

# portobello mushroom vegan recipes

**portobello mushroom vegan recipes** offer a versatile and flavorful way to enjoy plant-based meals that are both nutritious and satisfying. These large, meaty mushrooms are an excellent substitute for meat in many dishes due to their hearty texture and rich umami flavor. This article explores a variety of creative and delicious vegan recipes featuring portobello mushrooms, from grilled steaks to stuffed caps and savory sandwiches. Whether you are a seasoned vegan or simply looking to incorporate more plant-based options into your diet, portobello mushrooms provide a perfect ingredient to enhance your culinary repertoire. The recipes highlighted here emphasize fresh ingredients, bold flavors, and simple preparation techniques that make cooking with portobello mushrooms accessible and enjoyable. Additionally, this guide includes tips on how to select, prepare, and cook portobello mushrooms to maximize their taste and texture in your vegan dishes. Explore the wide range of possibilities that portobello mushroom vegan recipes bring to the table and discover new favorites to add to your weekly meal plan.

- Benefits of Using Portobello Mushrooms in Vegan Cooking
- Popular Portobello Mushroom Vegan Recipes
- Preparation and Cooking Tips for Portobello Mushrooms
- Creative Ways to Incorporate Portobello Mushrooms into Vegan Meals

## Benefits of Using Portobello Mushrooms in Vegan Cooking

Portobello mushrooms are a popular choice in vegan cooking due to their unique properties that closely mimic the texture and flavor of meat. These mushrooms are low in calories but rich in essential nutrients, making them a healthy addition to any diet. Their dense, meaty texture provides a satisfying bite, which can be especially beneficial for those transitioning to a plant-based lifestyle. The umami flavor of portobello mushrooms enhances the overall taste profile of many dishes, allowing for complex and savory vegan meals without the need for animal products.

## Nutritional Advantages of Portobello Mushrooms

Portobello mushrooms offer a range of nutrients including fiber, B vitamins, selenium, potassium, and antioxidants. These components contribute to heart health, improved digestion, and immune support. The high fiber content helps promote satiety, which is useful for weight management. Additionally, portobello mushrooms are naturally low in fat and cholesterol-free, aligning well with vegan dietary goals.

## **Environmental and Ethical Benefits**

Using portobello mushrooms in vegan recipes supports sustainable eating practices. Mushroom farming generally requires fewer resources such as water and land compared to animal agriculture, resulting in a lower environmental footprint. Choosing plant-based ingredients like portobello mushrooms also aligns with ethical considerations regarding animal welfare.

## **Popular Portobello Mushroom Vegan Recipes**

There is a wide variety of delicious vegan recipes that showcase portobello mushrooms as the star ingredient. These recipes leverage the mushroom's hearty texture and robust flavor to create satisfying meals that appeal to vegans and non-vegans alike.

### **Grilled Portobello Mushroom Steaks**

Grilled portobello steaks are a classic vegan dish that highlights the mushroom's meaty texture. Marinated in a mixture of balsamic vinegar, garlic, olive oil, and herbs, these mushrooms develop a smoky, savory flavor when cooked over a grill or grill pan. They can be served as a main dish or sliced to top salads and sandwiches.

### **Stuffed Portobello Mushrooms**

Stuffed portobello mushrooms are a versatile option perfect for dinner parties or weeknight meals. The caps are filled with a flavorful mixture of vegetables, grains, nuts, and vegan cheese alternatives. Popular stuffing ingredients include quinoa, spinach, sun-dried tomatoes, walnuts, and nutritional yeast, which add texture and depth of flavor.

### **Portobello Mushroom Burgers**

Portobello mushroom burgers are a beloved vegan alternative to traditional beef burgers. The mushrooms are marinated and grilled or pan-seared, then served on a bun with vegan condiments, lettuce, tomato, and pickles. Their substantial size and juicy consistency make them an ideal burger substitute.

### **Portobello Mushroom Stir-Fries**

In stir-fry dishes, portobello mushrooms absorb sauces and blend well with a variety of vegetables and tofu. Their robust flavor complements Asian-inspired sauces such as soy, ginger, and sesame,

creating quick and nutritious meals suitable for busy lifestyles.

## **Preparation and Cooking Tips for Portobello Mushrooms**

Proper preparation and cooking techniques are essential to maximize the flavor and texture of portobello mushrooms in vegan recipes. Understanding how to clean, marinate, and cook these mushrooms can enhance the overall quality of your dishes.

