

**TOP 30**

*Easy!*

**VEGAN**

**Slow-Cooker**

**RECIPES**

*for Busy Women*



**1**

VOLUME

**Sarah Jessica Cook**



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# TOP 30 EASY VEGAN SLOW COOKER RECIPES FOR BUSY WOMEN

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Volume 1



By Sarah Jessica Cook

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# Introduction

Dear Friend,

This cookbook is a bunch of my own ideas and recipes where you can find the easiest and yummiest vegan slow-cooker recipes that you have ever tried.

I am not a professional chef but very fond of cooking. That's why the recipes I shared over here are very easy to make, very economical and very precise. I have tried each and every recipe by my own.

For your ease and comfort, most of the recipes I have shared are for working busy women. With my recipes you can easily prepare your food before going to work and will have it ready when you come back home.

Happy cooking!

Sincerely,  
Sarah Jessica Cook.





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# 1. Vegan Slow-Cooker Vegetable Stew

*“I’ve tried it yesterday and as expected it was very delicious! Especially I liked the touch of raisins and almonds, will definitely try it again” – Rachael.*

**Servings:** 4

**Preparation Time:** 30 minutes

**Cooking Time:** 5 hours

**Ready In:** 5 hours and 30 minutes

## **Ingredients:**

1/2 cup olive oil

2 golden onions

4 medium sized tomatoes

1 medium sized pumpkin

2 carrots

2 potatoes

1/2 cup peas

1 tablespoon ginger (thinly chopped)

1 teaspoon garlic paste

1 small bunch broccoli

1/4 cup raisins

1/4 cup almonds

Salt as needed

1/2 teaspoon black pepper

1/2 teaspoon cumin powder

1/2 teaspoon coriander powder

2 to 3 cardamoms

Parsley for garnishing

## **Directions:**

1. Take a pan and add oil in it, then add onion and cook until golden brown. Then add garlic and ginger and cook until it's slightly cooked. Now add salt, black pepper, cumin, coriander powder, cardamoms, almonds and raisins and fry for a minute.

2. Transfer the mixture into a slow-cooker and add all of the vegetables except for the tomatoes, cover the cooker and cook at the medium temperature for about 4 hours.

3. Now uncover the cooker and add tomatoes in it and cook for 15 to 20 minutes.

4. In the end add some of the ginger to taste and garnish with parsley.  
Serve hot with bread. Enjoy!

# **How A Glass Of “Special” Homemade Water Can Help You To Lose Weight**

Have a glass of warm water (no more than 40°C) with 1 tablespoon of honey in the morning, 30 minutes before breakfast. That will help you a lot to get rid of your body fat.

You see: honey with warm water helps to improve digestion if taken in the morning, thus helps in weight loss.



## 2. Easy Slow Cooked Spiced Spinach With Garlic

*“Absolutely delightful! I tried it with white rice and it turned out fantastic. Thanks for sharing this recipe.” – Mary Nicole.*

**Servings:** 3

**Preparation Time:** 15 minutes

**Cooking Time:** 7 hours

**Ready In:** 7 hours and 15 minutes

### **Ingredients:**

2 bunches of spinach

1 teaspoon of garlic paste

1 teaspoon of ginger paste

1/2 teaspoon of red chili

3 medium sized tomatoes

1/2 cup vegetable oil

4 cups vegetable broth

Salt to taste

### **Directions:**

1. Wash the spinach properly and then add it to the slow-cooker.
2. Now add vegetable broth, cover the cooker and cook for about 6 hours at medium temperature.
3. Take a pan and heat oil in it, then add garlic and ginger and cook until light golden, now add salt, red chili and tomatoes and cover the pan, cook at low temperature until the tomatoes are tender and easy to mash.
4. Now uncover the slow-cooker and add the tomato mixture in spinach, cover the cooker again and cook for 1 hour more at medium temperature.

Best served hot with rice.

### **Tip:**

You can also add the tomato and garlic paste in the start and setup 7 hours cooking time, instead of adding the tomato paste in the end. So that you can have your meal prepared after your hectic office schedule. Enjoy cooking!



## **How To Make Green Veggies Even Greener**

Whenever you are cooking green veggies, sprinkle sugar to have fresh green color.



# 3. Red Bean Soup With Green Chili

*“My kids hate to have beans but thanks to this soupy recipe, they loved it and even asked for more. Very healthy and delicious soup!” – Maria.*

**Servings:** 6

**Preparation Time:** 30 minutes

**Cooking Time:** 9 hours

**Ready In:** 9 hours and 30 minutes

## **Ingredients:**

4 cups red beans  
3 tablespoons oil  
1 cup onion (chopped)  
1/2 cup green pepper (chopped)  
1/2 teaspoon cayenne  
1/2 teaspoon black pepper  
Salt to taste  
2 tablespoons soya sauce  
2 tablespoons lemon juice  
1 teaspoon hot sauce  
2 to 3 bay leaves  
1/2 cup parsley (chopped)  
1/4 teaspoon baking soda  
Green chili for garnishing

## **Directions:**

1. Place the beans into a slow-cooker and add salt, baking soda and 8 cups of water. Cover the cooker and cook for about 8 hours at medium temperature.
2. Then, take a pan and heat oil in it, add onion, green pepper, salt, black pepper, cayenne, soya sauce, lemon juice and bay leaves and allow it to cook for 2 minutes.
3. Uncover the cooker and transfer the beans to the beater, evenly beat all of the beans and add the mashed beans to the mixture in the pan.
4. Cook for about 30 minutes in the pan at low heat or for 1 hour in slow-cooker at medium temperature.
5. Take it out on serving dish and garnish with parsley and green chili.

