

# best vegan crockpot recipes

best vegan crockpot recipes offer a convenient and delicious way to prepare plant-based meals with minimal effort. Utilizing a crockpot or slow cooker allows for the slow melding of flavors, resulting in rich, hearty dishes perfect for any occasion. Whether seeking wholesome soups, robust stews, or satisfying main courses, vegan crockpot recipes provide a versatile solution that fits busy lifestyles and dietary preferences. This article explores a variety of the best vegan crockpot recipes, highlighting their nutritional benefits, ease of preparation, and ingredient versatility. It also covers essential tips for optimizing slow cooker use to achieve flavorful and nutritious vegan meals. By integrating these recipes into meal planning, individuals can enjoy healthful, comforting dishes that require little active cooking time. Below is a detailed table of contents for easy navigation through the main topics covered in this guide.

- Benefits of Using a Crockpot for Vegan Cooking
- Top Ingredients for Vegan Crockpot Recipes
- Best Vegan Crockpot Recipes to Try
- Tips for Perfecting Vegan Crockpot Meals

## Benefits of Using a Crockpot for Vegan Cooking

Slow cookers are an excellent tool for preparing vegan meals due to their ability to tenderize ingredients and blend flavors over extended cooking periods. The low and steady heat preserves nutrients and improves the texture of plant-based ingredients such as beans, lentils, and vegetables. Using a crockpot reduces the need for constant supervision, making it convenient for busy schedules

while still producing complex and satisfying dishes. Additionally, crockpots often require fewer pots and pans, simplifying cleanup and minimizing kitchen waste. This appliance also encourages batch cooking, enabling the preparation of large quantities for meal prep or family dining. Overall, the slow cooker is a highly effective method to enhance the appeal and accessibility of vegan cuisine.

## **Energy Efficiency and Convenience**

Crockpots consume less energy than conventional ovens or stovetops, making them an environmentally friendly choice. Their ability to cook meals unattended frees up time for other activities, which is especially beneficial for those adhering to a vegan lifestyle that prioritizes health and sustainability. The convenience factor combined with energy efficiency underscores why the crockpot is favored for plant-based meal preparation.

## **Flavor Development and Nutrient Retention**

Slow cooking allows spices, herbs, and seasonings to infuse deeply into ingredients, enhancing the taste profile without the need for excessive salt or fats. Moreover, the gentle cooking process helps retain vitamins and minerals that may be lost during high-heat cooking methods. This makes crockpot recipes both flavorful and nutritious.

## **Top Ingredients for Vegan Crockpot Recipes**

Selecting the right ingredients is crucial for creating satisfying and nutrient-dense vegan crockpot meals. A variety of legumes, grains, vegetables, and plant-based proteins can be combined to achieve balanced dishes. Awareness of ingredient textures and cooking times helps ensure optimal results in slow-cooked recipes.

## **Legumes and Beans**

Beans and lentils are staples in vegan slow cooker dishes due to their protein content and ability to absorb flavors. Varieties such as chickpeas, black beans, kidney beans, and red lentils work well in crockpot recipes. Soaking some types prior to cooking can reduce cooking time and improve digestibility.

## **Vegetables and Root Crops**

Root vegetables like carrots, potatoes, sweet potatoes, and parsnips provide hearty texture and natural sweetness. Leafy greens and mushrooms add depth and umami flavors. These ingredients hold up well in slow cooking and contribute essential vitamins and minerals.

## **Grains and Whole Foods**

Whole grains such as brown rice, quinoa, barley, and oats can be incorporated into vegan crockpot meals for added fiber and energy. Using pre-soaked or quick-cooking grains may help synchronize cooking times with other ingredients.

## **Plant-Based Proteins and Flavor Enhancers**

Tofu, tempeh, and textured vegetable protein (TVP) can be added toward the end of cooking to maintain texture. Nutritional yeast, miso paste, soy sauce, and various herbs and spices contribute umami and complexity, elevating the overall flavor profile.

## **Best Vegan Crockpot Recipes to Try**

This section presents a curated selection of the best vegan crockpot recipes that are both easy to prepare and rich in flavor. Each recipe combines staple ingredients to create balanced, nourishing

meals that suit various tastes and occasions.

## **Hearty Vegan Lentil Stew**

This lentil stew combines dry green or brown lentils with diced tomatoes, carrots, celery, onions, garlic, and vegetable broth. Seasoned with thyme, bay leaves, and smoked paprika, it simmers for several hours until tender. The result is a thick, comforting stew perfect for colder days.

## **Slow Cooker Chickpea Curry**

A flavorful chickpea curry made with coconut milk, diced tomatoes, garlic, ginger, and an array of spices such as turmeric, cumin, and coriander. Slow cooking tenderizes the chickpeas and blends the spices, creating a creamy and aromatic dish. Serve with rice or flatbread.

## **Vegan Chili with Beans and Vegetables**

This chili recipe includes black beans, kidney beans, corn, bell peppers, onions, and crushed tomatoes. Chili powder, cumin, and smoked paprika provide warmth and depth. Slow cooking melds the ingredients, producing a rich, spicy chili suitable for meal prep or gatherings.

