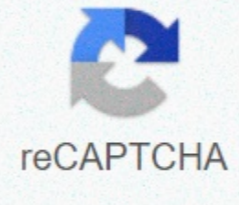




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Best cheap vegetarian cookbooks

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1 The Wicked Healthy Cookbook
If you think eating plant-based sounds less-than, think again. It's clear from this cover—which features a beet juice-splattered apron and a meat cleaver—that the brothers who penned this cookbook are out to prove otherwise. They scored Woody Harelson to introduce the book, which has veggie-forward twists on comfort food, like cauliflower ribs and mushroom steaks.
2 Sweet Potato Soul: 100 Easy Vegan Recipes for the Southern Flavors of Smoke, Sugar, Spice, and Soul
: A Cookbook
AMERICAN WEST BOOKS
amazon.com
If you think vegans can't enjoy southern food like crispy fried "chicken," smoky gumbo, and spicy hush puppies, you're wrong! Author Jenné Claiborne took the meals of her childhood growing up in Atlanta and has given them a vegan twist in this cookbook.
3 The Oh She Glows Cookbook
amazon.com
Angela Liddon, the brains behind the Oh She Glows blog, came out with her first cookbook in 2014. Nearly five years later, it's still a major hit. The recipes are vegan, and many are allergy-friendly. You can also take the word of the more than 1,500 Amazon reviewers who've given the book five stars.
4 How to Cook Everything Vegetarian
amazon.com
Mark Bittman—a former NYT food columnist—has written six versions of his How To Cook Everything cookbook. They're all great, but this circa-2007 vegetarian one is crediting with making plant-based eating accessible to the masses. The updated 2017 version (seen here) has new charts, larger pictures, and a new section on smoothies.
5 Caribbean Vegan: Meat-Free, Egg-Free, Dairy-Free Authentic Island Cuisine for Every Occasion
The Experiment
amazon.com
You could eat every meal for days with the delicious recipes in this cookbook. The food takes its inspiration from the far of places like Barbados, Saint Lucia, and Trinidad, so you can find Caribbean sushi, cassava pancakes, cocktails, teas, and more. Barbadian chef Taymer Mason has outfitted this book with more than 200 recipes so you'll never have a boring meal again.
6 Minimalist Baker's Everyday Cooking
amazon.com
Every recipe the Minimalist Baker, aka Dana Shultz, makes must fit three requirements: It must require 10 ingredients or less, use just one bowl or pot, and take less than 30 minutes to prepare. What we're getting at is, this is a great, easy cookbook for newbie vegetarians.
7 nobu's Vegetarian Cookbook
The Nobu restaurant empire is famous for doling out creative, elegant, expertly-crafted dishes—and that's exactly the sort of food you'll find in chef Nobu Matsuhisa's first vegetarian cookbook. You'll find vegetables (especially Japanese ones) prepared every which way—pickled, steamed, roasted, boiled, fried. There are recipes for savory dishes, of course, but also for veggie desserts and cocktails.
8 The First Mess Cookbook
amazon.com
After attending culinary school, Laura Wright worked in strictly vegan restaurants. In 2017, she finally dropped her first cookbook to the delight of her blog followers. The vegetarian recipes for every meal of the day take into consideration the different vegetables that come into season throughout the year.
9 Plenty
amazon.com
These are the eggplants seen 'round the world. When chef Yotam Ottolenghi came out with Plenty in 2011, you couldn't escape the cover—it was everywhere. And for good reason: Each of the 120-plus recipes is better than the next, and they're all organized by ingredient.
10 Viva Vegan!: 200 Authentic and Fabulous Recipes for Latin Food Lovers
Expect things like empanadas, tamales, churros, flan, and more in this easy-to-follow cookbook.
11 On Vegetables
amazon.com
For those who really want to lean into that whole "pretentious vegetarian" role, this is your chance. Jeremy Fox earned his keep in Michelin-starred restaurants, and his first cookbook is meant to "elevate" vegetables. And, listen, he really does: There's a pickled grape and fig salad and king trumpet mushrooms in a bordelaise sauce.
12 Six Seasons: A New Way with Vegetables
amazon.com
This may very well be the best book on this list for anyone struggling to get into vegetarianism—the emphasis on seasonality really helps a home cook focus in on what he/she's trying to accomplish.