Enjoy!



# 4. Slow-Cooker Spinach And Beans Tortillas

*“I tried this recipe today and my family loved it! As all of other recipes I’ve tried from this book.” – Stephanie.*

**Servings:** 3

**Preparation Time:** 30 minutes

**Cooking Time:** 3 hours

**Ready In:** 3 hours and 30 minutes

## **Ingredients:**

- 1/4 cup olive oil
- 1 cup black beans (rinsed and boiled)
- 1 cup corns (boiled)
- 1 cup spinach (chopped)
- Salt as needed
- 1/2 teaspoon cumin
- 1/4 teaspoon black pepper
- 3 cups salsa
- 9 to 10 tortillas
- 1 medium sized lettuce
- 3 to 4 reddish (chopped lengthwise)
- 1/4 cup tomatoes (chopped)
- 1/4 cup cucumber (sliced)
- 1/4 cup lemon juice

## **Directions:**

1. Take a bowl and add the beans. Mash them properly then add spinach, cumin, corns, 1/4 teaspoon salt and 1/4 teaspoon black pepper. Mix well to combine properly.
2. Spread the salsa evenly on the bottom of the slow-cooker. Take the tortillas and roll up the bean mixture, then place them in a single layer in the slow-cooker. Now pour the remaining salsa.
3. Cover the cooker and cook the tortillas for about 3 hours at low temperature.
4. In the meanwhile, take a bowl and mix together the lettuce, cucumber, tomatoes and radish. And toss with lemon juice, 1/2 teaspoon salt and pepper.
5. Serve the tortillas with salad and enjoy!

## **All-Natural Simple Remedy From Cold**

Make a mixture of 1/4 cup of honey and add 1/2 teaspoon of cinnamon powder and take it twice a day for about 3 to 4 days and you will be relieved from the cold.

This is the remedy I always do whenever I am not well and trust me this is very magical.



# 5. Curried Vegetables With Chickpea Stew

*“This is the recipe I have been searching for quite a long time. Finally found it and as expected it was delicious! Thanks for sharing.” – Hanna Keller.*

**Servings:** 5

**Preparation Time:** 20 Minutes

**Cooking Time:** 6 hours

**Ready In:** 6 hours and 20 minutes

## **Ingredients:**

- 1 tablespoon olive oil
- 2 potatoes (chopped in small pieces)
- 1 medium sized onion (diced)
- 1 tomato (diced)
- Salt as needed
- 1/2 teaspoon black pepper
- 2 teaspoons curry powder
- 2 teaspoons sugar
- 1 tablespoon grated ginger
- 1/2 teaspoon garlic paste
- 3 cups vegetable broth
- 2 cups chickpeas (soaked and boiled)
- 1 green pepper (chopped)
- 1 small cauliflower (chopped in small florets)
- 1 1/2 cup coconut milk

## **Directions:**

1. Take a pan and heat oil in it, then add onion and little bit of salt and cook until golden.
2. Now add potatoes and cook for further 4 to 5 minutes. Then add garlic, ginger, sugar and curry powder and cook for few seconds.
3. Now place this potato mixture in your slow-cooker and add bell pepper, cauliflower, tomato, chickpeas and the vegetable broth with constant stirring. Add necessary broth to fill the cooker half-way up the sides. Cover the cooker and cook for about 6 hours at medium temperature.
4. Uncover the cooker and add coconut milk and spinach and sprinkle salt and other seasoning, now cook for few more minutes in order to wilt the spinach.



5. Your dish is ready to serve. Serve with pasta or rice of your choice.



# 6. Slow-Cooker Spicy Chickpeas With White Rice

*“Delicious! This recipe is a must for your menu list for this week.” –  
Rebecca, DC.*

**Servings:** 5

**Preparation Time:** 10 minutes

**Cooking Time:** 8 hours

**Ready In:** 8 hours and 10 minutes

## **Ingredients:**

1 medium onion (chopped)

1 cup chickpeas (dried)

3 cups of water

Salt as needed

1/2 cup leeks (chopped)

1 cup of fresh tomato paste

1/2 teaspoon garlic paste

1/2 teaspoon ginger paste

1/4 teaspoon allspice powder

3 tablespoons lemon juice

2 green chilies (thinly chopped)

2 tablespoon of oil

1 teaspoon turmeric powder

1/4 teaspoon baking soda

1/2 teaspoon chili powder

Parsley and lemon wedges for garnishing

## **For rice:**

2 cups of white rice

1 tablespoon of salt

4 cups of water

1 tablespoon of cumin

1 teaspoon of vegetable oil

3 to 4 cloves

## **Directions:**

1. Add chickpeas, water, salt, turmeric powder and baking soda in a slow-cooker, cover the cooker and cook for about 7 hours at medium temperature.
2. In the mean while take a pan and heat oil in it, then add onions, fry for a minute or 2 until the onions are golden then add garlic and ginger paste, 1 teaspoon of salt, lemon juice and chili powder and cook for few seconds. Add the tomato paste and allow it to cook for 5 minutes at low heat.
3. Uncover the cooker and add the tomato paste in chickpeas and cook for further 1 hour at low temperature.
4. Take a pan and heat oil in it, then add salt, cumin and cloves and cook for few seconds. Now add rice and water (the rice must be leveled to ensure it cooks evenly) and cook for 5 minutes or until the water dries up, turn off heat and cover for 15 minutes.
5. Take out the rice on a serving plate and top with spicy chickpeas. Enjoy!

