



**I Can't Believe It's Vegan! Volume 1 - All American Crock Pot Classics: Our Top 10 All-Time Favorite Kitchen-Tested, Family-Feeding, Down Home Delicious Vegan Slow Cooker Recipes**

*Felix Whelan, Carol Ann Whelan*

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Now you can "*Live like a vegan, but eat like an American!*" with these 100% "veganized" all-American Crock Pot Classics! Try:

*Thick and Creamy Potato Double Corn Chowder*

*N'Orleans Vegan Soyrito Gumbo*

*(I Can't Believe It's) NOT BEEF STEW!*

*Vegan Crock Pot Roast*

*Easy Vegan Slow Cooker Ham & Beans*

*Vego de Mayo Vegan Taco Soup*

*Vegan Slow Cooker Sloppy Joes*

*Vegan Slow Cooker Lasagna*

*Chicken Crock Pot Cacciatore (NOT!)*

*Crock Pot Vegan Meatballs*

**"Meatless" Does Not Equal "Boring"**

Probably the biggest obstacle preventing most Americans, even those who feel powerfully drawn to the ethics of a meat-free lifestyle, from going vegetarian or full vegan is *fear of the unknown*.

Will giving up meat mean I have to eat lettuce and bean sprouts all day? Isn't all vegan food super-expensive weird stuff you have to buy at a health food store? What about the meals I loved as a kid that I still love... Do I have to surrender *everything*...? I'll get bored! I can't do it!

With this cookbook (or any cookbook by Felix and Carol Ann Whelan) in your hands, *yes you can!*

Carol Ann and I grew up in the American Midwest during the 1970s, members of normal, Middle Class, meat-loving families, raised on a steady diet of good, old-fashioned all-American comfort food. "American

cuisine" is in our genes, so when we first went vegetarian (each of us, individually, before we met) we had the same doubts any other red-blooded American would have at the thought of exchanging burgers and fried chicken, beef stew and pot roast, sloppy Joes and meatball sandwiches for "rabbit food"...

But, as it turns out, that wasn't the bargain at all. The truth is that you can, in fact, live life as a vegan, but still eat like an American! This book will prove it to you.

What we have discovered over the years, and will be sharing with you in this series of cookbooks, is that *we have yet to discover a single American Classic meal that can't be re-created vegan...* and taste just as good, if not better, than the original.

If you're not already vegetarian, we hope these recipes inspire you to take the plunge. If you're already vegetarian or vegan, we hope you'll cook these dishes for your carnivorous friends, and let them experience first hand that going meatless requires no sacrifice of flavor or food favorites at all!

### **A Word About Meat Substitutes**

This is a cookbook series focused on American Cuisine. American Cuisine is, almost by definition, "meat heavy." You can't just leave the meat out of most classic American dishes and reach the same result. "Pot roast" without the "roast" is just vegetables. Tasty vegetables in gravy, but still just vegetables. If that had the power to win anybody over, the whole world would have gone vegetarian a long time ago...

So we turn to meat substitutes. All of the recipes in this cookbook call for one meat substitute or another, so as to keep them vegan, but still grant them their unique American appeal. Some recipes call for readily available commercial products, like Boca crumbles, Morningstar Chik'n Strips, or Soyrizo. Others tell you how to create your own meat substitutes using tofu, TVP, vital wheat gluten, etc.

The way I see it, if people who think they can't live without the taste and texture of meat discover they can satisfy their cravings with plant-based substitutes, it makes embracing vegetarianism easier, and more and more people will do it. "Meat substitutes" will eventually become just "meat." In the future vegan world we are all working toward, no one will even remember that "meat" ever came from our animal friends. *"Meat has always been a soy product, right...?"*

That's the dream, anyway. Help me make it a reality!

Felix Whelan blogs about vegetarian cuisine, the Catholic Faith, and his amazing family at [www.FelixatFifty.com](http://www.FelixatFifty.com).

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### **From reader reviews:**

#### **Rosemary Taylor:**

Hey guys, do you desire to find a new book to read? Maybe the book with the headline I Can't Believe It's Vegan! Volume 1 - All American Crock Pot Classics: Our Top 10 All-Time Favorite Kitchen-Tested, Family-Feeding, Down Home Delicious Vegan Slow Cooker Recipes suitable to you? Typically the book was written by a well-known writer in this era. The book titled I Can't Believe It's Vegan! Volume 1 - All American Crock Pot Classics: Our Top 10 All-Time Favorite Kitchen-Tested, Family-Feeding, Down Home Delicious Vegan Slow Cooker Recipes is the main one of several books that will everyone read now. That book was inspired many men and women in the world. When you read this review you will enter the new age that you ever know before. The author explained their plan in the simple way, consequently all of people can easily be aware of the core of this e-book. This book will give you a great deal of information about this world now. To help you to see the represented of the world on this book.

#### **Paul Tirrell:**

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#### **Delilah Jordan:**

In this time globalization it is important to someone to obtain information. The information will make professionals understand the condition of the world. The healthiness of the world makes the information simpler to share. You can find a lot of sources to get information example: internet, classifieds, book, and soon. You can see that now, a lot of publisher in which print many kinds of book. The actual book that recommended to you is I Can't Believe It's Vegan! Volume 1 - All American Crock Pot Classics: Our Top 10 All-Time Favorite Kitchen-Tested, Family-Feeding, Down Home Delicious Vegan Slow Cooker Recipes this guide consist a lot of the information in the condition of this world now. This specific book was represented just how can the world has grown up. The terminology styles that writer use for explain it is easy to understand. The writer made some research when he makes this book. Honestly, that is why this book ideal all of you.

**Valery Carpenter:**

Is it anyone who having spare time in that case spend it whole day by watching television programs or just resting on the bed? Do you need something totally new? This I Can't Believe It's Vegan! Volume 1 - All American Crock Pot Classics: Our Top 10 All-Time Favorite Kitchen-Tested, Family-Feeding, Down Home Delicious Vegan Slow Cooker Recipes can be the answer, oh how comes? A fresh book you know. You are therefore out of date, spending your extra time by reading in this new era is common not a geek activity. So what these books have than the others?

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