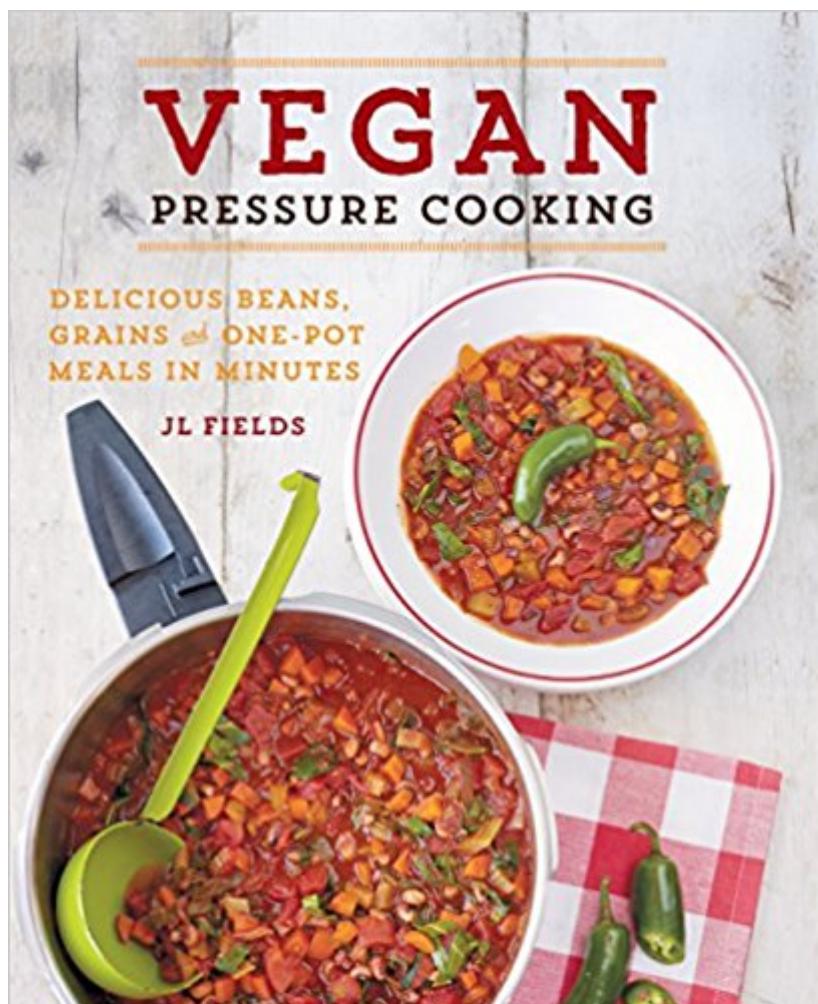


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# Vegan Pressure Cooking: Delicious Beans, Grains, And One-Pot Meals In Minutes



## Synopsis

Say goodbye to long cooking and preparation times. With a pressure cooker, you can cook filling, nutritious meals in under an hour and with little mess or cleanup. It's not only delicious, but easy too! With Vegan Pressure Cooking, you'll learn all of the ins and outs of pressure cooking--including why there's no need to be scared of trying something new! From choosing a pressure cooker that suits you best to understanding the ingredients that are perfect for pressure cooking - including beans, grains, hearty vegetables, and more - author JL Fields will walk through all the ropes so you can start creating delicious, everyday meals in no time. Recipes span all meals and tastes, from easy breakfasts like Savory Oatmeal and Stewed Apricots to healthy dinners like Kale, Lentil, and Squash Chili and Sweet Potato Enchiladas. There's something for everyone!

## Book Information

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## Customer Reviews

Chik-Style Lentil Noodle Soup This soup is a reader favorite on my blog, I suspect because it is reminiscent of a childhood favorite for many of us and because it's incredibly easy to prepare and delicious! The "chicken" flavoring is simply seasoning. I use Butler Chik-Style seasoning, though your favorite brand of dry seasoning will do just fine. This is rich in protein and packed with healthy vegetables.