### **Cleaning and Preparing Portobello Mushrooms**

It is important to gently clean portobello mushrooms to remove dirt without soaking them in water, which can cause them to become soggy. Use a damp cloth or soft brush to wipe the surface. Removing the dark gills on the underside is optional but often recommended to prevent any bitterness and to create space for stuffing.

### **Marinating for Enhanced Flavor**

Marinating portobello mushrooms before cooking infuses them with additional flavor and helps tenderize the flesh. Common marinade ingredients include balsamic vinegar, soy sauce, garlic, olive oil, lemon juice, and herbs. Allow at least 30 minutes for marinating to achieve the best taste.

### **Cooking Techniques**

Portobello mushrooms can be grilled, baked, roasted, sautéed, or broiled. Each method brings out different aspects of their flavor and texture. Grilling imparts a smoky taste, roasting enhances earthiness, and sautéing allows quick cooking with caramelization. Avoid overcooking to maintain a juicy and tender bite.

## **Creative Ways to Incorporate Portobello Mushrooms into Vegan Meals**

Portobello mushrooms are highly adaptable and can be incorporated into a broad range of vegan dishes beyond traditional recipes. Their versatility allows for experimentation with various cuisines and meal types.

## **Portobello Mushroom Tacos**

For a plant-based twist on tacos, sliced and seasoned portobello mushrooms can replace meat fillings. The mushrooms absorb spices well and provide a flavorful, hearty bite. Combine with avocado, salsa, and fresh cilantro for a vibrant meal.

## **Portobello Mushroom Pasta**

Adding sautéed portobello mushrooms to pasta dishes enhances both texture and flavor. They pair well with tomato-based sauces, creamy vegan alfredo, or garlic and olive oil preparations. Incorporate fresh herbs and nutritional yeast for added complexity.

## **Portobello Mushroom Salads**

Grilled or roasted portobello mushrooms can be sliced and added to salads for an extra layer of substance and flavor. Combine with mixed greens, nuts, seeds, and a zesty vinaigrette for a balanced and nutrient-dense meal.

## **Portobello Mushroom Wraps and Sandwiches**

Use whole grilled portobello caps in wraps or sandwiches as a filling alternative to deli meats. Complement with vegan spreads, fresh vegetables, and pickles for a satisfying lunch or dinner option.

## **Checklist for Incorporating Portobello Mushrooms into Vegan Recipes**

- Choose firm, fresh portobello mushrooms with unblemished caps.
- Clean mushrooms gently without soaking in water.
- Marinate to enhance flavor and tenderness.
- Experiment with grilling, roasting, sautéing, or baking.
- Pair with complementary plant-based ingredients and spices.
- Use in diverse dishes: burgers, salads, tacos, pasta, and more.

# Frequently Asked Questions

## What are some popular vegan recipes using portobello mushrooms?

Popular vegan recipes with portobello mushrooms include grilled portobello burgers, stuffed portobello mushrooms with quinoa and vegetables, portobello mushroom steaks with balsamic glaze, and portobello fajitas.

## How can I make a vegan portobello mushroom burger?

To make a vegan portobello mushroom burger, marinate cleaned portobello caps in olive oil, balsamic vinegar, garlic, salt, and pepper for 20 minutes, then grill or pan-fry until tender. Serve on a vegan bun with lettuce, tomato, avocado, and your favorite condiments.

## Are portobello mushrooms a good meat substitute in vegan recipes?

Yes, portobello mushrooms have a meaty texture and umami flavor that make them an excellent meat substitute in many vegan recipes such as burgers, steaks, and stir-fries.

## What is a simple vegan stuffed portobello mushroom recipe?

A simple vegan stuffed portobello recipe involves removing the stems, filling the caps with a mixture of cooked quinoa, spinach, sun-dried tomatoes, garlic, and nutritional yeast, then baking at 375°F (190°C) for 20-25 minutes.

## Can I use portobello mushrooms in vegan pasta dishes?

Absolutely. Portobello mushrooms add a rich, savory flavor to vegan pasta dishes. They can be sautéed with garlic and herbs and mixed into pasta with a tomato or creamy cashew sauce.

## How do I prepare portobello mushrooms for vegan recipes to enhance flavor?

To enhance flavor, clean portobello mushrooms with a damp cloth, marinate them in a mixture of olive oil, soy sauce, garlic, and balsamic vinegar, and then grill or roast them to bring out their natural umami.

