



Mastering the Art of Vegan Cooking: Over 200 Delicious Recipes and Tips to Save You Money and Stock Your Pantry

Annie Shannon , Dan Shannon

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Annie and Dan Shannon, the authors of *Betty Goes Vegan*, are back. In their new book, they show readers how to cook creatively and thriftily with recipes, sidebars, and tips on stocking a pantry and using ingredients creatively.

Most recipes result in leftover ingredients and servings that can be reused in multiple ways, reducing waste in your kitchen while keeping your meals fresh and flavorful. Inspired by the recipes and cost-saving techniques used during the Depression and World War II and paying a vegan homage to Julia Child, The Shannons have figured out how to get the most out of what you've already invested so that you can spend less and get more. With recipes like Korean Kimchi BBQ Burgers, Vegan Yankee Pot Roast, Not-cho Everyday Chili Dogs, and Savannah Pecan Pies, MASTERING THE ART OF VEGAN COOKING offers a way to make eating vegan both affordable and delicious.

Mastering the Art of Vegan Cooking: Over 200 Delicious Recipes and Tips to Save You Money and Stock Your Pantry Details

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From Reader Review Mastering the Art of Vegan Cooking: Over 200 Delicious Recipes and Tips to Save You Money and Stock Your Pantry for online ebook

PorshaJo says

It a decent cookbook, but it just does not appeal to me. Sometimes I think a cookbook has a huge downfall for me if it does not have pictures for recipes. I do like the fact they break down the price per serving for each recipe. The other thing I liked is tips on what to do with leftovers, such as spices. How these things can be used in other recipes in the book. It's a big book with two inserts for pictures. Just not enough for me. I think this book would be good for someone new to vegan cooking and really trying to cook on a budget.

Judy Collins says

A special thank you to Grand Central Life & Style and NetGalley for an ARC in exchange for an honest review. 3.5 Stars

MASTERING THE ART OF VEGAN COOKING *Over 200 Delicious Recipes and Tips to Save You Money and Stock Your Pantry* By Annie and Dan Shannon, is more than just sharing vegan recipes and pantry tips; it is also a sharing of their struggles in their life, when inspiration came for the creation of this valuable book.

More than a cookbook, a great resource; the authors share tips of reducing the amount of food to buy, and demonstrates the money wasted--how to take control of your life--enjoying the positives and tangible results which can be empowering, as did so for these authors, as they share their story.

Seeing grocery bills shrink, while savings flourish, versus throwing away so much food and produce which goes uneaten or spoiled. The inspiring authors, challenge the myth that going vegan is actually more expensive than eating a meat-based diet, (we vegan realize it is much less expensive), while enjoying a lifestyle without sacrificing convenience. We can change what we eat, reduce how much food we use, waste, and consume and we all have the power to change the world. (I am also a firm believer). *Chemicals are killing Americans, and if people do not change their eating habits, cancer will continue, health issues, and obesity. We are what we eat.*

On a personal note, I have been a vegan, and a plant-based diet for many years, plus I have severe food and chemical allergies, unable to take any medications, so my diet is my lifestyle.

I enjoy some variety, and always on the lookout for good books, and resources to offer some variations of foods which I can eat. This book would be ideal for someone starting out, or on the fence about going vegetarian, or vegan. I enjoyed how the authors stress the healthy yet affordable approach, which I am all about. It is still about enjoying life.

From recipes for Breakfast, Lunch, Dinner, No Leftovers, and Special Occasions, with Pantry tips, and shopping strategies, plus more. My only negative is no photos. *However, since this is an ARC, possibly the finished product may include photos, which would give the book a higher rating.*

MASTERING THE ART OF VEGAN COOKING is more than a collection of recipes and tips that will

save you money. It is also a collection of culinary and budgeting insights the authors discovered during one of the hardest years of their lives (wish I had this book years ago). We all need to make this world a better place to live by choosing a vegan diet, a firm believer in protecting our environment and health. Well said.

If you enjoy this journey, would also recommend two additional books, both excellent references for a vegan healthy life.

