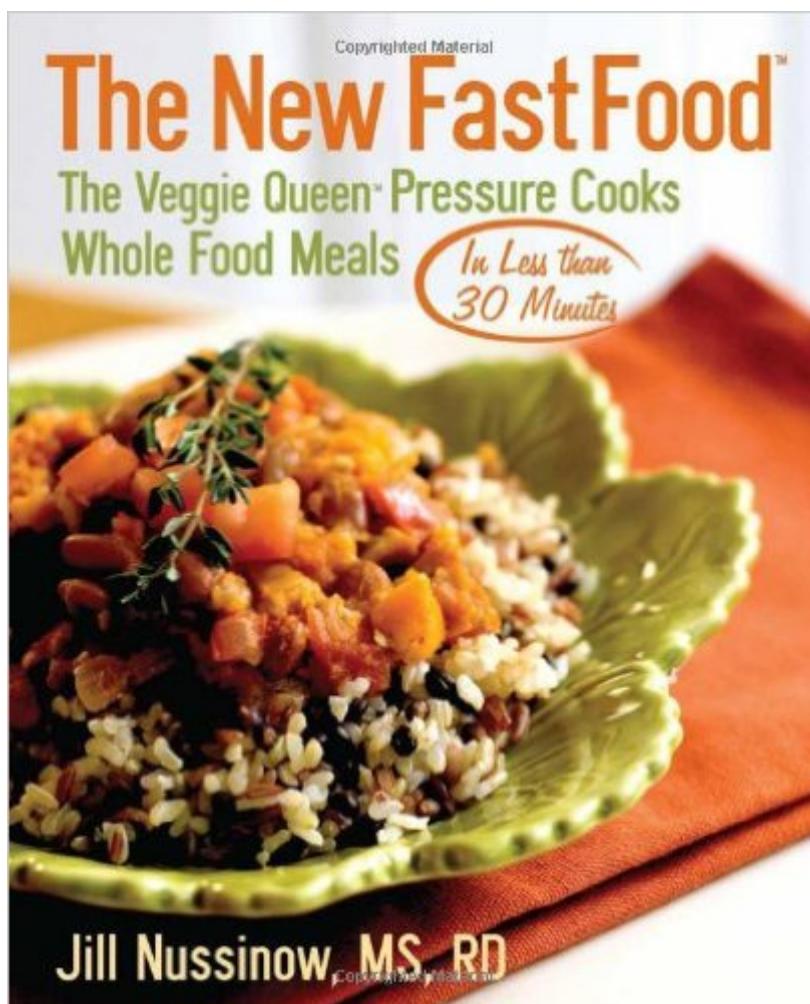


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# The New Fast Food: The Veggie Queen Pressure Cooks Whole Food Meals In Less Than 30 Minutes



## Synopsis

A Pressure Cooker Can Change Your Life Discover how you can make delicious meals in minutes using just one pot. Let Jill, The Veggie Queen®, show you how easy and safe it is to make flavorful, healthy plant-based meals with vegetables, grains, beans and other legumes and fruit. With a pressure cooker, you can save time and money, lock in flavor and nutrition, decrease your energy costs and avoid a messy kitchen with only one pot to clean! Jill will show you how you can cut cooking time in half (or more!) compared to conventional stove top cooking. In The New Fast Food®, you'll learn how to choose and use a pressure cooker, with timing charts for your favorite plant foods. You'll also find more than 100 recipes for everything from breakfast to dessert. Most of the recipes are gluten-free and all are vegan. The New Fast Food® offers fast, colorful and tasty dishes such as: Orange Glazed Broccoli with Carrots and Kale Mashed Maple Winter Squash with Cinnamon Lemony Lentil and Potato Chowder Smoky Sweet Potato and Black Bean Chili Coconut Almond Risotto

## Book Information

Paperback: 250 pages

Publisher: The Veggie Queen (October 20, 2011)

Language: English

ISBN-10: 0976708515

ISBN-13: 978-0976708513

Product Dimensions: 7.5 x 0.5 x 9.2 inches

Shipping Weight: 15.2 ounces (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 starsÂ See all reviewsÂ (91 customer reviews)

Best Sellers Rank: #33,213 in Books (See Top 100 in Books) #34 in Books > Cookbooks, Food & Wine > Kitchen Appliances > Pressure Cookers #64 in Books > Cookbooks, Food & Wine > Special Diet > Vegetarian & Vegan > Non-Vegan Vegetarian #117 in Books > Cookbooks, Food & Wine > Special Diet > Gluten Free