## **Vegetable and Barley Soup**

A nutritious soup featuring barley, carrots, celery, onions, garlic, and kale. The slow cooker softens the barley and melds the flavors, resulting in a wholesome and filling soup that highlights seasonal vegetables.

## Spicy Sweet Potato and Black Bean Stew

This stew combines diced sweet potatoes, black beans, tomatoes, onions, and chipotle peppers in adobo sauce for a smoky, spicy flavor. Slow cooking softens the sweet potatoes and intensifies the spices, making it a satisfying and balanced meal.

## Essential Ingredients for Vegan Crockpot Recipes

- Dried or canned beans and lentils
- Root vegetables (carrots, potatoes, sweet potatoes)
- Onions, garlic, and fresh herbs
- Vegetable broth or stock
- Tomatoes (diced or crushed)
- Spices such as cumin, paprika, turmeric, chili powder
- Plant-based protein sources like tofu or tempeh
- Grains like quinoa or barley

## Tips for Perfecting Vegan Crockpot Meals

Optimizing vegan crockpot recipes requires attention to ingredient preparation, cooking times, and seasoning adjustments. The following tips ensure consistent, flavorful results when using a slow

cooker for plant-based meals.

## **Pre-Soaking and Preparing Ingredients**

Soaking dried beans and certain grains before cooking reduces overall cook time and improves texture. Chopping vegetables uniformly promotes even cooking. Browning onions or spices before adding them to the crockpot can enhance flavor complexity.

## **Layering Ingredients Correctly**

Denser ingredients such as root vegetables and dried beans should be placed at the bottom of the crockpot, closer to the heat source. More delicate vegetables and leafy greens can be added later or on top to prevent overcooking.

## **Adjusting Liquid Quantities**

Slow cooking reduces evaporation compared to stovetop methods, so liquid amounts should be adjusted to prevent watery or overly thick dishes. Adding too much broth can dilute flavors, while too little may cause burning or sticking.

## **Timing and Temperature Settings**

Most vegan crockpot recipes are suited for low heat over 6-8 hours or high heat over 3-4 hours. Recipes with quicker-cooking ingredients should be monitored to avoid mushiness. Utilizing a programmable slow cooker with timers can help maintain consistent cooking.

## Seasoning and Final Adjustments

Seasoning should be adjusted towards the end of cooking, as prolonged heat can diminish the potency of herbs and spices. Adding fresh herbs, acid (such as lemon juice or vinegar), or salt at the end brightens the flavors and balances the dish.

## Cleaning and Maintenance Tips

Proper cleaning of the crockpot insert after each use prevents residue buildup and maintains appliance longevity. Non-abrasive cleaners and soaking help remove stubborn stains. Regular maintenance ensures optimal performance for future vegan crockpot recipes.

## Frequently Asked Questions

### What are some of the best vegan crockpot recipes for beginners?

Some of the best vegan crockpot recipes for beginners include vegan chili, lentil stew, vegetable curry, and slow cooker oatmeal. These recipes are simple, require minimal ingredients, and have easy-to-follow steps.

### How can I make a hearty vegan crockpot chili?

To make a hearty vegan crockpot chili, combine beans (like black beans, kidney beans), diced tomatoes, corn, bell peppers, onions, garlic, chili powder, cumin, and vegetable broth in your slow cooker. Cook on low for 6-8 hours or on high for 3-4 hours. Serve with avocado or vegan sour cream.

### Are there vegan crockpot recipes suitable for meal prepping?

Yes, many vegan crockpot recipes are perfect for meal prepping, such as lentil soups, vegetable stews, and quinoa chili. They can be cooked in large batches, stored in the fridge or freezer, and reheated easily throughout the week.

## **What ingredients are essential for making flavorful vegan crockpot meals?**

Essential ingredients for flavorful vegan crockpot meals include a variety of beans and lentils, vegetables like carrots, potatoes, and bell peppers, vegetable broth, spices such as cumin, paprika, garlic powder, and fresh herbs like cilantro or parsley.

## **Can I use frozen vegetables in vegan crockpot recipes?**

Yes, frozen vegetables can be used in vegan crockpot recipes. They are convenient and can be added directly to the crockpot without thawing. However, be mindful of cooking times as frozen vegetables may release extra moisture.

## **What is a popular vegan crockpot recipe for a cozy winter meal?**

A popular vegan crockpot recipe for a cozy winter meal is vegan lentil and vegetable stew. It typically includes green or brown lentils, carrots, celery, potatoes, tomatoes, and warming spices cooked slowly to develop rich flavors.

## **How do I prevent vegan crockpot meals from becoming too mushy?**

To prevent vegan crockpot meals from becoming too mushy, avoid overcooking delicate vegetables like zucchini and spinach by adding them in the last 30 minutes of cooking. Also, use firmer vegetables and monitor cooking times closely.

## **Are there vegan crockpot dessert recipes?**

Yes, there are vegan crockpot dessert recipes such as vegan apple crisp, slow cooker chocolate lava cake, and coconut rice pudding. These desserts use plant-based ingredients and cook slowly to develop deep, comforting flavors.