**Tip:**

Soak the chickpeas overnight or at least for 5 hours to have better results.

# **What Chili Pepper To Use If You Want To Avoid Ulcer And Prevent Stomach Cancer**

If you like spicy food then this tip is very useful for you:

Don't add too much of red chili in your food as it can cause ulcer. Add green chili as much as you like because it can prevent stomach cancer and is also good for health.



# 7. Slow-Cooker Delicious Roasted Vegetables

*“What a brilliant idea for delicious softer and roasted veggies! This was a great little experiment for me and my slow-cooker.” – Katy.*

**Servings:** 2

**Preparation Time:** 10 minutes

**Cooking Time:** 6 hours

**Ready In:** 6 hours and 10 minutes

## **Ingredients:**

2 green bell pepper (cut in cubes)

1 large onion (cut in cubes)

Salt as needed

Black pepper as needed

1 tablespoon soya sauce

2 tablespoons lemon juice

2 tomatoes (cut in cubes)

1/2 can mushrooms (chopped)

1/2 cup olives

1 cup fresh beans (cut in broad pieces)

1/2 cup peas

1 small cauliflower (cut in small florets)

1 tablespoon vegetable oil

## **Directions:**

1. Grease your slow-cooker and add all of the vegetables except for the tomatoes.
2. Then add salt, pepper, soy sauce and lemon juice and mix well. Now cover the cooker and cook for about 6 hours at low temperature with stirring after every hour.
3. Drain out the excess juice.
4. Serve your softer roasted veggies along with your favorite sideline.





# 8. Slow-Cooker Vegetable Spaghetti

*"I love slow cooking and love to make not only soups in it. This one was a winner for me and my kids!" – Natalie.*

**Servings:** 4

**Preparation Time:** 10 minutes

**Cooking Time:** 6 hours

**Ready In:** 6 hours and 10 minutes

## **Ingredients:**

1 cup leeks (chopped)

1 cup olives (chopped)

1 packet spaghetti (of your choice)

1/2 cup carrots (thinly sliced)

1/2 cup green pepper (thinly chopped)

Salt as needed

Black pepper as needed

1 tablespoon soya sauce

1 tablespoon white vinegar

2 tablespoons oil

1/2 cup tomato ketchup

## **Directions:**

1. Take a pan and heat oil in it then add all of the vegetables and fry for a minute. Now add salt, black pepper, soya sauce and vinegar and mix well.
2. Transfer the vegetable mixture to the slow-cooker and add a pack of spaghetti in it. Then add ketchup and mix well.
3. Cover the cooker and cook for about 6 hours at low temperature with stirring after every hour.

Serve hot and enjoy!



# 9. Slow-Cooker Thai-Style Green Vegetable Curry

*“In addition to your ingredients, I added little basil and replaced asparagus for eggplant and it came out to be extremely delicious.” – Roxy, Sydney.*

**Servings:** 4

**Preparation Time:** 10 minutes

**Cooking Time:** 5 hours

**Ready In:** 5 hours and 10 minutes

## **Ingredients:**

- 2 tablespoons olive oil
- 2 cans of coconut milk
- 2 tablespoons curry paste
- 2 to 3 Kaffir lime leaves (shredded)
- 1 teaspoon sugar
- 2 teaspoons low-sodium soy sauce
- 1 teaspoon Hoisin sauce
- 2 tablespoons lemon juice
- 1 cup pumpkin (cut in cubes)
- 2 eggplants (sliced thinly)
- 1 cup chickpeas
- 1 red bell pepper (chopped)
- 1 cup fresh beans (chopped)
- 1/2 cup coriander leaved (chopped)
- Boiled rice (to serve with)
- Fresh coriander for garnishing
- Salt as needed
- Pepper as needed

## **Directions:**

1. Take a pan and heat oil in it then add curry paste and cook for a minute. Now add coconut milk and allow it to cook for further 5 minutes or until the mixture thickens. Then add soy and hoisin sauces, lime leaves, sugar and lemon juice and mix well.
2. Now add pumpkins, eggplant, chickpeas, capsicum and beans and mix well
3. Transfer this mixture to your slow-cooker and cook for about 5 hours at low temperature.

4. Uncover the cooker and season with fresh coriander.

Serve with white rice and enjoy!



# 10. Vegan Slow-Cooker Spicy Rice

*“I have been searching for some spicy rice recipe since long and finally I found it over here. I tried this at home and the rice was amazing. Simply awesome!” – Donna.*

**Servings:** 4

**Preparation Time:** 10 minutes

**Cooking Time:** 7 hours

**Ready In:** 7 hours 10 minutes

## **Ingredients:**

- 1 cup rice (rinsed and drained)
- 3 green chilies (thinly chopped)
- 1 onion (thinly sliced)
- 2 tablespoons oil
- Salt as needed
- 1/2 teaspoon curry powder
- 1/2 teaspoon coriander powder
- 1/2 teaspoon cumin powder
- 2 tablespoons parsley
- 1/2 cup chili garlic sauce
- 1/2 teaspoon garlic paste
- 1/2 teaspoon ginger paste
- 1/2 cup green pepper (chopped)
- 1/2 cup green peas
- 3 to 4 cloves
- 3 cups of vegetable broth

## **Directions:**

1. Take a pan and heat oil in it, now add onion and cook for about 5 minutes or until golden brown. Now add garlic and ginger paste and cook for a minute then add salt, curry powder, coriander powder, cumin powder and cloves and cook for few seconds with constant stirring.
2. Add green pepper, green peas and chili garlic sauce and cook for about 2 minutes at medium heat with constant stirring.
3. Transfer this mixture to your slow-cooker and add vegetable broth. Finally add green

chilies and mix well.