1 teaspoon extra-virgin olive oil	3 cloves garlic, finely diced
1 large onion, diced	2 cups (200 g) green beans (fresh or frozen), snapped into bite-size pieces
1 cup (130 g) chopped carrots	1 cup (120 g) chopped celery
2 teaspoons vegan chicken flavored seasoning	1 bay leaf
1 1/2 teaspoon dried sage	1 cup (200 g) dried brown lentils,

rinsed and drained 4 ounces (112 g) soba noodles 4 cups (940 ml) vegetable broth 1 to 1 1/2 cups (235 to 355 ml) water In an uncovered pressure cooker, heat the oil on medium-high. Add the garlic, onions, green beans, carrots, and celery and sauté for about 3 minutes. Add the chicken-flavored seasoning, bay leaf, and sage and sauté for another 2 minutes. Add the lentils, noodles, and vegetable broth. Stir to combine. Cover and bring to pressure. Cook at high pressure for 8 minutes. Use a quick release. Sample both the lentils and the noodles. If they are not cooked through, simmer on low in the uncovered pressure cooker until done. Remove the bay leaf before serving. Yield: 4 to 6 servings You can find vegan chicken-style seasoning or Bouillon cubes at most grocery stores. To deepen the flavor further, use vegan chicken broth instead of vegetable broth.

Oat, Amaranth, and Carrot Porridge Similar to the couscous porridge on page 45, this recipe has a decreased cooking time. Consider replacing the carrots with 1 cup (150 g) of vegetables that cook up in about four minutes: cubed butternut squash, cauliflower florets, or cubed fingerling potatoes. 2 tablespoons (28 g) vegan butter 1/4 cup (40 g) diced yellow onion 2 carrots, diced 1 cup (80 g) rolled oats 1 cup (130 g) amaranth 2 1/2 cups (588 ml) water 1 teaspoon salt 1/2 teaspoon ground cinnamon In an uncovered pressure cooker, heat the vegan butter on medium heat. Add the onion and carrots and sauté until the onions are translucent, 3 to 4 minutes. Add the oats, amaranth, water, salt, and cinnamon. Stir to combine. Cover and bring to pressure. Cook at high pressure for 4 minutes. Allow for a natural release. Yield: 4 servings

"In this beautiful and accessible book, the irrepressible JL Fields reinvents 'fast' food healthfully, deliciously, and passionately. And she proves beyond a doubt that this is not your grandma's pressure cooking." - Victoria Moran, author of Main Street Vegan and director of Main Street Vegan Academy"Whether your pressure cooker is one of your favorite appliances, or you're only just thinking of buying one, this beautiful and informative book is for you. Filled with delicious, easy-to-make recipes and wholesome ingredients, Vegan Pressure Cooking truly deserves a place on your bookshelf." - Colleen Patrick-Goudreau, bestselling author of The 30-Day Vegan Challenge and The Joy of Vegan Baking and more" Mention an interest in pressure cooking and there's a good chance you'll hear a horror story about one exploding. With modern equipment, that scenario is highly unlikely, according to Fields (coauthor, Vegan for Her). Before diving into the recipes, the author addresses this fear by answering frequently asked questions and addressing the care and proper use of contemporary appliances. Fields also offers cooking time charts for simple grains and

beans. Demonstrating the pressure cooker's versatility, the author moves on to cover breakfast, sides, soups, stews, dinner, and even dessert with dishes such as apple pie steel-cut oats, lemony artichokes with horseradish butter, jackfruit and sweet potato enchiladas, and coconut gingered black bean brownies. Readers will swallow any lingering apprehensions after looking at the many tempting photos. Occasional less-common ingredients like freekah and turnips, along with twists on ordinary meals such as savory oatmeal or Asian-inspired chili, will appeal to adventurous cooks.

