

MARGARITA CARRILLO ARRONTE

THE  
**MEXICAN**

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**COOKBOOK**

PHAIIDON

# Mexican Vegetarian Cookbook

**Alejandra Hernandez**

## **Mexican Vegetarian Cookbook:**

**The Mexican Vegetarian Cookbook** Margarita Carrillo Arronte,2022-09 An essential guide to vibrant vegetarian Mexican home cooking including naturally vegan gluten free and dairy free dishes Vegetarian food is deeply woven into Mexico's diverse culinary history In this blockbuster recipe collection from the bestselling author of Mexico The Cookbook home cooks will discover delicious traditional and modern dishes made with corn beans spices and the incredible bounty of fruit vegetables legumes seeds and edible flowers grown across Mexico These healthy wholesome recipes are meat free by design spotlighting Mexico's outstanding foods instead of relying on hard to source ingredients or substitutions Each is presented with clear straightforward instructions accessible to home cooks of all skill levels Along with authentic breakfasts lunches dinners and desserts the book includes an entire chapter dedicated to pulses high protein superfoods such as chickpeas beans and lentils as well as special sections for breads drinks sauces and basics that every fan of Mexican cuisine should master Beautifully designed with an eye popping cover and vivid photography throughout The Mexican Vegetarian Cookbook is an inspiring addition to any home cook's kitchen shelf Chapters and recipes include Breakfasts Huevos Ahogados Oaxacan Mushroom Turnovers Lunches Pasilla Chiles Stuffed with Beans and Wrapped in Plantain Vegetarian Ceviche Snacks Botanas y Antojitos Pickled Jalapeños Salads and Sides Potato Salad with Watercress and Avocado Soups Mexican Corn Soup Entradas Watermelon and Tequila Jicama Salad Platos Fuertes Ancho Chiles Stuffed with Vegetable Tamal Pulses White Bean Salad with Vegetables Desserts Mango Tarte Tatin Quick Flourless Chocolate and Pecan Cake Breads Goat Cheese and Zucchini Bread Drinks Watermelon and Strawberry Cooler Basics Corn Tortillas Moles Sauces and Marinades Moles Salsas y Adobos Spicy Adobo

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varied rich and colorful spicy and full of flavor There are many options for vegetarians in Mexican food like antojitos which are little cravings quick inexpensive snacks Usually they are livening up with common toppings like a great variety of salsas chopped onion cilantro coriander lettuce cabbage and crema Mexican sour cream In This Mexican CookBook You ll Find Mexican Vegetarian Cookbook vegan Like Black Bean Salsa Pico De Gallo Authentic Mexican Salsa Fresh And Easy Guacamole Recipe Guacamole With Mayonnaise Taco Salad With Salsa Baked Tofu Taco Cheddar Seasoned Roasted Corn Salad Cups Grilled Veggie Mexican Chopped Salad Mexican Fiesta Pasta Salad And Many More To Get Started Scroll Up And Grab Your Copy

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