4. Cover the cooker and cook for about 7 hours at low temperature.

Enjoy!

# **The Secret Of An Award-Winning Rice**

Whenever you are cooking rice, soak them for about an hour or 2 to have better results.





# 11. Slow-Cooker Potato And Pineapple Curry

*“This is very tasty and turned out quite well, I tried it with garlic bread and it was yummmmm! Will try this recipe with slightly different ingredients next week.” – Gloria.*

**Servings:** 4

**Preparation Time:** 10 minutes

**Cooking Time:** 7 hours

**Ready In:** 7 hours and 10 minutes

## **Ingredients:**

2 potatoes (cut in small cubes)

1 onion (chopped)

2 tomatoes (chopped)

1/2 cup tomato ketchup

1 cup pineapple pieces

Salt as needed

Black pepper as needed

2 tablespoons of lemon juice

2 tablespoons soya sauce

1/2 teaspoon garlic paste

1/2 teaspoon ginger paste

1/4 cup almonds (soaked and peeled)

1 tablespoon olive oil

## **Directions:**

1. Take a pan and heat oil in it, then add onion and cook until golden. Now add garlic and ginger paste and cook for a minute. Finally add salt, black pepper, lemon juice, soy sauce and chopped tomatoes and allow it to cook for 5 minutes at low temperature or until the tomatoes are tender.
2. Now add pineapple pieces, potato cubes, almonds and finally tomato ketchup and mix well.
3. Transfer the mixture to your slow-cooker and cook for about 7 hours at low temperature. Serve hot with your favorite sideline and enjoy!



# 12. Vegan Chinese Hot Pot With Tofu

*“I made it for my girlfriend on our anniversary. It turned out to be very delicious. Thank you!” – Gary, OH.*

**Servings:** 4

**Preparation Time:** 10 minutes

**Cooking Time:** 8 hours

**Ready In:** 8 hours and 10 minutes

## **Ingredients:**

- 1 celery stalk (chopped)
- 1 onion (chopped)
- 1 carrot (chopped)
- 1 can Chinese water chestnut
- 1/2 teaspoon garlic paste
- 1 teaspoon ginger
- 1/2 teaspoon red pepper
- 6 cups vegetable broth
- 1 tablespoon soy sauce
- 1 cup diced tofu
- 1/2 cup mushrooms
- 1/4 cup snow peas (cut in 1 inch pieces)
- 1/2 cup leeks (chopped)
- 1/2 teaspoon Chinese hot oil

## **Directions:**

1. Take a slow-cooker and add onion, carrot, celery, chestnuts, garlic, ginger, red pepper, vegetable broth and soy sauce, mix well.
2. Cover the cooker and cook for about 8 hours at low temperature.
3. About 20 to 30 minutes before serving, add tofu, snow peas, mushrooms and leeks and cook until mushrooms and snow peas are tender. Serve hot.



# 13. Slow-Cooker Spicy Black-Eyed Peas

*“I wish I could have been out all day while this cooked because it smells so great that I can’t wait for 6 hours to eat it. Very delicious and perfect for my weight loss program.” – Nick.*

**Servings:** 4

**Preparation Time:** 10 minutes

**Cooking Time:** 6 hours

**Ready In:** 6 hours and 10 minutes

## **Ingredients:**

1 1/2 cup black-eyed peas (rinsed and drained)

1 red onion (chopped)

1/2 teaspoon garlic paste

1 jalapeno (diced)

1 yellow onion (chopped)

1 teaspoon cumin powder

1 1/2 teaspoon oregano

Salt and pepper as needed

1/2 teaspoon cayenne pepper

2 cups vegetable broth

3 cups water

1 tablespoon green chilies (chopped)

1 tablespoon parsley (chopped)

1 tablespoon thinly chopped ginger

## **Directions:**

1. Take a slow-cooker and add black-eyed peas, onion, pepper, garlic paste, spices, broth and water and mix well. Now cover the cooker and cook for about 6 hours at low temperature.

2. Now uncover the cooker and add thinly chopped ginger, green chilies and parsley and cook for about 10 more minutes.

Serve immediately!

## **Tip:**

Soak the black-eyed peas overnight or at least for 5 hours to have better results.



# 14. Slow-Cooker Tomato Lettuce And Basil Soup

## How to Fix Food That's Too Salty

If the salt you added in your meal is a bit higher than your expectations. Here is a simple way to fix this:

Make small balls of flour and dip it into your meal. Cook for about 2 minutes and take them out. Enjoy!

