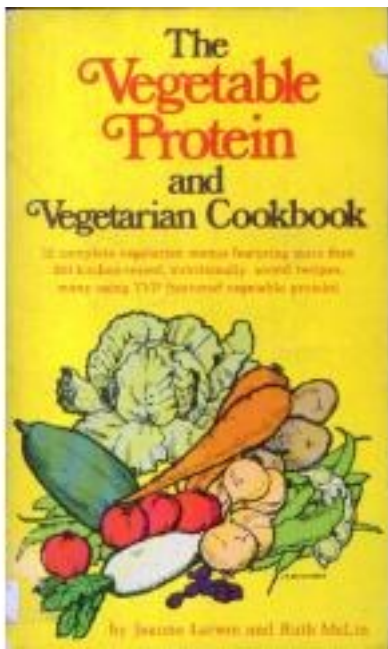


The vegetable protein and vegetarian cookbook



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Fifty-two soup-to-nuts vegetarian menus--one a week for an entire year--are arranged in seasonal groups to aid the budget-minded homemaker in taking advantage of lower-cost "in-season" foods. Each dish has been kitchen tested, and the recipes include detailed how-to steps plus prepare-ahead hints for the cook who works away from

home. Cooking cues give the amount of time needed to prepare each of the dishes, and a complete list of herbs and spices and their characteristics and suggested uses is included.

作者介绍:

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