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# The Make Ahead Vegan Cookbook: 125 Freezer-Friendly Recipes



## Synopsis

A plant-based diet that is as satisfying as Mom's home cooking Vegan food with down-home appeal is the sort of vegan food Americans want to eat. Sit down to a dinner that looks and tastes great, but just happens to be completely plant-based so it's also good for you. That's how Ginny McMeans cooks, and here she shares 125 of her favorite recipes. Every recipe can also be made-ahead and frozen for later, as these meals are designed for the busy person. This is delicious, homemade, everyday food that you can cook fresh on a whim or pull from your freezer for a quick healthy supper. Recipes include: Sweet Potato Chili Logs Ranch Tacos Slow Cooker Marinara Sauce Green Bean Casserole Soft Cinnamon Sugar Pretzel Bites It's the kind of food you'll simply want to make and eat. 125 color photographs

## Book Information

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## Customer Reviews

Ginny Kay McMeans started [VeganInTheFreezer.com](http://VeganInTheFreezer.com) to share healthy and delicious vegan food that you can enjoy now or freeze for future meals. There is a great variety of meals and snacks from down home cooking to gourmet fare. Ginny lives in the Great Southwest with her husband and all the other critters that love the heat.

I read A LOT of vegan cookbooks. I was expecting this book to offer something different. Whenever I freeze ahead, I'm making at least a double batch so we can have dinner tonight and another in the freezer for later, since it takes the same amount of time to cook extra. These recipes are designed

to serve 4-6 people, including instructions for freezing if you're not eating it right away. That said, there may be a fair amount of recipes similar to those in many other cookbooks, and most are pretty basic. Some call for processed vegan foods like vegan ground beef or packaged vegan cheese (My personal preference is to focus on whole foods, or making my own meat or cheese substitutes), but there are also some recipes definitely worth my time, mostly condiments/sauces, and sweets. I've tried the Cashew Mayonnaise (although I don't soak cashews, because I use a Vitamix), and Homemade Ketchup, with good results. I will make these again. I'm always happy to find solid recipes for staple foods I can make instead of purchase ready made. I have my eye on the Blueberry Ginger Preserves, Magic Cookie Bars (with a recipe for sweetened condensed non-dairy milk), and the Peanut Butter Cup Balls. I'm not sure it's worth buying for the "Freeze Ahead" aspect of the book, but I figure, if there are at least 3 recipes I will actually use more than once in a book, then I haven't wasted my money.

Believe it or not, I've barely done any cooking for years but for some reason I've actually started cooking with this particular cookbook. I don't really know why. The recipes-although vegan-seems less complex than other cookbooks. Everything that I've tried in this cookbook has been so good, too. I'm 66 and this is the best cookbook I've ever used.

As a new vegan, I wasn't ready for the amount of time eating vegan would require in the kitchen, prep, cut, wash, prep... ugh. However, I really didn't know what would hold so that I could knock out a few meals at a time. I honestly recommend this book for really anyone that wants to save time during the week and eat healthier even if they are not ready to go vegan full time.

SO FAR, very very happy I bought this book. Lots of flavor combos, recipe ideas that are new to me, frankly, about which I am thrilled, as a lot of no-dairy no-meat cooking (what I need to cook) recipes are the same thing over and over. To tell the truth, I have not had chance to cook from this yet, but I really like what I see. Typeface size is too small for my no-longer-20-year-old-used-to-be-20/20 vision, now-need-bigger-print eyes, but other than that, I really like this book a lot. Excellent excellent photos! As for the freezing part, well, I was thinking, "I know how to freeze stuff" but reading her words, no, I don't really know how to freeze this kind of stuff in a manner that saves money and preserves the nutritional value of the food and keeps it nice for eating when it is finally served. So again, very happy I bought this book!

Ginny's cookbook is full of a variety of recipes, from non-dairy ice cream to soups to jams to salsas to pasta. They all have a common thread "freezeability". I am fairly sure that's not a word, but it's true. Ginny's cookbook aims to help us maximize our time NOT cooking. So, her recipes are simple, easily prepared, and can be popped right into the freezer. Ginny spends time letting us know how best to freeze different types of veggies. Plus, each recipe gives a handy breakdown on how long each recipe will last in both the freezer and the fridge.

What an amazing cook book from beginning to end. I love that it has a beautiful picture with each recipe. Looking forward to trying some of these recipes and hoping that my pictures turn out just as beautiful as hers. I can't even imagine how long and how hard someone worked to put something so beautiful together. Thank you.

The Make Ahead Vegan cookbook is my favorite vegan cookbook I have purchase so far. There are so many different type of vegan recipes offered in here from appetizers "party pleasers" to breakfast meals, soups, side dishes, main meals, condiments, sweets (yes, really yummy vegan sweets), and frozen desserts. I am thrilled with the quality of the cookbook, the variety offered, the beautiful pictures to compliment the recipes, and the easy to follow instructions. Thank you to Ginny Kay McMeans for this masterpiece. This is a cookbook my whole family will enjoy me cooking from!

Very good cookbook for vegans and non-vegans alike. I like how there are so many beautiful photos, along with a lot of "ethnic" options (Indian, Mexican, Middle Eastern) and lots of soups. It's a really fun cookbook and not overly complicated.

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