# Additional Resources

## 1. *The Ultimate Vegan Crockpot Cookbook*

This comprehensive guide offers over 150 delicious and easy-to-make vegan recipes tailored specifically for slow cookers. From hearty stews to flavorful soups and wholesome desserts, every dish is designed to maximize flavor with minimal effort. Perfect for busy individuals who want to enjoy nutritious plant-based meals without spending hours in the kitchen.

## 2. *Vegan Slow Cooker Magic*

Discover the magic of plant-based slow cooking with this collection of vibrant vegan recipes. The book emphasizes fresh, whole food ingredients and includes tips on how to adapt traditional crockpot dishes into vegan-friendly meals. Ideal for those new to veganism or slow cooking, it provides step-by-step instructions and meal prep advice.

## 3. *Easy Vegan Crockpot Suppers*

This cookbook focuses on simple, wholesome vegan dinners that can be prepared in the crockpot. Recipes range from comforting chili and curries to creative pasta dishes and vegetable medleys. With a focus on convenience and nutrition, it's perfect for families and solo cooks alike.

## 4. *Plant-Powered Slow Cooker Recipes*

Featuring nutrient-dense plant-based recipes, this book highlights the health benefits of slow-cooked vegan meals. Each recipe is crafted to retain maximum flavor and nutrition, incorporating a variety of beans, grains, and vegetables. The book also includes guidance on crockpot maintenance and ingredient substitutions.

## 5. *Slow Cooker Vegan Feasts*

This title offers a collection of hearty, festive vegan recipes perfect for special occasions or everyday meals. The dishes are designed to impress with rich flavors and beautiful presentations, all made easy with a slow cooker. It's a great resource for plant-based cooks looking to expand their repertoire.

## 6. *The Vegan Crockpot Bible*

A definitive resource for vegan slow cooking, this book covers everything from basics to advanced

recipes. It includes a variety of cuisines and creative uses of the crockpot, such as desserts and snacks. The detailed nutritional information and cooking tips make it a valuable tool for health-conscious cooks.

#### *7. Simple & Satisfying Vegan Crockpot Meals*

Focused on minimal ingredients and maximum taste, this cookbook offers straightforward vegan recipes for busy lifestyles. The meals are designed to be filling and flavorful without requiring extensive preparation. It's ideal for those who want quick, nutritious dinners with little fuss.

#### *8. Wholesome Vegan Crockpot Cooking*

This book emphasizes whole, unprocessed ingredients in vegan slow cooker recipes that support a clean eating lifestyle. It includes recipes for balanced meals that are both delicious and nourishing, incorporating seasonal vegetables and superfoods. Tips on meal planning and batch cooking are also featured.

#### *9. Crockpot Vegan Comfort Foods*

A tribute to classic comfort food dishes reinvented as vegan slow cooker recipes, this collection delivers warmth and satisfaction. From creamy mac and cheese alternatives to rich pot pies, the recipes aim to provide indulgent flavors while staying plant-based. Perfect for cozy nights and casual entertaining.

## **Best Vegan Crockpot Recipes**

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**best vegan crockpot recipes: Vegan Slow Cooker Recipes: Healthy Cookbook and Super Easy Vegan Slow Cooker Recipes To Follow For Beginners Low Carb and Weight Loss Vegan Diet** Charlie Mason , 2021-02-18 You must see this to believe it! You will be surprised at the tasty treats that await you in the Vegan Slow Cooker Cookbook: Top 31 Vegan Slow Cooker Recipes. your general health. Not only will you have a step by step guide, but it will also be simple to understand. This is a sneak peek at what is in store if you decide to own your copy: Spiced Granola

with Fruit and Nuts Spinach and Artichoke Pasta Italian Eggplant Casserole with Cashew-Tofu Ricotta Slow-Cooked Coconut Raisin Rice Pudding Cauliflower - Rice - Sushi Bowls with Tofu These are some of the nutritional examples of how you will learn Vegan is a much healthier diet choice: Reduced saturated fats to improve cardiovascular health Carbs needed to keep from burning muscle tissue Healthier Protein Choices including nuts and grains You know the best way to discover the full details by grabbing your copy now! Happy Slow Cooking! Tags: vegan slow cooker recipes beginners cookbook healthy easy low carb weight loss vegan slow cooker recipes vegan cookbooks vegan cookbook vegan cookbook for beginners vegan cookbooks best sellerk vegan cookbook by americas test kitchen vegan cookbook crockpot vegan cookbook desserts vegan cookbook diet plan vegan cookbook easy vegetarian slow cooker recipes vegetarian crockpot recipes vegetarian slow cooker cookbook vegan slow cooker cookbook vegetarian crock pot meals vegetarian slow cooker meals best vegan slow cooker cookbook best vegetarian slow cooker cookbook vegan slow cooker meals vegan recipes vegan recipes uk vegetarian recipes slow cooker vegetarian dishes easy vegan recipes vegetarian crockpot recipes for tasty healthy meals vegan lunch recipes healthy vegetarian crockpot recipes vegetarian crock pot dishes vegan dessert recipes vegan dinner recipes vegan salad recipes slow cooker vegetarian meals recipes vegan casserole recipes vegan tofu recipes vegan bean recipes vegan quinoa recipes best vegetarian crockpot recipes high protein vegan recipes ten vegetarian crockpot recipes slow cooker veggie meals easy vegetarian slow cooker meals vegan main dish recipes fat free vegan recipes everything vegetarian slow cooker cookbook slow cooker vegetarian main dishes vegetarian crock pot recipes main dish vegan vegetable stew slow cooker delicious

