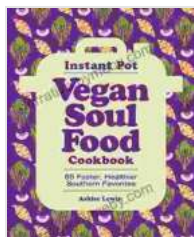


85 Faster, Healthier Southern Favorites: A Cookbook for the Whole Family



Instant Pot Vegan Soul Food Cookbook: 85 Faster, Healthier Southern Favorites by Ashlee Lewis

★★★★★ 5 out of 5

Language	: English
File size	: 6570 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 234 pages
Lending	: Enabled



Are you looking for delicious and healthy Southern recipes that are also quick and easy to make? Look no further than 85 Faster, Healthier Southern Favorites! This cookbook is packed with over 85 mouthwatering recipes that are perfect for busy families who want to enjoy flavorful and nutritious meals without spending hours in the kitchen.

The recipes in this cookbook are all made with fresh, wholesome ingredients and are designed to be ready in under 30 minutes. You'll find everything from classic Southern dishes like fried chicken and mashed potatoes to healthier versions of your favorite comfort foods, like mac and cheese and chicken pot pie. There are also plenty of vegetarian and vegan options, so everyone can find something they'll love.

Whether you're a seasoned cook or a beginner in the kitchen, you'll find the recipes in this cookbook easy to follow and enjoyable to make. So what are you waiting for? Start cooking today and enjoy the delicious and healthy flavors of Southern cooking!

Sample Recipes

- Fried Chicken with Roasted Vegetables
- Mashed Potatoes with Roasted Garlic
- Mac and Cheese with Cauliflower
- Chicken Pot Pie with Quinoa Crust
- Vegetarian Chili with Cornbread
- Vegan Collard Greens with Black-Eyed Peas

What People Are Saying

"This cookbook is a lifesaver! The recipes are easy to follow and the food is delicious. I've already made several of the recipes and my family loves them all."

- Sarah J.

"I'm so glad I found this cookbook. The recipes are healthy and flavorful, and they're perfect for busy families like mine."

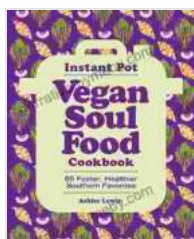
- Emily K.

"This cookbook is a must-have for anyone who loves Southern cooking. The recipes are simple to make and the food is absolutely delicious."

- John B.

Free Download Your Copy Today!

85 Faster, Healthier Southern Favorites is available now on Our Book Library and other major retailers. Free Download your copy today and start enjoying the delicious and healthy flavors of Southern cooking!



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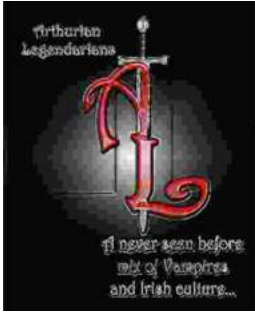
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