times use less fuel (energy) to cook as much as 70% less energy and water. In terms of health benefits, the shorter the cooking time, the more vitamins that remain preserved in your food. For example, pressure cooked food retains approximately 95-90% of its nutrients, compared to 90-75% for microwaving or steaming and 40-65% for boiling. And, its easy.

Here Is A Preview Of What You'll Learn...

Baked Red Apples Coco Almond Oats Brussels Sprouts Risotto Spicy Refried Mixed Beans Spicy Black Eyed Peas Curry Barley and Lentil Stew Sweet Spicy Penne Pasta Veggie with Olives Spaghetti with Cauliflower Tofu Vegetable Stew Mushroom and Tempeh Quinoa Salad Much, much more! **Buy your copy today!**

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Luther Roberts:

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Helen Albertson:

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