## Are portobello mushrooms suitable for vegan keto recipes?

Yes, portobello mushrooms are low in carbs and high in fiber, making them suitable for vegan keto recipes such as grilled mushroom steaks, stuffed mushrooms with vegan cheese, or mushroom-based stir-fries.

# What vegan sauces pair well with portobello mushroom dishes?

Vegan sauces that pair well with portobello mushrooms include vegan pesto, chimichurri, balsamic glaze, tahini sauce, and cashew cream sauce. These complement the umami flavor of the mushrooms beautifully.

## Additional Resources

### 1. *Portobello Perfection: Vegan Recipes for Every Meal*

This cookbook is dedicated entirely to the versatile portobello mushroom, showcasing how it can be transformed into delicious vegan dishes from breakfast to dinner. Each recipe highlights the meaty texture and rich flavor of portobellos, making them the star ingredient. Expect easy-to-follow instructions and creative ideas that will satisfy both vegans and non-vegans alike.

### 2. *The Ultimate Vegan Portobello Cookbook*

A comprehensive guide for anyone looking to explore plant-based cooking with portobello mushrooms. The book includes a variety of recipes ranging from appetizers to hearty mains, emphasizing healthful, natural ingredients. It also offers tips on selecting and preparing portobellos to maximize their taste and texture.

### 3. *Grilled Portobellos & Plant-Based Plates*

Focusing on the art of grilling portobello mushrooms, this book presents flavorful vegan recipes perfect for outdoor cooking and summer gatherings. Alongside the grilled mushroom dishes, it features complementary plant-based sides and sauces. The recipes are simple, yet packed with bold flavors that highlight the smoky, umami qualities of portobellos.

### 4. *Stuffed Portobello Mushrooms: Vegan Style*

This book specializes in stuffed portobello mushroom recipes, offering a variety of vegan fillings that range from savory to spicy. Each recipe is designed to be both nutritious and visually appealing, perfect for entertaining or a special dinner. It also includes tips on baking and seasoning to enhance the mushroom's natural taste.

### 5. *Portobello Magic: Vegan Comfort Food*

Discover comforting vegan recipes that use portobello mushrooms as a hearty meat substitute. From mushroom burgers to creamy pasta dishes, this book provides satisfying meals that are both wholesome and indulgent. It's ideal for those seeking plant-based comfort food without sacrificing flavor or texture.

### 6. *World Flavors with Portobello Mushrooms*

Explore international vegan cuisine through the lens of portobello mushrooms with this global recipe collection. The book features dishes inspired by Mediterranean, Asian, Latin American, and other world flavors, all centered around portobellos. It's perfect for adventurous cooks looking to diversify their plant-based repertoire.

### 7. *Portobello Mushroom Meal Prep for Vegans*

Designed for busy lifestyles, this cookbook offers make-ahead vegan recipes featuring portobello mushrooms that are perfect for meal prepping. Recipes include salads, bowls, and entrees that store well and maintain flavor after refrigeration. It's a practical guide for those wanting nutritious,

convenient meals throughout the week.

#### 8. *The Art of Portobello Mushroom Sauces and Marinades*

This unique book focuses on sauces and marinades that enhance the flavor of portobello mushrooms in vegan cooking. It includes recipes for creating rich, savory, and tangy accompaniments that transform simple mushroom dishes into gourmet experiences. Ideal for cooks who want to master seasoning and elevate their meals.

#### 9. *Portobello Mushroom Salads and Light Vegan Fare*

Perfect for health-conscious readers, this book offers a variety of light and refreshing vegan recipes centered on portobello mushrooms. From crisp salads to light sandwiches and wraps, each recipe emphasizes fresh ingredients and vibrant flavors. It's a great choice for those seeking nutritious and easy-to-make dishes.

## **Portobello Mushroom Vegan Recipes**

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**portobello mushroom vegan recipes:** *The Complete Idiot's Guide to Vegan Slow Cooking* Beverly Bennett, 2012-10-02 The Complete Idiot's Guide® to Vegan Slow Cooking provides more than 200 slow-cook vegan, plant-based recipes for every meal of the day, and includes not only soups and stews, but sandwiches, sides, snacks, appetizers, sauces, and even breads. Although most recipes are prepared with a slow cooker, some are simply prepared by slow cooking. The opening chapters introduce the reader to the world of slow cooking with the hows and whys of slow cooking, as well as instructions for adapting favorite recipes to one's slow cooker.