**best vegan crockpot recipes: 50 Vegan Slow Cooker Recipes: Delicious Meatless Slow Cooker Meals For The Vegan Lifestyle** Rachel Richards, 2020-01-01 Delicious Meatless Slow Cooker Meals For The Vegan Lifestyle What you eat has been proven to directly link to how you feel, function, and live. Everyone has heard the saying “you are what you eat,” but not everyone realizes how true it really is. Essentially, if you fill your body with junk, you are going to feel like junk. Once you begin to explore healthier options of what should be eaten, the findings are overwhelming: organic, non-GMO, fat-free, zero calories, low carbohydrates, high protein. The obsession of what to eat and what not to eat has become a constant battle for many. The solution is quite simple: vegan living. A vegan’s source of food can only come from non-animal products, including their meat, eggs, dairy, etc. The diet consists of mostly fruit, vegetables, wheat, rice, and legumes. The reasons for eating a vegan diet may vary, but many are health related. Going vegan will make you feel healthier, look better, and feel new. A drawback to a vegan lifestyle is finding food. A vast majority of today’s meals are not vegan friendly. The best way to insure that a meal is truly vegan is to prepare it at home, but the task does not even require more than ten minutes of time! A slow cooker is an efficient and delicious way to prepare vegan meals. Just add ingredients, let sit for a few hours, and then serve. This book brings you 50 different ways to prepare vegan dishes with your slow cooker. Inside you will find the following categories: Breakfast - 10 Recipes Soups and Stews - 20 Recipes Main Dishes - 10 Recipes Desserts - 10 Recipes Bonuses Available: You can get a printable version of the meal plan and shopping list. Download the book now to get started. (vegan slow cooker, healthy vegan special diet, vegetarian meal plan, vegetables, slow cooker meals, slow cooker desserts, meatless meal plan, vegan kitchen, vegan healthy desserts, Vegan slow cooker recipes, Vegan crockpot meals, Easy vegan slow cooker, Plant-based slow cooker recipes, Healthy vegan crockpot recipes, Vegan slow cooking, Slow cooker vegan soups, Vegan stews slow cooker, Vegan comfort food slow cooker, Vegan slow cooker cookbook, Crockpot vegan dinners, Simple vegan crockpot meals, Whole food vegan slow cooker, Slow cooker vegan desserts, Vegan slow cooker breakfasts, Vegan crockpot staples, Vegan meal prep slow cooker, Budget vegan slow cooker, Vegan crockpot for beginners, Slow cooker vegan lifestyle, Vegan recipes, Easy vegan meals, Plant-based cooking, Healthy vegan recipes, Vegan meal plans, Vegan dinner recipes, Vegan breakfast ideas, Vegan desserts, Vegan snacks, Quick vegan meals, Whole food vegan, Vegan cooking basics, Vegan nutrition guide, Vegan family meals, Vegan budget meals, Gourmet vegan recipes, Vegan food prep,

Vegan for beginners, Vegan eating lifestyle, Vegan protein recipes)

**best vegan crockpot recipes:** *Super Vegan Crockpot Recipes* ,

**best vegan crockpot recipes: Vegan Slow Cooker Recipes** Charlie Mason, 2017-09-27 You must see this to believe it! You will be surprised at the tasty treats that await you in the Vegan Slow Cooker Cookbook: Top 31 Vegan Slow Cooker Recipes. your general health. Not only will you have a step by step guide, but it will also be simple to understand. This is a sneak peek at what is in store if you decide to own your copy: Spiced Granola with Fruit and Nuts Spinach and Artichoke Pasta Italian Eggplant Casserole with Cashew-Tofu Ricotta Slow-Cooked Coconut Raisin Rice Pudding Cauliflower - Rice - Sushi Bowls with Tofu These are some of the nutritional examples of how you will learn Vegan is a much healthier diet choice: Reduced saturated fats to improve cardiovascular health Carbs needed to keep from burning muscle tissue Healthier Protein Choices including nuts and grains You know the best way to discover the full details by grabbing your copy now! Happy Slow Cooking! Tags: vegan slow cooker recipes beginners cookbook healthy easy low carb weight loss vegan slow cooker recipes vegan cookbooks vegan cookbook vegan cookbook for beginners vegan cookbooks best sellerk vegan cookbook by americas test kitchen vegan cookbook crockpot vegan cookbook desserts vegan cookbook diet plan vegan cookbook easy vegetarian slow cooker recipes vegetarian crockpot recipes vegetarian slow cooker cookbook vegan slow cooker cookbook vegetarian crock pot meals vegetarian slow cooker meals best vegan slow cooker cookbook best vegetarian slow cooker cookbook vegan slow cooker meals vegan recipes vegan recipes uk vegetarian recipes slow cooker vegetarian dishes easy vegan recipes vegetarian crockpot recipes for tasty healthy meals vegan lunch recipes healthy vegetarian crockpot recipes vegetarian crock pot dishes vegan dessert recipes vegan dinner recipes vegan salad recipes slow cooker vegetarian meals recipes vegan casserole recipes vegan tofu recipes vegan bean recipes vegan quinoa recipes best vegetarian crockpot recipes high protein vegan recipes ten vegetarian crockpot recipes slow cooker veggie meals easy vegetarian slow cooker meals vegan main dish recipes fat free vegan recipes everything vegetarian slow cooker cookbook slow cooker vegetarian main dishes vegetarian crock pot recipes main dish vegan vegetable stew slow cooker delicious vegetarian slow cooker recipes recetas veganas de cocción lenta recetas vegetarianas de cocción lenta vegane Slow Cooker Rezepte vegetarische Slow Cooker Mahlzeiten ricette vegane per cucinare lentamente programma di dieta del libro di cucina vegano recettes vegan mijoteuse plan de régime de livre de cuisine vegan receitas vegan fogão lento plano de dieta do livro de receitas vegan

