

The Vegan Instant Pot Cookbook PDF (Limited Copy)

Nisha Vora



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The Vegan Instant Pot Cookbook Summary

Delicious Plant-Based Meals Made Easy and Quick.

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About the book

Dive into the vibrant world of plant-based cooking with "The Vegan Instant Pot Cookbook" by Nisha Vora, where the magic of the Instant Pot transforms everyday ingredients into extraordinary meals. This innovative guide not only showcases a delightful array of simple yet sophisticated vegan recipes but also empowers both seasoned cooks and kitchen novices to embrace a healthier lifestyle without sacrificing flavor or quality. With Nisha's expert tips and culinary wisdom, you'll discover how to make hearty stews, creamy soups, and delectable desserts that come together in a fraction of the time, inspiring you to explore the boundless possibilities of vegan cuisine. Embark on this culinary adventure and let your Instant Pot revolutionize your meal planning, proving that eating plant-based can be both delicious and convenient!

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About the author

Nisha Vora is a celebrated home cook, recipe developer, and YouTube personality known for her engaging and innovative vegan recipes that cater to a wide audience. With a deep passion for plant-based cooking, Nisha combines her culinary skills with a background in science to create simple yet delicious meals using the Instant Pot, making vegan cuisine accessible and enjoyable for everyone. Her popular YouTube channel, "Rainbow Plant Life," has garnered a dedicated following, where she shares not only recipes but also tips and tricks for cooking with whole, nutritious ingredients. Through her work, Nisha aims to inspire others to embrace a healthy and sustainable lifestyle while showcasing that cooking plant-based meals can be both easy and flavorful.

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Summary Content List

Chapter 1: The Instant Pot

Chapter 2: 1. Pantry Basics, Sauces, and Dips

Chapter 3: 2. Breakfasts

Chapter 4: 3. Satisfying Sides

Chapter 5: 4. Vegetables

Chapter 6: 5. Comfort Food Favorites

Chapter 7: 6. Soups, Stews, and Curries

Chapter 8: 7. Desserts

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Chapter 1 Summary: The Instant Pot

Summary of Instant Pot Cookbook Content

The Instant Pot: A Kitchen Revolution of Efficiency

The Instant Pot has revolutionized home cooking by compactly combining several cooking functions, such as pressure cooking, sautéing, and slow cooking. It excels at delivering flavors typically associated with long cooking times, allowing users to create rich soups, tender cakes, and delicious yogurts in a fraction of the time. Emphasizing safety and ease of use, it features a foolproof mechanism that ensures the pot can only be opened when safe, alongside intuitive buttons and a digital timer that minimizes guesswork. Once familiar with its functions, users can prepare a variety of meals, freeing up time that can be spent on other activities.

This cookbook features a diverse range of recipes, many of which draw inspiration from cuisines the author encountered while traveling, including Thai curries, Mediterranean dishes, and classic Indian recipes. Aimed at both novice cooks and seasoned chefs, the recipes are designed to impress without requiring extensive culinary skills.

Why Vegan Cooking?

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The author's journey into veganism began in 2016, motivated by health documentaries. This lifestyle change brought personal wellness benefits, such as alleviating IBS symptoms, reducing migraines, and lowering cholesterol. Every recipe in the book is vegan, showcasing the versatility of plant-based ingredients. The author encourages exploration in preparing flavorful, satisfying dishes using whole foods, nuts, legumes, and innovative flavors to make vegan meals appealing and indulgent.

How to Use Your Instant Pot: Understanding the Basics

The Instant Pot models vary in features, including the LUX, DUO, DUO Plus, and ULTRA, with the DUO being the most common size for home cooking. Understanding the function keys such as Pressure Cook, Sauté, Steam, and others greatly enhances cooking efficiency. For instance, the Pressure Cook setting is the most versatile for quick meals, while the Sauté function helps develop flavors before pressure cooking. Each model has specific sizes, with the 6-quart being sufficient for a majority of recipes, and understanding these details will ensure optimal cooking outcomes.

Essential Instant Pot Terminology and Techniques

To harness the full potential of the Instant Pot, users should grasp key terms and techniques. Familiarity with pressure release methods—natural vs.

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quick—is essential for appropriate meal preparation. The book outlines necessary kitchen accessories, such as extra sealing rings, steamer baskets, and nonstick pots, facilitating more versatile and convenient use of the Instant Pot.

Cooking Principles in a Vegan Kitchen

The author shares essential cooking principles learned through years of practice. For instance, salting at multiple stages enhances flavor layering, while sautéing aromatics kicks off the cooking process by enriching the dish's taste. The strategic use of spices and herbs can elevate simple meals into gourmet experiences, and incorporating acids like lemon juice or vinegar can brighten flavors in rich dishes.

Stocking Your Vegan Kitchen

An effective vegan kitchen is stocked with versatile staples like nutritional yeast, miso paste, canned tomatoes, and a variety of beans and lentils. It is crucial to include healthy fats such as olive oil and coconut oil, which not only enhance flavor but also contribute to texture in dishes. Understanding these ingredients enables cooks to create rich, satisfying meals efficiently and deliciously.

Frequently Asked Questions & Cooking Timings

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The cookbook addresses common queries related to the Instant Pot, such as understanding pressure settings and adjusting cooking times based on ingredient types and volumes. Also included are comprehensive cook time charts for grains, beans, lentils, and vegetables, ensuring that no matter the recipe, cooks can achieve perfect results. These insights are grounded in the understanding that cooking is not only about following recipes but also about adapting techniques to suit available ingredients and personal preferences.

Overall, this Instant Pot cookbook serves as a valuable guide for anyone looking to explore vegan cooking while maximizing efficiency and flavor, allowing users to enjoy healthy meals without compromising on taste or time.

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Critical Thinking

Key Point: Discovering Efficiency in Cooking with the Instant Pot

Critical Interpretation: Imagine transforming your kitchen experience with the Instant Pot, a tool that revolutionizes the way you prepare meals. By harnessing its various features like pressure cooking and sautéing, you find yourself saving significant time while whipping up flavorsome vegan dishes that once seemed daunting. The efficiency and safety designed into the Instant Pot invite you to explore a wide range of recipes—from Thai curries to rich soups—without fear of complexity. This newfound ability to create meals quickly encourages you to spend more time pursuing passions outside the kitchen, all while enjoying healthy, delicious food that nurtures your body and spirit.

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Chapter 2 Summary: 1. Pantry Basics, Sauces, and Dips

Chapter Summary: Pantry Basics, Sauces, and Dips

This chapter introduces a collection of essential flavor enhancers designed to elevate dishes and improve snacking experiences. The focus is on making homemade broths, sauces, and dips that outperform store-bought options. Each recipe is crafted with plant-based ingredients and utilizes the Instant Pot for ease and efficiency.