**Servings:** 3

**Preparation Time:** 15 minutes

**Cooking Time:** 7 hours

**Ready In:** 7 hours and 15 minutes

### Ingredients:

- 2 cans tomatoes (with its syrup)
- 1 cup carrots (chopped)
- 1 cup onion (chopped)
- 1 cup celery (chopped)
- 1 cup lettuce (chopped)
- 1 1/2 teaspoon oregano (dried or fresh)
- 5 to 6 cups vegetable broth
- 2 tablespoons olive oil
- 1/4 cup flour
- Salt as needed
- Black pepper as needed

### Directions:

1. Take a slow-cooker and add carrots, tomatoes, 4 cups of vegetable broth, onion, oregano, celery, basil and lettuce, mix well then cover the cooker and cook for about 6 hours at low temperature or until the vegetables are tender.
2. 30 minutes before the soup is ready to serve, make a thick mixture in another pan by adding flour in the remaining vegetable broth with constant stirring until smooth.
3. Now uncover the cooker and firstly add 1 cup of soup slowly in the flour mixture (with constant stirring) and then the rest of the soup for even thickness. Now take this soup back to your slow-cooker and season with salt and pepper. Cover the cooker and cook for about 30 more minutes at low.

Serve hot!

**Tip:**



If you like more creamy texture, you can blend this soup in the end to make it smoother.



# 15. Slow-Cooker Cauliflower Puree

*“Recently my 5 year old decided not to eat dead animals and asked the whole family not to do so. So, in this case I was trying to make her some delicious veggie food and expected some big hits over here. And she absolutely loved this recipe! I was shocked because she never liked cauliflower (in any form) before. Thank you for your recipes!” – Susan.*

**Servings:** 3

**Preparation Time:** 10 minutes

**Cooking Time:** 8 hours

**Ready In:** 8 hours and 10 minutes

## **Ingredients:**

1 medium cauliflower (chopped)

Salt as needed

Black pepper as needed

1 tablespoon lemon juice

3 cups water

1 teaspoon cumin powder

1 cup chopped leeks

## **Directions:**

1. Take a slow-cooker and add water, cauliflower, salt, black pepper and cumin powder. Mix well.
2. Now cover the cooker and cook for about 8 hours at low temperature.
3. About 30 minutes before serving, uncover the cooker and add leeks and lemon juice and cook for about 30 minutes more at low temperature.
4. Uncover the cooker and puree the cauliflower mixture.

Serve hot!



# 16. Slow-Cooker Sweet Potato And Peanut Stew

*“Easy and delicious! A little exotic, but not too spicy and cheesy breezy. Very light to eat.” – Michelle.*

**Servings:** 3

**Preparation Time:** 10 minutes

**Cooking Time:** 10 hours

**Ready In:** 10 hours and 10 minutes

## **Ingredients:**

- 1 teaspoon garlic paste
- 2 cups cilantro leaves
- 1/4 cup peanuts
- 1 cup tomatoes (chopped)
- 1 teaspoon cumin powder
- 1/2 teaspoon cinnamon powder
- 1/2 teaspoon red cayenne pepper (grounded)
- Salt as needed
- 1 cup water
- 3 to 4 sweet potatoes (chopped in 2 inch chunks)
- 1 cup garbanzo beans (rinsed and drained)
- 1 cup fresh green beans (chopped)

## **Directions:**

1. Blend together garlic paste, tomatoes, cilantro, peanuts, cumin powder, red pepper, salt and little bit of water just to make a thick paste. Blend until pureed.
2. Now pour the peanut mixture in your slow-cooker and add 1 cup of water, sweet potatoes and garbanzo beans and mix well.
3. Cover the cooker and cook for about 9 to 10 hours at low temperature.
4. In the mean while cook the fresh green beans for about 3 to 4 minutes and add it in the stew 10 minutes before serving.



# 17. Slow-Cooker Delicious Ladyfinger And Corns

*“This was the BEST. My kids asked if they can have this every night for dinner. I doubled the corns and I also added 4x the garlic. I threw in some sun dried tomatoes too. It looks terrific and tastes terrific too.” – Nikki.*

**Servings:** 3

**Preparation Time:** 10 minutes

**Cooking Time:** 6 hours

**Ready In:** 6 hours and 10 minutes

## **Ingredients:**

3 cups of chopped ladyfingers

2 cups of corns

1 tablespoon olive oil

2 tomatoes (chopped)

1 teaspoon garlic paste

1 teaspoon ginger paste

1/4 teaspoon red chili powder

1 teaspoon coriander powder

Salt as needed

## **Directions:**

1. Take a pan and heat oil in it, then add garlic and ginger paste and cook for a minute. Now add red chili, coriander powder and salt and cook more for few seconds.
2. Add tomatoes and allow it to cook for about 5 minutes at low heat or until the tomatoes are tender
3. Now transfer the mixture to your slow-cooker and add ladyfingers and corns and mix well. Cover the cooker and cook for about 6 hours at low heat.
4. Serve hot with yogurt.





# 18. Slow-Cooker Mushroom Gravy

*“I've never had so many requests for a recipe! I've made it several times in the last few months and added a few changes and every time it was very delicious and ground breaking.” – Dolly.*

**Servings:** 3 to 4

**Preparation Time:** 10 minutes

**Cooking Time:** 8 hours

**Ready In:** 8 hours and 10 minutes

## **Ingredients:**

3/4 cup mushrooms (chopped)

2 tablespoon olive oil

1 onion (chopped)

3 cups vegetable broth

2 tablespoons soy sauce

1/2 cup flour

1/2 teaspoon sage, thyme and marjoram

Salt as needed

1/2 teaspoon black pepper

## **Directions:**

1. Take a pan and add oil, heat it then add onion and mushrooms. Sauté for about 1 minute at high heat.
2. Now transfer this mixture to slow-cooker and add soy sauce and vegetable broth.
3. Slowly add flour with constant stirring. Then add salt, pepper, marjoram, thyme and sage and mix well. Now cover the cooker and cook for about 8 hours at low temperature.

