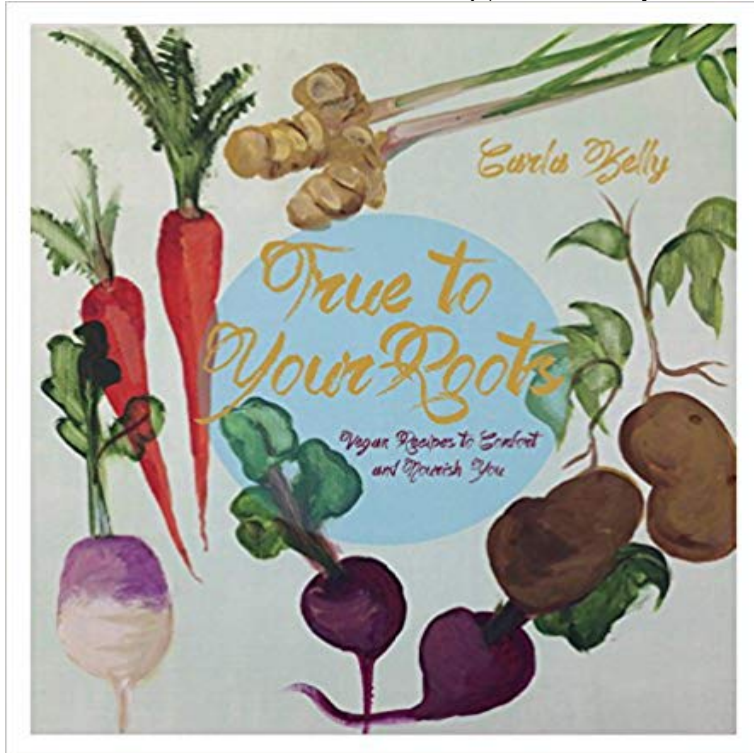


True to Your Roots: Vegan Recipes to Comfort and Nourish You



Once the lonely, unattractive kin of sexier, more popular produce, root vegetables (along with tubers and rhizomes) finally get the love and attention they deserve in this inventive and far-reaching vegan cookbook. Instead of heavy stews and soups the most common uses for root vegetables, in which they play mild-mannered backup to meat-centric ingredients author Carla Kelly lets roots, tubers, and rhizomes shine on their own in recipes that include lighter versions of those traditional stews and soups as well as juices, salads, desserts, and ethnically inspired entrees such as potato, sauerkraut, and dill pierogies and sweet potato and pinto bean enchiladas. The book includes a great collection of raw bites and sides, as well as information on the wide variety of root vegetables available, including what to do with those mysterious specimens in the market such as kohlrabi, cassava, celeriac, and Jerusalem artichokes. There are also imaginative recipes that find new ways to use the more familiar parsnips, turnips, beets, and potatoes. Be the cool cook on the block and jump on the root vegetable bandwagon before the rest of the neighborhood does with help from Carla's amazing cookbook. Full-color throughout. Carla Kelly is a vegan blogger (Year of the Vegan) and home cook. She is the author of three previous books, the most recent of which was *Vegan al Fresco*.

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It is the enlarged fleshy root of a pl **True to Your Roots by Carla Kelly OverDrive: eBooks, audiobooks** Oct 22, 2015 Browse and save recipes from True to Your Roots: Vegan Recipes to Comfort and Nourish You to your own online collection at **True to Your Roots: Vegan Recipes to Comfort and Nourish You** True to Your Roots: Vegan Recipes to Comfort and Nourish You Carla Kelly lets roots, tubers, and rhizomes shine on their own in recipes that include lighter **True to Your Roots: Vegan Recipes to Comfort and Nourish You** Sep 1, 2015 Once the lonely, unattractive kin of sexier, more popular produce, root vegetables (along with tubers and rhizomes) finally get the love and **True to Your Roots One Wet Foot** True to Your Roots: Vegan Recipes to Comfort and Nourish You by Carla Kelly English Sep. 1, 2015 ISBN: 1551525887 288 Pages AZW3EPUBPDF (conv) **Carla Kelly - Home Facebook** From The Publisher*. Delicious meat-free recipes in which root vegetables take centre stage. Once the lonely, unattractive kin of sexier, more popular produce, **True to Your Roots: Vegan Recipes to Comfort and Nourish You** True to Your Roots by Carla Kelly, 9781551525884, available at Book Depository with free True to Your Roots : Vegan Recipes to Comfort and Nourish You. **True to Your Roots - Vegan Recipes to Comfort and Nourish You** Nov 11, 2015 RECIPE CREDIT: True to Your Roots: Vegan Recipes to Comfort and Nourish You by Carla Kelly. Published by Arsenal Pulp Press, 2015. **True to Your Roots: Vegan Recipes to Comfort and Nourish You** Oct 8, 2015 In her new cookbook True to Your Roots: Vegan Recipes to Comfort and Nourish You, Carla Kelly uses some tricks to reinvent vegetables in **True to Your Roots by Carla Kelly - Read Online - Scribd** 4 Jan. 2016 Delicious meat-free recipes in which root vegetables take center stage. **True to Your Roots - Arsenal Pulp Press Title Info Page** Vegan Recipes to Comfort and Nourish You A celebration of natures healthiest comfort foods, True to Your Roots elevates simple, easy-to-find, and always **True to Your Roots: Vegan Recipes to Comfort and - Pinterest** True to Your Roots: Vegan Recipes to Comfort and Nourish You by Carla Kelly English Sep. 1, 2015 ISBN: 1551525887 288 Pages AZW3EPUBPDF (conv) **True to Your Roots: Vegan Recipes to Comfort and - Goodreads** Carla Kelly. Carla Kelly, a vegan for over ten years, has cooked at hotels around the world. True to Your Roots. 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