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Vegetarian cookbook for beginners

Vegetarians are people who should be getting a lot more praise than they typically get. It takes a special type of person to choose to stop eating meat—and not just for Meatless Mondays, either.A dedication to vegetarianism is a dedication that helps lower the number of animals killed for food, reduces your carbon footprint, and also improves your overall health. It's a great thing for all parties involved.If you're ready to go vegetarian for the first time in your life, congrats. You are making a wonderful choice for the world, and are about to open up your horizons to a slew of brand new dishes that you will adore.The problem with going vegetarian, of course, is missing meat. These vegetarian cookbooks for beginners can help by offering up easy and tasty meat dishes that will have you wondering why you didn't go vegetarian earlier.Maya Perry has a strong following online thanks to her easy, breezy attitude on all things culinary—and for being awesome at being vegetarian. Unlike many other vegetarian cookbook writers out there, she actually makes recipes that are easy, low-mess, and healthy for you.Everything from dips, sauces, salads, quiches, and full-blown dinners can be found in her cookbook. Better still, each recipe is designed to be healthy for you, too. Vegetarian food never looked so effortless.If you're like me, you have one or two food allergies that make it hard to enjoy typical fare found in vegetarian cookbooks for beginners. This is doubly true if you're a budding vegetarian who is allergic to milk or eggs.One of the easiest ways to go vegetarian without worrying about ingredients, making your recipes impossible to enjoy, is to stock up on vegan cookbooks. It really works!The Vegan Cookbook for Beginners is one of the best plant-based cookbooks on the market, and does the Herculean task of showing newbies easy vegan recipes—no crazy ingredients required.Headed by everyone's favorite homemaker, Martha Stewart Living has become one of the biggest companies for recipe creation and homemaking tips (it makes sense, too, considering it's responsible for one of the best healthy cookbooks of 2018). It's, therefore, not surprising that it's also become a great source of veggie recipes over the years.When Martha Stewart's company decided to make vegetarian cookbooks for beginners, they really decided to go all out. Meatless took the company's 200 most-adored vegetarian recipes and put them together in an easy-to-read book.Even if you're not on a vegetarian diet, you'll find this book to be very appealing. No matter who you are, Meatless will have at least one recipe you'll adore.If you were the kid who refused to eat veggies growing up, becoming a vegetarian is going to be a bit more difficult. However, there are still vegetarian cookbooks for beginners that are hesitant to eat the green stuff.I Hate Vegetables is one of those books, and like the name suggests, is written with veggie-haters in mind. The recipes inside are the type that you'll want to eat when you're sick of eating salads and just want to have something that has a meaty flair.The ingredients that you'll be searching for are going to be a bit hard to find at times, but that doesn't mean you shouldn't grab this book. Trust me, it's worth it.If you're just going vegetarian, chances are that you are going to end up having to cook veggie-friendly meals for your family as well. Good thing there are so many benefits of going vegetarian. Tabakova's Everyday Vegetarian Family Cookbook is a great option for vegetarians that will need to convince other people of these benefits, and who will be cooking for others to prove it.This book contains 100 different recipes that can be eaten any day of the week. Breakfast, lunch, and dinner are all represented, too. Every recipe contains easy-to-find ingredients that won't make your family members bemoan "rabbit food."Did you believe that meat-free, vegetarian food had to be a "solo only" thing? Yeah, you won't think that anymore once you get your paws on this book.America's Test Kitchen is one of the most popular companies for recipe creation, and regularly helps major food companies create the recipes that feed the nation. Their goal is to make delicious, nutritious meals that are easy enough for culinary novices to do.This isn't just one of the best vegetarian cookbooks for beginners; it's one of the largest, too. Over 700 different recipes are inside this book, each one healthier and easier than the next. If you are looking for a "vegetarian for life" cookbook, this is it.Parents who are going vegetarian along with kids would be wise to help ease kids into the transition of living a veggie-based life. This colorful recipe book has 60 different goodies that you can try out with your