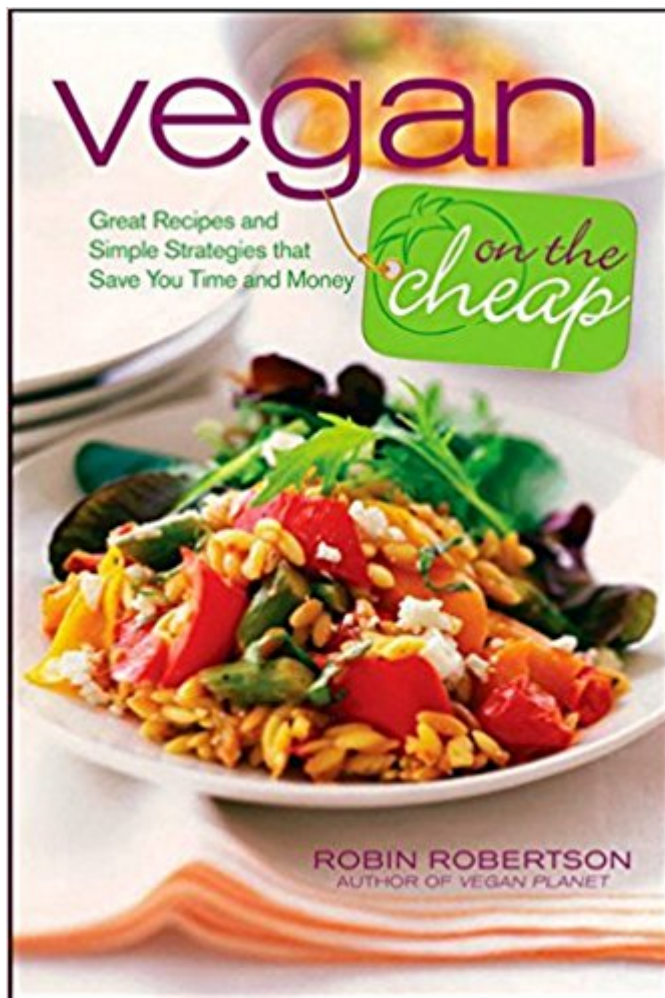




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# Vegan On The Cheap



## Synopsis

You don't have to blow your budget to eat great meatless and dairy-free meals every day. With *Vegan on the Cheap*, you can enjoy delicious vegan meals every day of the week. Veteran food writer and vegan authority Robin Robertson provides 150 mouth-watering, exciting recipes that cost just 50 cents to \$2 per serving—hefty savings to go with hearty vegan meals. This book presents great options for savory soups and stews, satisfying salads, hearty noodle dishes, first-class casseroles, favorites for the slow cooker, and meatless and dairy-free recipes for classics like pizza, burgers, and sandwiches. Plus, there's even a chapter for desserts to satisfy every sweet tooth. Throughout the book, smart tips and creative ideas help you save money by cooking in bulk, prepping meals in advance, and finding tasty ways to reuse leftovers. Includes 150 money-saving recipes for delicious vegan meals like Walnut-Dusted Fettuccine with Caramelized Vegetables and Fresh Pear Galette. Written by renowned vegan and vegetarian expert and food writer Robin Robertson, author of *1,000 Vegan Recipes*. Features cost-per-serving icons that highlight the cost of each affordable dish. Packed with affordable recipes and money-saving tips, this is the ultimate resource for every vegan kitchen.

## Book Information

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## Customer Reviews

The ultimate vegan budget cookbook! — easy recipes for delicious food that costs no more than \$2 per serving! With the price of fresh vegetables, fruit, and meatless and dairy-free foods on the rise, it's tougher than ever to eat great-tasting vegan meals without blowing your budget. In

Vegan on the Cheap, Robin Robertson gives you a big bang for your buck with 150 exciting, mouthwatering recipes – all for just 50¢ to \$2 per serving. You'll find great options for savory soups and stews, satisfying salads, hearty noodle dishes, first-class casseroles, slow-cooker favorites, quick-and-simple skillet dinners, plus vegan versions of classic foods like pizza, burgers, and sandwiches. Even if you cook every night, these recipes won't let you run out of ideas any time soon! And, Vegan on the Cheap provides plenty of tips and strategies for everyday savings: Manage your food budget with handy cost-per-serving icons for each recipe. Make your own meat alternatives like seitan at a fraction of the cost of packaged proteins. Prepare and stockpile big batches of ingredients that will keep for weeks. Cook it once but enjoy it twice with "Two-for-One Meals."

Robin Robertson is a veteran restaurant chef, cooking teacher, and an acclaimed writer. She pens a regular column for VegNews Magazine and has written for Vegetarian Times, Health Naturally, Restaurant Business, National Culinary Review, American Culinary Federation Magazine, and Better Nutrition. She has written numerous cookbooks including the best-selling titles Vegan Planet, Vegan on the Cheap, and Quick-Fix Vegan. Robertson currently writes, promotes her books, and teaches classes on her innovative vegan cuisine from her home in the Shenandoah Valley of Virginia, where she lives with her husband and two cats. Her website is [www.robinrobertson.com](http://www.robinrobertson.com)

