



## **Vegan Bowl Attack!: More than 100 One-Dish Meals Packed with Plant-Based Power**

*Jackie Sobon*

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**Vegan Bowl Attack!: More than 100 One-Dish Meals Packed with Plant-Based Power** Jackie Sobon  
Combine vegetables, protein, and whole grains in one dish to make a simple, complete, and nutritious meal with *Vegan Bowl Attack!*

Bowl food. It's a hash tag. It's a buffet for one. *It's a way of life.*

Simple and nourishing, vegan bowls are where it's at. Perfect for **workday lunches**, **simple dinners**, and even **breakfast**, these are meals so good you'll soon forget plates even exist. Bowl-tastic **snacks** (great for parties) and delectable **desserts** are included, too!

Inside, you'll find **more than 100 one-dish, plant-based bowls** that feed every whim and fancy, created for you by author and vegan blogger extraordinaire Jackie Sobon. You don't have to be vegan to enjoy these recipes—you just need to love food! They're **hearty and delicious**, and sure to please any appetite. We're talking about:

Peanut Butter Pretzel Oatmeal

Biscuit Nacho Bowl

Tex-Mex Potato Salad

Spicy Sesame Brussels Bites

Smoky Corn Chowder Bread Bowl

Mean Green Ramen Kimchi Bowl with Red Curry Almond Sauce

Spicy Sushi Bowl

Raw Apple Crisp

S'mores Pudding Bowl

Grab your bowl, your appetite, and this book, and get ready to dig in! Forks and spoons optional.

## **Vegan Bowl Attack!: More than 100 One-Dish Meals Packed with Plant-Based Power Details**

Date : Published July 15th 2016 by Fair Winds Press (first published July 1st 2016)

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## **From Reader Review Vegan Bowl Attack!: More than 100 One-Dish Meals Packed with Plant-Based Power for online ebook**

### **Katharine says**

The physical book is great and lies flat, the photos are amazing so if food porn is your thing this book works on that level. However, the recipes are sadly disappointing. Liquid aminos, long to do lists of 5 or more completed items and some unusual food ingredients that are not readily available in your local grocer makes for a lack of practicality to make one of these recipes. These recipes would be fantastic for a restaurant with easy access to obscure foods but for the everyday dinner creator - not so much.

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### **Emily Purcell says**

Fun healthy food that is easy to prepare. I also found the recipes easy to translate from vegan to vegetarian and to simplify for a lighter budget. At least two of these meals are going to go into my regular rotation.

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### **Myra says**

Again, trying to expand my repertoire of vegan recipes. There are some really good looking ones in here, but I disliked how much this book relied on things like "vegan mayo" and "vegan yogurt." I'd prefer my recipes to use simple ingredients that I already have on hand.

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### **Sam says**

I won this book in a Goodreads Giveaway.

It arrived today and I've already looked through it. I've been a vegetarian for several years and I'm always searching for new meat-less ideas; this book has some interesting ones (definitely trying the white bean fondue!). I don't want to rate it higher until I actually try the recipes, but it looks promising. The only thing - and this is just personal preference - is that I wish there were pictures of every recipe.

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### **Michelle says**

Excellent recipes, full of flavor. Only downside- time consuming and most recipes incorporate ingredients that require a trip to some specialty market. I wouldn't use this as an everyday cookbook, more for special, pre planned meals. Everything has come out fantastic though!

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### **Mark says**

## DPL 641.5636 SOBON JACKIE

I did not like this one near as much as Vegan Yack Attack on the Go!, which I intend to purchase once I weed another cook book.

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### Gail says

I've had this one checked out from the library, and I will definitely be buying a copy. Every single recipe I've tried has been exceptionally good, including the Mean Green Ramen, the Upside-Down Shepherd's Pie, and the Cheezy Potato Soup. Can't wait to work my way through more recipes!

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### Claire says

I really don't like having an extensive cons list on a review, but if a book deserves it...

Pros:

- the soup recipes are bomb and I am 10000% trying that corn chowder. It's like, the perfect soup for a bread bowl. Carbz and carbz and carbzzzz.
- I love all the sauces for bowl toppings. Sauces are important!! They can totally make a dish! Learn from the French their cuisine is like 80% fancy sauces on top of who the fuck cares because the sauces are so delightful
- book design and layout is great. The cover grabs your attention and it doesn't stop at the inside pages--they all look really well designed too. This is the sort of vegan book design that could easily grab the attention of a non veggie person, which I am always about.
- food in bowls is oddly, really cool. I can't explain why. Last thanksgiving I had regular dinner, and then the next day I had thanksgiving leftovers in a bowl. And it was revolutionary. A completely different meal. Because it was a thanksgiving BOWL. Not a plate. Amazing. And this is an entire book of such whimsy.