Serve and enjoy!



# 19. Slow-Cooker Broccoli And Tofu Curry

*“I have to admit, it’s definitely addicting! I added a little cilantro, two fresh tomatoes, and two cloves of garlic to have a different taste and undoubtedly it went delicious.” – Patricia.*

**Servings:** 4

**Preparation Time:** 15 minutes

**Cooking Time:** 7 hours

**Ready In:** 7 hours and 15 minutes

## **Ingredients:**

- 1 onion (chopped)
- 1/2 teaspoon garlic paste
- 2 tablespoon olive oil
- 2 cups of chopped broccoli
- 1 block extra fine tofu (cut in 1 inch cubes)
- 1 tablespoon ginger powder
- 1 teaspoon cayenne pepper
- 2 tablespoons corn starch
- 3 tablespoons soy sauce
- 2 cups vegetable broth

## **Directions:**

1. Take a pan and heat oil in it, then add onion and garlic and cook for about 3 to 4 minutes.
2. Transfer this mixture to your slow-cooker and add broccoli, cayenne, ginger and tofu and mix well.
3. In the meanwhile mix together corn starch, soy sauce and vegetable broth and pour this into the broccoli and tofu.
4. Now cover the cooker and cook for about 7 hours.

Serve with white rice or whole grains.



# 20. Slow-Cooker Spicy Black Beans With Mushrooms

*“Oh my... was this good!!! I had to stop my husband from licking the pan clean. Actually, I thought I was going to have to wrestle him to the ground, so he would save me some for leftovers to take to work tomorrow! It was too good.” – Ruth.*

**Servings:** 4

**Preparation Time:** 20 minutes

**Cooking Time:** 8 hours

**Ready In:** 8 hours and 20 minutes

## **Ingredients:**

- 1/2 cup mustard seeds
- 3 cups black beans (soaked and rinsed)
- 1 tablespoon olive oil
- 2 teaspoons chili powder
- 2 teaspoons cumin powder
- 1 teaspoon cardamom powder
- 2 onions (chopped)
- 2 cups mushrooms (sliced)
- 1 cup tomatillos
- 1/2 cup water
- 2 tablespoon chipotle (minced)
- 6 cups vegetable broth
- 1 1/2 cup tomato paste
- 1/4 cup cilantro (chopped)
- 3 lemons (cut in wedges)

## **Directions:**

1. Soak beans overnight and drain the water in the morning.
2. Take a pan and heat oil in it, then add mustard seeds, chili powder and cardamom powder and cook for about 30 seconds. Now add onion, tomatillos, mushrooms and water. Cover and cook for about 7 to 8 minutes. Now uncover and cook for about 15 minutes or until the vegetables are lightly browned. Add broth, chipotles and tomatoes and mix well.
3. Now transfer the vegetable mixture to the slow-cooker and add beans, mix well and cook for about 8 hours at high temperature.

Serve with lemon wedges and enjoy!



# 21. Potato And Green Peas Vegan Stew

*“Very tasty... as I am not a 100% vegetarian, the first time I made it I added shrimp... it was awesome. The second time I made it, I didn't add the shrimp, but added artichokes instead. Both times were very good. Loved it.” – Brenda.*

**Servings:** 4

**Preparation Time:** 10 minutes

**Cooking Time:** 6 hours

**Ready In:** 6 hours and 10 minutes

## **Ingredients:**

3 potatoes (cut in cubes)

2 cups green peas

1 onion (chopped)

3 tomatoes (chopped)

1 teaspoon cumin powder

1 teaspoon curry powder

Salt as needed

2 tablespoons fresh lime juice

1 tablespoon extra-virgin olive oil

3 cardamoms

1 teaspoon coriander powder

2 green chilies (chopped)

5 to 6 cups vegetable broth

## **Directions:**

1. Heat oil in a pan and add onions. Cook for about 10 minutes on medium heat until the onions are tender. Now add salt, curry powder, cardamom, coriander and cumin powder and cook for about 30 seconds. Add tomatoes, cover the pan and allow it to cook for about 15 minutes at medium heat.
2. Transfer this mixture to your slow-cooker and add peas, potatoes and fresh lime juice and veggie broth. Mix well.
3. Now cover the cooker and cook for about 6 hours at low temperature.
4. Finally add green chilies before serving and enjoy hot!





