

West Bend™

MICROWAVE OVEN Instruction Manual



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West Bend Microwave Instruction Manual

Robin Robertson



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The Plant-Based Slow Cooker Robin Robertson,2020-11-03 This revised and updated edition of the best selling cookbook Fresh from the Vegan Slow Cooker now with a plant based focus offers 225 extremely convenient delicious and completely plant based recipes for everyone s favorite cooking machine In this inventive cookbook filled with enticing ingredients and flavors veteran chef cooking teacher and acclaimed vegan cookbook author Robin Robertson shares her expertise on the creative use of slow cookers Fresh from the Plant Based Slow Cooker includes 17 new recipes throughout eleven recipe chapters four of which focus on main courses There are homey and comforting foods in the American and European style such as a Rustic Pot Pie Topped with Chive Biscuits and a Ziti with Mushroom and Bell Pepper Ragu and there are many East Asian South and Southeast Asian and Mexican Latin dishes too Beans which cook slowly under any circumstance are fabulously well suited to the slow cooker and Robin includes such appealing recipes as a Crockery Cassoulet and a Greek Style Beans with Tomatoes and Spinach Over 20 recipes for robust chilis and stews include a warming Chipotle Black Bean Chili with Winter Squash and a surprising but yummy Seitan Stroganoff Beyond the mains there are chapters devoted to snacks and appetizers desserts breads and breakfasts and even one on drinks The many soy free and gluten free recipes are clearly identified Fresh from the Plant Based Slow Cooker also provides practical guidance on how to work with different models of slow cookers taking into account the sizes of various machines the variety of settings they offer and the quirks and personalities of each device Robin addresses any lingering skepticism readers may have about whether slow cookers can have delicious meat free applications and she shows how to take into account the water content of vegetables and the absorptive qualities of grains when plant based slow cooking Altogether this new edition offers you an abundance of ways to expand your plant based repertoire and to get maximum value from your investment in a slow cooker

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