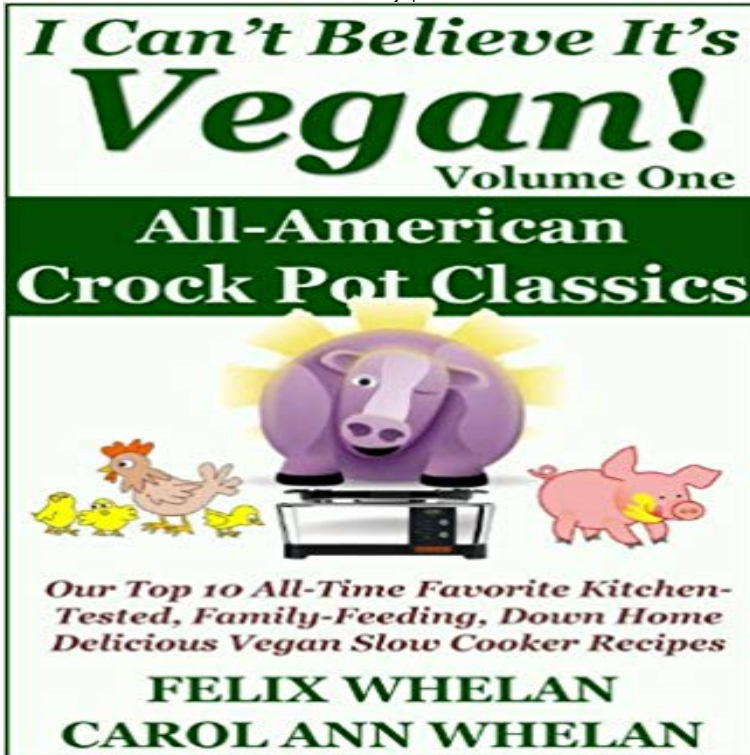


# I Cant Believe Its Vegan! Volume 1 - All American Crock Pot Classics: Our Top 10 All-Time Favorite Kitchen-Tested, Family-Feeding, Down Home Delicious Vegan Slow Cooker Recipes



Now you can Live like a vegan, but eat like an American! with these 100% veganized all-American Crock Pot Classics! Try: Thick and Creamy Potato Double Corn Chowder NORleans Vegan Soyrizo Gumbo (I Cant Believe Its) NOT BEEF STEW! Vegan Crock Pot Roast Easy Vegan Slow Cooker Ham & Beans Vego de Mayo Vegan Taco Soup Vegan Slow Cooker Sloppy Joes Vegan Slow Cooker Lasagna Chicken Crock Pot Cacciatore (NOT!) Crock Pot Vegan Meatballs Meatless Does Not Equal Boring Probably the biggest obstacle preventing most Americans, even those who feel powerfully drawn to the ethics of a meat-free lifestyle, from going vegetarian or full vegan is fear of the unknown. Will giving up meat mean I have to eat lettuce and bean sprouts all day? Isnt all vegan food super-expensive weird stuff you have to buy at a health food store? What about the meals I loved as a kid that I still love... Do I have to surrender everything...? Ill get bored! I cant do it! With this cookbook (or any cookbook by Felix and Carol Ann Whelan) in your hands, yes you can! Carol Ann and I grew up in the American Midwest during the 1970s, members of normal, Middle Class, meat-loving families, raised on a steady diet of good, old-fashioned all-American comfort food. American cuisine is in our genes, so when we first went vegetarian (each of us, individually, before we met) we had the same doubts any other red-blooded American would have at the thought of exchanging burgers and fried chicken, beef stew and pot roast, sloppy Joes and meatball sandwiches for rabbit food... But, as it turns out, that wasnt the bargain at all. The truth is that you can, in fact, live life as a vegan, but still eat like an American! This book will prove it to you. What we have discovered over the years, and will be sharing with you in this series of cookbooks, is that we have yet to discover a single American Classic meal

that cant be re-created vegan... and taste just as good, if not better, than the original. If youre not already vegetarian, we hope these recipes inspire you to take the plunge. If youre already vegetarian or vegan, we hope youll cook these dishes for your carnivorous friends, and let them experience first hand that going meatless requires no sacrifice of flavor or food favorites at all! A Word About Meat Substitutes This is a cookbook series focused on American Cuisine. American Cuisine is, almost by definition, meat heavy. You cant just leave the meat out of most classic American dishes and reach the same result. Pot roast without the roast is just vegetables. Tasty vegetables in gravy, but still just vegetables. If that had the power to win anybody over, the whole world would have gone vegetarian a long time ago... So we turn to meat substitutes. All of the recipes in this cookbook call for one meat substitute or another, so as to keep them vegan, but still grant them their unique American appeal. Some recipes call for readily available commercial products, like Boca crumbles, Morningstar Chikn Strips, or Soyrizo. Others tell you how to create your own meat substitutes using tofu, TVP, vital wheat gluten, etc. They way I see it, if people who think they cant live without the taste and texture of meat discover they can satisfy their cravings with plant-based substitutes, it makes embracing vegetarianism easier, and more and more people will do it. Meat substitutes will eventually become just meat. In the future vegan world we are all working toward, no one will even remember that meat ever came from our animal friends. Meat has always been a soy product, right...? Thats the dream, anyway. Help me make it a reality! Felix Whelan blogs about vegetarian cuisine, the Catholic Faith, and his amazing family at [www.FelixatFifty.com](http://www.FelixatFifty.com).

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