**best vegan crockpot recipes:** *Vegan Crock Pot Cookbook* Martha Stone, 2015 This vegan crock pot book includes crock pot recipes from the Indian land of spices for all those who love vegan food and healthy and nutrient rich diet. It describes a list of vegan crockpot recipes that takes its own time to prepare and gives the food enthusiasts a reason to love Indian food. It is also a list of interesting vegan crock pot recipes to be prepared in a crock pot and enable you to deal with cooking in an easier and effortless fashion. These recipes not only take time to cook while you engage in other important chores, but they are also found worthy of the efforts taken by you to prepare them as the end result is a delicious mix of food recipes that leave a lasting flavor and aroma for you to remember and relish for life. These traditional vegan crock pot recipes are also very healthy option for having a nutritious diet. If you are often on the move, then you must have the following checklist of crockpot recipes to savor during your free time and enjoy the fine taste of Indian food. The mix of recipes offered in the vegan crock pot book lets you to serve the different taste preferences of your family. The cookbook provides a list of 25 such crock pot recipes.

**best vegan crockpot recipes: Simple Vegan Crockpot Recipes** Harleigh B Holt, 2024-05-10 Looking for quick and easy vegan recipes that you can make on a busy schedule? Look no further than Simple Vegan Crockpot Recipes! This comprehensive cookbook provides a range of mouth-watering plant-based dishes that you can toss in the crockpot and let cook while you go about your day. With over 50 simple and delicious recipes to choose from, you'll never run out of ideas for making nutritious, flavorful meals that are both satisfying and easy to prepare. From soups and stews to casseroles and curries, these recipes are perfect for anyone who loves the convenience of

slow-cooking and wants to enjoy all the benefits of a healthy, plant-based diet. Whether you're a seasoned vegan or just looking to add more meatless meals to your diet, Simple Vegan Crockpot Recipes has something for everyone. Here are just a few of the benefits you'll enjoy when you pick up a copy: - Save time on meal prep and cleanup - Reduce your carbon footprint by eating more plant-based meals - Boost your overall health and well-being - Impress your friends and family with creative, delicious vegan dishes Don't wait - grab your copy of Simple Vegan Crockpot Recipes today and start enjoying all the benefits of a healthy, plant-based diet! Effortless and Delicious Vegan Slow Cooker Meals for Everyday Cooking

**best vegan crockpot recipes:** *Vegan Crockpot Cookbook* Dr Lora Lewis, 2021-11 ARE YOU A VEGAN LOOKING TO CREATE MORE TASTY AND EXCITING MEALS WITH YOUR CROCKPOT? A slow cooker, also known as a crock-pot (after a trademark manufactured by The Rival Company and sometimes used generically in the English-speaking world), is a countertop electrical cooking appliance used to simmer at a lower temperature than other cooking methods, such as baking, boiling, and frying. This facilitates unattended cooking for many hours of dishes that would otherwise be boiled: pot roast, soups, stews and other dishes (including beverages, desserts and dips). To use a slow cooker, the cook places raw food and a liquid, such as stock, water, or wine, in the slow cooker. Some recipes call for pre-heated liquid. The cook puts the lid on the slow cooker and turns it on. Some cookers automatically switch from cooking to warming (maintaining the temperature at 71-74 °C (160-165 °F) after a fixed time or after the internal temperature of the food, as determined by a probe, reaches a specified value. Some of the Plant-based food that can be prepared with crock-pot are Slow Cooker Peanut Stew, Slow Cooker French Onion Soup, Slow Cooker Mushroom Barley Stew and many more. **SAMPLE RECIPES:** Slow Cooker Peanut Stew: This Slow Cooker Peanut Stew is a hearty, savoury chickpea and sweet potato curry, served with basmati rice and topped with cilantro. It's also gluten free and vegan! **Ingredients** 1 tbsp olive oil 4 cloves garlic minced 2 small yellow onions, diced 2 medium-sized sweet potatoes, cubed 1 tbsp curry powder 1 tsp cumin 1 tsp chili powder 1 tsp salt 2 cups vegetable broth 1/3 cup peanut butter 1 (796mL) can crushed tomatoes 1 can chickpeas, drained and rinsed 1 red pepper, chopped 2 cups spinach, chopped 1/2 cup chopped cilantro (for garnish) 1/4 cup chopped peanuts 3 cups cooked basmati rice (optional side) Ready to uncover more recipes? Read This Book by Dr. Lora Lewis And Discover Tons Of Healthy Plant-Based Slow Cooker Recipes