Deliciously Ella by *Ella Woodward*
Cooking Allergy-Free by *Jenna Short*

Judith D. Collins Must Read Books

Lu (Sugar & Snark) says

I have been meaning to try more tofu recipes, but could never really get it right, until I got this book! So this book was exactly what I needed! Not only are there other Vegan recipes, the recipes are interesting, and delicious! I found that most of the ingredients could be found at my local supermarket (Woolworths), and even though some are on the expensive side, it was well worth it! There was the odd ingredient that I have never heard of or can't find, but it is not a deal breaker.

There are tons of recipes I still want to try and I'll keep this book close! Here is a taste of the recipes in this book:

- * Korean Kimchi BBQ Burgers
- * Vegan Bacon and Broccoli Quiche
- * Sesame Peanut Noodles
- * Not-cho Everyday Chili Dogs
- * Savannah Pecan Pies

Favorite Recipe:

Here is the real gem of this book: Rosemary Potato Frittata.

I made this recipe right away when i saw I had all the ingredients (left). It. was. amazing.

I have since then made it about 4 times with some vegan bacon on the side (middle).

And then finally I mixed things up a bit and put pasta instead of potato, and made a pasta bake! I also topped it with some crispy onions.

Changed the way I view tofu and next I will make a cauliflower and broccoli bake!

For pictures see: <http://sugarandsnark.co.za/?p=14111>

Sleepseeker says

I just got this book. I've flipped through looking at the recipes and they all look good. It was recipes that I would cook with ingredients that I already buy or could easily get. They also sound delicious and I can't wait

to try them. I will definitely be using this and it will stay in my kitchen, not my piles.

Only complaint I have so far, is that I wish there was more pictures. There are a chunk of them in two places in the middle of the book, instead of by the recipe. Which I found to be odd. Other than that, everything looks good.

That is why I gave it a 4 star rating, instead of a 5.

I will try to update, as I start cooking some of these recipes.

I won this book in goodreads giveaway for an honest review.

K says

"Life still won't be fair - but three times a day we can make the world a better place by choosing to eat a vegan diet that's better for us, the environment, the animals, and our wallets. We can be what is fair and kind in the world without eating pretty well in the process." - Annie and Dan Shannon

The Shannons are at it again. The authors of Betty Goes Vegan who masterfully veganized hundreds of Betty Crocker's classic recipes have created a comprehensive collection of vegan recipes that are perfect for beginning vegans and experienced veg heads alike. Their latest Mastering the Art of Vegan Cooking: Over 200 Delicious Recipes and Tips to Save You Money and Stock Your Pantry is simply stunning in its depth and variety. With clear serving information, price per serving details, and basic ingredients (nothing fussy here), these recipes are fun and fresh. Options like Ratatouille Rice Bake, Spinach and Broccoli Stuffed Shells, Snowball Cupcakes, Lemon and Lavender Cookies, Avocado and Grapefruit Salad with Cilantro Dressing, Roasted Red Pepper and Lentil Soup, Blackstrap Vegan Bangers and Mash with Onion Gravy, among others. These and more prove that vegan dining can be fun and creative, but doesn't have to be expensive.

There are a few color photos in certain sections of the book, but with recipes this good, more photos should be involved. Overall, this is a great book - both for your own kitchen and as a gift for someone else - and belongs in any well-stocked vegan pantry.

Quinoa Taco Casserole

1 teaspoon olive oil

2 cups cooked quinoa

3/4 taco sauce

1/2 teaspoon ground cumin

1 cup cooked or canned black beans

1 cup frozen corn

1 jalapeno, seeded and sliced

2 cups broken tortilla chips

1 1/2 cups chunky salsa

2 green onions, diced

1/2 to 1 cup vegan cheddar cheese

1 large tomato, sliced

1 cup shredded romaine lettuce

1. Preheat the oven to 350 degrees F.
2. In a cast-iron skillet or frying pan, heat the olive oil over medium heat. In a large bowl, mix together the quinoa, taco sauce, cumin and black beans. Toss the quinoa mixture into the skillet and cook for 5 minutes, then transfer back to the bowl and use a large spoon to fold in the corn and jalapeno.
3. Layer the tortilla chips over the bottom of a casserole dish. Spread an even layer of the quinoa mixture over the chips, then top with the salsa, then the green onions, and the the vegan cheese. Lay the slices of tomato on top.
4. Bake for 20 to 30 minutes, or until the vegan cheese has melted. Serve with the shredded lettuce over the top.

