

Online Library The 30 Minute Vegan Soups On  
More Than 100 Quick And Easy Recipes For  
Every Season

# The 30 Minute Vegan Soups On More Than 100 Quick And Easy Recipes For Every Season

Create delicious, filling vegan meals in under 30 minutes! Take the stress out of making hearty vegan meals with the easy recipes in *Vegan Recipes in 30 Minutes*. This handy kitchen guide is perfect for the busy vegan cook who wants to whip up satisfying, wholesome vegan meals using everyday kitchen utensils and affordable ingredients from your local grocery store. With simple, straightforward

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recipes, quick tips for easy meal prep and storage, and helpful meal plans, Vegan Recipes in 30 Minutes will help you get nutritious vegan meals on the table in no time.

Vegan Recipes in 30 Minutes makes it easy to create balanced vegan meals, with: 106 mouthwatering recipes such as Vegan Chocolate Macaroons, Spicy Nut Butter Noodles, and Sweet Potato & Kale Hash 141 pantry, freezer, and grocery staples Easy-to-follow weekly meal plan 23 ideas for easy meal preparation and storage to save you time and money 10 tips for a happy and hearty vegan life With quick, tasty recipes, Vegan Recipes in 30 Minutes will make your vegan meals as simple as they

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This edition has been adapted for the US market. From simple suppers and family favorites, to weekend dishes for sharing with friends, this book is packed full of phenomenal food - pure and simple. Whether it's embracing a meat-free day or two each week, living a vegetarian lifestyle, or just wanting to try some brilliant new flavor combinations, this book ticks all the boxes. Super-tasty, brilliantly simple, but inventive veg dishes include: · AMAZING VEGGIE CHILI, comforting black rice, zingy crunchy salsa and chili-rippled yogurt · GREENS MAC 'N' CHEESE with leek, broccoli & spinach and a toasted almond topping · VEGGIE PAD

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THAI, crispy fried eggs, special tamarind & tofu sauce and peanut sprinkle · SUPER SPINACH PANCAKES with avocado, tomato and cottage cheese · SUMMER TAGLIATELLE, basil & almond pesto, broken potatoes and delicate green veg With chapters on Soups & Sandwiches, Brunch, Pies & Bakes, Curries & Stews, Salads, Burgers & Fritters, Pasta, Rice & Noodles, and Traybakes there's something tasty for every occasion. Sharing simple tips and tricks that will excite the taste buds, this book will give you the confidence to up your vegetable intake and widen your recipe repertoire, safe in the knowledge that it'll taste utterly delicious. It will also

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leave you feeling full, satisfied and happy - and not missing meat from your plate. “ It's all about celebrating really good, tasty food that just happens to be meat-free. ”

Jamie Oliver

Create delicious, plant-based soups any night of the week with *Awesome Vegan Soups*. Without processed flours or sugars, these stews, broths, chilis, chilled and raw soups are effortless to throw together on the stovetop and make enjoyably filling meals for the whole family. Vanessa Croessmann shows readers how to create beautifully balanced flavors that highlight a variety of textures (broths, creamy and chunky), styles (stews, chilis,

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chowders, gazpacho, curries, pho, goulash and raw) and seasonal produce. The 80 recipes feature warm soups for fall and winter like Mushroom Quinoa Chili, Chipotle Pumpkin Soup with Apple and Cauliflower Tikka Masala Soup. Cooling soups for spring and summer include Creamy Horseradish Parsley Soup, Celeriac Arugula Soup with Coconut Cream and Crispy Chickpeas and Chilled Creamy Borscht. Packed with fresh produce, healthy grains and fantastic flavors, these meat and dairy-free soups are perfect for dinner, and make convenient and affordable next-day lunches for everyone.

Vegan chef of one of the top 50 food blogs on the Web,

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HappyHerbivore.com, Lindsay Nixon, gives hundreds of thousands of her followers recipes each month, showing that the vegan diet is not only healthy but delicious, too. Now, Nixon combines some of her tastiest recipes in The Happy Herbivore Cookbook, each made with no added fats, using only whole, plant-based foods. It's easy to make great food at home using the fewest number of ingredients and ones that can easily be found at any store, on any budget. The Happy Herbivore Cookbook includes:

- A variety of recipes from quick and simple to decadent and advanced
- Helpful hints and cooking tips, from basic advice such as how to steam potatoes to more specific

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information about which bread, tofu or egg replacer works best in a recipe • An easy-to-use glossary demystifying any ingredients that may be new to the reader • Healthy insight: Details on the health benefits and properties of key ingredients • Pairing suggestions with each recipe to help make menu planning easy and painless • Allergen-free recipes, including gluten-free, soy-free, corn-free, and sugar-free With a conventionally organized format; easy-to-follow, step-by-step instructions; nutritional analyses, colorful photographs; funny blurbs at the beginning of each recipe; helpful tips throughout; and chef's notes suggesting variations for each dish, even the most novice