**best vegan crockpot recipes: Vegan Slow Cooker: Top 45 Inexpensive Vegan Slow Cooker Recipes-Life Is Simpler and Healthier with No Meat!** Marie Richler, 2015-01-17 Top 45 Inexpensive Vegan Slow Cooker Recipes-Life is Simpler And Healthier With No Meat! Slow cooker aren't just for stewing big hunks of meat: you can make delicious, healthy vegan crock pot recipes too! Fall and winter are the perfect seasons to pull out your giant, somewhat clunky counter top slow cooker / crockpot and try out some new recipes. These 45 Vegan Slow Cooker Recipes provide a great, healthy-delicious place to start. Have you always wanted to start the vegan diet but you feel like you do not have the time and budget? Well, this book will help you get rid of those doubts and start the vegan diet now! All you need is a reliable slow cooker and you are set! The vegan diet does not have to be expensive at all, especially if you are determined and resourceful. That is why the first part of this book will help you out in planning vegan meals using inexpensive and widely available ingredients. The next eight chapters of this book contains delectable, easy, and budget-friendly slow cooker vegan breakfast, snack, appetizer, soup, stew, vegetable, bean, grains, side dish, tofu, and seitan dish recipes, and even vegan desserts! There is no better time than now to enjoy the benefits of the vegan diet and the convenience of preparing healthy homemade foods. Here Is A Preview Of What You'll Learn... Tempeh Sausage Crumbles Almond and Cherry Granola Spicy Buffalo Strips Bonus: Homemade Vegetable Broth Sun-dried Tomato and Olive Polenta Vietnamese Noodle Soup Curried Cauliflower Red Pepper and Spinach Millet Risotto Wasabi Barbecue Chickpeas Spicy Seitan Tortillas Carrot and Pineapple Cake on a Budget Lentils with White Wine, Garlic, and Sautéed Spinach Much, much more! Buy your copy today! Try it now, click the add to cart button and buy Risk-Free

**best vegan crockpot recipes: The Healthy Vegan Slow Cooker** Deborah Oliver, Slow cookers are among an array of old kitchen gadgets making a comeback. Most of us are experiencing the joys of cooking delicious readymade meals at home. The extended cooking times allow better distribution of flavors in many recipes. If you want to prepare hot, nutritious, home-cooked meals for your family and friends, but feel like time is never on your side, think again! The Vegan Slow Cooker will allow you to come home from work to a wonderful prepared Vegan meal. With more than 225 recipes, you'll find all the tasty inspiration you need to pull that neglected crock pot out of storage and get start creating compassionate, crave-worthy meals today. Home cooking has never been more easy, or delicious The recipes provided in this book are wholesome and tasty. Simple to prepare, yet totally delicious these recipes will be a surprise!

**best vegan crockpot recipes: The Vegan Slow Cooker** Kathy Hester, 2011-10 Author and slow cooker expert Kathy Hester, founder of the blog Healthy Slow Cooking ([www.healthyslowcooking.com](http://www.healthyslowcooking.com)), will show you how simple it is to 1.) Prep your ingredients the night before, in just a few minutes' time, and 2.) Assemble everything in the slow cooker in the morning, right before you head to work. --Publisher.

**best vegan crockpot recipes: The Plant-Based Slow Cooker** Robin Robertson, 2020-11-10 This revised and updated edition of the best-selling cookbook Fresh from the Vegan Slow Cooker - now with a plant-based focus-offers over 225 extremely convenient, delicious, and completely plant-based recipes for everyone's favorite cooking machine. Beyond five chapters focusing exclusively on main courses there are nine chapters devoted to soups, snacks and appetizers, desserts, breakfasts and breads, and even one on hot drinks. Some of the recipes you will find include: Spicy Tomato Queso Dip, Vegetable Paella, Thai Coconut Soup, Jackfruit and Black Bean Chili, Lasagna Primavera, Irish Soda Bread, Artichoke Risotto, Indian Eggplant Curry, Mexican Hot Chocolate, Piña Colada Cake, The Plant-Based Slow-Cooker also provides practical guidance on how to work with different models of slow cookers and takes into account the sizes of various machines, their variety of settings, and the quirks and personalities of each. Robertson also addresses any lingering skepticism readers may have about whether slow cookers can have delicious, meat-free applications-they absolutely can! Book jacket.

**best vegan crockpot recipes: Vegan Slow Cooker Cookbook** Susan Lombardi, 2022-01-22 Delicious and healthy vegan recipes for your slow cooker. Your slow cooker is ideal for healthy, balanced and economical eating. The advantages are that food does not burn, remains very soft and you can also prepare sauces, soups, braised meats, stews. Dishes will be appetizing, juicy, soft and, above all, once you have put all the ingredients in the pot you just have to press the power button and, in quotes, forget what is cooking until it's time to eat! That's right: once you put the ingredients in the pot in the morning, you can start working or take care of something else. At lunchtime you'll find your dish ready or, if you prefer in the evening for dinner, you can reheat the food to the ideal temperature. "Vegan Slow Cooker For Beginners" includes 70 easy and tasty recipes, among others: - Satisfying slow cooking soup, stew and chili recipes - Slow cooking beans and vegetable recipes - Delicious dessert recipes and much more! Discover how simple home-cooked meals can be with this cookbook! Grab your copy now!

