



Vegan Under Pressure: Perfect Vegan Meals Made Quick and Easy in Your Pressure Cooker

Jill Nussinow

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Vegan cooking made fast, fresh, and flavorful with the convenience of a pressure cooker

For the growing number of people who eat vegan, a pressure cooker is a blessing when it comes to saving time and enjoying a wider variety of foods on a regular basis. The pressure cooker drastically shortens the cooking times of healthful vegan staples such as dried beans and ancient grains: suddenly hummus from scratch and braised artichokes become weeknight fare. In *Vegan Under Pressure*, Jill Nussinow shows how to use the appliance safely and effectively, and reveals the breadth of vegan fare that can be made using a pressure cooker, including Roasted Pepper and White Bean Dip, Harissa-Glazed Carrots with Green Olives, Pozole Chili, Farro Salad with Tomatoes and Arugula, Thai Summer Vegetable Curry, a chapter of veggie burgers, Cornbread, Pear-Almond Upside Down Cake, and DIY soy milk and seitan.

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