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cook will find healthy cooking easy—and delicious!  
Healthy Home-Cooked Meals in 30 Minutes or Less  
Fast, Modern Vegan Cooking  
100 Delicious Vegetarian Recipes to Make You Fall in  
Love with Real Food  
Fast Easy Cheap Vegan  
The 30-Minute Vegan Cookbook  
75 Fast Plant-Based Meals You're Going to Crave!  
Plant-Based Eating for Optimal Health and Wellness  
Healing the Vegan Way  
New York Times Bestseller A whole-foods, plant-based diet  
that has never been easier or tastier—learn to cook the

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Forks Over Knives way with more than 300 recipes for every day! Forks Over Knives—the book, the film, the movement—is back again in a cookbook. The secret is out: If you want to lose weight, lower your cholesterol, avoid cancer, and prevent (or even reverse) type 2 diabetes and heart disease, the right food is your best medicine.

Thousands of people have cut out meat, dairy, and oils and seen amazing results. If you 're among them—or you 'd like to be—you need this cookbook. Del Sroufe, the man behind some of the mouthwatering meals in the landmark documentary, proves that the Forks Over Knives philosophy is not about what you can 't eat, but what you can. Chef Del and his collaborators Julieanna Hever, Judy Micklewright, Darshana Thacker, and Isa Chandra Moskowitz transform

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wholesome fruits, vegetables, grains, and legumes into hundreds of recipes—classic and unexpected, globally and seasonally inspired, and for every meal of the day, all through the year: Breakfast: Very Berry Smoothie, Breakfast Quinoa with Apple Compote Salads, Soups and Stews: Kale Salad with Maple-Mustard Dressing, Lotsa Vegetable Chowder, Lucky Black-Eyed Pea Stew Pasta and Noodle Dishes: Mushroom Stroganoff, Stir-Fried Noodles with Spring Vegetables Stir-Fried, Grilled and Hashed Vegetables: Grilled Eggplant “ Steaks ” Baked and Stuffed Vegetables: Millet-Stuffed Chard Rolls The Amazing Bean: White Beans and Escarole with Parsnips Great Grains: Polenta Pizza with Tomatoes and Basil Desserts: Apricot Fig Squares, Bursting with Berries Cobbler . . . and much more! Simple, affordable,

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and delicious, the recipes in Forks Over Knives—The Cookbook put the power of real, healthy food in your hands. Start cooking the plant-based way today—it could save your life!

Five years ago, popular blogger Brandi Doming of The Vegan 8 became a vegan, overhauling the way she and her family ate after a health diagnosis for her husband. The effects have been life-changing. Her recipes rely on refreshingly short ingredient lists that are ideal for anyone new to plant-based cooking or seeking simplified, wholesome, family-friendly options for weeknight dinners. All of the recipes are dairy-free and most are oil-free, gluten-free, and nut-free (if not, Brandi offers suitable alternatives), and ideally tailored to meet the needs of an array of health

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conditions. Each of the 100 recipes uses just 8 or fewer ingredients (not including salt, pepper, or water) to create satisfying, comforting meals from breakfast to dessert that your family--even the non-vegans--will love. Try Bakery-Style Blueberry Muffins, Fool 'Em "Cream Cheese" Spinach-Artichoke Dip, Cajun Veggie and Potato Chowder, Skillet Baked Mac n' Cheese, and No-Bake Chocolate Espresso Fudge Cake.

"Many studies have shown that vegetarians seem to have a lower risk of obesity, coronary heart disease (which causes heart attack), high blood pressure, diabetes mellitus, and some forms of cancer."--The American Heart Association Quick-Fix Vegetarian by Robin Robertson recently was named Best New Cookbook by PETA, People for the Ethical

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Treatment of Animals. The international organization's Progggy Award (short for "progress") recognizes animal-friendly achievement in 21st century culture and commerce. No longer considered a "hippie fad," the vegan lifestyle is becoming going mainstream. In her latest book vegetarian expert Robin Robertson creates recipes such as Spinach and Sun-Dried Tomato Quesadillas, Chipotle-Kissed Black Bean Soup, Mediterranean Orzo Salad, Beat-the-Clock Lasagna, Five-Minute Slow-Cooker Chili, and No-Bake Oatmeal Almond Cookies for this growing consumer base. In addition, Quick-Fix Vegetarian shows how to use many of the new commercial vegetarian products and includes recipe variations and tips for speedy, stress-free entertaining without sacrificing flavor or mainstream

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appeal.