Mushroom Broth

Yield: 9 cups

Attributes: Gluten-free, nut-free, no added sugar

The chapter begins with a recipe for a rich mushroom broth, perfect for soup, grain dishes, or simply enjoying as a savory tea. Made with dried and fresh mushrooms, it provides a deep umami flavor. Key ingredients include mushrooms, onion, garlic, and red wine, all pressure-cooked to extract maximum flavor and aroma. This broth is a base for the delightful Miso

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Mushroom Risotto, enhancing its taste significantly.

Vegetable Broth

Yield: 11 to 12 cups

Attributes: Gluten-free, nut-free, soy-free, no added sugar

Next is a versatile vegetable broth, with two preparation methods. Method 1 is quick and straightforward, ideal for busy cooks, while Method 2 involves browning vegetables for a deeper flavor. The broth utilizes a variety of vegetable scraps, allowing home cooks to reduce waste while creating a rich base for soups and stews.

Vegan Cheese Sauce and Vegan Queso

Yield: 3½ to 4 cups

Attributes: Gluten-free, no added sugar

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Transitioning to creamy textures, the chapter shares a vegan cheese sauce derived from cashews and butternut squash. It's a simple, no-soak recipe that results in a cheesy flavor profile, thanks to nutritional yeast and miso paste. The Vegan Queso variation adds spices for a zesty dip perfect with tortilla chips or as a topping for various dishes.

Restaurant-Style Hummus and Variations

Yield: 3½ to 4 cups

Attributes: Gluten-free, nut-free, soy-free, no added sugar

Next is a creamy hummus made without soaking dried chickpeas, thanks to the Instant Pot. The recipe includes a unique trick using baking soda to achieve a smooth texture without manually skinning the chickpeas. Several flavorful variations, including spicy harissa and cilantro-jalapeño, are presented, inviting experimentation.

Game Day Black Bean Dip

Serves: 12 to 16

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Attributes: Gluten-free, nut-free, soy-free, no added sugar

This easy black bean dip packs protein and can be served with tortilla chips or as a filling for burritos. The dip is made by simply combining ingredients in the Instant Pot and blending them until creamy, offering a flavorful option for gatherings.

Fiery Arrabbiata Sauce

Yield: About 7 cups

Attributes: Gluten-free, nut-free, soy-free option, no added sugar

The chapter continues with a spicy arrabbiata sauce, made using high-quality canned tomatoes. The technique of crushing whole tomatoes by hand ensures a fresh taste and avoids burning. This sauce can replace store-bought marinara in various dishes, enhancing their flavors.

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Caramelized Onion Jam

Yield: About 1½ cups

Attributes: Gluten-free, nut-free, soy-free option, refined sugar-free option

Caramelizing onions in an Instant Pot dramatically reduces cooking time, creating a sweet, complex jam perfect for spreading or as a gourmet garnish. The addition of baking soda accelerates the caramelization process, resulting in a rich flavor.

Blueberry Mojito Jam

Yield: About 2 cups

Attributes: Gluten-free, nut-free, soy-free, refined sugar-free option

Inspired by a refreshing cocktail, this innovative jam combines blueberries, lime, and mint, creating a healthy sweet spread. Chia seeds and coconut nectar provide natural thickening, offering a delightful balance of flavors.

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Ginger Carrot Miso Butter

Yield: About 2 cups

Attributes: Gluten-free, nut-free, refined sugar-free

Concluding the chapter is a luxurious spread made from carrots, miso, and ginger. This creamy butter alternative is versatile, perfect as a dip or spread. The use of coconut oil enhances its rich texture, making it a delightful addition to various meals.

Overall, this chapter presents an array of homemade sauces, dips, and broths that enhance the flavor of your cooking and promote healthier eating habits, all achievable through simple techniques with the Instant Pot.

Recipe	Yield	Attributes	Description
Mushroom Broth	9 cups	Gluten-free, nut-free, no added sugar	A rich broth made from dried and fresh mushrooms, ideal for soups and grain dishes.
Vegetable Broth	11 to 12 cups	Gluten-free, nut-free, soy-free, no added sugar	A versatile broth with two preparation methods, utilizing vegetable scraps.

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Recipe	Yield	Attributes	Description
Vegan Cheese Sauce	3½ to 4 cups	Gluten-free, no added sugar	A creamy cheese sauce made from cashews and butternut squash, enhanced with nutritional yeast.
Restaurant-Style Hummus	3½ to 4 cups	Gluten-free, nut-free, soy-free, no added sugar	Creamy hummus made with unsoaked chickpeas, featuring multiple flavor variations.
Game Day Black Bean Dip	Serves 12 to 16	Gluten-free, nut-free, soy-free, no added sugar	A protein-packed black bean dip blended until creamy, perfect for gatherings.
Fiery Arrabbiata Sauce	About 7 cups	Gluten-free, nut-free, soy-free option, no added sugar	A spicy tomato sauce made without burning, great for pasta dishes.
Caramelized Onion Jam	About 1½ cups	Gluten-free, nut-free, soy-free option, refined sugar-free option	A sweet jam created from caramelized onions, ideal for spreading.
Blueberry Mojito Jam	About 2 cups	Gluten-free, nut-free, soy-free, refined sugar-free option	A jam that blends blueberries, lime, and mint for a refreshing spread.
Ginger Carrot Miso Butter	About 2 cups	Gluten-free, nut-free, refined sugar-free	A luxurious spread made from carrots and ginger, with a rich texture.

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Critical Thinking

Key Point: Making Homemade Sauces and Broths

Critical Interpretation: Imagine transforming your cooking experience by creating rich, flavorful homemade sauces and broths, all while reducing waste and embracing healthier eating habits. By incorporating these simple yet impactful recipes into your kitchen routine, you can elevate your dishes to new heights. This journey into flavor not only inspires creativity in your meals but also empowers you to take control of your ingredients, making mindful choices that align with your dietary preferences. As you whip up a luxurious vegan cheese sauce or a savory mushroom broth, you'll find yourself savoring not just the food, but the satisfaction of crafting meals that nourish both body and mind.

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Chapter 3 Summary: 2. Breakfasts

Breakfasts

This chapter offers a delightful array of breakfast recipes to satisfy early risers and leisurely brunchers alike. From quick and hearty staples to indulgent weekend options, these meals promise to awaken your taste buds and fuel your day.

