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# O M Gee Good! Instant Pot Meals, Plant-Based & Oil-free



## Synopsis

O M Gee Good! Instant Pot® Meals, Plant-Based & Oil-Free is the VERY FIRST plant-based, oil-free Instant Pot® cookbook. Jill McKeever, author, wrote this family-pleasing cookbook solely for Instant Pot® owners. Inside you'll find 34 plant-based, oil-free meals and sides your family will ask for again and again. Looking at the Instant Pot® with all its function buttons can give some folks the feeling that cooking is made easier with a push of a button. As for others, multiple buttons can be overwhelming and confusing. Take a breath. There are four cooking functions most commonly used in this book; Keep Warm/Cancel, Sauté, Manual, and Slow Cook. The cooking directions are written so even the newest Instant Pot® owner can whip up a delicious meal with ease. Jill compiled all her fan's favorite Instant Pot® recipes from her YouTube channel, Simple Daily Recipes, and brought them together in this book. Every recipe comes with a mouthwatering photo and easy to read list of ingredients and directions. Also included is a quick reference pressure cooking chart for beans/legumes, grains, and vegetables. You won't have to worry about your family eating their veggies when you make, Awesome Tex-Mex Lasagna Stack, Barbecue Cabbage Sandwiches, Barbecue Shredded Soy Curlys, Barbecue Lentils, Bring Along Black Bean Hash, Chili Bean Goulash, Creamy Soy Curlys Alfredo, Extra Creamy Tomato Spinach Pasta, Ethiopian Inspired Stew, Memaw's Beefless Stew, Memaw's Soy Curlys Pot Pie, Go-To Lentil Soup, Slow Cooked Pasta-free Lasagna, Spinach Tacos, Thick & Creamy Nacho Sauce, Vegan Sausage Scramble, Veggies in Creamy Curry Sauce or Veggies in Creamy Curry Sauce. Order O M Gee Good! Instant Pot® Meals, Plant-Based & Oil-Free and get started making meals your family will want to eat week after week and will even be able to cook for themselves. WOOT WOOT!

## Book Information

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## Customer Reviews

"Thanks a million, Jill, for your MOST AWESOME new cookbook! I read every last word and was totally entertained, and can't wait to start cooking from it! Nom, nom." --Karen Franks "Your new cookbook is freaking awesome!" --Ann Duggins Lee "Today I bought Jill McKeever's vegan, oil free cookbook for Instant Pot's. It is awesome. Most of my veg friends have seen her on YouTube. She is as entertaining in print as she is on the set! Very well written and user friendly! I highly recommend this book!" --Flossie Nichols "I purchased an ipot last month when had them on sale. I just started using it this past week. I happened to stumble upon one of your videos as I was searching youtube for recipes, and now my life has changed forever. I bought your new cookbook last night. Love your sense of humor and your sense of taste. ;)" --Pamela Cowperthwaite "I love your new O M Gee Instant Pot book - thanks so much for putting all of your fun and yummy recipes together in one place for us all! You da BOMB, Jill!" --Loyda Frankhouser

If you want to watch me make the recipes from this book, go check out my YouTube channel, Simple Daily Recipes. Folks say I'm pretty funny and they love to binge watch my videos when they need boost or just slacking off at work.

While I was hesitant to fork out this much dough for a cookbook, I ultimately decided it was a good investment for a few reasons. I like to watch all of Jill's YouTube videos, but the recipes don't transfer to my menu planner app. Since I no longer have a system for written recipes, this was a tiny little annoyance for recipes I wanted to try and we liked. Secondly, I freaking love my InstantPot, and love trying new recipes in it. Thirdly, being vegan, having recipes at my fingertips that are both fast and delicious (and voluminous) for the teens in my family is very important. I also figured a purchase of this book would increase the likelihood of more vegan pressure cooking books being produced. Another thing I like about this (and all of Jill's recipes) is that her recipes are family friendly for those of with us more traditional palettes. Since becoming vegan we are eating a lot more ethnic food which we do enjoy, but coming back to old-style meals is a treat and a pleasure for us. Jill gives us that. Something else that should be mentioned is that her recipes are low in fat for the most part which is very important from a dietary standpoint. I can't think of any recipe in this book that we haven't liked even if it sounded a little strange looking at it. I think anyone vegan who wants fast

easy tasty family meals would like these recipes.