Get Healthy, Go Vegan meets Healing with Whole Foods,  
from our author of the 30 Minute Vegan series

Vibrant Plant-Based Recipes to Eat Well Through the  
Seasons

100 Green Recipes to Prep in 30 Minutes or Less

101 Recipes You Can Make in 30 Minutes or Less, for \$10 or  
Less, and with 10 Ingredients or Less!

Yoga Made Easy

Quick-Fix Vegetarian

Quick-Fix Vegan

Over 175 Quick, Delicious, and Healthy Recipes for Everyday  
Cooking

A Beautiful Bowl of Soup

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*Hearty, Mouthwatering Vegan Recipes In 30 Minutes Or Less!* The 30-minute vegan cooking is the solution you have been looking for, even when you do not have much time on your hands. Here, you could as well try the special recipes either in smaller or higher amounts of servings meant for a large number of guests. With this Cookbook, you will be surprised at the delicious dishes that can be easily prepared. This book presents you with 90 tasty and flavorful vegan meals that can be cooked in a few minutes. Breakfast,



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*main dishes, soups, stews, salads, sandwiches, pasta, or sauces are now some few minutes away. Just sauté your favorite cooking oil in a large sauté pan, add your veggies and other ingredients, bring to a gentle simmer over medium or high heat, stirring occasionally, and then get set to eat your meal, prepared within just 30 minutes including prep! The recipes are well crafted with very easy-to-follow layouts, thus, making you cook professionally. Enchiladas with Cauliflower Rice can be ready in just*

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*twenty minutes with ease. You will be very pleased to notice that corn kernels, black beans, granulated garlic, and other necessary spices will go a long way in adding flavors, and then when you stir in mozzarella cheese, you can't just but wait to enjoy a spicy breakfast with about four guests including you. Are you feeling tired after the day's work and would you prefer soup as an option? Cherry tomatoes, basil, garlic cloves, jalapeno, and vinegar are very important to make it tasty and delicious, you would have to*

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*stir them thoroughly, and add up kidney beans, smoked paprika, and cumin, stirring thoroughly in the same mixing bowl, transfer into the blender, blend until smoothed, cook the mixture over medium heat until well cooked, serve the soup into eight dishes. Yummy! Any of the recipes you might wish to choose out of the 90 available in this cookbook, you are sure to end up with a fully satisfying meal in just a few minutes. No matter the time of the day or night, there is more than enough variety to satisfy you in this*

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book. And there is very little clean-up to do. Buy your copy now!

From hearty stews to refreshing desserts, Nava Atlas ladles out 120-plus imaginative, low-in-fat-but-rich-in-flavor meatless delights to suit every taste, in this veganized version of her bestselling *Vegetarian Soups for All Seasons*. To highlight the best produce available at any time of year, Nava has arranged the book by season, with spring soups like Leek and Mushroom Bisque and Okra-Rice Gumbo; Cool Ratatouille and Zesty Green

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*Gazpacho for summer; savory Baked Onion Soup and Orange-Butternut Squash Soup for autumn; and hearty Curried Millet-Spinach Soup and Vegetarian Goulash for winter. There's also a scrumptious selection of dessert soups, including Chilled Cantaloupe Soup, and a tempting selection of accompaniments such as quick breads, dumplings, muffins, and scones. With exotic international offerings, basic comfort soups, delicate broths, and plenty of soups and stews that can serve as one-dish meals, this cookbook is a must for*

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vegan kitchens everywhere.

*Stay In, Save Time, Eat Vegan! This brilliant cookbook reveals the secrets to cooking dinners that you crave—the kind that comfort, nourish and inspire you, without a ton of work. With every recipe clocking in under 30 minutes (prep included!), anyone can enjoy incredible plant-based meals every night of the week. Fabulous recipes like Roasted Cauliflower Romesco Tacos, Spicy Buffalo Tempeh Wraps or Date Night Truffled Mac 'n' Cheez mean you can cut back your restaurant spending*

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*by making your own photo-worthy dishes at home. Megan Sadd has your back with smart tips for cooking efficiently, and a recipe for every mood you may find yourself in. Many of these amazing meals are gluten-free to boot, helping you maximize healthy eating in as little time as possible. These vegan dinners will satisfy the herbivorous and the omnivorous (and not just on Meatless Monday)! Whether you're craving Jerk Lettuce Wraps with Caramelized Pineapple or Texas-Style Chili with Cashew Sour Cream, these easy plant-*

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*based dinners are more than salads and stir-fries—they're fun, fast and scrumptious.*

*Make Incredible Vegan Versions of Your Favorite Asian Meals If you crave vegan-friendly versions of classic Asian dishes, this will become your new favorite cookbook! Jeeca Uy, of the hit Instagram account @TheFoodieTakesFlight, transforms traditional Southeast and East Asian cuisine into spectacular vegan renditions that are bursting with flavor. From iconic Thai dishes to piping-hot Japanese fare*



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and everything in between, Jeeca's recipes will take your palate on a delicious food trip across Asia that will keep you coming back for more. So, why order takeout when you can easily whip up a vegan version that is not only healthier but can taste even better? Find your favorites and discover new ones with recipes such as:  
Pad Thai Char Siu Tofu Vietnamese Mushroom  
Pho Singaporean Chili Tofu Chinese Lettuce  
Wraps Yang Chow Fried Rice Japanese  
Yakisoba Spicy Dan Dan Noodles Satay Tofu  
Sticks with Peanut Sauce Korean Bulgogi

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*Mushrooms Along with vibrant photographs, Jeeca has packed this book with tips and tricks to guide any cook, vegan or not, on how best to work with tofu, how to fold dumplings, how to make vegan versions of essential sauces and so much more. This cookbook will quickly become your go-to guide for simple yet delicious vegan Asian recipes.*