Homemade Coconut Yogurt

A personal journey into veganism leads to the discovery of a homemade coconut yogurt recipe that marries health and affordability. Crafted with just three key ingredients—full-fat coconut milk, probiotic powder, and sweeteners—this yogurt is a nourishing substitute for commercial options. A meticulous sterilization step ensures safety, while optimal fermentation allows for a rich, tangy flavor over a timeline of 24 to 36 hours. The recipe includes techniques for a thicker yogurt using tapioca starch and agar agar, offering flexibility according to personal preference.

Basic Steel-Cut Oatmeal + Three Variations

Steel-cut oats, known for their fiber content and satisfying texture, are

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prepared effortlessly in the Instant Pot. With just a few ingredients, this recipe allows for creativity through three delicious variations: Spiced Apple-Walnut Oatmeal, Chocolate Peanut Butter Banana Oatmeal, and Peaches and Cream Oatmeal. Each variation adds unique flavors, enhancing the wholesome base of oatmeal, making it an ideal choice for breakfast or brunch.

Breakfast Enchilada Casserole

A comforting dish that simplifies brunch gatherings, the Breakfast Enchilada Casserole features layers of sautéed vegetables, enchilada sauce, beans, corn, and corn tortillas. The recipe provides options for both homemade and store-bought enchilada sauces, accommodating different preferences while promising a tasty outcome with the addition of vegan cheese.

Savory Turmeric Breakfast Quinoa

Inspired by a cozy café experience, this dish combines quinoa with earthy shiitake mushrooms and a vibrant miso-tahini sauce, creating a warming and hearty breakfast. The sharpness of turmeric brings a unique flavor profile, while the option to add vegetables lends versatility for a balanced meal.

Butternut Squash Buckwheat Porridge

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A bowl of autumn-like comfort, this porridge combines buckwheat and shredded butternut squash for a nutritious breakfast. The recipe highlights the natural sweetness of the squash and offers nutty notes from the buckwheat, topped with tahini and maple syrup for added richness.

Chai-Spiced Rice Pudding

Comfort food meets a hint of spice in this chai-spiced rice pudding. Made with simple ingredients, the pudding boasts a creamy texture and can double as a dessert or breakfast choice. The addition of roasted grapes serves as an optional garnish for a burst of flavor.

Mini Mushroom and Leek Quiches

These crustless, mini quiches utilize tofu as a base to create a savory alternative to traditional quiche. Enhanced with a flavorful mushroom-leek filling, the quiches offer a protein-rich breakfast option that holds without the hassle of crust-making.

Overnight Sweet Potato French Toast

A decadent yet straightforward option for breakfast, this French toast casserole combines sweet potato puree and spices for a moist and rich dish. Prepared overnight, it allows for minimal morning preparation and makes an

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excellent choice for gatherings or holiday brunches.

Brown Rice Congee with Mushroom Broth

Drawing inspiration from traditional Vietnamese breakfasts, this savory congee incorporates both brown and white rice cooked in mushroom broth. The creamy texture is paired with various toppings, providing a comforting meal that evokes warmth and nostalgia.

Pumpkin Spice Oatmeal with Coconut-Walnut Crumble

In this fall-inspired dish, steel-cut oats are transformed into a creamy pumpkin oatmeal, complemented by a crunchy coconut-walnut crumble. The Instant Pot makes preparation quick and straightforward, ensuring a rich breakfast experience.

Baked Beans on Toast

Rooted in British tradition, this dish features thick, sweet, and savory baked beans served on toast. With a variety of flavor-enhancing ingredients, it makes for a filling breakfast option that can be enjoyed anytime.

Coconut-Millet Porridge

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Millet flourishes as a nutritious base for this creamy porridge, enhanced by coconut milk. Served warm, it serves as a wholesome breakfast complemented by choice toppings, appealing to both traditional and adventurous palates.

Spicy Golden Mylk

This warming turmeric-based beverage combines various spices to create a nutrient-rich elixir. Revered for its health benefits and comforting qualities, this golden mylk is best enjoyed at any time of the day, offering a gentle kick of spice.

The collection of recipes in this chapter is designed not only to satisfy breakfast cravings but also to inspire creativity in the kitchen, providing enjoyable and nourishing meals for any time of the day.

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Chapter 4: 3. Satisfying Sides

Satisfying Sides Overview

This section focuses on a collection of wholesome side dishes that are not only perfect for batch cooking and meal prep but also versatile enough to serve as main courses when paired with salads or bread. Each recipe offers a hearty and fulfilling option for feeding a crowd while adding variety to your dining experience.

Basic (But Oh-So-Delicious) Indian Dal

Profile:

Dal, a staple in Indian cuisine, is celebrated for its nourishing and cost-effective qualities. Considered the heart of Indian meals, it usually consists of lentils cooked until they are thick and stew-like, enhanced by a fusion of spices.

Recipe Summary:

To prepare this Indian dal, yellow lentils are soaked and cooked in an Instant Pot with an array of aromatic spices, including cumin, coriander, and garam

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masala. A crucial step involves making a "tadka," or tempering spices in oil, which adds depth to the dish. Served with rice or Indian bread, this dal embodies comforting flavors and is a perfect communal dish.

Fluffy Garlic Mashed Potatoes

Profile:

This recipe revamps traditional mashed potatoes using the Instant Pot for a quicker, hassle-free preparation.

Recipe Summary:

Russet potatoes, known for their high starch content, are cooked alongside garlic in the Instant Pot. The key to a light and fluffy texture lies in proper mashing techniques, preferably using a ricer or food mill. Enhanced with vegan butter and coconut milk, these mashed potatoes are rich and creamy, making them a beloved side dish.

Israeli Couscous and Lentils

Profile:

This dish is a no-fuss, nutrient-rich option, blending the flavors of lentils

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with the lightness of Israeli couscous.

Recipe Summary:

French green lentils are cooked with vegetables and couscous in the Instant Pot, resulting in a vibrant and flavorful salad. Once prepared, the dish benefits from a fresh vinaigrette and herbs, making it an excellent choice for meal prep or potlucks.

Chinese Takeout-Style Tofu and Broccoli

Profile:

This recipe offers a delicious way to enjoy tofu, making it appealing even to skeptics.

Recipe Summary:

Extra-firm tofu is marinated and cooked in the Instant Pot to achieve a crispy exterior and soft interior. It's then combined with broccoli and infused with a ginger-chili sauce for bold flavors. This dish can be paired with rice for a satisfying meal.

Spicy Sesame Edamame

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Profile:

A delightful mix of heat and sweetness, this dish highlights the charm of edamame.

