



# Vegan Electric Pressure Cooker: Health Bean, Grain And One-Pot Meal Electric Pressure Cooker Recipes

*Kasia Roberts*

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Pressure cooking is undergoing a revival, one that is exciting and healthy. Modern pressure cookers are a far cry from the one that your grandmother had and offer features that make possible dishes that you never before conceived being cooked in a pressure cooker. This new style of pressure cooking include dishes that are tailored to specific dietary lifestyles, including vegan. In just a matter of minutes, you can have dishes that typically are laborious, such as creamy risottos, rich bean stews and lightly herbed, delicately tender vegetables. This book will help you shed any misconception you have about pressure cooking vegan recipes and will inspire a sense of culinary creativity that will leave you wanting to create and experiment even more with the endless meals that you can cook with simplicity. It is time to break out your pressure cooker and break free of your old ideas of this classic device and learn how easy it is to enjoy quick, healthy and delicious vegan meals.



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