The recipes in this book really are inexpensive to make. The book starts with about 28 pages of advice on ways to save money on food, and the rest of the book is devoted to recipes. I have tried the following so far, and thought they were great: Cheezee sauce (excellent!) Comfort loaf (Best vegan 'meatloaf' I've ever had) Baked ziti (Delicious; I was amazed at how well the tofu worked in this dish) Mexican rice and bean bake (Today's dinner - also outstanding) The one caveat I have about the book is that some of the directions appear to be incomplete. This is okay for experienced cooks that can just figure out how to make it work. But someone with less experience and know-how could possibly end up wasting money by trying recipes that won't work. For example, the Cheezee sauce recipe tells you to combine some ingredients in a saucepan. Then it says, "Turn the heat on medium and whisk in the soy milk. Cook, stirring, until the sauce thickens, about 1 minute." This makes it sound like you are supposed to just turn on the heat and have the pot on the stove for 1 minute. What you have to do is bring the mixture to boiling and then cook it for about 1 minute longer. So, the author forgot to mention the part about bringing the mixture to boiling. If you've never made a sauce this way before, you might throw it out if you follow the directions, because it's not useful in that watery state. In the Mexican rice and bean bake, the recipe involves partially cooking

some rice on the stovetop, and then putting it in the oven to cook the rest of the way. I think that there is something missing from the directions there as well, because I cooked and baked as directed, and had to double my baking time to cook the rice completely. (And, no, there is nothing wrong with my oven.) I presume that it was supposed to be cooked a little longer on the stovetop first, but again, the directions just indicated that you were to return the stovetop mixture to boiling, and then dump it in the pan to go into the oven. I suspect you were supposed to boil it for a little while on the stovetop first. The food tastes great. She really does a lot with inexpensive ingredients. (One of the things I liked about this cookbook was that she only asks you to have a few non-standard ingredients on hand, unlike most vegan cookbooks, which expect that you are secretly running an international grocery store in your kitchen.) But considering I tried 4 recipes so far, and 2 of them had inaccurate directions, I'm a little concerned about the rest of the book. I'll just have to remember to be more vigilant when making these recipes. I think this is particularly important for this book, because I am sure that this book was geared, in part, to the 'starving students' and other new vegans who want to eat vegan on a budget. In general, younger people have less cooking experience and therefore will be less likely to know how to 'fix' these recipes. Also, I have a few of Robertson's other cookbooks, and haven't ever come across this problem so far. So, I'm disappointed for that reason, too. But, man, that Mexican rice and bean bake is REALLY good.

I made the Great Northern Apple Cake recipe. It was a failure in terms of taste, consistency, and cake-like texture. I believe that part of the problem was following the author's recommendation to use a food processor to blend the ingredients. This resulted in the batter being "overworked" and it did not rise well. After trying the cake and finding it to be too moist and sticky, I put it back into the oven for ten more minutes. This did not help the heavy consistency and glutenous quality. Also, I question the use of the beans. Yes, they added to the moist quality, but the cake was so moist it was rather gummy. I detected a strange non-cake flavor when I tried the cake. I believe it was the beans. Despite the spices, the cake lacked a pleasing taste and my mouth was left wondering "what is this you are putting in my mouth." Robertson suggests that children will like the cake. I suspect that any kid and most adults will say or think "YUK!" after the first bite.

I haven't tried a great deal of the recipes. The ones I have made, I've liked a great deal. But, the ones that are the staple recipes--- wow-- those are worth the 10 dollar purchase price alone. I've probably saved at least that much with the Faux Parm recipe and the Peanut Sauce. And, believe it or not, I've probably saved at least twice that since I learned in here how simple it is to make veggie

broth. I was spending about \$15 a week on that and thinking I had no time to do it at home. This book convinced me to try it at home. I make a batch on Sunday night while I am watching tv, freeze it and use it throughout the week. Amazing how much better my food is and how much lower my grocery bill. And it takes hardly any time! I also bought the same author's 1,000 Vegan Recipes and it's excellent, too! (It might be 1,001-- I forget!) Update--10/28/2016 I go back and forth eating plant based. but this book remains one of my favorite of all time cookbooks because it is so very money saving and the food is so good. I love the Peanutty Pumpkin Stew, the Cincinnati Suburb Chili, and the White Beans and Lemon Potatoes with Olives and Potatoes are yummy too (think I will make the latter for dinner tonight!).

I make so many dishes in this cookbook. So well designed. Easy to follow. Nothing complicated. AND thrifty! Be prepared to bend over corners and mark up the pages!

I ordered this cookbook after being vegan for almost a year. I love it because it has recipes to make your own seitan, pepperoni, salad dressings, sour cream, cheez sauce etc. Things that I am paying an arm and leg for and in small amounts at healthfoods stores or expensive grocery stores I found recipes for in this book. I love that I can make things at home myself. It makes me feel better and save money. I am planning to buy more of Robin Robertson's cookbooks because I love this one so much. I would recommend it to any vegan who would like to save money or to just learn how to make more things at home yourself.

I use the homemade marinara recipe often, tripling the batch and freezing it in 24oz. portions for quick weeknight meals. The flavor profiles are good and offer a wide variety. I'm an excellent cook who fell on hard economic times and these recipes are very doable on food stamps which only provide \$4 a day per person.

This book has great recipes. Found this book at our library and I always bookmark the pages of the recipes that I want to try. Had over 15 bookmarks. Knew it was better to buy the book and easier, than to make copies of all the recipes. Happy with the cookbook.

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