**best vegan crockpot recipes: Vegan Slow Cooker** Grace Peterson, 2021-03-21 Get cooking with this great Vegan slow cooker cookbook! It's filled with delicious, nutritious recipes perfect for the Vegan diet. Slow cooking makes it easy to create set and forget meals you and your entire family will love! Perhaps the greatest benefit of vegan slow cooking is the ease of food preparation. Recipes often require you to chop veggies and stir in grains in the morning that get mixed together in the slow cooker. You then simply turn up the heat and walk away for a few hours. You can even leave the slow cooker unattended throughout the day, allowing you to come home to a hot meal that is ready to go. But what to put in the slow cooker? That's where this book steps in. These recipes give you a great start into the world of slow cooking without breaking any of your vegan restrictions while giving you new ideas to complete your daily meal requirements. Turn the knob and enjoy the rest of your day! Inside, you will find: - Easy breakfast recipes using the slow cooker. - Numerous

entrée ideas to try. - Dessert and snack recipes that you can make in your crockpot. You can also read about the basics of the vegan diet, including its health benefits; and a brief guide on what food can and cannot eat.

**best vegan crockpot recipes:** *Vegan Slow Cooker* Madison Miller, 2018-03 \*\*\*BLACK & WHITE EDITION\*\*\* Prepare healthy vegan meals with the most versatile tool in your kitchen, the slow cooker. Fix it in the morning in just a few minutes and come back home to the delicious aromas of a home cooked meal, ready to eat when you are. Following a vegan diet is a choice that is embraced by more and more people around the globe. Be it to follow personal convictions or/and a healthier lifestyle, veganism is gaining popularity and for good reasons. The health benefits alone are enough to convince anyone to give it a try: increased energy, reduced inflammation, better digestion, weight loss, mental clarity, glowing skin, and more. With the hectic life we all have, it is often easier to get already prepared food, be it from the grocery stores or fast food restaurants. This is not always the best option for health-conscious eaters. Pre-package food can full of unhealthy ingredients that can be harmful to your health and your waistline. The solution to this problem is simple, with some reorganization in your kitchen and shopping habits, a slow cooker and a little prep time, it is easy to overcome this challenge. This cookbook has been designed to simplify your life and time in the kitchen while creating vegan slow cooking recipes that are healthy and easy to prepare. The slow cooker is very convenient. You can prepare a wholesome, healthy recipe in a few minutes and let the slow cooker do its magic for a meal that not only is healthy but taste amazing and is satisfying. Inside, you'll find An introduction to the vegan diet Slow cooking tips 50 kitchen-tested vegan slow cooker recipes for every meal of the day, including: Wholesome breakfast recipes like the Vegan Omelet and the Breakfast Casserole Rejuvenating beverage recipes like the Gingerbread Latte and the Hot Buttered Rum Heartwarming soup recipes such as the Ginger Carrot Soup and the Corn Chowder Tasty main dish recipes like the Coconut Curry and the Mushroom Bourguignon Delightful side recipes like the Glazed Brussels Sprouts and the Baked Sweet Potatoes Amazing dessert recipes such as the Apple Nachos and the Chai Tea Pie All recipes come with: An image to see what the recipe looks like A detailed list of ingredients The cooking and preparation times The number of servings Easy to follow step-by-step preparation instructions Nutritional information per serving All recipes come with a detailed list of ingredients, cooking time, number of servings, easy to follow step-by-step instructions, and nutritional information per serving. Let's start cooking healthy meals! Scroll back up and order your copy today!

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**best vegan crockpot recipes:** *Slow Cooker* Karen Greenvang, 2016-04-04 Irresistibly Good & Super Easy 100% VEGAN Slow Cooker Recipes to Save Your Time & Get Healthy! I know how difficult it is to stick to a healthy lifestyle, especially when you want to keep it vegan and are new to it...Not to mention that you simply don't have enough time to slave away in the kitchen. But don't worry because with this vegan slow cooker cookbook we got you fully covered! The safety and low