*Awesome Vegan Soups*

*Ultimate Veg*

*90 Quick and Easy Vegan Recipes for Busy People on a Budget*

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Vegan in 7

*The Buddhist Chef*

*30-Minute Frugal Vegan Recipes*

*Delicious Vegan Recipes for Under \$30 a  
Week, in Less Than 30 Minutes a Meal*

*From Sam Turnbull, the bestselling author of Fuss-Free  
Vegan, and creator of the blog It Doesn't Taste Like Chicken,  
comes her eagerly awaited second cookbook. She is cooking  
up even simpler vegan comfort food--on a budget, with fewer  
ingredients, and in 30 minutes or less! Some people think that  
a vegan diet can be too time-consuming, too much work, and  
too expensive! In Sam Turnbull's Fast Easy Cheap Vegan,*

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*she's busting those myths and showing us just how simple (with 10 ingredients or fewer), inexpensive (for \$10 or less), and quick (in 30 minutes or less) it can be to cook delicious plant-based comfort food at home. Wholesome recipes can be made using items you already have in your pantry and fridge. And if they're not stocked in your kitchen, these ingredients are easily found at your local grocery store. Fast Easy Cheap Vegan is filled with 101 recipes, many of them perfect for busy weeknights, like 10-Ingredient Creamy Basil Gnocchi, Gorgeous Greek Bowl, and Quicker Quesadillas. You'll have tons of options for speedy breakfasts and lunches, including Oatmeal Breakfast Cookies, 20-Minute Breakfast Sandwiches, 15-Minute Apple Chickpea Salad, and DIY Instant Ramen*

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*Soup, and no shortage of ready-to-go snacks, like Cheesy Cracker Snackers, Loaded Queso Dip, and Cool Ranch Popcorn. And don't skip dessert because there's Lickety-Split Ice Cream, Easy Peasy Peanut Butter Squares, Brownie in a Cup, and 10-Minute Mini Berry Crisp. Fast Easy Cheap Vegan is all about smart tips and easy techniques that simplify cooking. Many recipes are one-pot, freezer-friendly, and make-ahead meals, creating a stress-free kitchen. So whether it's breakfast, lunch, dinner, or dessert, Sam has thought of everything to help get delicious, fuss-free meals on the table in no time flat.*

*Popular husband-and-wife bloggers and podcasters (acouplecooks.com) offer 100 recipes with an emphasis on*

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*whole foods and getting into the kitchen together. The couple's non-diet approach features simple lifestyle changes to make healthy cooking sustainable, rather than a short-term fix. A love story at its finest, Alex and Sonja Overhiser first fell for each other--and then the kitchen. In a matter of months, the writer-photographer duo went from eating fast and frozen food to regularly cooking vegetarian meals from scratch. Together, the two unraveled a "pretty simple" approach to home cooking that kicks the diet in favor of long-term lifestyle changes. While cooking isn't always easy or quick, it can be pretty simple by finding love in the process. A Couple Cooks \ Pretty Simple Cooking is an irresistible combination of spirited writing, nourishing recipes with a Mediterranean flair, and*

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*vibrant photography. Dubbed a "vegetarian cookbook for non-vegetarians", it's a beautiful book that's food for thought, at the same time providing real food recipes for eating around the table. The book features: 100 vegetarian recipes, with 75 vegan and 90 gluten-free options A full-color photograph for every recipe Recipes arranged from quickest to more time-consuming 10 life lessons for a sustainably healthy approach to cooking, artfully illustrated with a custom watercolor Are you ready for a relaxing and nutritious gluten-free, vegan summer? In 30-Minute Summer you'll discover quick, easy, delicious and beautiful gluten-free vegan recipes to make your summer inspiring, fun and delicious. Seasonal summer produce is fabulous. Fresh fruit and veg, sweet from the sun is*

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*so good. Make the most of wonderful summer produce with quick, easy tasty, colourful no-nonsense, nutritious food you'll love making, eating and sharing. All the dishes in this book are gluten-free vegan (allium-free and coconut-free) and on your table in 30 minutes or less. 30-Minute Summer is packed with quick, easy, delicious, no-nonsense recipes made from easy-to-get-hold-of ingredients that will enrich your gluten-free and vegan life. If you love beautiful, well-written and easy-to-follow recipes, this book is for you.*

*Presents a collection of vegan recipes for dishes inspired by different countries in Asia, including Thailand, China, India, Japan, and Indonesia, with discussions on authentic ingredients, techniques, and preparation.*



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*The 30-Minute Vegan: Soup's On!*

*30-Minute Vegan Dinners*

*Vegan Asian: A Cookbook*

*The Best Dishes from Thailand, Japan, China and More Made  
Simple*

*100 Simple, Feel-Good Vegan Recipes*

*30-Minute Vegan Cookbook*

*The 30-Minute Vegan's Taste of the East*

*30-Minute Summer*

**Quick-Fix Vegan provides 150 vegan recipes that can be prepared in 30 minutes or less of active preparation time. The recipes can be on the table and ready to eat in less than thirty minutes, with the exception of the "Make-**

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**Ahead Bakes"** chapter which features convenient recipes that are assembled ahead of time (in less than 30 minutes) and then baked before serving. Some of the recipes include: Spicy Black Bean Hummus with Orange, Korean Hotpot, Capellini with Creamy Avocado-Herb Sauce, Moroccan Pumpkin Soup, BBQ Pinto-Portobello Sandwiches, Burmese Ginger Salad, Autumn Harvest Gratin, and Peach Crème Brulee.