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**portobello mushroom vegan recipes:** Vegan Family Meals Ann Gentry, 2011-06-14 Presents more than one hundred easy-to-prepare vegan family recipes, with options for salads, soups, stews, chilis, vegetables, main courses, and desserts.

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**portobello mushroom vegan recipes:** The Easy Vegan Janet Hudson, 2025-09-12 Whether you're a practicing vegan or a meat eater looking to improve your health, The Easy Vegan offers dozens of recipes to reinvigorate your everyday meals. With more than 440 recipes, from appealing appetizers to delicious desserts, The Easy Vegan takes a healthy approach to some of the most common recipes, and adds some delicious new surprises from Vegan Shepherd's pie to Mac and Cheese to savory pies, cakes, dressings, chutneys, and more. Vegan chef Janet Hudson shows how to use easy-to-find fresh ingredients, dairy and meat substitutes, and common pantry staples for each recipe. The Easy Vegan looks at nutritional concerns for both children and adults and shows how vegan cooking is low in cholesterol and fat, and high in important antioxidants, vitamins, and minerals to improve health.

**portobello mushroom vegan recipes:** 5-Ingredient Vegan Cooking Kate Friedman, 2021-06-22 A Handful of Ingredients, Endless Flavorful Vegan Meals Vegan cooking is simple and straightforward with Kate Friedman's delicious plant-based recipes. Using just a few high-quality kitchen staples, you can whip up a brunch that'll please a crowd, get dinner on the table pronto or find the perfect healthy snack to keep you full between meals—all while skipping processed or hard-to-find ingredients. Dinnertime favorites like Butternut Squash Gnocchi with Browned Butter Sauce & Crispy Sage and One-Pot Sun-Dried Tomato & Chickpea Stew use techniques like browning butter and toasting tomato paste to add a little extra oomph and make the most of each ingredient. Nutritious options like Roasted Beet & Farro Salad and One-Pot Asparagus & White Bean Soup make the perfect lunch or light dinner. And don't forget about dessert! Kate uses vegan favorites like tofu, chickpeas and chia seeds to make the perfect sweet treat for the end of your day in recipes like Minimalist Chocolate-Espresso Mousse and Chickpea Chocolate Chip Cookie Dough. With tips and tricks for building the perfect vegan pantry to accompany mouthwatering recipes, Kate makes plant-based cooking easier and more accessible than ever.

**portobello mushroom vegan recipes:** 15-Minute Vegetarian Recipes Susann Geiskopf-Hadler, Mindy Toomay, 2006-01-01 Over 200 delicious, easy vegetarian recipes you can make after work! With only 15 minutes (including prep time), and a few basic ingredients, you can whip up a tasty dish that will please everyone in your household. There are even meat variations for the carnivores among you! Mouthwatering recipes include: Linguine with Walnuts, Garlic, and Chili Peppers; Grilled Eggplant with Salsa Fresca; 10 Easy Omelettes; and Broccoli Bisque.

**portobello mushroom vegan recipes:** Vegan Cooking for Carnivores, 2012-05-29 Ellen DeGeneres' personal chef, Roberto Martin, shares over 125 delicious vegan recipes he's created for



Ellen DeGeneres and Portia de Rossi that he hopes will make healthy vegan cooking accessible and easy for everyone. Portia de Rossi explains in her foreword, Roberto taught me that the key to making good food vegan is substitution...you can enjoy all your favorite foods and never feel deprived. Some of the standouts Martin, a Culinary Institute of America-trained chef, has developed for Ellen and Portia include: Banana and Oatmeal Pancakes, Avocado Reuben, Red Beans and Rice, Chick'n Pot Pie, and Chocolate Cheesecake. Featuring mouthwatering photographs by award-winning food photographer, Quentin Bacon, this cookbook will appeal to die-hard carnivores and vegetarians alike.