kids—all while teaching them the importance of a healthy diet.This book is a great choice for parents who want to teach their kids the basics of cooking, as well as adults who are capable of burning cereal on a typical day.The Forest Feast has become one of the most popular vegetarian cookbooks of all time, and much of it is thanks to the elegantly whimsical illustrations chosen by Gleason as she cooks out by her cabin in the woods.Delicious fruit pies, crisp drinks, foccacia, and all sorts of fully satisfying meals can be had here. The recipes are easy, but that's not all that you'll love about this book. The photos are breathtaking, and will have you feel like you're getting cooking lessons from a faerie.All these vegetarian recipes will whet your appetite, and convince the meat eaters you know to join the veggie train.If you really think about it, the truth about how animals end up on our plates is pretty violent, don't you think? You have to kill an animal in order to get a meal, and in most cases, that means people will have to wield a knife in order to end that life.The Forks Over Knives Cookbook is one of the only vegetarian cookbooks for beginners to really give you a serious pat on the back for helping keep animals from getting hurt. Heck, they even reward you for it by offering up delicious recipes.When was the last time you heard the word "simple" and "vegetarian" in the same sentence? Chances are, it's been a minute, right? Well, it's understandable. Veggie-based diets tend to be very complex when it comes to recipes, just because it involves a lot of work to turn greens meaty.The Simply Vegetarian Cookbook is different. It's no fuss, no muss. Just good ol' greens for a healthy and delicious meal. 2022 promises to be a bumper year for new cookbooks. So make a space on your shelf for brand-new recipe books from the likes of Asma Khan, Melissa Hemsley, Rukmini Iyer, and many more. Post navigation Whether you're a veggie beginner, flexitarian, an athlete looking for plant-power to fuel your workouts or simply want healthy, everyday meals for your family, there's something for everyone. This is food to get excited about.For more inspiration, see the best cookbooks for students, the best cookbooks for kids or the best cookbooks of 2021. Looking for a special personalised gift? Build a customised My BBC Good Food cookbook filled with your pick of our triple-tested recipes. These are ideal to give to a foodie friend or use in your own kitchen.Best vegetarian cookbooks to buyThe Curry Guy Veggie by Dan ToombsThe third book from food writer Dan Toombs is a truly expert guide to navigating meat-free Indian dishes, packed with recipes showcasing just how colourful, creative and delicious vegetarian Indian food can be. Plus, every recipe comes with instructions on how to make them vegan too.Little Green Kitchen by David Frenkiel and Luise VindahlLuise and David, the husband-and-wife team behind acclaimed vegetarian blog Green Kitchen Stories, are here to help you perfect the art of quick and easy vegetarian and vegan meals for all the family. Tried and tested by their three small children, their simple recipes include creamy broccoli pasta, tofu cashew masala, plus party food options and lunchbox favourites.Available from: WH Smith (£16)Amazon (£16)Waterstones (£20)Veg by Jamie OliverIn Veg, Jamie makes vegetarian cooking easy, sharing over 100 fun-to-make recipes full of flavour and all family-friendly. You've got stews, pastas, curries, pies and traybakes, each designed to make vegetarian cooking accessible and most importantly, delicious.East by Meera SodhaMeera's experience as a successful food writer really shines through in her latest book. Full of innovative flavours, East brings a new lease of life to Indian, Asian and Southeast Asian cooking, melding classic recipes with innovative flavours to create authentic and vibrant plant-based recipes.Available from: Amazon (£14.45)WH Smith (£16)Plant Power by Annie BellDistinguished food writer Annie Bell's book Plant Power features 100 protein-rich recipes for vegans and vegetarians, in which she shares how to source plant proteins from high-quality unrefined whole foods. With stunning images, this book is a feast for the eyes as well as the stomach.Available from: Amazon (£11.99)Waterstones (£17.99)The Vegetarian Cookbook: More than 50 recipes for young cooksIf you're looking to eat less meat as a family, this vegetarian children's cookbook is packed with more than 50 nutritious recipes full of colour to help your young cook learn about the importance of a balanced diet. Food fact files are an added bonus, offering insights into vitamins, minerals, proteins and carbs.Available from WH Smith (£10.65)Flavour by Yotam Ottolenghi and Ixta BelfrageFor his latest book, Yotam Ottolenghi has teamed up with chef and core member