

125 Great Vegetarian Recipes Mrr

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Plant sources alone may not provide enough protein in a vegetarian's diet and other sources such as tofu and soy are required. Some of the recipes: Alfredo Sauce Baked Macaroni and Cheese Baked Spinach Baked Vegetables BBQ Tofu Burgers Basil Broccoli Tureen Beef Stew Beats w/ Onions and Cumin Bread Crust Zucchini Quiche Broccoli Cauliflower Casserole Bulgur Chickpea Salad Caesar Salad Tacos Cauliflower Cheese Pie Cauliflower Mashed Potatoes Cauliflower Souffl Cauliflower with Cumin Seed Celery Casserole Cheese and Spinach Casserole Cheese Flan Cheese Souffl Cheese Taco Shells Cheesy Cauliflower Casserole Cheesy Zucchini Chickpea Macaroni Salad Chile Relleno Casserole Chile Relleno Quiche Chile Relleno Squares Corn Dog Casserole Cottage Cheese Manicotti Cottage Cheese Potatoes Creamed Cauliflower Delominco Potatoes Easy Garlic Pasta Easy Gravy Easy Veggie Pot Pie Egg Drop Soup It is recommended that you choose a variety of foods including whole grains vegetables, fruits, legumes, nuts, seeds, dairy products and eggs. This collection of 125 Vegetarian recipes will help you prepare the essential foods you require in a tasty and healthy way. Try the Cauliflower Mashed Potatoes, Tofu Burger, Tater Tot Casserole, Meatless Loaf, and a delicious desserts such as the No Bake Peanut Butter Pie.

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