VERDICT This work should gain Fields many fans. Her un- intimidating approach takes into account all the important basics without being overwhelming. Those who want to adapt favorite plant-based recipes for their pressure cooker will appreciate the more comprehensive coverage in Jill Nussinow's *The New Fast Food*." - Library Journal "If you're looking to reduce your time in the kitchen without sacrificing the goodness of home-cooked meals made from wholesome ingredients, Vegan Pressure Cooking is for you. In this easy-to-follow cookbook, JL guides us through the basics of pressure cooking and shares recipes for classic and creative meals that focus on nature's healthiest foods. With a great book like this one, the pressure cooker may soon overtake your microwave's place as the quick meal-maker appliance in your house!" - Dr. Neal Barnard, M.D., Physicians Committee for Responsible Medicine "Making vegan meals fun, accessible and delicious - that's what JL does best. And in this book, she completely demystifies the pressure cooker, which means you can have healthy plant-based meals in - literally - minutes. Vegan Pressure Cooking is a must-have cookbook for any busy, health-conscious cook, whether you are already vegan or are taking steps toward more plant-based meals." - Virginia Messina, MPH, RD, co-author of *Vegan for Life*, *Vegan for Her*, and *Never Too Late to Go Vegan*

JL Fields is a culinary instructor and educator on all things vegan. She is the founder and director of the Colorado Springs Vegan Cooking Academy, the author of *The Vegan Air Fryer*, *Vegan Pressure Cooking*, and co-author of *The Main Street Vegan Academy Cookbook* and *Vegan for Her*. JL received culinary training at the Natural Gourmet Institute and the Christina Pirello School of Natural Cooking and Integrative Health Studies and teaches vegan cooking in the culinary arts program at the University of New Mexico at Taos. She speaks on plant-based food and vegan activism throughout the U.S. and has been interviewed for radio shows and podcasts including *Main Street Vegan*, *Our Hen House*, and *Erin Red Radio*. [www.jlgoesvegan.com](http://www.jlgoesvegan.com)

To be honest, this book gets 5 stars due to taste. The recipes are excellent. It's also excellent that the author provides weights in addition to fluid ounce measurements so if you choose to be

exceptionally accurate, as good chefs are, you can't mess up a measurement or recipe. But here's the thing...it's not entirely pressure cooking as stated. If you are looking for using your pressure cooker to speed up your cooking and for full meals, this has some limitations. For many of the recipes, the pressure cooker may make a very brief appearance in an otherwise involved recipe. Many of these are actually oven recipes that use the pressure cooker much like a pot--to prep some of the ingredients. For example, for the brownies, you use the pressure cooker to cook some beans (yes, it subs the flour in the brownies but you can't taste the beans) and other ingredients and then you use a food processor for two other batch mixes, then you pour into a pan and bake in the oven. For the shepherd's pie, you make the potatoes in the pressure cooker, then prepare the pie as you would any other vegan shepherd's pie and bake in the oven. So why the 4 stars? Because as for the recipes that are fully prepared in the pressure cooker, the recipes are clearly tested well and prepare perfectly and taste great. And fortunately the book is large enough that it has lots of those in it. These are recipes worthy of turning the pressure cooker vegan. For example: ROOT VEGGIE TAGINELENTIL, KALE, & BARLEY RISOTTOAPPLE PIE STEEL CUT OATSPESTO STYLE BEAN DIPNORTH MEETS SOUTH BEAN DIPITALIAN SOYBEAN BALLS AND TOMATO SAUCEBLACK BEAN AND SWEET POTATO STEWPORTEBELLO MUSHROOM AND BARLEY SOUPVEGAN BACON AND CABBAGEBOK CHOY MUSHROOMS AND ONION WITH TAMARI LIME DRESSINGPULLED JACKFRUIT SANDWICHESFIESTA SOY CURL AND RICE CASSEROLESOY CURL MAC AND CHEESECHUNKY RED LENTIL STEWSPEEDY BEAN CHILICREAMY KALE MISO SOUPSEITAN SWISS STEAKROSEMARY AND THYME BRUSSEL SPROUTSLEMONY ARTICHOKE WITH HORSERADISH BUTTERSHEPERD'S PIEMUSHROOM RICEAnd those are just a few examples. These are hearty dishes that work well as main dishes, whether vegan or not, but can also double if you are vegan, for example, and the rest of the family is not so that you enjoy your main dish and this can serve as side dishes for others. There are plenty of great professional yummy photos, but there are no nutritionals. There are some unusual ingredients but notes of where to find many of them; for the most part you should easily locate most ingredients. A worthy component to your cookbook collection.