13 Afro-Vegan: Farm-Fresh African, Caribbean, and Southern Flavors Remixed
[A Cookbook]
In this cookbook, author and Chef Bryant Terry takes some of the most delicious recipes of the African diaspora and makes them vegan. His book not only features recipes for things like delicious Muscovado-Roasted Plantains and corn grits, he also includes music recommendations and shares thoughts on how food can build community.
14 Prashad At Home
Prashad—an Indian restaurant in Leeds, England—surged in popularity after it was featured on Gordon Ramsay's Ramsay's Best Restaurants. This is the second of the cookbooks that came out of that fame. Indian cooking is already a go-to for vegetarians, but some recipes can be tricky to make. These ones have been simplified and use easy-to-find ingredients.
15 Chloe Flavor
amazon.com
This book was chef Chloe Coscarelli's love letter to vegetables—and her attempt to debunk the idea that they're always bland. The recipes she included are bold, in taste and in presentation. A favorite: the millennial pink beet pasta that broke the internet.
16 A Modern Way to Cook: 150+ Vegetarian Recipes for Quick, Flavor-Packed Meals
amazon.com
Anna Jones has managed the impossible: making kale somehow more enjoyable than mashed potatoes. I mean it! Her "kale smash" is out of this world.
17 The Vegetable: Recipes that Celebrate Nature
The fact that this book is broken down by vegetable is an absolute game-changer. This content is created and maintained by a third party, and imported onto this page to help users provide their email addresses. You may be able to find more information about this and similar content at piano.io
All products were chosen independently by our editorial team. This review contains affiliate links and we may receive a commission for purchases made. Please read our affiliates FAQ page to find out more and read about how we write BBC Good Food reviews. More and more of us are cutting down on meat and getting creative with vegetarian meals. Chosen by the BBC Good Food team, our top vegetarian cookbooks list is a collection packed with colourful, innovative recipes that put vegetables centre-stage, fuse flavours from around the world and will help you create delicious veggie meals at home. Whether you're a veggie beginner, flexitarian, an athlete looking for plant-power to fuel your workouts or simply want healthy, everyday meals for your family, there's something for everyone. This is food to get excited about. For more inspiration, see the best cookbooks for students, the best cookbooks for kids or the best cookbooks of 2021. Best vegetarian cookbooks to buy
The Curry Guy
Veggie by Dan Toombs
The third book from food writer Dan Toombs is a truly expert guide to navigating meat-free Indian dishes, packed with recipes showcasing just how colourful, creative and delicious vegetarian Indian food can be. Plus, every recipe comes with instructions on how to make them vegan too. Little Green Kitchen by David Frenkiel and Luise Vindahl
Luise and David, the husband-and-wife team behind acclaimed vegetarian blog Green Kitchen Stories, are here to help you perfect the art of quick and easy vegetarian and vegan meals for all the family. Tried and tested by their three small children, their simple recipes include creamy broccoli pasta, tofu cashew masala, plus party food options and lunchbox favourites. Available from: WH Smith (£16)Amazon (£16)Waterstones (£20)
Veg by Jamie Oliver
In Veg, Jamie makes vegetarian cooking easy, sharing over 100 fun-to-make recipes full of flavour and all family-friendly. You've got stews, pastas, curries, pies and traybakes, each designed to make vegetarian cooking accessible and most importantly, delicious. East by Meera Sodha
Meera's experience as a successful food writer really shines through in her latest book. Full of innovative flavours, East brings a new lease of life to Indian, Asian and Southeast Asian cooking, melding classic recipes with innovative flavours to create authentic and vibrant plant-based recipes. Available from: Amazon (£14.45)WH Smith (£16)
Plant Power by Annie Bell
Distinguished food writer Annie Bell's book Plant Power features 100 protein-rich recipes for vegans and vegetarians, in which she shares how to source plant proteins from high-quality unrefined whole foods. With stunning images, this book is a feast for the eyes as well as the stomach. Available from: Amazon (£11.99)Waterstones (£17.99)
The Vegetarian Cookbook: More than 50 recipes for young cooks
If you're looking to eat less meat as a family, this vegetarian children's cookbook is packed with more than 50 nutritious recipes full of colour to help your young cook learn about the importance of a balanced diet. Food fact files are an added bonus, offering insights into vitamins, minerals, proteins and carbs. Available from:WH Smith (£10.65)
Flavour by Yotam Ottolenghi and Ixta Belfrage