**30-Minute Vegetarian** offers 100 easy, quick, and healthy vegetarian meals for any night of the week, for your family, for you, or for a feast. Swedish chef and food blogger Ylva Bergqvist explores the virtues of living and eating green. The concept is simple, ease your way into a mostly or full vegetable-forward diet by cooking dishes

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that are quick to prepare and impossible to resist. Half of the recipes in the book are completely vegan, the other half are vegetarian (primarily including dairy and egg products) with tips on how to swap ingredients for a vegan diet. Also included are basic recipes for making pantry and fridge basics, like paneer, kimchi and falafel to use as building blocks for other recipes. The dishes are inspired by cuisines from around the world, including Italy, Asia, the Middle East and Mexico. Indulge in Pasta with Carrot Sauce and Buttery Hazelnuts or Cauliflower Soup with Curry-fried Apples and Seeds or whip up Shakshuka with Kidney Beans and Tahini or Portobello Burgers with Truffle Bean Cream for speedy weeknight supper. With the help of this book you'll be getting a

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**satisfying, vegetable-forward dinner the table in half an hour or less.**

**Healthy vegan recipes with 7 ingredients or fewer; can it be true? Yes! Being a vegan can be easy, fun and totally delicious. With more than 20 years' experience in plant-based cooking, Rita Serano shows how cooking vegan doesn't have to be complicated. She offers nourishing and delicious recipes with not a single fake overprocessed vegan burger in sight. Plus, all her recipes are low-fat and free from refined sugars. With chapters broken into Start, Fast, Fresh, Nourishing, Gather, Sweets and Basics, including recipes for nut milk and vegetable broth if you want to take it a step further, Rita eschews obscure ingredients in favour of natural,**

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**seasonal and organic produce. So ditch premade processed products and cook healthy vegan food at home.**

**Presents a collection of more than 120 recipes of soups and stews. The book's chapters are arranged according to season, allowing chefs to highlight the best from the market with international flair, with soups like Moroccan Lentil & Chickpea Soup and Southwestern Fresh Corn Stew; and, winter warmers like Brazilian Black Bean Stew and others.**

**A Couple Cooks - Pretty Simple Cooking  
Forks Over Knives—The Cookbook**

**A Vegan Cookbook with 106 Quick & Easy Recipes  
More than 100 Quick and Easy Recipes for Every Season**

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**15-Minute Vegan**

**30-Minute Vegetarian**

**How It All Vegan!**

**Over 175 Delicious Fat-Free and Low-Fat Vegan Recipes**

*The New York Times* bestseller from the founder of *Oh She Glows* "Angela Liddon knows that great cooks depend on fresh ingredients. You'll crave every recipe in this awesome cookbook!" —Isa Chandra Moskowitz, author of *Isa Does It* "So many things I want to make! This is a book you'll want on the shelf." —Sara Forte, author of *The Sprouted Kitchen* A self-trained chef and food photographer, Angela Liddon has spent years

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*perfecting the art of plant-based cooking, creating inventive and delicious recipes that have brought her devoted fans from all over the world. After struggling with an eating disorder for a decade, Angela vowed to change her diet — and her life — once and for all. She traded the low-calorie, processed food she'd been living on for whole, nutrient-packed vegetables, fruits, nuts, whole grains, and more. The result? Her energy soared, she healed her relationship with food, and she got her glow back, both inside and out. Eager to share her realization that the food we put into our bodies has a huge impact on how we look and feel each day, Angela*

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*started a blog, [ohsheglows.com](http://ohsheglows.com), which is now an Internet sensation and one of the most popular vegan recipe blogs on the web. This is Angela's long-awaited debut cookbook, with a treasure trove of more than 100 mouthwatering, wholesome recipes — from revamped classics that even meat-eaters will love, to fresh and inventive dishes — all packed with flavor. The Oh She Glows Cookbook also includes many allergy-friendly recipes — with more than 90 gluten-free recipes — and many recipes free of soy, nuts, sugar, and grains, too! Whether you are a vegan, "vegan-curious," or you simply want to eat delicious food that just happens to be healthy,*



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*too, this cookbook is a must-have for anyone who longs to eat well, feel great, and simply glow!*

*Satisfying Plant-Based, Gluten-Free Meals Without the Hassle Who says preparing vegan, gluten-free meals has to be so hard? Get back to enjoying your time in and out of the kitchen with Effortless Vegan. Painless to prep, simple to cook and completely plant based and gluten free, these delicious recipes focus on full flavors, clean eating and efficiency. Make breakfast the most important and easiest meal of the day with a filling 10-Minute Smashed Chickpea Scramble or sweet and sustaining Cinnamon-Banana Socca Pancakes. Not to*

