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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.

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seasoning (page 37) Curry powder  
(page 38) Garam masala (page 39)  
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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.

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from Vegan Under Pressure: Perfect  
Vegan Meals Made Quick and Easy in  
Your Pressure Cooker Vegan Under  
Pressure by Jill Nussinow Categories:  
Side dish; Gluten-free; Vegan;  
Vegetarian Ingredients: onions;

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sorghum; dried apricots; sliced  
almonds; lemons; mint

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In Vegan Under Pressure, Jill  
Nussinow shows how to use the  
appliance safely and effectively, and

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Pear-Almond Upside Down Cake, and  
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Pear-Almond Upside Down Cake, and  
DIY soy milk and seitan.

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Directions 1. Heat a stovetop pressure  
cooker over medium heat or set an  
electric cooker to sauté. Add the onion

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and dry sauté for... 2. Add the chana dal, galangal, lime leaves,  $\frac{3}{4}$  cup of the stock, the coconut milk, and curry paste. Lock the lid on the... 3. Add the squash, mushrooms, and remaining ...

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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 chickpea curry vegan  
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Add the chana dal, galangal, lime leaves,  $\frac{3}{4}$  cup of the stock, the coconut milk, and curry paste. Lock the lid on the cooker. Bring to high

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pressure; cook for 3 minutes. Let the pressure come down naturally. Remove the lid, carefully tilting it away from you. 3. Add the squash, mushrooms, and remaining 1 cup stock.

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A vegan gluten free chocolate cake -  
made in the pressure cooker - that'll  
delight just about anyone, as featured  
in Jill Nussinow's Vegan Under  
Pressure cookbook. Salad

RecipesFrench

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Easy Potato Salad Side Recipes French  
Potato Salad Potatoes Easy Lunch  
Recipes 15 Minute French Potato  
Salad | A Communal Table

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Instructions: 1) Remove all rocks or

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other debris from the beans. 2) Then, rinse beans thoroughly with cold water. 3) Put the rinsed beans in the pressure cooker. 4) Add water, garlic (optional) and salt. 5) Close the lid and then set the release valve to “sealing.” 6) Set to HIGH and set timer to 30 minutes.



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