Recipe Summary:

Frozen edamame is quickly steamed and then tossed in a spicy dressing with notes of sesame and lime. The addition of scallions and cilantro elevates the dish, making it a tasty appetizer or side.

Classic Creamy Polenta

Profile:

Polenta is a comforting Italian dish, now made simpler with the Instant Pot.

Recipe Summary:

This recipe produces a buttery, creamy polenta cooked in broth and finished with olive oil and optional coconut milk for richness. It serves as a versatile base for various toppings, from sauces to roasted vegetables.

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Rosemary and Garlic White Beans

Profile:

An easy-to-make side dish packed with flavor.

Recipe Summary:

Cannellini beans are cooked with rosemary and garlic to create a creamy, aromatic dish. While not necessary to soak, doing so improves texture and reduces cooking time. These beans can serve as a snack, salad topper, or delicious spread on bread.

Frijoles (Mexican-Style Pinto Beans)

Profile:

Frijoles represent a beloved cornerstone of Mexican cuisine, showcasing simplicity and bold flavors.

Recipe Summary:

Pinto beans are seasoned with onions, jalapeños, and various spices in a hearty broth, yielding versatile beans perfect for burritos, tacos, or as a side.

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A quick soak ensures even cooking and minimal skin breakage.

Gigantes Plaki with Herbed Tofu Feta

Profile:

Inspired by traditional Greek cuisine, this dish features giant beans baked with a rich tomato sauce.

Recipe Summary:

Gigantes beans are soaked and cooked in a savory sauce, topped with a vegan herbed feta made from tofu. This dish can serve as a stunning main or rich side, perfect for sharing.

Millet-Cauliflower Mash

Profile:

A unique twist on mashed potatoes, combining the heartiness of millet and the delicate texture of cauliflower.

Recipe Summary:

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Millet and cauliflower are cooked together and blended to create a creamy mash. Enhanced with tahini and vinegar, it pairs beautifully with roasted vegetables or stews.

Mediterranean Lentil Salad

Profile:

This salad celebrates Mediterranean flavors through a mix of lentils, fresh herbs, and seasonal vegetables.

Recipe Summary:

French green lentils are cooked and tossed with varied herbs and almonds, combined with a citrus-cumin vinaigrette. The plethora of flavors creates a refreshing dish that can easily be a filling main course.

Wild Rice Salad with Lemon-Shallot Vinaigrette

Profile:

A robust salad featuring wild rice, nuts, dried fruits, and fresh herbs.

Recipe Summary:

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Wild rice is cooked and mixed with a variety of herbs, dried cherries, and nuts, all dressed in a zesty lemon-shallot vinaigrette. This salad is perfect for parties and flavorful enough to serve as a standalone meal.

Each recipe serves as an inspiring return to wholesome, plant-based cooking, with techniques and tastes that highlight the diversity of global cuisines.

Whether you're preparing meals for a crowd or meal prepping for the week, these satisfying side dishes are destined to please.

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Chapter 5 Summary: 4. Vegetables

Vegetables

This chapter of the vegan cookbook highlights the transformative power of vegetables, not merely as side dishes but as star players in the meal.

Traditional methods, like steaming or boiling, are replaced with innovative recipes that celebrate the natural flavors and textures of vegetables. This approach elevates seemingly mundane ingredients to new culinary heights.

Spaghetti Squash Pasta Puttanesca

Serves 4 | Gluten-free, Nut-free, Soy-free, No Added Sugar

Spaghetti squash serves as a low-carb, pasta-like base, excellent for a rich puttanesca sauce—a dish with roots in an intriguing Italian legend about courtesans. The combination of capers, olives, and tomatoes creates a mouthwatering, umami-rich sauce. This simple dish comes together in an Instant Pot, requiring only one quick cooking cycle and garnishing with optional toppings like parsley or vegan parmesan.

Ingredients: Spaghetti squash, olive oil, onion, garlic, crushed red

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pepper flakes, oregano, cherry tomatoes, kosher salt, crushed tomatoes, capers, olives.

Instructions: Halve the squash and steam it in the Instant Pot for tenderness. Sauté the vegetables and combine with the prepared sauce. Toss in the spaghetti squash strands before serving.

Sweet Potatoes with Sriracha Cashew Sauce

Serves 4 | Gluten-free

This dish features sweet potatoes, roasted to perfection, and drizzled with a zesty sriracha cashew sauce. The creamy sauce combines nutty flavors with a delightful kick. Substitute almond or peanut butter if necessary, and serve warm for a flavorful and exciting side.

Ingredients: Sweet potatoes, cashew butter, sriracha, lime juice, tamari, sesame oil, ginger, garlic.

Instructions: Cut the sweet potatoes, steam them, then coat with the vibrant sriracha peanut sauce, garnished with scallions and cilantro.

Lemony Asparagus with Gremolata

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Serves 2-4 | Gluten-free, Nut-free, Soy-free, Refined Sugar-free

Asparagus shines in this spring-inspired dish. Gremolata—a mix of fresh parsley, minced garlic, and lemon zest—adds a zesty freshness that elevates the tender stalks. The dish perfectly balances bright flavors without overpowering the asparagus's natural sweetness.

Ingredients: Fresh asparagus, lemon, parsley, garlic, olive oil, maple syrup.

Instructions: Steam asparagus briefly, then dress with lemony vinaigrette and sprinkle with gremolata for an elegant final touch.

Couscous and Chickpea-Stuffed Bell Peppers

Makes 4 Stuffed Peppers | Nut-free, Soy-free, No Added Sugar

Prepare these stuffed peppers quickly in the Instant Pot, saving oven space. Israeli couscous and chickpeas combine for a hearty and flavorful filling, perfect for a plant-based main course.

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Ingredients: Bell peppers, Israeli couscous, garlic, chickpeas, artichokes, olives, spices, lemon juice.

Instructions: Stuff the peppers with filling, steam them, and serve warm with optional garnishes like fresh herbs and tahini.

Garlicky Broccoli with Orange Zest and Almonds

Serves 4-6 | Gluten-free, Soy-free, No Added Sugar

A simple but flavorful dish, this garlicky broccoli is elevated with orange zest and chopped almonds. Cooking gently in the Instant Pot retains the broccoli's crispness and vibrant color.

Ingredients: Broccoli, olive oil, garlic, orange zest, chopped almonds.

Instructions: Steam broccoli, then sauté with garlic and finish with orange zest and nuts for a deliciously refreshing side.

Warm Tahini Fingerling Potato Salad

Serves 6 | Gluten-free, Nut-free, Soy-free, No Added Sugar

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This creamy yet light potato salad swaps mayonnaise for tahini, resulting in a vibrant dish layered with lemon and herbs for balance.