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*worry if you're more of a lunch or dinner person! Try one of many incredible 30-minute or less meals, like savory Sweet Potato & Black Bean Avocado-Tahini Wraps or spicy Paprika-Roasted Cauliflower Steaks. Love to cook but hate the cleanup? Give your time and taste buds the gift of a one-pot wonder, like the superb Pizza Supreme Casserole. And if dessert is your favorite port of call, you'll fall in love with any of the delectable 5-ingredient sweets, such as the deliciously elegant Mixed Berry Crumble or guilt-free Boozy Peach-Mango Sorbet. Leave your stress behind with this collection of straightforward, no-fuss recipes that make vegan*

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*cooking so easy it's effortless.*

*“With Chef Derek Bissonnette in your kitchen you have casual, approachable, and electric cooking. Soups will bring pure joy, warmth, and flavor to the table, and the beautiful photography will transport you to a dream workplace.” – Daniel Boulud, Chef/Owner of The Dinex*  
*Go way beyond the basics with this gorgeous chef's compendium of delicious, satisfying soups and stews! Snap out of your same old soup and stew recipe routine with hundreds of new and exciting takes on the classics—and some creative concoctions that will surely become family favorites. Inspired by both his home state*

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*of Maine and global cuisines, Chef Derek Bissonnette's Soup features: - 300+ Easy-to-Follow Recipes that will guide you to remarkable results - Mouth-Watering Photography and detailed illustrations that walk you through culinary tools and techniques - Recipes for all Palates – it doesn't matter if you're an omnivore, gluten-free, vegetarian, or vegan - Family-Friendly Recipes designed to be ready in 30 minutes or less - 20+ Chilled and Dessert Soups - A Comprehensive History of Soup Whether you are planning a casual family dinner, or a formal dinner for 20—this cookbook will help elevate your meal from “Ho, hum,” to “HEY NOW!”*

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*The 30-Minute Vegan: Soup's On! More than 100 Quick  
and Easy Recipes for Every Season* Da Capo Lifelong  
Books

*The Ultimate Book of Soups and Stews  
101 Entirely Plant-based, Mostly Gluten-Free, Easy and  
Delicious Recipes*

*The 30-Minute Vegan's Taste of Europe  
The First Mess Cookbook*

*The Modern Proper  
150 Plant-Based Makeovers of Classics from France,  
Italy, Spain . . . and Beyond*

*The Best Vegetarian Recipes*

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Every Season

*The Living Kitchen*

**Eat vegan—for less! Between low-paying jobs, car troubles, student loans, vet bills, and trying to pay down credit card debt, Toni Okamoto spent most of her early adult life living paycheck to paycheck. So when she became a vegan at age 20, she worried: How would she be able to afford that kind of lifestyle change? Then she discovered how to be plant-based on a budget. Through her popular website, Toni has taught hundreds of thousands of people how to eat a plant-strong diet while saving money in the process. With *Plant-Based on a Budget*, going vegan is not only an attainable goal, but the best choice for your health, the planet—and your wallet. Toni's guidance doesn't just help**

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**you save money—it helps you save time, too. Every recipe in this book can be ready in around 30 minutes or less.**

**Through her imaginative and incredibly customizable recipes, Toni empowers readers to make their own substitutions based on the ingredients they have on hand, reducing food waste in the process. Inside discover 100 of Toni's "frugal but delicious" recipes, including: •**

**5-Ingredient Peanut Butter Bites • Banana Zucchini Pancakes • Sick Day Soup • Lentils and Sweet Potato Bowl • PB Ramen Stir Fry • Tofu Veggie Gravy Bowl • Jackfruit Carnita Tacos • Depression Era Cupcakes • Real Deal Chocolate Chip Cookies With a foreword by Michael Greger, MD, Plant-Based on a Budget gives you everything**

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**you need to make plant-based eating easy, accessible, and most of all, affordable. Featured in the groundbreaking documentary What the Health 100 simply delicious vegan recipes--good for the planet, and for you--from the chef and blogger behind The Buddhist Chef. A practicing Buddhist for over two decades, Jean-Philippe Cyr, aka The Buddhist Chef, believes that everyone has the power to make their vision of the world a reality--and that the most impactful way to do that is through the food we choose to make, eat, and share. This realization led him to veganism, which transformed his life and health. In this cookbook, he shares how to make classic dishes vegan, easy, and so delicious**



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**and show-stopping that everyone--even the pickiest of eaters--will love them. The Buddhist Chef is a collection of Jean-Philippe's best vegan recipes that will become a mainstay in vegan and non-vegan kitchens alike. The recipes are perfect for long-time vegans, those trying out a vegan diet for the first time, or those simply trying to eat more plant-based foods. Inspired by cuisines from all around the world, these recipes offer something for everyone. Enjoy breakfast and brunch recipes like Vegan Shakshuka and Maple Baked Beans, or salads and protein-packed bowls like Beet Carpaccio or Tempeh Poke Bowl. Transform your dinners with hearty mains like Eggplant Parmigiana, General Tso's Tofu, and Mushroom Poutine.**