Cons:

- easily 98% of these recipes have at least 12+ ingredients. I do not have time to make something with a million ingredients during the week. I don't know many folks who DO have that sort of time on weekdays. Do not make the mistake of thinking "oh a book of bowl recipes this should be simple because all the shit goes in a bowl and that's it!" Because nothing about any of these recipes is simple.
- lots of the recipes have extra stuff you need to make beforehand (like the vegan ranch, cheeze sauce, silky sour cream, etc. All basic recipes in back of book.) So you'll need to do prep before you even do prep. If that makes sense.
- also, an awful lot of sauces and stuff like that in this book have nuts. Like, nut-based sauces and meats and the like. Heavy heads up for nut allergies.
- the faux meats in this book.....look terrible. I appreciate the effort to make your own meatless stuff instead of using store bought, but nobody should be eating nut meatballs that look so dry they literally have a cracked crust in the photo. Nobody should be subjected to chickpea filets that look so dry in the photo that a single glance in their direction could crumble them to bits. This is the stuff of vegan nightmares. If we want non veggies to actually consider going plant-based, we need to give them plant-based food worth respecting. K.

So yeah, I wouldn't show a non veggie this cookbook. Nothing is simple and there are too many things that

would be more likely to scare away a non veggie than encourage them to try plant based foods. Soz.

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### **Jen says**

Walnut chorizo  
layering hummus and pesto in a bowl for pretty  
french onion soup  
buffalo jack dip  
shepherd's pie  
messe? plate  
holiday harvest risotto using butternut squash puree for cream  
mexican chocolate creme brulee  
some good vegan sauce recipes

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### **Caroline says**

A handy book, especially for meatless Mondays and our son's vegetarian friend.

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### **Sarah says**

I won this beauty in a Goodreads giveaway. (Woo hoo! Vegan Christmas in July!!)  
So far I have enjoyed the book for its food porn qualities. It's a nicely bound hardcover - not a full lay flat binding, but I don't find myself wrestling to open it flat either. There are lots of lush and tempting full-page color photos of the bowls. The recipes are laid out in manageable sections that also make it easy to think about how to modify or sub out one element if it's not your thing. Several of the recipes run longer than a page, and accessing the second section of the ingredients and instructions requires turning the page. I find this layout annoying with cookbooks because I like to use a stand for them while I'm cooking, but that's a minor issue. Each recipe is clearly labelled if it is nut-free, gluten-free, or sugar-free.  
While a few of the recipes have been eye-roll worthy (crudete with ranch dressing is not a recipe, it's a snack while you decide what to make for dinner. Puh-lease), there are several that have caught my eye. I'll update my review once I've actually made a few.

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### **Rachel McCready-Flora says**

Since purchasing this cookbook, I've only cooked out of it a handful of times. While what I've made has been good (and the recipes I haven't attempted yet look great as well), there are typically so many moving parts that it isn't practical to make these on a weeknight

Pros: Great photography, flavorful recipes, new and interesting combinations, clearly-labeled recipes (gluten-free, nut-free, sugar-free, etc.)

Cons: Time-consuming, the majority of the recipes lean towards the "vegan junkfood" end of the spectrum, many, many steps and dishes

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### **Beth says**

This is almost a 5 star book. It offers creative options of building your vegan bowl for any meal and for dessert. Waiting to try a couple more recipes. I bought it so that I could expand my creativity on building bowls, and it certainly achieved that -- but I kept thinking, "Oh, I should have thought of that!" Definitely worth checking out.

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### **Marathon County Public Library says**

Looking for nourishing, vegan meals that smoothly fit into one dish? This is a fun new cookbook with tantalizing photographs of vegan meals. Favorites like shepard's pie and cinnamon rolls are not only given a vegan do-over, but the author's creativeness can be seen in each of the recipes. I found this a great new resource for vegans and clean eaters alike (or those like me with food allergies), and I'm excited to try out a new stack of recipes from this cookbook!

Sarah M. / Marathon County Public Library  
Find this book in our library catalog.

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### **Lisa says**

Vegan does not have to be one certain way!!!. I'm sorry but cashew cream cheese frosting dose not make me want a cinnamon roll. I just threw up in my mouth. The cover of the book looks awesome and I thought that the book was going to have food like that. There were hardly any pictures, and most of the recipes were so weird that they sounded totally gross. The ones that sounded ok? They had a page full of ingredients. That many ingredients is very discouraging. Frankly I was expecting more from this book and it didn't deliver.

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