For his latest book, Yotam Ottolenghi has teamed up with chef and core member of the Ottolenghi test kitchen Ixta Belfrage, to create something beautiful, informative and truly inspiring. It features over 100 impressively innovative, exciting dishes which bring a new lease of life to everyday veg. Think romano pepper schnitzels, cabbage tacos with celeriac and date barbecue sauce, hasselback beetroot and kimchi rice fritters. The duo also explain how to get maximum flavour from food, looking at how different methods, flavour pairings and produce can elevate your cooking. Available from:Wordery (£16.87)Blackwell's (£17.78)Waterstones (£24.99)
The Vegetarian Kitchen by Prue & Peta Leith
Veggie fans of The Great British Bake Off will love this extensive cookbook from judge Prue Leith and her niece, a former chef at The Ivy, Peta. Discover 100 recipes sure to please the whole family, like black bean chilli with lime salsa. If you prefer something sweet, try their recipes for lemon pavlova or cherry and almond cake. About half of the recipes can be made vegan if you prefer. Available from Amazon (£15.43)
Chetna's Healthy Indian by Chetna Makan
Another must-have for Bake Off fans, Chetna Makan – one of 2014's semi-finalists – is back with a collection of healthy recipes. This cookbook contains over 80 recipes such as garlic and tamarind soup, courgette kofta curry, beetroot and sweet potato korma and masala paneer. Her vibrant dishes are nutritious and packed full of flavour. Available from Amazon (£14.59)
Charred by Genevieve Taylor
Summer barbecues don't have to be limited to burgers and sausages. Genevieve Taylor shows us how to make the most of seasonal veg and grill up a meat-free feast. Serve up whole roast cauliflower drenched in spiced garlic butter, griddled radicchio with burrata and figs, or corn on the cob with Cambodian coconut, lime and chilli. These inventive dishes are perfect for creative chefs. Available from:Amazon (£12.25)Waterstones (£16.99)
India: The World Vegetarian by Roopa Gulati
Chef, broadcaster and food writer Roopa Gulati introduces readers to the key techniques and ingredients in Indian cooking with this veggie cookbook. Her flavourful dishes include twice-cooked cauliflower, saffron and almond masala; paneer and apricot koftas and traditional channa dal. With over 70 recipes to choose from, there's something here for every Indian food lover. Available from:Amazon (£12.99)WH Smith (£16)
The Green Roasting Tin by Rukmini Iyer
Rukmini Iyer brings us a collection of easy traybakes, the perfect solution for busy weeknight evenings. Simply chuck all your ingredients into a roasting tin and let your oven do the work. See her delicious recipes including beetroot, chickpea and coconut curry, roasted tomato and bay orzo, leek and Puy lentil gratin and stuffed mini pumpkins with sage and goat's cheese. Available from: Amazon (£9.99)Waterstones (£17.99)
Plants Taste Better by Richard Buckley
Let veggies take the centre stage with this collection of seasonal recipes from award-winning chef Richard Buckley, proprietor of the critically acclaimed vegetarian Acorn Restaurant in Bath. Make the most of unique ingredients you've never thought to try. Make almond & paprika fritters, cavolo nero crisps, rosemary polenta chips and white onion & olive oil soup. Available from:Amazon (£17.79)Waterstones (£25)
Greenfeast: Autumn, Winter by Nigel Slater
Best-selling author and presenter, Nigel Slater has compiled a selection of comforting recipes perfect for the colder months. Warm up with a bowl of fiery udon noodles or polenta with garlic and mushrooms. Tuck into a cosy dessert like creamy pudding rice with rosewater and apricots, or ginger cake with cardamom and maple syrup. For the warmer months, see the Spring, Summer version to accompany. Available from:Amazon (£10)Waterstones (£22)
River Cottage Veg Every Day by Hugh Fearnley-Whittingstall
With over 200 recipes, this vegetarian cookbook is an encyclopedia of knowledge. Vegetables are the star of the show in recipes such as linguine with mint and almond pesto, baby carrot risotto, new potato gnocchi and a spring onion galette. Try some inventive snacks and sides such as spinach pasties, beetroot hummus or roast squash wedges. Available from:Amazon (£8.42)
More vegetarian recipe inspiration
For more vegan and vegetarian meal inspiration, check out our recipe collections online, plus check out our BBC Good Food: Vegan Meals Cookbook to find 101 easy and delicious recipes that prove plant-based cooking doesn't have to be complicated or time-consuming. All recipes in the book are triple-tested by the BBC Good Food team so you know they'll work every time. This review was last updated in November 2020. If you have any questions, suggestions for future reviews or spot anything that has changed in price or availability, please get in touch at goodfoodwebsite@immediate.co.uk.

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