## Customer Reviews

The New Fast Food is changing my eating habits. As a newbie to pressure cooking, I have focused on cooking meat. I love whole grains, too, but my busy lifestyle has kept me from cooking them on a regular basis. This book has taught me to cook whole grains, dried beans and other healthy foods quickly. The recipes are easy to follow and very tasty. My meat-loving husband loves the results. Jill Nussinow explains how to adapt slow cooker and traditional recipes to the pressure cooker. I'm still

experimenting and I've overcooked a couple of things, but most recipes have been very successful. I recommend this book to anyone who wants to incorporate healthy foods into their menu.

I have an Instant-Pot (electric pressure cooker/multi-cooker) and I am also plant-based. This cookbook has been extremely helpful for me. Jill gives cooking times for beans, grains, etc. along with cooking tips and provides some excellent recipes...I haven't tried all of them yet, but the ones I have tried, I've made more than once. The book is easy to use and perfect for any type of pressure cooker (stove top or electric). Jill knows her stuff and if you have questions (I have had some), all you have to do is contact her for an answer. The only problem with this book is that the binding doesn't lie flat; if you order directly from Jill's "Veggie Queen" website, you can get a binding that does lie flat. For me, it's the content that is important and Jill delivers! I'd give extra stars if I could!!!

This is my go-to cookbook for vegan recipes! I call it my Vegan Bible! Those who say it's not for electric pressure cookers haven't tried the book. I have an Instant Pot Electric Pressure Cooker, and I use Jill Nussinow's book all the time. I love how she states that her cookbook is just a guideline. I usually use what I have or add to it because I like something instead. I don't eat spicy foods so I wouldn't add the hot peppers so I'll change it and add something else. I belong to InstaPot users group G-BOMBS - the nuts and bolts of Eating To Live, and Jill is also on this group. Many top vegan bloggers are on the group and you can ask anything and get great advice. Jill is always there to lend a hand!

I purchased the PDF book directly from Jill. I have her other book and DVD, so I will warn that I'm already a fan. I like the way she writes...she's like a friend next to me telling stories & urging me along. The book starts with her history with pressure cookers and then moves into the history of pressure cookers, and finally asks the age old question: what's the difference between a pressure cooker and a slow cooker other then the speed anyhow. (for me, it's that I can realize I haven't gotten my act together for dinner until 4 or 5 rather then preplanning at 8am. Plus, I like the fresher flavors of the pressure cooker...but you're not reading this review for my opinions of pressure cooking) So, I love how Jill then explains what pressure cooker to buy. We are a 3 person family who don't eat a lot of volume which is very different then the family of four next door with two very hungry teenage boys. So far, I love her recipe for oatmeal, her guidelines for beans and rice. I personally think my brown rice tastes better in the pressure cooker, oh sorry, I'm going off on how wonderful they are again. Her recipe for Polenta Stuffed Peppers were divine. I love making them and it's so

simple. And her recipe for potato salad & vegetable stews...although I confess to adding meat into them rather than tofu...anyway, this book will inspire you as well as be a good resource if you're working on meatless monday. You won't be hungry.

Love this cookbook! This is the perfect to go with my Instant Pot. Love the dishes I have made with this. The only change I make with the recipes is leaving out the oil. I follow low fat plant based diet and these recipes are tasty and compliant with that one tweak! Healthy and easily found ingredients, tasty outcomes.

I've gone from not cooking much at all to using the New Fast Food on a near daily basis with our Instant Pot digital pressure cooker. Although she is down on digital pressure cookers in the introduction of the book, she has a follow-up blog post on her blog that explains that the book went to press before she'd tried the Instant Pot. She now endorses the Instant Pot and offers a discount it. I expected to need to modify the recipes for the Instant Pot, but I have tried several and they generally need no modification at all. The recipes are truly fast, easy and delicious. I used it last night with timer feature on the Instant Pot to have porridge ready this morning. My wife used it quickly to make green beans for my daughter's launch box today. (Just one minute at pressure!), and we will likely use the pressure cooker and this cookbook for dinner tonight as well. I've already bought three copies of this cookbook for friends and family, who are also reporting their enjoyment. Highly endorsed.

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