Ingredients: Fingerling potatoes, tahini, garlic, lemon juice, herbs.

Instructions: Steam potatoes, then toss with tahini dressing and freshness from herbs for a dish that's great warm or at room temperature.

Sicilian-Style Chard and White Beans

Serves 4-6 | Gluten-free, Soy-free, No Added Sugar

Quickly cooked in the Instant Pot, Swiss chard pairs beautifully with cannellini beans and a medley of sweet and savory ingredients, like raisins and olives.

Ingredients: Swiss chard, olive oil, garlic, onion, canned beans, raisins.

Instructions: Sauté the aromatics, then cook with chard and beans. Toss

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with lemon zest before serving.

Maple Carrots with Ginger-Almond Cream

Serves 3-4 | Gluten-free, Refined Sugar-free

Sweet, tender carrots glazed with maple syrup get a zing from a creamy ginger-almond dressing. This dish is perfect for impressing guests or delighting picky eaters.

Ingredients: Carrots, maple syrup, vegan butter, almond butter, ginger.

Instructions: Prepare the carrots in the Instant Pot and blend the dressing before serving them drizzled with the sauce.

Sweet and Spicy Braised Red Cabbage

Makes About 7 Cups | Gluten-free, Nut-free, Refined Sugar-Free Option

Transform cabbage into a sweet and tangy dish with a quick braise infused with apples and dried cherries for depth. It can be served warm or chilled.

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Ingredients: Red cabbage, carrots, apples, vegetable broth, cherries.

Instructions: Sauté ingredients, then pressure cook them together. Serve as a colorful side.

Citrus Kale and Carrots

Serves 4 | Gluten-free, Nut-free, Soy-free, No Added Sugar

This flavorful dish features kale and carrots enhanced by a zesty citrus dressing, making it a light and refreshing addition to any meal.

Ingredients: Kale, carrots, onion, citrus juice, garlic.

Instructions: Sauté vegetables and steam them quickly. Dress and serve to enjoy bright flavors.

Root Vegetable Mash

Serves 8 | Gluten-free, Nut-free, Soy-free, No Added Sugar

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A light alternative to traditional mashed potatoes, this dish uses root vegetables and roasted garlic for a creamy, buttery texture.

Ingredients: Carrots, sweet potatoes, cauliflower, garlic, herbs.

Instructions: Pressure cook veggies, then blend with roasted garlic and seasonings for a delightful side dish.

The Best Damn Ratatouille

Serves 8 | Gluten-free, Nut-free, Soy-free, No Added Sugar

This vibrant ratatouille features seasonal vegetables in a beautifully layered dish. Serve with grains for an elegant meal.

Ingredients: Eggplant, onions, garlic, bell peppers, heirloom tomatoes.

Instructions: Sauté vegetables, layer them with tomatoes, and pressure cook. Serve garnished with fresh herbs.

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Green Bean Salad with Maple-Tahini Dressing

Serves 4 | Gluten-free, Nut-free Option, Soy-free, Refined Sugar-Free

Bright, crisp green beans are paired with a creamy dressing for a refreshing salad perfect for any table.

Ingredients: Green beans, cherry tomatoes, tahini, lemon juice, garlic.

Instructions: Steam the beans and sauté with aromatics before tossing with the dressing and toppings for serving.

These creative vegetable recipes not only affirm that plant-based eating can be rich and indulgent but also provide fresh and exciting ways to incorporate a variety of vegetables into everyday meals.

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Chapter 6 Summary: 5. Comfort Food Favorites

Comfort Food Favorites

This beloved chapter showcases an array of hearty and satisfying vegan comfort food classics that dispel common misconceptions about vegan diets. The dishes are designed to satisfy both seasoned vegans and omnivorous guests, proving that plant-based meals can be rich in flavor, texture, and nutritional value, defying stereotypes that vegan meals are insipid or lacking in protein. With inspiration drawn from international cuisines, the chapter includes both casual weeknight dinners and more intricate recipes worthy of weekend entertaining.

Macaroni and Cheese

Serves 6-8 | No Added Sugar

Macaroni and cheese is an iconic American comfort food, often tied to childhood memories of cozy family meals. This recipe offers a vegan take that aims to replicate the creamy, nostalgic delight of traditional mac and

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cheese without dairy or conventional cooking methods. The secret lies in a savory vegan cheese sauce made from umami-rich ingredients, paired with a crunchy breadcrumb topping for texture. While elbow macaroni is classic, larger pasta shapes like cavatappi or medium shells work better in the Instant Pot, ensuring both flavor and ease.

Ingredients: Olive oil, vegan cheese sauce (garlic powder, onion powder, mustard powder, smoked paprika, salt, crushed red pepper flakes), pasta, vegan butter, breadcrumbs, black pepper.

Instructions: Grease the Instant Pot with oil, add warm water and the cheese sauce mix, incorporate the pasta, and pressure cook for 3 minutes. Toast breadcrumbs in a skillet. After cooking, if the sauce is thin, sauté to thicken, then serve topped with breadcrumbs.

Miso Mushroom Risotto

Serves 4-6 | Gluten-Free, Nut-Free, No Added Sugar

The author's first encounter with mushroom risotto, made in college, evokes nostalgia for the dish's creamy richness and earthy aroma. This vegan

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version harnesses the starch from Arborio rice and miso paste for creaminess, eliminating the need for butter or cheese. Utilizing the Instant Pot streamlines the traditional process, usually requiring time and attention on the stovetop.

Ingredients: Arborio rice, vegetable broth, olive oil, shallots, garlic, assorted mushrooms, thyme, black pepper, salt, wine, miso, tamari, vegan butter, parsley.

Instructions: Rinse and soak rice for starch. Sauté shallots and garlic in olive oil, add mushrooms and spices, then incorporate rice and wine. Pressure cook with broth for 5 minutes, then stir in miso butter before serving topped with parsley.

Three-Bean Vegetable Chili

Serves 6 | Gluten-Free, Nut-Free, Soy-Free, Refined Sugar-Free

This chili represents a fulfilling blend of flavors, combining beans and vegetables with the warmth of spices. The inclusion of cocoa powder adds an unexpected depth without imparting a chocolate flavor. Each bite is

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enriched by masa harina, creating a smooth texture, making it a robust dish perfect for colder days.

Ingredients: Black, pinto, and kidney beans or their canned counterparts, olive oil, onion, garlic, jalapeño, carrots, assorted spices (chili powder, cocoa powder), corn, tomatoes, masa harina, lime juice.

