



**I Can't Believe It's Vegan! Volume 4 - All
American Comfort Food Truck Stop, Diner and
Lunch Counter Classics: Our Top 10 All-Time
Favorite Kitchen-Tested, ... Down Home Delicious
American**

Felix Whelan, Carol Ann Whelan

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Now you can *"Live like a vegan, but eat like an American!"* with these 100% "veganized" all-American truck stop, diner, and lunch counter "Road Food" favorites! Try:

Classic Western Egg Sandwich

The Roadside Rubeen

Woolworths Lunch Counter Ham Salad Sandwich

Jersey Diner Tuna Melt

Bacon Mushroom Swiss Burger

Texas Hot Wieners

The All-American Blue Plate Special

Meatloaf and Brown Gravy

Salisbury Steak

Chicken Fried Steak with Southern White Gravy

All re-created 100% vegan!

"Meatless" Does Not Equal "Boring"

Probably the biggest obstacle preventing most Americans, even those who feel powerfully drawn to the ethics of a meat-free lifestyle, from going vegetarian or full vegan is *fear of the unknown*.

Will giving up meat mean I have to eat lettuce and bean sprouts all day? Isn't all vegan food super-expensive weird stuff you have to buy at a health food store? What about the meals I loved as a kid that I still love... Do

I have to surrender *everything*...? I'll get bored! I can't do it!

With this cookbook (or any cookbook by Felix and Carol Ann Whelan) in your hands, *yes you can!*

Carol Ann and I grew up in the American Midwest during the 1970s, members of normal, Middle Class, meat-loving families, raised on a steady diet of good, old-fashioned all-American comfort food. "American cuisine" is in our genes, so when we first went vegetarian (each of us, individually, before we met) we had the same doubts any other red-blooded American would have at the thought of exchanging burgers and fried chicken, beef stew and pot roast, sloppy Joes and meatball sandwiches for "rabbit food"...

But, as it turns out, that wasn't the bargain at all. The truth is that you can, in fact, live life as a vegan, but still eat like an American! This book will prove it to you.

If you're not already vegetarian, we hope these recipes inspire you to take the plunge. If you're already vegetarian or vegan, we hope you'll cook these dishes for your carnivorous friends, and let them experience first hand that going meatless requires no sacrifice of flavor or food favorites at all!

A Word About Meat Substitutes

This is a cookbook series focused on American Cuisine. American Cuisine is, almost by definition, "meat heavy." You can't just leave the meat out of most classic American dishes and reach the same result. "Pot roast" without the "roast" is just vegetables. Tasty vegetables in gravy, but still just vegetables. If that had the power to win anybody over, the whole world would have gone vegetarian a long time ago...

So we turn to meat substitutes. All of the recipes in this cookbook call for one meat substitute or another, so as to keep them vegan, but still grant them their unique American appeal. Some recipes call for readily available commercial products, like Boca burgers and crumbles, or Yves brand veggie dogs. Others tell you how to create your own meat substitutes using tofu, chick peas, vital wheat gluten, etc.

The way I see it, if people who think they can't live without the taste and texture of meat discover they can satisfy their cravings with plant-based substitutes, it makes embracing vegetarianism easier, and more and more people will do it. "Meat substitutes" will eventually become just "meat." In the future vegan world we are all working toward, no one will even remember that "meat" ever came from our animal friends. *"Meat has always been a soy product, right...?"*

That's the dream, anyway. Help me make it a reality!

Felix Whelan blogs about vegetarian cuisine, the Catholic Faith, and his amazing family at www.FelixatFifty.com.

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From reader reviews:

Derek Morton:

Have you spare time for the day? What do you do when you have far more or little spare time? Yeah, you can choose the suitable activity regarding spend your time. Any person spent their very own spare time to take a move, shopping, or went to typically the Mall. How about open or perhaps read a book called I Can't Believe It's Vegan! Volume 4 - All American Comfort Food Truck Stop, Diner and Lunch Counter Classics: Our Top 10 All-Time Favorite Kitchen-Tested, ... Down Home Delicious American? Maybe it is for being best activity for you. You recognize beside you can spend your time with your favorite's book, you can better than before. Do you agree with it has the opinion or you have different opinion?

John Bullen:

Information is provisions for those to get better life, information nowadays can get by anyone on everywhere. The information can be a know-how or any news even a concern. What people must be consider while those information which is inside former life are hard to be find than now's taking seriously which one is acceptable to believe or which one often the resource are convinced. If you get the unstable resource then you have it as your main information you will see huge disadvantage for you. All those possibilities will not happen throughout you if you take I Can't Believe It's Vegan! Volume 4 - All American Comfort Food Truck Stop, Diner and Lunch Counter Classics: Our Top 10 All-Time Favorite Kitchen-Tested, ... Down Home Delicious American as the daily resource information.

Isabel McNeal:

This book untitled I Can't Believe It's Vegan! Volume 4 - All American Comfort Food Truck Stop, Diner and Lunch Counter Classics: Our Top 10 All-Time Favorite Kitchen-Tested, ... Down Home Delicious American to be one of several books this best seller in this year, that's because when you read this guide you can get a lot of benefit on it. You will easily to buy this kind of book in the book retail outlet or you can order it by means of online. The publisher with this book sells the e-book too. It makes you more easily to read this book, since you can read this book in your Cell phone. So there is no reason to your account to past this reserve from your list.

Anthony Moss:

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