

[Get free] The Compassionate Cook: Or, Please Don't Eat the Animals!

The Compassionate Cook: Or, Please Don't Eat the Animals!

Ingrid Newkirk

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Ingrid Newkirk : The Compassionate Cook: Or, Please Don't Eat the Animals! before purchasing it in order to gage whether or not it would be worth my time, and all praised The Compassionate Cook: Or, Please Don't Eat the Animals!:

31 of 31 people found the following review helpful. My most-used cookbookBy CustomerI collect vegetarian cookbooks and this is the one that I always go back to. I think it's especially great for people just going vegan because it has recipes for common everyday foods using common ingredients. I use the pancake and banana bread recipes on a weekly basis. I send recipes from this book to my sister who isn't a vegetarian but who is lactose-intolerant. She loves the recipes because she's a picky eater and won't eat anything "weird"!0 of 0 people found the following review helpful. Lots of do-able, common ingredient recipes for finicky eatersBy ConnieLots of breakfast, lunch, evening meal recipes as well as salad dressings, mayo sauce recipes, snack, dessert recipes. I was very glad to see that altho there were recipes calling for tofu (which I try to avoid) that there were a great many w/o tofu. Soy milk is easily replaced w/ other plant milks. I'm a reluctant vegan don't really care for many veggies at all but the meat industry is just mean. So finding recipes I think I'd actually like, w/ commonly available ingredients, not requiring a whole lot of money time in the kitchen are hard to find. This book seems to have more than enough to keep me happy tho! Some recipes seemed ingredient lengthy at 1st glance, but it's not really since many were just common spices--which I consider the same as salt pepper which I always have on hand require no chopping are just toss in go. A great many of the recipes actually look like things the avg family finicky kids would eat w/o much of a problem. I wasn't expecting so many

recipes as this book has, or so many that looked do-able for me since I don't care for veggies. This will be a well used go-to book for me I'm glad I took a chance ordered it. 0 of 0 people found the following review helpful. Great cookbook for vegans and non-vegans alike By Grasshopper Vegan cookbooks come and go, but this is my vegan bible. The recipes are simple with simple ingredients and very tasty. These recipes are also non-vegan friendly (meaning: the recipes are tasty for everybody) If you're courting the idea or just trying to incorporate more plant based meals into your diet, this is your book.

From PETA, the largest animal rights organization in the world, comes a repackaged collection of over 200 healthy and humane vegan recipes that cover everything from breakfast to dinner and beyond. The Compassionate Cook offers easy-to-make recipes that are tasty, healthy, and most importantly, humane. This collection covers breakfast, lunch and dinner, as well as snacks, appetizers and side dishes. These inventive and fun recipes will inspire readers to experiment with new dishes, cooking methods, and ingredients. With this special selection of recipes, mindful eaters can enjoy delicious food, satisfied with the knowledge that they are helping to protect animals.

About the Author PETA president and cofounder Ingrid Newkirk has led the world's largest animal rights organization for more than 25 years. Her passion and dedication to making this world a better place for all living beings has inspired countless others to do what they can to help animals.