From onceuponmyshelf.wordpress.com

Bernadette says

The Shannons continue to share very tasty, easily prepared, delicious vegan recipes, inspiring budget-friendly, time saving, home cooking.

Yodamom says

A book everyone should have sitting on their cookbook shelf. From the opening credits to the index I loved the information, the stories, the recipes and the fabulous tips. I have been a vegetarian part time vegan for over 20 years and an adventurous cook my whole life and I thought I knew who to store my food, use it and make the most out of my dollar, wrong. I learned so much from these authors, how to store different vegetables, greens, herbs, fruit and dried goods. The shopping methods, the preparations and substitutions, brilliant and so easy, There is a chapter on how to reduce your food bill while increasing your nutrition and satisfaction in your meals. Fantastic all around cookbook and kitchen guide for all stages of food preparers. I'm gifting this to my college bound friends kids, it has everything they need to know to make devious healthy foods bye bye ramen, hello life long love of good food.

The recipes are diverse, simple and from the 5 I made tasty. We have big plans for the cinnamon peach skillet rolls when our peach tree is ready. My adult children and husband have bookmarked almost every recipe to try. I'll be in the kitchen for a while.

Online Eccentric Librarian says

More reviews (and no fluff) on the blog <http://surrealtalvi.wordpress.com/>

Typically, I'd rate a cookbook with no photographs or images around 2 stars; it really does make such a difference to know what the dish should look like and how it should be presented - especially for us novice cooks. But I was impressed with the recipes - there are some really creative items in there as long as you can find the ingredients (having a Whole Foods nearby helps a lot). But what really stood out was the emphasis on saving money - from using leftovers in other recipes, analyzing coupons and club cards, and even putting cost per portion in each recipe. I found a lot of very useful information beyond just the recipes.

The book breaks down as follows: Introduction, Mastering the practical pantry, Developing your shopping strategy, Breakfast, Lunch, Dinner, No more leftovers, Special occasions, Conclusion, Index.

The introduction has some excellent tips on everything from buying to storing food - from tomatoes to squash, pasta to flour. The authors suggest cataloging everything in the pantry and kitchen - most people probably already have several meals ready to make from what's already there (needing only an ingredient or vegetable). It's all to be practical, frugal, and make smart decisions when deciding upon meals. The smartest, of course, is avoiding the most expensive meal ingredient: meat.

Recipes are varied - from cinnamon roll pancakes to banana churro waffles, smokey butternut squash scramble to tofu 'egg' salad, lemon Tahini fattoush to not-cho everyday chilidogs.

Recipes have serving size, serving cost, introduction information, ingredient list, and then directions in block paragraph form and large font size. The book is two color (blue and black) and uses two fonts to differentiate ingredients from directions. Again, no photographs or much formatting is done but I really like that the author added at the end of each recipe what could be made with leftovers/extra ingredients so there was no waste.

Admittedly a lot of the ingredients threw me for a loop - e.g., I had no idea there is a Vegan Bisquick mix. And for expats or those living outside of major metropolitan areas, you'll be needing to track down things like Vegan mayonnaise, tempeh bacon, vegan liquid smoke, nutritional yeast, etc. The author does give resources on her website and at the back of the book for those living in North America.

Of a more personal note, the author mentioned that the change in her lifestyle was necessitated by the loss of her baby late in a pregnancy and then later potential loss of a second pregnancy while this is being published. While I feel for the author and her loss(es), I wish she had not gone into the detail of her loss (though I understand why it was important to her and would not minimize that). It's just - it is hard to shake off the misery and reminder of the pain of those who have gone through similar loss and admittedly does color my interest in the book. It's a raw reminder every time I see the cover now and has taken away the pleasure I would get out of food and exploring the recipes. It's subconscious - but it's there, unfortunately.

Reviewed from an advance reader copy provided by the publisher.

Paula says

Received as a free ebook from NetGalley.

This book was interesting in the fact that it gave ingredients and recipes in such an order that there would be nothing to throw away. All leftovers or any unused ingredients could be used for another dish (dessert, snack, meal, etc.). Mingled with the recipes were some text boxes with tips as well as little snippets about the author's experience.

