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# Epic Vegan Instant Pot Cooking: Simple Oil-Free Instant Pot Vegan Recipes For Lazy F@cks



## Synopsis

30 epic vegan oil-free everyday recipes that you will ACTUALLY use for your electric pressure cooker. Spend more time doing the things you love while making home made food for you and your family that you actually know what is going in to it. Includes a 7 day Instant Pot challenge, cooking charts and all the information you will need to get started cooking with your Instant Pot or electric pressure cooker today. One recipe photo for each and every recipe.

## Book Information

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Average Customer Review: 4.5 out of 5 stars [See all reviews](#) (58 customer reviews)

Best Sellers Rank: #10,206 in Books (See Top 100 in Books) #43 in [Books > Cookbooks, Food & Wine > Special Diet > Vegetarian & Vegan > Vegan](#)

## Customer Reviews

This Instant Pot book is for newbies or experts! It doesn't matter what your cooking level is. It's loaded with expert tips and unique ideas. The recipes are simple to make yet complex in taste! It's a winner! We've made several recipes so far with everyone in the family fighting for the last serving!!! Perfectly delish! Props to Derek and Hannah for their down-to-earth way...making even the novice cook feel empowered. BUY THIS BOOK!

Just to be clear, you need need an instant pot for the recipes in this cook book. The recipes are specifically written for the instant pot. I am almost done trying all the recipes and I haven't fount a bod one yet. I fount the instructions to be well-written and the recipes use mostly what I consider to be common ingredients. That is the issue I have with some cook books. everything looks good on the paper but it practice some things you just don't keep on hand on a regular bases. I didn't have that problem with this book.

Watch these guys on Youtube, and get inspired! Was mostly vegetarian, but have learned so much

about this lifestyle from them! I love this book! We don't have an instant pot, we have another brand pot and it works PERFECTLY. D Man's Epic Beans are a staple in our house, and we've also had the Mango Rice (AMAZEBALLS) and tonight we're going to do Corn Chow-dah. Love the simplicity of this book and the fact that it draws from the use of staples in your pantry! You don't have to spend a ton of money to eat HCLF Vegan style, and these guys keep it interesting! A must have!~

Love this book, amazing and super easy delicious recipes VEGAN YAY!!!! Only thing I don't really like is that the size of the paperback book- it's just really tall. But that doesn't bring down the rating for me because these recipes are worth it for me. The only recipe I have made so far is the hummus which is really yummy! And I don't have to feel guilty after because it is super healthy and oil free! I also want to say that it is a very visually appealing book and I like how there is a photo for every recipe!

This book is absolutely fantastic! The recipes are SO easy to follow, very delicious, healthy and inexpensive. You do not need tons of different ingredients that cost a fortune to buy. There are beautiful pictures of each recipe, which not all cookbooks have. There are also videos of Hannah and/or Derek making some of the recipes on their Youtube channels which is helpful. The book is high quality and I only wish I bought it sooner.

Great book. I have completed several of the recipes and enjoyed them. I love the quick and easy approach. The coarse language will undoubtedly turn off some and adversely impact sales a bit, but I am certain Hannah knew this before publication. If I would have been her editor I would have tried to talk her out of it. :) If you are offended, get the book and a blackout marker. In a couple of minutes the "bad words" can be gone. Everything considered, an excellent resource for the I-Pot.

So far have made the Black bean soup and the Corn Chowder. Both are excellent. Usually I do modifications to recipes after I make them the first time to adjust to my taste. I have no planned modifications to these 2 other than adding additional water or broth to the bean soup. It was so thick I wouldn't consider it soup. However, it does look like the picture in the book, so no false advertising. I have 1 complaint, in the book they always show the manual setting and never refer to the setting on the instant pot, for instance the Black bean soup says to use manual and 30 minutes on high pressure, if you just hit the bean/Chili button on the pot, that is what you get. I would think they would have this also as a cross reference since the book is specific to the Instant

Pot.Regarding the language in the book, there really aren't many actual cuss word, just implied ones. Agree that that don't seem necessary, but I only find them slightly annoying. To give reference, if I am watching a comedian and every other word that comes out f their mouth is a cuss word, I'll turn them off. Only partially because I'm offended, mostly because I find it tedious, Something that could have taken 2 minutes to say now takes 5. There weren't enough of even the implied Cuss word in the book that I was bothered either way. I just didn't think they added anything.

Amazing book with delicious healthy recipes to get you started on a plant-based vegan diet and get cooking with your instant pot. easy to understand directions with really simple recipes and minimal ingredients. highly recommended.

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