energy consumption of a slow cooker means that you can prepare the ingredients of a dish the night before and place everything in your slow cooker first thing in the morning before leaving for work and your meal will be ready when you walk in the door at the end of the day. Of course, the slow cooker can also be left to create culinary magic overnight, allowing you to wake up in the morning to a delicious hearty breakfast or even a take-away lunch. Yummy! Here's What You Are Just About to Discover: -healthy nutritious breakfasts that will kick start your day and save you time out of your morning rush -tasty lunches that will pick you up in the middle of the day -wholesome comforting soups will get you through the late afternoon and keep you going on until dinner where we will have some hearty, options to satisfy any type of hunger all night! All these recipes are one hundred percent vegan and focus on using ingredients that are of the highest nutritional value. They are also easy to prepare, giving you all the inspiration you need to consistently make healthier meal choices with little effort while staying true to your very important lifestyle choice of the vegan way. You Will Enjoy Healthy & Tasty Vegan Recipes That Are Ridiculously Easy to Make! Let me just mention a few.... -Chocolaty Oat Bran with Hazel Nuts and Strawberries -Apple Pie Oatmeal with Raisins, Almonds and Coconut Cream -Carrot Cake Oatmeal with Pecan Nuts and Coconut Cream -Coconut Butternut Squash Soup with Cashew Nuts -Tofu Curry with Pineapple and Cashew Nuts +many many more! Regardless of how full your daily schedule looks, you can still enjoy healthy vegan friendly meals because with a slow cooker! You will never get bored with them and all you have to do is throw together the ingredients in the pot, put it on the right settings (just follow the easy instructions inside) and leave it alone while you go about your day! What are you waiting for? Grab your copy now and discover a simple, vegan crockpot system that will put your vegan diet & lifestyle on autopilot - so you don't have to waste endless hours in your kitchen, you can enjoy your meals and feel relaxed and confident that you're moving rapidly towards your best health and body ever!

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slow cooker recipes was challenging, these delicious recipes would change your mind. Everyone is looking for ways to stay healthy and live longer; by eating Vegan, whether you do it every day or part of the time is a smart choice for your overall health. All that's left to figure out is what you'll do with the extra time you'll save in the kitchen! If you click now and buy this book slow down and relax with the tasty meals!

**best vegan crockpot recipes:** Vegan Slow Cooker Cookbook Sarah Spencer, 2018-01-20 Following a vegan diet has never been this easy! With the help of your slow cooker, prepare delicious vegan meals in no time that your family will love and ask for again and again! Many follow the route of the vegan diet and for good reasons. Along with the clear weight loss or weight management benefits, the vegan diet has many health benefits such as helping out with sugar levels and your kidney, preventing heart diseases and reducing inflammation like arthritis. Paired with the convenience of the slow cooker, as well as also their health benefits, it's easy to see that this is a match made in Heaven. The slow cooker saves time in the kitchen, is budget friendly and make the whole house smell so good. The pleasure of coming home to a home cooked meal ready to eat when you are is a life saver in the fast paced environment we live nowadays. Best of all is that even the pickiest eaters will love the delicious kitchen tested recipes included in this collection. In this book, you'll find: Wholesome breakfast recipes such as the Slow Cooker Peach Granola Crumble and the Slow Cooker Overnight Millet and Oats Amazing bean and grain recipes like the Three-Bean Vegan Chili and the Wild Rice Medley Flavorful salad and side recipes like the Garlic Cauliflower Mashed Potatoes and the Thai Summer Squash Salad with Peanut-Hoisin Sauce Fulfilling stews and chilis such as the Mushroom Lentil Buckwheat Stew and the Slow Cooker Corn and Red Pepper Chowder Delicious vegetable dishes like the Slow Cooker Baked Sweet Potatoes and the Slow Cooker Mediterranean Stuffed Peppers Heartwarming soups and bowls such as the Slow Cooker Yellow Pea Soup and the Butternut Squash and Parsnip Soup Sweet desserts such as the Triple Chocolate-Peanut Butter Pudding Cake and the Apple Crisp All recipes come with a detailed list of ingredients, cooking time, number of servings, easy to follow step-by-step instructions, and nutritional information per serving. Let's start cooking healthy meals! Scroll back up and order your copy today!

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**best vegan crockpot recipes:** *The Vegan Slow Cooker, Revised and Expanded* Kathy Hester, 2018-12-04 The Vegan Slow Cooker, Revised and Expanded is the perfect collection of simple, wholesome, plant-based recipes that are convenient and sure to satisfy the whole family. Every home cook wants to prepare hot, nutritious, home-cooked meals for their family and friends, but time is rarely on our side. With a slow cooker or Instant Pot, however, that can all change. You can create delicious meals that are loaded with healthy ingredients--AND work with your schedule. Author and slow cooker aficionado Kathy Hester gives you the techniques and tricks you need to make the most out of your slow cooker or multi-cooker. This revised edition of the previously best-selling cookbook features more than 20 new and updated recipes (more than 160 recipes in all), new tricks for streamlining recipes, and all-new photography. Recipes also include gluten-free, soy-free, and no oil

added options. The reward for your simple morning prep is perfectly cooked, intensely flavorful, one-dish meals that are hot and ready as soon as you walk in the door each day. You'll find recipes that cover every meal and type of cuisine, from your favorite comforting casseroles and stews, to fresh and exciting new takes on pizza and desserts—all deliciously plant-based and vegan-friendly. Just a few of the great recipes you'll find include: Cranberry Vanilla Quinoa White Bean and Kale Stew Chorizo and Sweet Potato Enchilada Casserole Chick'n Marsala Mashed Potato and Edamame Burrito Filling Pumpkin White Bean Lasagna Meatless Sausage-Mushroom Ragu Savory Cheddar Sausage Bread Mango Coconut Rice Pudding Chile-Chocolate Black Bean Brownies Get started creating healthy, delicious, stress-free meals today with *The Vegan Slow Cooker, Revised and Expanded*. It's as simple as the flick of a switch!

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