While I like Jill McKeever's enthusiasm in promoting a plant based diet and an InstantPot, I did not expect that so many of the recipes would include and promote soy curls. So much so that I thought this might be a Butler Foods soy curls product placement. Soy curls do contain fat (4.5 g in 3/4 cup) and to many people seem to be a re-packaged mildly healthier sister of the heavily processed Textured Vegetable Protein (TVP. ) For anyone trying to limit the amount of soy in their diet, this would not be a good cookbook for you. I eat a Whole Food Plant Based Diet (WFPB) and am a heavy daily user of my InstantPot (IP), but I use it to cook whole foods i.e. beans, lentils, grains, potatoes, vegetables etc. The IP really excels at cooking whole foods. It is unfortunate that Jill, with her captivating personality and youtube audience and blog, does not demonstrate this IP capability but instead relies on canned beans and mock meat as the centerpiece of her recipes. With regret, I am returning this cookbook as I just will never use it and feel slightly deceived. If you are looking for healthier recipes for your InstantPot, Jill Nussinow's "The New Fast Food (The Veggie Queen Pressure Cooks Whole Food Meals)" and Lorna Sass "Great Vegetarian Cooking Under Pressure". I have both of these cookbooks and use them daily.

Jill McKeever is a breath of fresh air. I love her YouTube videos. Yes, she is funny, but she is also a great vegan cook. She uses well-known, easy to find ingredients, and prepares dishes that non-vegans will even love. This is the first vegan cookbook that I read and thought, "I'm going to make every single recipe in here." I have an Instant Pot, and the book tells you just how to set it for each one. There are also pictures of each dish, which is very important to me, since I need to know what I'm shooting for!

love this cookbook, with everyday type recipes you will actually use, they are not just recipes that are nice to read about, but you would never make. Enjoy Jill's humor, and her recipes. Especially if you are new to using an electric pressure cooker, this is sooooo helpful!

Totally love the Slow Cooked Pasta-free Lasagna pg 66. I am trying to eat lowfat so haven't tried the recipes with soy curls, vegan meats, or nuts but the recipes look delicious. Great Instant Pot tips. Would recommend to anyone who has an Instant Pot who is plant-based or wants to have some easy recipes for meatless Mondays.

I haven't been able to make any recipes because i have not received the Instant Pot I ordered from yet. But I have reviewed the book and I like the format, it easy to read, easy to follow instructions. I absolutely love the author's enthusiasm for the recipes and her enthusiasm for the Instant Pot is contagious. I love that she uses very basic ingredients, nothing fancy needed and i really can't wait to get my Instant Pot and make some of the recipes, they all sound so delicious and they should be fast being made in the Instant Pot!

Hi, I watched Jill on YouTube and I am so glad she wrote this book. I don't care that there are not many recipes in here, but I love my Instant Pot and trying different things, she tells you how it is, I learned of new ingredients, ordered them, happy I did. Learning all the time about how to use my electric pressure cooker. Thank you Jill for a great book! I hope you do another one, I am still working on this one! A nice addition to my plant based book library! Great job! Please read all the reviews, I did, then I got it. Not sorry, it is a nice book. Not a ton of recipes, but nicely done. I appreciate the work it took to write this, great pictures, great recipes! Now I am starving for a Sloppy Joe! :)

Being new to IP and Plant Based diet, I found that Jill has inspired me to take what I know and apply it to my eating. Her recipes are easy and as she states on her videos, in real-life, we may not have all of the ingredients on hand and we should throw in what we have. In addition, I made many recipes that call for soy curls and left them out. Having said that my teenage son prefers the soy curls in his foods. I think the book is fun, witty, and has plenty room for me to make my notes on what I threw in or any adjustments I had to make for my specific IP. Love Jill's book and it is well worth every dime I paid for it. Jill made cooking fun for me again!

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