of the Ottolenghi test kitchen Ixta Belfrage, to create something beautiful, informative and truly inspiring. It features over 100 impressively innovative, exciting dishes which bring a new lease of life to everyday veg. Think romano pepper schnitzels, cabbage tacos with celeriac and date barbecue sauce, hasselback beetroot and kimchi rice fritters. The duo also explain how to get maximum flavour from food, looking at how different methods, flavour pairings and produce can elevate your cooking.Available from:Wordery (£16.87)Blackwell's (£17.78)Waterstones (£24.99)The Vegetarian Kitchen by Prue & Peta LeithVeggie fans of The Great British Bake Off will love this extensive cookbook from judge Prue Leith and her niece, a former chef at The Ivy, Peta. Discover 100 recipes sure to please the whole family, like black bean chilli with lime salsa. If you prefer something sweet, try their recipes for lemon pavlova or cherry and almond cake. About half of the recipes can be made vegan if you prefer.Available from Amazon (£15.43)Chetna's Healthy Indian by Chetna MakanAnother must-have for Bake Off fans, Chetna Makan – one of 2014's semi-finalists – is back with a collection of healthy recipes. This cookbook contains over 80 recipes such as garlic and tamarind soup, courgette kofta curry, beetroot and sweet potato korma and masala paneer. Her vibrant dishes are nutritious and packed full of flavour.Available from Amazon (£14.59)Charred by Genevieve TaylorSummer barbecues don't have to be limited to burgers and sausages. Genevieve Taylor shows us how to make the most of seasonal veg and grill up a meat-free feast. Serve up whole roast cauliflower drenched in spiced garlic butter, griddled radicchio with burrata and figs, or corn on the cob with Cambodian coconut, lime and chilli. These inventive dishes are perfect for creative chefs.Available from:Amazon (£12.25)Waterstones (£16.99)India: The World Vegetarian by Roopa GulatiChef, broadcaster and food writer Roopa Gulati introduces readers to the key techniques and ingredients in Indian cooking with this veggie cookbook. Her flavourful dishes include twice-cooked cauliflower, saffron and almond masala; paneer and apricot koftas and traditional channa dal. With over 70 recipes to choose from, there's something here for every Indian food lover.Available from:Amazon (£12.99)WH Smith (£16)The Green Roasting Tin by Rukmini IyerRukmini Iyer brings us a collection of easy traybakes, the perfect solution for busy weeknight evenings. Simply chuck all your ingredients into a roasting tin and let your oven do the work. See her delicious recipes including beetroot, chickpea and coconut curry, roasted tomato and bay orzo, leek and Puy lentil gratin and stuffed mini pumpkins with sage and goat's cheese.Available from: Amazon (£9.99)Waterstones (£17.99)Plants Taste Better by Richard BuckleyLet veggies take the centre stage with this collection of seasonal recipes from award-winning chef Richard Buckley, proprietor of the critically acclaimed vegetarian Acorn Restaurant in Bath. Make the most of unique ingredients you've never thought to try. Make almond & paprika fritters, cavolo nero crisps, rosemary polenta chips and white onion & olive oil soup.Available from:Amazon (£17.79)Waterstones (£25)Greenfeast: Autumn, Winter by Nigel SlaterBest-selling author and presenter, Nigel Slater has compiled a selection of comforting recipes perfect for the colder months. Warm up with a bowl of fiery udon noodles or polenta with garlic and mushrooms. Tuck into a cosy dessert like creamy pudding rice with rosewater and apricots, or ginger cake with cardamom and maple syrup. For the warmer months, see the Spring, Summer version to accompany.Available from:Amazon (£10)Waterstones (£22)River Cottage Veg Every Day by Hugh Fearnley-WhittingstallWith over 200 recipes, this vegetarian cookbook is an encyclopedia of knowledge. Vegetables are the star of the show in recipes such as linguine with mint and almond pesto, baby carrot risotto, new potato gnocchi and a spring onion galette. Try some inventive snacks and sides such as spinach pasties, beetroot hummus or roast squash wedges.Available from:Amazon (£8.42)More vegetarian recipe inspirationFor more vegan and vegetarian meal inspiration, check out our recipe collections online, plus check out our BBC Good Food: Vegan Meals Cookbook to find 101 easy and delicious recipes that prove plant-based cooking doesn't have to be complicated or time-consuming. All recipes in the book are triple-tested by the BBC Good Food team so you know they'll work every time.This review was last updated in November 2020. If you have any questions, suggestions for future reviews or spot anything that has changed in price or availability, please get in touch at goodfoodwebsite@immediate.co.uk.

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