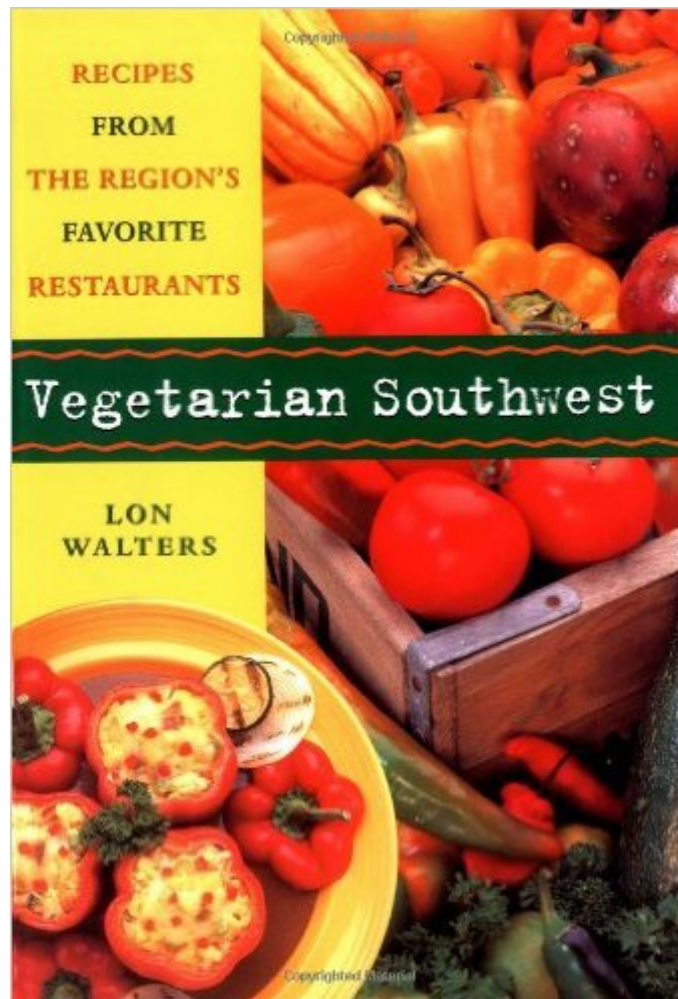


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# Vegetarian Southwest: Recipes From The Region's Favorite Restaurants (Cookbooks And Restaurant Guides)



## Synopsis

Vegetarian recipes from the Southwest's favorite restaurants

## Book Information

Series: Cookbooks and Restaurant Guides

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Average Customer Review: 4.3 out of 5 stars [See all reviews](#) (10 customer reviews)

Best Sellers Rank: #907,973 in Books (See Top 100 in Books) #231 in [Books > Cookbooks, Food & Wine > Regional & International > U.S. Regional > Southwest](#) #1064 in [Books > Cookbooks, Food & Wine > Special Diet > Vegetarian & Vegan > Non-Vegan Vegetarian](#)

## Customer Reviews

My family and I spent a week camping in northern New Mexico this past June and had a wonderful time! But my most spectacular 'find' was Lon Walters lovely little book full of the very best of regional recipes from the American Southwest! I don't care what other reviewers say about the book's organization, just open it up and make whatever appears on the page before you! Everything I have made so far has been wonderful and fun to make. My Swiss husband, 10-year old daughter and 14-year old son are equally ecstatic about everything I have made .. and I do NOT back off on the spicing at all! Some recipes are more involved than others (which I prefer), but nothing is so involved that you will be reticent to make it. Even non-vegetarians will appreciate these recipes. I have already given two copies of this book as gifts and am buying three more today!!! You cannot go wrong with these recipes. VEGETARIAN SOUTHWEST has become my favorite cookbook in a fleet of some 75!

Having moved from the Southwest to the Midwest, I was so excited to find a southwestern vegetarian cookbook. The recipies are interesting, and with a few minor exceptions, pretty simple and straightforward to execute. The pictures are beautifully photographed. My complaints are largely editorial. The index isn't particularly useful for looking things up by ingredients and the

recipies themselves require reading through a couple of times. The quantities of ingredients and number of servings are sometimes difficult to discern.

Restaurant quality, but easy to make. Jalapeno Cheese bread is particularly good. A great survival cookbook for Southwesterners stranded temporarily on the East Coast.

Most of the recipes in this book are right from the area where I live....I go to a lot of these restaurants and the recipes are right on! I was so excited when I saw this book in a little shop in Sedona and that was before I even knew they were restaurant recipes. This is a great addition to your cookbook collection even if you are a meat eater, like my hubby. Easy to follow recipes, common ingredients, nothing complicated, but such great flavors. Ya gotta try this book! I gave one to a friend who isn't a vegetarian and she uses it all time. A true taste of the southwest!

I bought this book to increase my vegetarian cooking arsenal, and learned some useful things from the randomly inserted background/explanatory sections: Chiles, Roasting Chiles, Vegetable Stocks, etc. The recipes themselves are questionable due to poor editing or inattention to quantities of ingredients. Eg: Black Bean and Corn Soup calls for 2 gallons of stock and 2 cups of vinegar. The scanty vegetables (one onion, 6 ears of corn and one pepper) would have floated like shipwreck survivors had I not reduced the liquid to 2-3 quarts, and the vinegar was completely overpowering. Perhaps if you significantly reduced the vinegar, as well, it would work. Another eg: Black Bean Chili and Roasted Corn Soup indicates 3 POUNDS of dried black beans. That would give you 12-18 cups of cooked beans. I reduced that to 3 CUPS of dry beans, increased the fresh corn, and the soup was very good. This is not a bad book, but it needs some serious editing to be really practical as a cookbook.

Vegan with gills? I follow vegan dietary pattern except for cold water fish. This book has many intriguing recipes, although some include cheese, which I don't eat. Either vegan cheese can be substituted or the cheese in the receipe or can be left out. A good book for people who like vegetarian food with a southwestern accent.

This book is well worth the money. My wife uses it regularly and the whole family loves the meals she prepares. I am considering purchasing it for other family members who are trying to eat healthy

We loved the fact that we can sample fantastic southwestern food unencumbered by meat and lard.....wonderful recipes .....downloaded it as we couldn't live with our our hard copy of this book.

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