**portobello mushroom vegan recipes:** *The Southern Vegetarian* Justin Fox Burks, Amy Lawrence, 2013-05-21 Anyone not adequately acquainted with the South's true culinary terrain might struggle with the idea of a Southern vegetarian. Justin Fox Burks and Amy Lawrence turn that notion on its head by recasting garden bounty as the headlining act on a plate. In a region distinguished by ideal growing conditions and generations of skilled farmers, Southern-style vegetarian cooking is not only possible but a pursuit brimming with vine-ripened possibility. Grab a chair in Burks and Lawrence's kitchen and discover modern recipes that evoke the flavors of traditional Southern cooking. The Southern Vegetarian Cookbook is filled with techniques, ingredients and dishes loved so dearly throughout the region including: Lemon Zest and Thyme Pimento Cheese, Grilled Watermelon and Tomato Salad with Honey Lime Vinaigrette, Okra Fritters with Creole Mustard Sauce, Vegetarian Red Beans and Rice with Andouille Eggplant, Roast Beet Salad with Sea Salt Granola and Honey Tarragon Dressing, Grilled Peach Ice Cream and more! Despite the stigma that the South is one big feast of meaty indulgence, Burks and Lawrence are adding health substance to the definition of Southern food. Whether you're a devoted plant-eater or a steadfast omnivore, The Southern Vegetarian Cookbook will help you shift vegetables from the outskirts of your plate into main course position. Eating your vegetables has never been more delicious.

**portobello mushroom vegan recipes:** *Everything Vegan* Vegetarian Times, 2021-03-19 A diverse and delicious collection of over 250 vegan recipes from the experts at Vegetarian Times magazine. Whether you're vegan for a day, a week, a lifetime, or even just for lunch hour, you're always on the lookout for deliciously satisfying animal-free recipes. Vegetarian Times Everything Vegan is the something-for-everyone vegan cookbook with hundreds of tasty, healthful recipes that can woo even omnivores to the possibilities of plant-based eating while wowing committed vegans and vegetarians. Beautifully illustrated and accompanied by a thoughtful and informative foreword by Neal D. Barnard, MD, Vegetarian Times Everything Vegan is a must-have resource for anyone who lives vegan, loves cooking, or is looking for healthy meal ideas with proven weight-loss benefits. Inside, you'll find: • 250+ easy, healthful recipes with nutrition information • 50+ beautiful full-color photos • Features, tips, and sidebars that provide helpful hints on food shopping, prepping ingredients, and speeding up cooking times

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**portobello mushroom vegan recipes:** *Vegetarian High Protein Cookbook* Elizabeth Henderson, 2019-10-22 VEGETARIANISM has BECOME increasingly POPULAR in RECENT YEARS. This DIET is ASSOCIATED with a LOWER RISK of CHRONIC DISEASES and can HELP with WEIGHT LOSS, HEART HEALTH, and DIABETES PREVENTION. A well-planned VEGETARIAN DIET is a HEALTHY WAY to MEET your NUTRITIONAL NEEDS. PROTEIN is CONSIDERED to be the

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**portobello mushroom vegan recipes:** *Vegetarian Times* , 1995-10 To do what no other magazine does: Deliver simple, delicious food, plus expert health and lifestyle information, that's exclusively vegetarian but wrapped in a fresh, stylish mainstream package that's inviting to all. Because while vegetarians are a great, vital, passionate niche, their healthy way of eating and the earth-friendly values it inspires appeals to an increasingly large group of Americans. VT's goal: To embrace both.

**portobello mushroom vegan recipes:** *Ketogenic Vegetarian Diet Cookbook* Beverly Rood, 2018-05-09 Figuring out what to eat and what not to eat on the keto vegetarian diet can seem like a very difficult task. The fear of getting stuck while on the diet can be overwhelming. Adapting the ketogenic diet to the vegetarian lifestyle without compromising the core values of both diets is possible. This book is an action-oriented package that will help you seamlessly transition from the vegetarian diet to the ketogenic vegetarian diet. This book will help you take advantage of the benefits of the ketogenic diet which includes: improved mental health, rapid and sustained weight loss, full body performance and good health, without compromising vegetarian ethics. In this book you will find • A Kick Start Guide to Keto Vegetarian Diet • A Meal Guide (What to Eat and Not To Eat) • Dairy Alternatives for Strict Vegetarians • Keto Vegetarian Protein Sources • Keto Vegetarian Fat Sources, and • 100 Easy & Delicious Keto Vegetarian Recipes For easier accessibility, these recipes have been grouped into chapters, such as: Breakfast Recipes, Lunch Recipes, Dinner Recipes, Beverages, Desserts, Snacks, Sides & Appetizers, Soups, Salads, and Pizza Recipes. Eat your way to rapid, sustained and healthy weight loss and better health on the keto vegetarian diet.