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**Indulge in vegan desserts like Chocolate Lava Cake or have a nourishing snack like Coconut Matcha Energy Balls. With delicious recipes for every meal of the day, The Buddhist Chef is a celebration of healthy, plant-based dishes that will have everyone at the table, vegan or not, wanting more.**

**Cook up delicious, plant-based dishes in 30 minutes or less. Even when you're pressed for time, vegan meals can be surprisingly simple to make without sacrificing flavor or relying on processed ingredients. The 30-Minute Vegan Cookbook makes it easy to whip up nutritious and creative plant-based recipes with familiar ingredients and basic cooking methods, so you can spend more time enjoying**

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**your meals and less time making them. This standout among vegan cookbooks includes: Truly easy recipes--Perfect for complete beginners and experienced cooks alike, these recipes use simple preparation methods and basic ingredients you can easily find at your local grocery store. A focus on whole foods--Discover flavorful plant-based dishes that rely primarily on vegetables, beans, and whole grains, minimizing the use of processed ingredients and added salt, oil, and sugar. Shortcuts and hacks--Learn time-saving tips that simplify a plant-based diet, from smart grocery shopping advice to prep and cooking pointers. When it comes to quick and simple plant-based recipes, the 30-Minute Vegan Cookbook has you**

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covered.

**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

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**"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**

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**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 SCROLL UP AND CLICK BUY TO ORDER  
YOUR COPY INSTANTLY Just to say Thank you for  
checking out this book I would like to give you a FREE  
report - **Weight Loss Metabolism Secrets: Discover the****

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**Secrets to Firing Up Your Metabolism to Achieve Lasting,  
Natural Weight Loss. Go to [weightloss-tips.ca](http://weightloss-tips.ca) to grab your  
free copy now!**

**Plant-Based Food in a Flash**

**Irresistible Recipes for an Animal-Free Diet**

**A Cookbook**

**80 Easy, Affordable Whole Food Stews, Chilis and  
Chowders for Good Health**

**Delicious Winter Warming Vegan Soup Recipes to Soothe  
Your Soul**

**The 30-Minute Vegetarian Cookbook**

**The 30-Minute Vegan**

**The Vegan 8**

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Vegan food is fabulous food, full of flavor and all the nutrients you need. With fun illustrations and a cool, punky sensibility, *How It All Vegan!* will tempt you to join the Vegan Empire. "Written with sass, style, and a sense of humor. More than just a cookbook. . . ."—BUST

An essential resource and cookbook for anyone diagnosed with cancer, filled with nearly 100 nourishing recipes designed to support treatment and recovery. A cancer diagnosis can be overwhelming, frightening, and uncertain. Like many



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others, you may be unsure about what to do next. You'll want to learn more about what's ahead and what you should eat to nutritionally support your body at a time when eating and cooking may simply be too challenging. The Living Kitchen will help cancer patients and their caregivers navigate every stage of their cancer therapy, before, during, and after treatment. Within the pages of this indispensable guide, certified nutritionists Sarah Grossman and Tamara Green provide easy-to-understand, research-

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based nutritional information on the science behind how food relates to your health and the effects of cancer. As experts in cancer care cooking, Sarah and Tamara have included nearly 100 healthy, easy-to-prepare, whole-food recipes specially designed to relieve specific symptoms and side effects of cancer and its therapies (including loss of appetite, sore mouth, altered taste buds, nausea, and more) and to strengthen your body once in recovery. With energizing snacks and breakfasts; superfood smoothies, juices,

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and elixirs; soothing soups and stews; and nutrient-rich, flavorful main dishes, these are recipes that you, your family, and your caregivers will all enjoy. At once informative and inspiring, empowering and reassuring, The Living Kitchen will educate cancer patients and their caregivers about the power of food. In this definitive guide to vegan soups, award-winning chef Mark Reinfeld gives you all the tools and tips to create easy, flavorful meals--within thirty minutes or less. Prepare to feast upon a wide array

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of plant-based soups-from consommés to stews, chowders to raw and dessert soups. From a selection of stocks to irresistible toppings and accompaniments, these inspired recipes cover a broad spectrum of international cuisine. Soup's On! contains an inspiring foreword by Dr. Neal Barnard and is divided into six sections: Part One: The Art of Soup Creation, with recipes for stocks such as Roasted Vegetable Stock, Mushroom Stock, and Dashi; Part Two : Vegetable-based Soups, including favorites such as French Onion

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Soup, Thai Coconut Soup with Lemongrass,  
Mayan Tomato and Corn, and African Peanut;  
Part Three: Soups and Stews with Grains,  
Legumes and Pasta, with classics like  
Wonton Soup, Matzo Ball Soup, Himalayan  
Dahl, and Brazilian Black Bean with Baked  
Plantains; Part Four: Creamy Blended  
Soups, with crowd pleasers like New  
England Chowder, Roasted Squash with  
Coconut, Creamy Fire-Roasted Tomato and  
Dill, and Cheesy Cauliflower Soup; Part  
Five: Raw and Dessert Soups, including  
cutting edge recipes for Spicy Strawberry

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Soup, Golden Gazpacho with Saffron, Raw Corn Chowder, and Raw Chocolate Mint Soup with Raspberries; Part Six: Garnishes and Sides, with recipes for Candied Pepitas, Vegan Creme Fraiche, Herbed Croutons, and Corn Bread. Soup's On! proves that you don't need meat or dairy--or a lot of time--to have a hearty, satisfying meal in a bowl!

