



Vegan Soup Cookbook: Delicious Winter Warming Vegan Soup Recipes to Soothe Your Soul

Karen Braden

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THIS WINTER SEASON ENJOY EASY AND DELICIOUS VEGAN SOUP RECIPES THAT WARM YOUR SOUL

This Vegan Soup Recipe book gives you over thirty reasons to go vegan this upcoming fall and winter. Wrap yourself in your nearest blanket, position large (holiday-inspired) socks on your feet, and create these stunning vegan soup recipes for your friends and family. Soup truly brings people together. It warms you from the inside out and helps you feel full and content when you're looking to eat just a little bit less (even if it means you're saving room for vegan cookies later). Furthermore, this book outlines several different vegan recipes: from "cream" based soups to chunky soups, from lentil-based soups to chilled soups (for next spring and summer, of course). The benefits of going vegan are absolutely amazing: from reducing your saturated fat intake and thus reducing your risk of heart attack and stroke to fuelling you with appropriate amounts of minerals and vitamins to get you through flu season. The wonders of the vegan soup recipes commence in this colorful cookbook, and all you need is a soup pot, a spoon, and a big appetite to get started.

HERE IS A SAMPLE OF THE RECIPES INSIDE:

Creamy Celery and Spinach Herb Soup Creamy Pasta and Butternut Squash Soup Traditional Thai Variety Vegetable Soup Delicious Tomato Garlic Cream Soup Super-Spiced Vegetable Soup Quinoa and Black Bean Soup Chunky Indian-Inspired Cabbage Soup Mexican Spiced Vegan Tortilla Soup Minestrone Mission Soup Stick-to-Your-Bones Slow Cooker Split Pea Soup Chunky Edamame and Buckwheat Groat Stew Bamboo and Mushroom Chinese-Inspired Soup Chunky Thai Coconut Soup Butter Bean and Green Soup Chunky Lentil and Kale Soup Super Lentil and Garlic Chunked Soup Lentil and Curried Squash Soup AND MUCH MUCH MORE

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Sheila Searcy:

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