## 22. Chickpeas Squash And Red Lentils Stew

*“This is so delicious, easy and tasty! I like the flavors together and it has just the right amount of spice. Thanks for sharing!” – Jennifer.*

**Servings:** 3

**Preparation Time:** 5 minutes

**Cooking Time:** 7 hours

**Ready In:** 7 hours and 10 minutes

### **Ingredients:**

- 1/2 cup dried chickpeas
- 2 1/2 cup butternut squash (peeled and diced)
- 3 carrots (chopped)
- 1 1/2 cup red lentils
- 5 cups vegetable broth
- 1 onion (chopped)
- 3 tablespoons tomato paste
- 2 teaspoons ginger paste
- 1 tablespoon cumin powder
- Salt as needed
- Black pepper as needed
- 1/2 teaspoon saffron
- 3 tablespoons lemon juice
- 1/4 cup peanuts (roasted and unsalted)
- 1/2 cup cilantro (chopped)

### **Directions:**

1. Take a slow-cooker and mix together the chickpeas, carrots, broth, squash, lentils, onions, tomato paste, ginger paste, cumin, saffron, salt, and pepper and mix well.
2. Cover the cooker and cook for about 7 hours at low temperature.
3. Now uncover the cooker and add lemon juice, peanuts and cilantro and serve!



# 23. Sizzling Fresh Beans with Carrots and Lettuce

*“This recipe amazed me! I made little variation by adding a bit of cheese in the end and it was superbbbb!” – Britney.*

**Servings:** 3

**Preparation Time:** 5 minutes

**Cooking Time:** 5 hours

**Ready In:** 5 hours and 5 minutes

## **Ingredients:**

2 cups fresh beans (chopped)

1 cup chopped carrots

1 large onion (chopped in large pieces)

2 tomatoes (chopped in large pieces)

3 cloves garlic (minced)

Salt as needed

Black pepper as needed

1 tablespoon extra-virgin olive oil

1/2 cup toasted walnut halves

1 cup vegetable broth

2 tablespoons lime juice

## **Directions:**

1. Mix together oil, fresh beans, carrots, onions, salt, pepper, garlic, vegetable broth and tomatoes. Mix well.
2. Now cover the cooker and cook for about 5 hours at low temperature.
3. Uncover and add lemon juice and walnuts and cook for 10 more minutes at high temperature. Add more broth if needed.

Enjoy hot!



## 24. Slow-Cooker Black Beans With Rice

*“OH MY GOODNESS!!!!!! This was such a delicious and easy recipe, whenever I wanted to have something light and delicious after a hectic day at my office, I prefer this black beans and rice and it amazes me every time.” – Karen, NY.*

**Servings:** 4

**Preparation Time:** 30 minutes

**Cooking Time:** 8 hours

**Ready In:** 8 hours and 30 minutes

### **Ingredients:**

1 cup black beans (soaked and rinsed)

1 cup rice (boiled)

Salt as needed

Black pepper as needed

1 cup chopped leeks

2 tablespoons olive oil

1 teaspoon cumin powder

1 onion (chopped)

1 large green pepper (chopped)

2 tablespoons parsley

3 to 4 cloves

1/2 teaspoon garlic paste

1/2 teaspoon ginger paste

### **Directions:**

1. Take a pan and heat oil in it, then sauté onion and add garlic and ginger paste, cook for about 30 seconds then add salt, pepper and cumin powder.
2. Now transfer this mixture to your slow-cooker and add beans, cook for about 8 hours at low temperature.
3. Uncover the cooker and add leeks, green pepper and cloves and cook for half an hour at high temperature.
4. Serve rice in a dish and pour beans over boiled rice and season with parsley.



## 25. Ever Green Slow-Cooker Pasta

*“I have been making this recipe for few months now and it still remains my all-time favorite! One thing I can't stress enough... you MUST use a GOOD quality pasta to have better results.” – Rachel.*

**Servings:** 3

**Preparation Time:** 5 minutes

**Cooking Time:** 5 hours

**Ready In:** 5 hours and 5 minutes

### **Ingredients:**

- 1 onion (chopped)
- 1 bunch of spinach (chopped)
- 1/2 cup green peas
- 1 small bunch of broccoli (cut in florets)
- 1 pack pasta (of your choice)
- 1 cup chopped leeks
- 1 large green pepper (chopped)
- Salt as needed
- Pepper as needed
- 2 tablespoons soy sauce
- 2 tablespoons fresh lime juice
- 2 cups vegetable broth

### **Directions:**

1. Mix together all of the vegetables, season with salt, pepper, soy sauce and lime juice and mix well.
2. Now add pasta and vegetable broth and mix thoroughly.
3. Cover the cooker and cook for about 5 hours at low temperature.
4. Serve your ever green sizzling pasta with your favorite sideline and enjoy!





## 26. Chickpeas Squash And Red Lentils Stew

*"I am newly married & just learning to cook. I'm always searching for things that are relatively easy and taste great, too. This recipe definitely fit the bill! My husband loved it and the leftovers were even better the next day. Thanks!" – Kim.*

**Servings:** 3

**Preparation Time:** 5 minutes

**Cooking Time:** 7 hours

**Ready In:** 7 hours and 5 minutes

### **Ingredients:**

- 1/2 cup dried chickpeas
- 2 1/2 cup butternut squash (peeled and diced)
- 3 carrots (chopped)
- 1 1/2 cup red lentils
- 5 cups vegetable broth
- 1 onion (chopped)
- 3 tablespoons tomato paste
- 2 teaspoons ginger paste
- 1 tablespoon cumin powder
- Salt as needed
- Black pepper as needed
- 1/2 teaspoon saffron
- 3 tablespoons lemon juice
- 1/4 cup peanuts (roasted and unsalted)
- 1/2 cup cilantro (chopped)

### **Directions:**

1. Take a slow-cooker and mix together the chickpeas, carrots, broth, squash, lentils, onions, tomato paste, ginger paste, cumin, saffron, salt, and pepper and mix well.
2. Cover the cooker and cook for about 7 hours at low temperature.
3. Now uncover the cooker and add lemon juice, peanuts and cilantro and serve!



