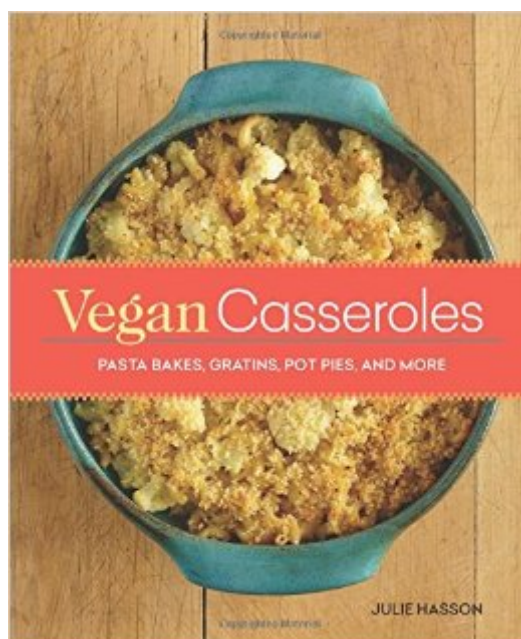


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Vegan Casseroles: Pasta Bakes, Gratins, Pot Pies, And More



Synopsis

When it comes to traditional comfort food, most of the key ingredients are off-limits to health-conscious vegans. But giving up shepherd's pie, eggplant parm, and cheesy rice casserole was not an option for Julie Hasson, who took on the challenge to recreate flavors she loved, but without the cheese, eggs, butter, and cholesterol. The results are a mix of retro flavors, such as Nacho Cheesy Sauce and a lighter Cream of Mushroom Soup, and fresh, veggie-forward dishes like Mediterranean Stuffed Cabbage Rolls and Summer Corn Custard. The recipes come together quickly, focus on healthier substitutions without the trans-fats, and are endorsed by some of the toughest critics, Julie's college-aged children and their visiting friends! With recipes like Zucchini Basil Lasagna and Tamale Pie, you're guaranteed to find a casserole you'll love. You can even make your own casserole creations by pairing any of the super-simple sauces with your favorite veggies and rice or pasta. Of course, desserts are an important cap to any casserole-based meal: satisfy your sweet tooth with dishes like Rustic Bread Pudding. Now: dig in and feel good about it!

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Customer Reviews

I have tried two recipes (eggplant parm and mac-n-cheese with truffle). They were so delicious!!! I'm thrilled to find such tasty vegan comfort food. I noticed that some of the other reviews were upset that the recipes weren't "healthy." I agree that the calorie count is very high (I figured it out for the mac-n-cheese) but there are no additives and hidden bad things. I guess if you know to eat the servings in moderation you should be fine. I made some substitutions where I could (like whole

wheat pasta). I'm thrilled to have "normal" comfort food while still being kind. If you are a vegan or vegetarian (of even not) I think you will just love this book. So often I've been disappointed with vegan recipes because they just tasted bland or the texture was not appealing. This is not the case with this book. I plan on purchasing other publications from this author in the future.

This is a great cookbook for people who already eat a plant-based diet, wish to have a plant-based dish or two when entertaining, or want to learn more about the diversity of plant-based eating.

We've made three of these casseroles so far and are truly delighted with the simplicity of the recipes and the overall great meals they provide. We've recommended it to several of our "vegan curious" friends and family and they've reported similar positive feedback. The photo is our latest delicious meal from Vegan Casseroles.

A vegan friend owns this book and has cooked various recipes from it for our dinner parties (mainly so she has something to eat :p). I am not vegetarian but am dairy sensitive... the gratin was so delicious and rich, I thought it was still made the classic French way! Very delighted and surprised about how scrumptious and filling vegan meals can be... the author did an awesome job!

A truly great cookbook is filled with easy-to-follow recipes that ensure perfect results every time, while at the same time inspiring home cooks to experiment, explore, and elaborate. Julie Hasson's terrific new book, *Vegan Casseroles*, is that and more. I made the recipes for Zucchini Basil Lasagna, Sloppy Joe Cornbread Casserole, Zucchini, Corn, and Black Bean Enchiladas, and Cranberry Apple Crumble, all with the most delicious results! If you hunger to create flavorful, one-dish-wonderful meals you'll want to enjoy over and over again, get your hands on a copy of this book.

When this came out - I fully expected nothing but the best by Julie (having loved her *Vegan Pizza*, and her *Vegan Diner* books). I was thinking this would be a veganized "how to replace your omni meals" book, but this was something so much more than that - and Julie explains it right off the bat saying, that with vegan casseroles things just come out differently. And Julie embraces the different in this book. :) I would say though two solid reasons why to buy this book alone is because of the Cream of Mushroom Soup/Cream of 'Chicken' Soup recipes in the book, designed to replace the good ole red and white cans of yesteryear. There are veggie casseroles, noodle casseroles, and a bit of in between. Julie has lots of options (don't have something, doesn't matter, it will still taste

pretty darn good). All the recipes come together relatively quickly - even when I pre-prep (ie -roast something the night before - I feel that it wasn't necessary because everything just flowed nicely. Something that I really appreciate with Julie's book -the recipe unfolds into a natural progression). :) I think there's even a breakfast casserole! (and if there wasn't, lol almost everything in here tastes amazing the next day).I know that a lot of people want to know the usages to storebought options - and to me they are not used that much in the book - and and again , almost always as an option. Every recipe for the most part has a gluten-free option as well. This is a book for everyone, vegan or not. It has a proud and happy place on my bookshelf, along with anything else Julie. I can not wait to see what she comes up with next!

If I could give this book 10 stars I wouldn't hesitate! Julie Hasson's cooking prowess literally saved my vegan face in the kitchen this holiday season when our home was filled with week-long guests, all NON-vegan, including three culinary-persnickety teens! They all went home begging to take recipes with them. Among the things we prepared from this cookbook were: Five-layer Hummus Dip (the Creamy Dill Sauce layer was requested time and again), Skillet Chilaquiles (outrageously delish), Truffled Cauliflower Mac (Zowie!), Zucchini Basil Casserole with Buttery Crumb Topping (fantastic!), Cranberry Apple Crumble (our favorite crumble ever) , Savory Gravy as well as Good Gravy (the guests thought these both were better than any turkey gravy they'd had). The dishes came together quickly so I wasn't in the kitchen full-time feeding the hungry crowd. And as you would expect of a casserole, they are easily prepared ahead of time to be pulled out of the frig and baked when needed. Get this book! Your taste buds will be doing a happy dance!!

Julie, like a vegan superhero, has recreated each and every casserole I can imagine with plant-based ingredients that are simple to make, have short ingredient lists, yet don't skimp on flavor. The pale ale stew is delicious! The creamy pumpkin penne is incredible! The rustic bread pudding reminds me of the one my mom used to make! The bumbleberry cobbler is just so pretty! I love the campfire chili so much I've made it over and over again! It's even dreamier combined with the cornbread recipe to make tamale pie! This book is a comfort food lover's dream!

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