When I bought my InstantPot, I bought several vegan pressure cooking cookbooks in order to have plenty of recipe ideas to work with so that I would actually use my new gadget and not just put it in the cabinet collecting dust. JL Fields book is my most-used cookbook! I love the variety, the simplicity, the versatility, and the ease of use of these recipes. I have enjoyed trying new things as well as new twists on old favorites. I wanted to wait until I'd made several things before

writing a review; I've currently made over 20 different recipes, and many of these I have made more than once because they are so good and have become monthly staples! I've made the Three-Bean Delight (fave), brown rice (finally, rice that does not stick! I can get rid of my rice cooker now because my instant pot makes better rice!), Spanish Rice (fave), Freekah (first time to try freekah, I really liked it!), pumpkin spice porridge (really liked!), oat, amaranth, and carrot porridge, Garam Masala Lentil Soup (Fave), white beans and greens soup (fave), curried mung bean stew (Fave, first time to try mung beans, love!), potato soup (this one was just ok, not too fond of the tofu in this, next time I will leave it out), portabello mushroom and barley soup (Fave!), very veggie split pea soup (fave), bean and barley stew (fave), Anasazi bean and potato soup (this was pretty good, but I made several substitutions because I didn't have all the ingredients, I will try this again now that I have Anasazi beans), speedy bean chili (fave, this is great when you have canned beans and don't have time to make beans from scratch), black bean and sweet potato stew (Fave!), kale, lentil, and squash chili (fave), black eyed pea and collard green chili (Fave!), summer lentil and millet chili (fave!), black beans and quinoa (Fave! I used red quinoa because that's what I had and I loved it with the red, I will always make this with red quinoa!), navy beans, rice and greens (Fave!), amaranth lentils (fave), fava bean risotto (very good, but dried out a little when reheated, when fresh, it was wonderful!), black eyed peas and farro (Fave!). As you can see, most of these recipes are favorites and I have made them numerous times! What I usually do is batch cook on the weekends, making several things, and freezing several bowls. These recipes are very versatile; I don't use the oil to saute, using veggie broth instead (if I even take the time to saute first!). I often substitute different greens for whatever I have in the fridge, and I rarely saute the onions and garlic first, just throwing everything in the pot (the only time I really saute first is if it calls for sautéing carrot or sweet potato with the onion, since these are hard veggies, I will saute those, but if the recipe calls for just sautéing onion and garlic, most of the time I don't do that.) There are a few recipes that call for soy curls or TVP, but not very many and you can always leave those out. I'm glad I purchased this cookbook and I have already got my money's worth out of it, discovering several new foods that I love! And I already have 3 more new recipes picked out to try this weekend! In addition to delicious and simple recipes, the cookbook starts out with pressure cooking 101, common answered questions, cooking time charts, and tips for cooking beans and grains. I prefer to use the cooking charts in this cookbook over the charts in my Instant Pot manual. When the recipes lists a cooking range, I use the middle range; for example, the black bean and sweet potato stew calls for cooking at high pressure for 22 to 24 minutes, I will use 23 minutes and that has worked well for me. Love this

cookbook!

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