



Vegan: Vegan Dump Dinners-Vegan Diet On A Budget (Crockpot, Quick Meals,Slowcooker,Cast Iron, Meals For One) (Slow Cooker,crockpot,vegan recipes,vegetarian ... protein,low fat,gluten free,vegan recipes)

Jack Green

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Rawsome Vegan Dump Dinner Meals

All recipes are based on a Whole Foods Plant Based Lifestyle:

whole-food,

plant-based diet for health.

Avoid all meat

Based around vegetables, fruits, whole grains legumes

excludes/minimize:

bleached flour/refined sugar/oileggs/Dairy

Here's a glimpse of the recipes:

spicy chickpeas

bean & oat chili

black garbanzo bean curry

vegetable & Chinese barbecued tofu

fiesta baked beans

indian rice pudding

dirty chai

curried vegetable & chickpea stew

tofu in pineapple bbq sauce

bean & cornbread casserole

muesli

sin-cinnati chili

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Virginia Swain:

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