



Vegan Mexico: Soul-Satisfying Regional Recipes from Tamales to Tostadas

Jason Wyrick

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The first cookbook of vegan regional Mexican recipes.

The author of the best-selling *Vegan Tacos* explores the magic of Mexico's regional cooking. Enjoy the exotic flavors of these diverse cuisines without leaving your kitchen.

Jason's delicious recipes capture the essence of the moles of Oaxaca, the Mayan legacy of the Yucatan, the smoky chile flavors of Zacatecas, the fruit-centric Southern regions, the Spanish influence of Veracruz, and the street food of Mexico City. Recipes include:

- Oaxacan Black Beans
- Blue Corn Mushrooms Bocoles
- Four Chile Noodle Soup
- Classic Sweet Corn Tamales
- Old-Style Street Enchiladas
- Sonoran Machaca Burritos
- Sweet Potato Pastelitos
- Tres Leches Cake

A leading authority in vegan Mexican cooking, Jason shares the core concepts for making authentic Mexican cuisine and tie the recipes to their place in the story of Mexico. Readers will come away with a new understanding and admiration for the diversity and flavors of Mexico and be inspired to make delectable main dishes, soups, spreads, sandwiches, breads, desserts, snacks, and much more.

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