**portobello mushroom vegan recipes:** *Ketogenic Vegetarian Cookbook* Christina W. Lewis, 2018-05-20 The vegetarian diet is one of the world's healthiest diets to follow, and when combined with an equally healthy and popular ketogenic diet, it results into amazing health benefits and sound style of living. Are you a vegetarian that seeks to enjoy the benefits of the ketogenic diet? Are you tired of complicated ketogenic vegetarian recipes? Are you a vegetarian with the desire to start out on a ketogenic diet? or do you intend to enjoy the benefits of a low carbohydrate and high fat diet without consuming unhealthy animal fats? If yes, this book was specifically written for you. With a simple yet precise approach, this Ketogenic Vegetarian Cookbook will serve as your complete guide, whether as a beginner or professional on your ketogenic vegetarian journey. With an easy step by step procedure, and recipes categorized under; breakfast, lunch, dinner, salad, pizza, soup, sides & desserts and many others, you would be able to treat yourself to delicious and sumptuous ketogenic vegetarian recipes.

**portobello mushroom vegan recipes:** *Go Plant-Based in 30 Days* Sarah Taylor, 2020-05-19 Once you've made the decision to adopt a plant-based diet, what is the best way to go about it? Sarah Taylor has carefully researched, tested, and designed a 30-day, step-by-step program to help you transition to this new way of eating by gradually replacing meat, dairy, and eggs with wholesome and nutritious plant-based foods. Each day of the program has a theme and homework

assignment to keep you motivated and guide you toward a wealth of new information, foods, recipes, cooking gadgets, and methods. In addition, you'll learn how to manage eating out, deal with sensitive situations, and adapt socially with friends and family. These next 30 days could change your life!

**portobello mushroom vegan recipes: Easy Plant-Based Cookbook** Carla Hutson, Explore the vibrant world of plant-based cuisine with Easy Plant-Based Cookbook: Effortless Plant Based Cooking For Every Meal - Delicious, Quick, And Stress-Free Vegan Recipes, a cookbook designed to make incorporating more fruits, vegetables, grains, and legumes into your diet a breeze. Whether you're a committed vegan, a curious flexitarian, or simply looking to add more plant-based meals to your repertoire, this cookbook offers a delicious array of recipes that are both satisfying and simple to prepare. Easy Plant-Based Cookbook features a diverse collection of easy-to-follow recipes for every meal of the day, from hearty breakfasts and satisfying lunches to comforting dinners and decadent desserts. Discover flavorful dishes that showcase the natural goodness of plant-based ingredients, with options to suit a variety of tastes and dietary preferences. This Cookbook is crafted to be both nutritious and delicious. With minimal ingredients and straightforward instructions, these recipes are perfect for busy weeknights or lazy weekends when you want to whip up something tasty without spending hours in the kitchen. Whether you're a seasoned plant-based cook or new to the world of vegan cuisine, Easy Plant-Based Cookbook is your go-to resource for delicious and nutritious meals that celebrate the power of plants. Embrace the joy of plant-based cooking and discover a world of flavor and nourishment with this essential cookbook that promises to become a cherished staple in your kitchen.

**portobello mushroom vegan recipes: Vegan Love** David Bez, 2022-01-06 'BRAVE, BOLD COOKING THAT PUTS WHOLE VEGETABLES AT THE CENTRE OF YOUR PLATE. I WANT TO COOK (AND EAT) IT ALL.' - ANNA JONES More than 100 everyday, plant-based recipes, including several with QR links to online videos. Each recipe in Vegan Love has a veggie as the star, treated as you would meat or fish - so slow-cooked, baked, roasted, pan-fried or grilled. Each one also consists of the same 4 components: a big veggie (the main) + a protein side (a pulse or grain) + a sauce or cream or dressing + a topping (herbs and crunch) Many can be cooked in 30 minutes, none use less-than-healthy vegan substitutes and all elevate veggies to the next level, showing how simple and tasty they can be. Several are also accompanied by QR codes for online tutorials.

**portobello mushroom vegan recipes: Vegan Pressure Cooking, Revised and Expanded** JL Fields, 2018-01-16 This revised and updated edition of the classic Vegan Pressure Cooking includes 32 pages of new content, including new recipes, photos, and information on how to use any traditional or electric pressure cooker, or multicooker. All recipes (new and old) are electric pressure cooker and Instant Pot-friendly.

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