



Schnell, einfach, lecker - Vegan kochen: Vegane Hauptgerichte (German Edition)

Alexis Summer

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Schnell, einfach, lecker - Vegan kochen.

Dieses kleine Kochbuch enthält 24 vegane Hauptgerichte mit Zutaten, die man im gewöhnlichen Supermarkt kaufen kann.

Es richtet sich an alle Personen, die Interesse an der veganen Küche haben.

In erster Linie ist es jedoch für Umsteiger, Studenten, Kochanfänger und Kochmuffel gedacht. Die Gerichte sind einfach und lecker.

Die Bilder in diesem Buch sind authentisch und von der Autorin (keine gelernte Köchin) selbst gemacht. Die Gerichte wurden direkt nach dem Kochen fotografiert.

Alle Rezepte sind für den normalen Alltag gedacht und benötigen keine stundenlange Vorbereitungs- oder Kochzeit.

Folgende Rezepte befinden sich in dem Buch:

- Spaghetti Bolognese
- Bolognese-Nudel-Auflauf
- Pizza
- Glusach
- Gemüselasagne
- Kartoffel-Tomaten-Tofu-Hack
- Nudeln in Estragon-Sahnesauce
- Nudeln in Paprika-Sahnesauce
- Reis-Tofu-Auflauf
- Paprika-Geschnetzeltes
- Zucchini-Spaghetti Bolognese
- Nudelaufbau
- Bratkartoffeln mit Räuchertofu

- Püree
- Reisauflauf mit Tomaten und Zucchini
- Tortillas
- Gefüllte Paprika mit Reis-Tofu-Hack
- Combinazione
- Rote Bete-Nudelauflauf
- Wraps
- Gebratene Nudeln mit Soja-Brocken
- Kartoffel-Hack-Auflauf
- Kartoffel-Zucchini-Paprika-Pfanne
- Kartoffel-Kürbis-Auflauf

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