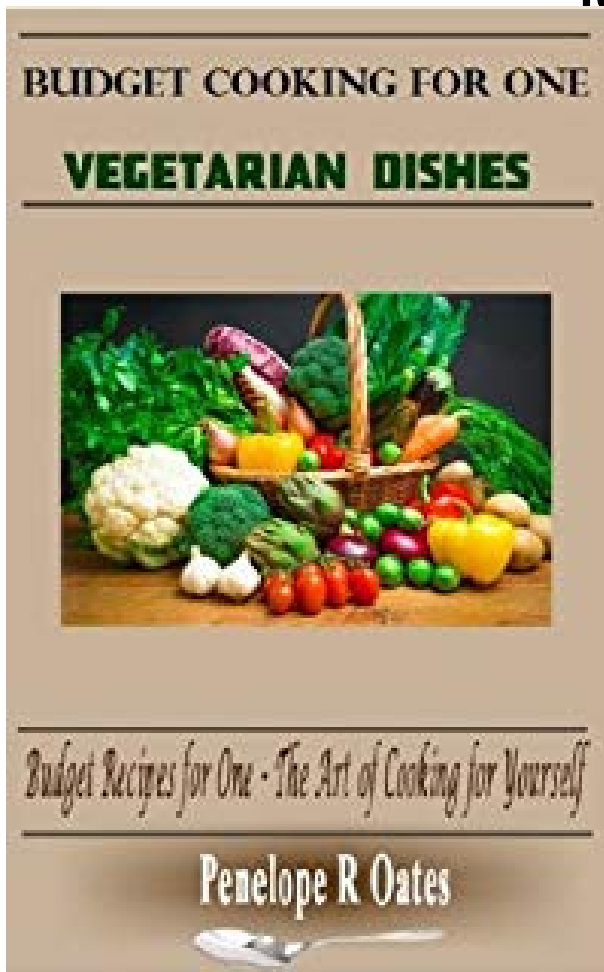


Budget Cooking for One - Vegetarian: Vegetarian Dishes (Budget Recipes for One - The Art of Cooking for Yourself)

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Cooking for a vegetarian can sometimes be a challenge. Thinking of something new and interesting to cook that doesn't include meat or meat products can really test your imagination, especially when cooking for one. It can be very tempting to resort to the ready-made vegetarian meals that you can find in the supermarkets. But it really is so much more fun to plan and cook your very own vegetarian food. Cooking for one means you are free to experiment with ingredients and flavors that you particularly like. No-one wants to eat the same few things week after week so I decided to delve into the selection of vegetarian recipes I have tried, tested and tweaked over the years and put them into this book. Some are really quick to put together, others may take a little more time. But all have ingredients that are mostly cheap to buy and easy to find. A lot of the recipes show interesting ways to use left-overs too when cooking for one. Where possible I have used fresh, seasonal produce un there is a good alternative. For example, I would never spend time shelling peas (life is too short...) when I have a bag of frozen peas in the freezer, I also use frozen sweetcorn kernels rather than buying a can that I have to use up. You may be looking at this book because you have a family member that is

vegetarian and you are struggling to come up with good, satisfying meal ideas. You may have a child that has decided not to eat meat anymore for whatever reason (it happens...).

You may even have decided to remove meat products from your own diet. Whatever the reason, this book will provide you with some ideas for quick, cheap, nutritious and tasty vegetarian dishes for one as well as stimulate your imagination so you can invent your own. Cooking vegetarian food for one can be interesting as well as fun.