# 27. Slow-Cooker Lentil With Boiled Potatoes

*“Wow! This was so good! It has become one of my favorite dishes! My only advice: use yellow lentils and cut the potatoes in 2 halves for better look and taste.” – Angelina.*

**Servings:** 4

**Preparation Time:** 10 minutes

**Cooking Time:** 8 hours and 20 minutes

**Ready In:** 8 hours and 30 minutes

## **Ingredients:**

1 cup red lentil (soaked and drained)

1 onion (chopped)

4 to 5 potatoes (boiled and peeled)

2 tomatoes (chopped)

Salt as needed

Black pepper as needed

2 tablespoons soy sauce

1 tablespoon lime juice

2 tablespoons fresh parsley (chopped)

1 teaspoon cumin powder

1/2 teaspoon red chili powder

1 teaspoon turmeric powder

1 teaspoon garlic paste

1 tablespoon olive oil

5 cups vegetable broth

2 to 3 green chilies (chopped for garnishing)

## **Directions:**

1. Take a pan and heat oil in it, now sauté onion then add garlic and ginger paste and cook for about 30 seconds. Then add salt, black pepper, red chili, cumin powder, turmeric powder, soy sauce and lime juice and cook for about 20 to 30 seconds. Then add tomatoes and allow it to cook for about 5 minutes at low heat or until the tomatoes are tender.
2. Now transfer this mixture to your slow-cooker and add lentils. Cover the cooker and cook for about 8 hours at low temperature.
3. Now uncover the cooker and add boiled potatoes (either cut in halves or as a whole,

depends on your style of cooking), again cover and cook for 15 to 20 minutes at low.

4. Garnish with fresh parsley and green chilies before serving.



# 28. Slow-Cooker Rice With Chickpeas And Potatoes

*“Loved it! I used brown rice instead of white and the look and taste was really impressive and mind blowing, I also added green peas and it tasted really good.” – Rebecca.*

**Servings:** 3

**Preparation Time:** 15 minutes

**Cooking Time:** 5 hours 10 minutes

**Ready In:** 5 hours and 25 minutes

## **Ingredients:**

1 1/2 cup rice (soaked and drained)

2 potatoes (chopped in cubes)

1 cup chickpeas

1 tablespoon white cumin

3 to 4 cloves

1 onion (chopped)

2 to 3 green chilies (thinly chopped)

Salt as needed

5 cups vegetable broth

1 cup chopped leeks

2 tablespoons olive oil

## **Directions:**

1. Add rice, chickpeas, potatoes, salt, vegetable broth and cloves in a slow-cooker, mix well then cover and cook for about 5 hours at low temperature.
2. 30 minutes before serving, take a pan and add olive oil in it. Sauté onion for about 5 minutes or until brown, then add cumin and again cook for 30 to 40 seconds.
3. Now uncover the cooker and add the onion and cumin mixture in it, also add leeks and recover. Cook for about 10 minutes at low.
4. Serve hot with chilled yogurt and enjoy!

## **Tip:**

Soak the chickpeas overnight or at least for 5 hours to have better results.





# 29. Slow-Cooker Spicy Eggplant

*“Delicious! I added tomato puree along with that sauce over the eggplants in the slow-cooker and the experiment turned out great!” – Alicia.*

**Servings:** 3

**Preparation Time:** 15 minutes

**Cooking Time:** 6 hours

**Ready In:** 6 hours and 15 minutes

## **Ingredients:**

7 to 8 eggplants (cut lengthwise to make 4 flaps)

1/2 teaspoon salt

1/2 teaspoon black pepper

1/2 cup fresh lime juice

2 tablespoons soy sauce

1/2 teaspoon red chili powder

1 tablespoon green chili sauce

2 tablespoon chili garlic sauce

1 teaspoon curry powder

## **Directions:**

1. Take a bowl and add all of the ingredients except for eggplants, mix well to make an even sauce.
2. Make 2 cuts lengthwise in each eggplant, just to give it a flower like shape having 4 petals, and dip each of eggplant in this sauce and place them all in your slow-cooker one by one.
3. Pour rest of the sauce over the eggplants in the slow-cooker. Cover and cook for about 6 hours at low temperature.
4. Serve hot with garlic bread!



# 30. Slow-Cooker Pumpkin With The Glaze Of Peanuts

*“Absolutely Delicious! I never thought I would be one of those readers who would say: If I could give it 10 stars I would love to, yummy!” – Tiffany, IL.*

**Servings:** 3

**Preparation Time:** 10 minutes

**Cooking Time:** 5 hours

**Ready In:** 5 hours and 10 minutes

## **Ingredients:**

1 onion (thinly chopped lengthwise)

2 tomatoes (chopped)

1/2 cup tomato sauce

1/2 teaspoon garlic paste

2 medium sized pumpkins (chopped)

1 teaspoon cumin powder

Salt as needed

2 tablespoons fresh lime juice

1/2 cup roasted peanuts (unsalted)

## **Directions:**

1. Mix together pumpkins, onions, tomatoes, cumin powder, salt, garlic paste, tomato sauce, lime juice and mix well.
2. Now cover the cooker and cook for about 5 hours at low.
3. Before serving add roasted peanuts and enjoy!



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