Some of the ingredients, I had never heard such as Vegan Mayo, Vegan butter, etc. I have yet to see such products in my local grocery stores. I should note that I live in a small very rural town so not everyone will have this problem. I'm also a little worried about the price of some items and the cost effectiveness of buying something not liking and trying to figure out how to get rid of it. I could probably substitute some of the ingredients but than that defeats some of the purpose.

A wide range of recipes exists in the book. I find a handful or more I would like to try. With the rising cost of meat products, eating Vegan may help keep more money in my pocket.

Critterbee* says

The problem with having a title like *Mastering the Art of French Cooking* is that you immediately beg comparison to Julia Child's masterpiece, *Mastering the Art of French Cooking*. And, comparing a cookbook to *Mastering the Art of French Cooking* rarely does more than remind everyone about how awesome Julia Child and her cookbooks were.

In this case, *Mastering the Art of French Cooking* did not appear to be a very complete cookbook, certainly not an encyclopedic collection of vegan recipes. The excessive presence of meat substitutes, vegan mayonnaise and vegan margarine left a bad taste in my mouth. There are thousands of recipes that do not attempt to mimic meat dishes.

Though there are over '200' recipes in the book, I only found three that interested me enough to try them out at home.

Shelli says

Seems weird for me to say that I read a cook book, but I did! I loved all the additional information about the author, eating vegan, and saving money. I'm rather new to the world of vegetarianism/veganism, plus in general I really don't like to cook. That being said I was excited to find more than a dozen recipes that I am looking forward to checking out. If I can concur those then I'm sure upon a second read through I will bookmark even more. The only negative I would say is the lack of pictures. I feel that a cook book needs to have a picture to go with every recipe. There were a couple sections of photos that referred back certain pages but for me I need all the help I can get when I'm attempting to cook, seeing what the food should look like would be very helpful.

Lara says

I'm coming to the conclusion that I am very picky about cook books.

Anyway, this one has some good advice about how to store vegetables, but I have a feeling I could find all that info really easily online. There are hardly any pictures, and those are located in two inserts, far away from their actual recipes, which is...weird. And the recipes themselves for the most part just...don't really do much for me. I think because a lot of it seems to be vegan versions of non-vegan foods, which always kind of annoy me because I mostly didn't like the originals anyway. Pot roast? Bleh. VEGAN pot roast? Ummmmmm, probably much more bleh.

Welcome to another episode of Lara is Currently Obsessed with Vegan Cook Books But Pretty Much Just Complains About Them All!

Andrea says

Enjoyed reading about the author's story and why they choose the economic lens to view all of the receipts with. I found the prices odd, but i do live in San Francisco which might be the one city higher than theirs in food costs. The prices do not feel accurate, but i appreciate the effort to showcase how different meals vary and the impact of our food decisions on our wallets. The inclusion of store bought vegan meats and cheeses felt out of place as in 2016 we have a ton of resources online and in print walking through just how easy these substitutions are to make at home. The recipes were nice and simple, but nothing you can't find all over the internet.

Very few pictures, this was the biggest problem. I am a very visual person and a title does not tell me what i am trying to make. There are two color photo sections which disconnect the pictures from the recipes.

Mae says

Excellent cookbook filled with real, attainable ingredients! The cookbook has just the right mix of personal reflection, tips on purchasing and storing veggies and fruits, interesting recipes that sound refreshing and a few sidebars on topics that might be of interest. The book also offers a DIY wedding section, inspired in part by WWII weddings-which were often DIY and on a budget. Cooking on a budget and without waste is totally up my alley and made great sense in explaining that you have to reward yourself once in awhile--they give you a special occasions section filled with these recipes. It also gives you other recipes and their page numbers for when you have to use an ingredient that you may have leftover items of!

This cookbook is extremely well thought out! I think this book makes a great compliment to the collection of any vegan or anyone interested in learning more about vegan cooking. I have to tell you that my copy was provided to me, free of charge, by Goodreads Firstreads program.

Phyllis Krall says

I received this book as a Giveaway and was pleasantly surprised by some of the delicious recipes in it since I am not a Vegan. I like to eat healthy, and the ingredients in the recipes are plant based. This cookbook will help you save money and always have leftovers. Not only a collection of recipes, this book gives great tips on shopping and stocking your pantry. The photographs of the different dishes will give you an incentive to make the mouth watering dishes.