Instructions: Soak dried beans, sauté vegetables, then combine with spices and broth in the Instant Pot. After cooking, thicken with masa harina and serve warm, enhancing flavors as it rests.

Jamaican Jerk Jackfruit Tacos

Serves 4 | Gluten-Free, Nut-Free, Refined Sugar-Free

Transport your taste buds to the Caribbean with these flavorful jackfruit tacos. The texture of shredded jackfruit imitates pulled pork, seasoned with vibrant jerk spices and complemented by a tangy mango-avocado salsa.

Mango-Avocado Salsa Ingredients: Mango, avocado, red onion, cucumber, citrus juices, cilantro.

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Jackfruit Ingredients: Jackfruit in brine, cooking oil, scallions, garlic, ginger, habanero or Scotch bonnet pepper, jerk seasoning, coconut sugar, tamari, lime, optional liquid smoke.

Instructions: Prepare the salsa, shred the jackfruit, and cook with spices in the Instant Pot. Serve in warmed tortillas topped with salsa.

Lentil Shepherd's Pie

Serves 6 | Gluten-Free, No Added Sugar

Ideal for holiday gatherings, this shepherd's pie features a rich lentil and mushroom ragu beneath creamy mashed potatoes. The Instant Pot allows for simultaneous cooking, saving time while delivering a hearty, filling meal.

Ingredients: Olive oil, onion, carrots, garlic, mushrooms, lentils, broth, spices, potatoes, vegan butter.

Instructions: Sauté the filling ingredients, layer with potatoes, and bake until golden on top. Serve warm, enhancing flavors with olive oil and fresh

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herbs.

Chickpea Vegetable Biryani

Serves 4-6 | Gluten-Free, Soy-Free, No Added Sugar

Biryani, a traditional Indian dish, elevates this chapter with fragrant basmati rice, spices, and chickpeas. Accompanied by cooling raita, this meal boasts deep, complex flavors without overwhelming the palate.

Ingredients: Basmati rice, various spices (cumin, turmeric, garam masala), vegetables, chickpeas, coconut oil, cashews.

Raita Ingredients: Cucumber, nondairy yogurt, garlic, herbs.

Instructions: Cook rice and spices, layer with vegetables and chickpeas, pressure cook, and serve with prepared raita for a refreshing contrast.

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Tex-Mex Brown Rice and Lentils

Serves 6-8 | Gluten-Free, Nut-Free, Soy-Free, No Added Sugar

This simple yet nourishing dish combines brown rice with lentils, flavored with Tex-Mex spices for easy preparation and great leftovers.

Ingredients: Rice, lentils, onion, bell peppers, garlic, vegetable broth, green chiles, tomatoes, Tex-Mex seasoning.

Instructions: Sauté vegetables and spices, combine all ingredients in the Instant Pot, and pressure cook for a complete meal, stirring in fresh cilantro and vegan cheese before serving.

Hearty Tempeh Chili

Serves 4-6 | Nut-Free, Refined Sugar-Free Option

Defy the myth that vegan meals can't be hearty with this chili featuring tempeh, pinto beans, and sweet potatoes, enhanced by cocoa and chipotle for

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warmth.

Ingredients: Olive oil, onion, carrots, garlic, spices, vegetable broth, canned tomatoes, tempeh, sweet potatoes.

Instructions: Sauté the vegetables and spices, add liquid and ingredients to the Instant Pot, and cook for 8 minutes. Thicken with masa harina and serve garnished if desired.

Vegetable Lasagna with Basil Ricotta

Serves 4 | Nut-Free, Sugar-Free

Experience lasagna in the Instant Pot: a unique, compact version that uses no-boil noodles. The tofu ricotta substitutes traditional cheese while maintaining a creamy texture.

Vegetable Ingredients: Olive oil, onion, garlic, zucchini, bell pepper, mushrooms, basil.

Lasagna Assembly: Marinara sauce, no-boil noodles, spinach or kale,

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vegan cheese.

Instructions: Cook filling ingredients, layer in springform pan, and pressure cook. Optionally broil for a melty finish.

Vegetable Paella

Serves 4-6 | Gluten-Free Option, Soy-Free, Nut-Free, No Added Sugar

This paella offers vibrant flavors with vegan sausage, saffron, and a variety of vegetables, made simpler through Instant Pot cooking.

Ingredients: Vegetable broth, saffron (optional), onion, garlic, sausage, short-grain rice, artichokes, spices.

Instructions: Sauté vegetables and sausage, toast the rice, combine all ingredients, and cook for 6 minutes. Stir in herbs and let rest before serving.

Pumpkin Farrotto (Farro Risotto)

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Serves 4 | Nut-Free Option, Soy-Free Option, No Added Sugar

This hearty farro dish combines sweet pumpkin puree with aromatic herbs for an innovative twist on traditional risotto.

Ingredients: Olive oil, leeks, garlic, farro, white wine, vegetable broth, pumpkin puree, spices, herb-infused oil.

Instructions: Prepare farro, sauté with aromatics, add broth and pumpkin, pressure cook, and finish with herb oil before serving.

Lentil-Walnut Gyros with Tzatziki

Serves 4-6 | Soy-Free, No Added Sugar

This dish adapts the classic gyro by incorporating lentils and walnuts, topped with a refreshing tzatziki sauce.

Lentil-Walnut Ragu Ingredients: Olive oil, onion, garlic, spices,

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vegetable broth, lentils, walnuts, tomatoes.

Tzatziki Ingredients: Cucumber, nondairy yogurt, garlic, dill, lemon juice.

Instructions: Cook the ragu, prepare tzatziki, and serve in pitas with fresh toppings.

Khichdi (Indian Lentil and Rice Porridge)

Serves 6 | Gluten-Free, Nut-Free Option, Soy-Free, Sugar-Free

Known for its comforting properties, khichdi is a traditional Indian dish that combines rice and lentils into a creamy porridge, perfect for soothing.

Ingredients: Basmati rice, yellow lentils, coconut oil, spices, water, cashews, coconut.

Instructions: Soak rice and lentils, sauté spices, add to Instant Pot with water, cook, and garnish with spiced cashews and coconut.

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One-Pot Bolognese Pasta

Serves 6 | No Added Sugar

This vegan Bolognese dish simplifies the classic recipe by using the Instant Pot to layer flavors in one pot with hearty lentils and walnuts.

Ingredients: Lentils, olive oil, onion, carrots, celery, garlic, shiitake mushrooms, spices, broth, pasta.

Instructions: Sauté aromatics, deglaze with wine, add remaining ingredients, and pressure cook before finishing with fresh herbs and marinara.

