



Slow Cooking for Vegetarians

Annette Yates

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a myriad of main dishes

Even puddings, desserts, and cakes!

Many of the dishes are cooked as one-pot meals. Others require a simple accompaniment – rice or pasta for instance. Preparation is simple, using very little fuel, and the results are outstanding.

Give your body the anti toxins and plethora of health benefits vegetables have to offer with mouth watering dishes today.

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