Pasta Primavera Alfredo

Serves 4-6 | Nut-Free Option, No Added Sugar

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This modern take on pasta primavera incorporates a creamy Alfredo sauce made with nondairy milk, coconut, and fresh veggies, making it a seasonal favorite.

Ingredients: Broccoli, olive oil, onion, carrots, garlic, white wine, coconut milk, pasta, edamame, spinach, tomatoes, herbs, optionally vegan cheese.

Instructions: Steam broccoli, sauté onions and carrots, combine ingredients in Instant Pot, cook pasta, and finish with vegetables and fresh herbs for a light yet indulgent meal.

This chapter adeptly combines beloved comfort food recipes with globally inspired flavors, all while emphasizing the ease and efficiency of plant-based cooking in the Instant Pot.

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Critical Thinking

Key Point: Comfort Food Classics Can Be Vegan Too

Critical Interpretation: Embracing vegan comfort food, such as a rich and creamy macaroni and cheese or a hearty three-bean chili, can inspire you to rethink your relationship with meals. By realizing that flavorful, satisfying dishes can be made entirely from plants, you open the door to a healthier lifestyle without sacrificing the joys of eating. This revelation encourages you to explore diverse cuisines and try new recipes, fostering creativity in your cooking while also promoting a compassionate and sustainable way of living that enriches your life and those around you.

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Chapter 7 Summary: 6. Soups, Stews, and Curries

Chapter Summary: Soups, Stews, and Curries

This chapter emphasizes the versatility and efficiency of the Instant Pot in preparing a variety of soups, stews, and curries that deliver deep flavors in significantly reduced cooking times. It introduces the comforting allure of hearty meals, appealing to both seasoned cooks and novices alike.

Creamy Dreamy Cauliflower Soup

A fall favorite, this easily made cauliflower soup transforms creamy through the pressure cooking process. Essential ingredients include olive oil, onion, garlic, cauliflower, Yukon Gold potatoes, vegetable broth, and coconut milk, resulting in a velvety texture. Enhanced by thyme, black pepper, and nutmeg, the soup is finished with garnishes of toasted breadcrumbs, chopped almonds, lemon zest, capers, and fresh parsley for added texture and flavor.

Red Lentil Almond Curry

This beloved vegan curry is packed with nutrition from red lentils and features a seductive blend of spices and coconut flavors. Essential ingredients like onion, ginger, garlic, and a mix of aromatic spices are sautéed before being integrated with red lentils, coconut milk, and almond butter. The dish, traditionally consumed in Indian style with bread, provides

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a warm, comforting meal that impresses even non-vegans.

French Lentil Soup

Combining simple pantry staples, this lentil soup relies on savory, caramelized onions for its rich umami flavor. With French green lentils for texture and a bouquet garni of herbs, the soup is both rustic and refined. A splash of balsamic vinegar enhances the flavor, making it hearty enough for a satisfying weeknight dinner.

Thai Vegetable Green Curry

Transporting diners to Thailand, this curry features a fragrant mix of vegetables and tofu, enriched by the addition of lemongrass and Thai basil. The balance of spicy, sweet, and sour complements the coconut milk, creating a dish that feels both indulgent and refreshing.

The Best Corn Chowder

Reputed for its luscious texture without any dairy, this chowder utilizes cashews, coconut milk, and potatoes, with celery salt providing a distinctive flavor. While fresh corn shines in the summer, frozen or canned alternatives also work well for a comforting warm meal.

West African Peanut Stew

This dish showcases the unique flavors of West African cuisine, highlighting peanut butter as a creamy and rich base. Bursting with spices and brightened

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by sweet potatoes and greens, this nutrient-packed stew is served over grains, offering warmth and satisfaction.

Tofu Cauliflower Tikka Masala

By substituting traditional dairy with coconut milk and cashew cream, this recipe delivers a rich, creamy tikka masala. Marinated tofu and cauliflower are enveloped in a spiced tomato sauce, making it a comforting vegan replacement for the classic chicken dish.

Creamy Carrot-Ginger Soup

A great entry for beginner cooks, this soup combines the sweetness of carrots with zesty ginger and orange juice. Coconut milk adds indulgence while remaining healthy, resulting in a dish that is equally nourishing and flavorful.

Spiced Lentil, Kale, and Sausage Soup

Ideal for cold days, this hearty soup combines vegan sausage with chunky lentils and nutrient-rich kale. Richly seasoned for flavor, it is both filling and satisfying, perfect for a comforting meal.

Pho (Vietnamese Noodle Soup)

This recipe simplifies the traditional Vietnamese noodle soup, preserving the complex flavors through pressure cooking. A smoky broth infused with spices, paired with rice noodles and fresh herbs, transforms into a beloved

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classic.

Butternut Squash Chickpea Tagine

This North African-inspired stew balances sweet and savory notes with spices like cinnamon and fresh herbs. The dish glows with butternut squash and chickpeas, thickening beautifully, and is often garnished with zesty pickled raisins.

Tuscan Ribollita

Originating as a peasant dish, ribollita combines leftover minestrone ingredients with stale bread, creating a thick, hearty soup. Using the Instant Pot enhances the depth of flavors for an authentic and comforting Italian meal.

Lemongrass-Ginger Kabocha Squash Soup

Highlighting kabocha squash's natural sweetness and creamy texture, this soup integrates fragrant ginger and lemongrass for a refreshing autumn dish. Ideal for holiday gatherings, it includes garnishes that can elevate its presentation and taste.

White Bean and Broccoli Soup

A surprising twist on broccoli soup, this version uses cannellini beans for creaminess and includes fresh basil for brightness. Topped with a nutty almond crumble, it's a nutrient-rich option that is quick and easy.

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Chana Masala

This iconic Indian dish features chickpeas simmered in a spiced tomato sauce, reflecting the rich flavors of Indian cuisine. Simple but deeply flavorful, it can be served over rice for a hearty meal.

Red Curry Rice Noodle Soup

Inspired by Thai street food, this noodle soup balances flavors intuitively, embracing the freshness of ingredients. The thick and creamy base, accented by fresh herbs, offers comfort and warmth in every bowl.

Easy Sweet Potato Dal

This modern take on traditional Indian dal combines lentils and sweet potatoes with creamy coconut milk. The resulting dish is thick and nourishing, providing a comforting meal that is both wholesome and delicious.

Through this chapter, readers are encouraged to experiment and feel inspired to create their own variations of these recipes using the versatile Instant Pot, making hearty meals accessible for any skill level.

Recipe Name	Description
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Recipe Name	Description
Creamy Dreamy Cauliflower Soup	A creamy cauliflower soup with olive oil, onion, garlic, Yukon Gold potatoes, and coconut milk, garnished with toasted breadcrumbs, almonds, and fresh herbs.
Red Lentil Almond Curry	A nutritious vegan curry with red lentils, coconut milk, almond butter, and a blend of spices, typically served with bread.
French Lentil Soup	A savory soup with caramelized onions, French green lentils, and a splash of balsamic vinegar, creating a hearty weeknight meal.
Thai Vegetable Green Curry	A fragrant curry with vegetables and tofu, featuring lemongrass and Thai basil in a coconut milk base.
The Best Corn Chowder	A dairy-free chowder using cashews, coconut milk, and potatoes, with fresh or frozen corn for a warm meal.
West African Peanut Stew	A nutrient-packed stew with peanut butter, sweet potatoes, and greens, served over grains for warmth.
Tofu Cauliflower Tikka Masala	A vegan tikka masala with marinated tofu and cauliflower in a spiced tomato sauce, substituting traditional dairy with coconut milk.
Creamy Carrot-Ginger Soup	A simple soup balancing sweet carrots and zesty ginger, with coconut milk for a nourishing flavor.
Spiced Lentil, Kale, and Sausage Soup	A filling soup featuring vegan sausage, lentils, and kale, seasoned richly for comfort.
Pho (Vietnamese Noodle Soup)	A simplified version of Vietnamese noodle soup with a smoky broth, rice noodles, and fresh herbs.
Butternut Squash Chickpea Tagine	A North African stew with butternut squash, chickpeas, and spices, thickened beautifully with pickled raisins for garnish.
Tuscan Ribollita	An Italian soup combining leftover minestrone with stale bread for a hearty meal, enhanced by the Instant Pot.

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Recipe Name	Description
Lemongrass-Ginger Kabocha Squash Soup	A seasonal soup highlighting kabocha squash with ginger and lemongrass, garnished for flavor and presentation.
White Bean and Broccoli Soup	A unique broccoli soup using cannellini beans for creaminess and fresh basil, topped with a nutty almond crumble.
Chana Masala	An iconic Indian dish of chickpeas simmered in a spiced tomato sauce, served over rice for a hearty meal.
Red Curry Rice Noodle Soup	A Thai-inspired noodle soup with a creamy base and fresh herbs, offering comfort and warmth.
Easy Sweet Potato Dal	A modern dal with lentils and sweet potatoes in coconut milk, providing a thick and nourishing meal.

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Critical Thinking

Key Point: The versatility and efficiency of the Instant Pot

Critical Interpretation: Imagine stepping into your kitchen, a world of culinary possibility ahead of you. With the Instant Pot, you find not just a tool, but an invitation to explore flavors and cultures, all while saving precious time. Picture yourself whipping up a fragrant Thai Vegetable Green Curry or a Creamy Dreamy Cauliflower Soup, the aromas enveloping your space as they simmer. This chapter inspires you to break free from the notion that cooking is time-consuming and complicated. It encourages you to embrace experimentation and creativity in your meals, transforming the everyday act of preparing food into something adventurous and fulfilling. As you prepare each dish, you're reminded that nourishing yourself can also mean indulging your curiosity and delighting in the wealth of flavors available to you.

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Chapter 8: 7. Desserts

Chapter Summary: Desserts

The author expresses a deep love for food, which began as a teenager through the joy of baking for others. This love is particularly evident in the desserts featured in this chapter, offering a variety of indulgent recipes suitable for all taste preferences. From chocolate lovers to fruit enthusiasts, these desserts promise to delight, encouraging readers to fully enjoy the flavors without guilt.

Double-Fudge Chocolate Cake

This decadent cake, serving 10 to 12, combines the richness of brownies with a classic chocolate cake. The secret to its fudgy texture lies in the use of the pressure cooker method, which steams the cake and ensures a moist, pudding-like interior. Crafted with high-quality cocoa and dark chocolate chunks, the cake is recommended to be enjoyed with fresh raspberries or raspberry coulis for a tart contrast.

Apple Crisp-Stuffed Apples

This fall dessert serves five and transforms traditional apple crisp into a delightful baked apple dish. Utilizing varieties like Honeycrisp that can withstand heat, the recipe includes a delicious filling of raisins, nuts, and

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spices, topped with vegan butter and cinnamon. These stuffed apples are easily made in the Instant Pot, making them a comforting treat when served warm, possibly accompanied by vegan vanilla ice cream.

Mixed Berry Compote

This versatile compote, yielding about 3 cups, features a mix of berries, easily crafted in the Instant Pot for a quick treat. Flavored with lemon juice and sugar, it can complement desserts like ice cream or breakfast items, and can be adjusted based on the sweetness of the berries used.

Thai Mango Sticky Rice

Serving four, this beloved Thai dessert combines sweet sticky rice with ripe mangos. The Instant Pot simplifies preparation by eliminating the need for soaking and traditional steaming methods. Served with a rich coconut sauce and topped with mung beans or sesame seeds, this dish captures the essence of Thai flavors.

Pecan Pumpkin Mousse Tart

This lighter pumpkin dessert is a twist on the traditional pie, combining a pecan-ginger crust with a silky mousse filling made with pumpkin and silken tofu. The Instant Pot method allows for even cooking, enhancing the filling's creamy texture. Finished with a sticky pecan glaze, it serves as a festive treat.

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Cookies 'n' Cream Cheesecake

This vegan cheesecake serves eight and makes use of soaked cashews and coconut cream to achieve a rich and creamy texture. With a cookie crust and filling, it relies on the Instant Pot's water bath-like environment for even baking. Topped with whipped cream and crushed cookies, it becomes an elegant dessert.

Lemon Poppy Seed Bundt Cake

This light and fluffy cake, serving eight, is infused with lemon zest and juice, offering a refreshing flavor profile. The cake is complemented by a sweet lemon icing, making it a delightful offering from the author's collection.

Sweet Corn Rosemary Cake with Balsamic Syrup

This rustic cake serves 6 to 8 and has a sweet yet savory flavor, evoking memories of cornbread. It pairs beautifully with balsamic syrup for an elevated dessert experience, perfect for snacking or dressing up for guests.

Red Wine-Poached Pears

This elegant dessert serves four and features pears poached in a mixture of red wine, spices, and citrus. The technique ensures tender, beautifully colored pears that can be served with yogurt or vegan ice cream, perfect for impressing dinner guests with minimal effort.

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Peach-Raspberry Crisp

This summer dessert, serving 8 to 10, allows for fresh peaches to shine without requiring oven time. The fruit is cooked separately and topped with a delicious crisp mixture, making it a customizable and refreshing treat.

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