Get the most out of your time in the kitchen with these 100 fast, instant-classic dinners that everyone will love. For pretty much everyone, life gets

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busy—but you still want to cook up a good meal, ideally one that's accessible, efficient, and doesn't sacrifice any of the delicious flavors you love. The creators of the popular website The Modern Proper are all about that weeknight dinner, and now, they're showing you how to reinvent what proper means and be smarter with your time in the kitchen to create meals which will bring friends and family together at the table. The Modern Proper will expand your "go-to" list and help you become a more intuitive, creative

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cook. Whether you're a novice or a pro, a busy parent or a workaholic, this book will arm you with tools, tricks, and shortcuts to get dinner on the table. Every ingredient is easy to find, plus you'll find plenty of swaps and options throughout. Each of the 100 recipes (some all-time fan favorites and many brand-new) includes prep time, cook time, and quick-reference tags. These include: -Stuffed Chicken Breast with Mozzarella and Creamy Kale -Stir-Fried Pork Cutlets with Buttermilk Ranch -Sweet Cider Scallops



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with Wilted Spinach -Tofu Enchiladas with Red Sauce -And more! With recipes to feed a crowd, an entrée for every palate, a whole chapter of meatballs, and plenty of pantry essentials, The Modern Proper is the new essential cookbook for any and all food lovers.

The Happy Herbivore Cookbook

Vegan Soup Cookbook

Fast, Flavorful Plant-Based Meals on a Budget

Simple Dinners for Every Day (A Cookbook)

Minimalist Baker's Everyday Cooking

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Soup

Over 100 Vegan Recipes to Glow from the  
Inside Out

Vegan Soups and Hearty Stews for All  
Seasons

*"A Culinary Tour de Force of Europe's Most Treasured Dishes Are you looking for delicious and healthy cuisine that can fit into your busy lifestyle? Do you long for the robust flavors of Italy, France, Spain, or Greece but haven't found tasty animal-free recipes? Look no further! The 30-Minute Vegan is where the Joie de vivre meets la dolce vita to satisfy even the most discriminating palates. Award-winning author*

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*and chef Mark Reinfeld tackles the meaty fare that is European cuisine, offering inspired plant-based versions of everything from manicotti to French onion soup, moussaka to "notwurst." Including key pantry ingredients (with a special section on herbs), raw and gluten-free options (virtually all of the recipes are gluten-free), and suggestions for wine and beer pairings, Taste of Europe is a revolutionary cookbook that will help you to recreate all of your favorite classic European dishes in 30 minutes or less"--*

*15-Minute Vegan features 100 brand new vegan recipes that can be prepared in mere moments. Using ingredients that are available in supermarkets, the recipes are as easy as can be - from shopping to*

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*cooking to serving. The book starts with Katy's introduction to vegan cooking and cooking, with advice on the equipment you need to make your cooking go faster, plus essential storecupboard ingredients. In chapters covering Breakfast, Light Bites, Mains, Essentials and Sweet Stuff, Katy offers 100 straightforward recipes and tips about preparation, freezing and storing. Whether you're already eating vegan or just want to try something new, nothing could be simpler and faster than 15-Minute Vegan.*

*Healthy in a hurry--a quick and easy vegetarian cookbook. Delicious news! You can make 100 super healthy vegetarian meals faster than you can order*

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*delivery. Full and busy lives don't always leave a lot of time for fresh and healthy homemade meals--let alone of the plant-based variety, but The 30-Minute Vegetarian Cookbook shows you the way. Find out how easy it is to become vegetarian, to mix things up if you're already vegetarian, or just get some tips and options for eating less meat. With handy lists and instructions, this vegetarian cookbook will help you whip up creative and nourishing vegetarian meals that taste so good, no one will ever guess it took so little time. The 30-Minute Vegetarian Cookbook includes: Food in a flash--All of these wholesome dishes can be made in 30 minutes or less (including prep time) and use only about 10 readily-available*

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*ingredients. Salads and beyond--100 unique and globally-inspired vegetarian recipes take this vegetarian cookbook from breakfast to dessert, with snacks in between. Helpful hacks--Get advice on the staples to have on hand between shopping trips, what can be prepped ahead of time, and other tricks to make things even easier. Eat better and live better with a vegetarian cookbook that's good for your health, time, and taste buds.*

*Busy vegans, rejoice! award-winning husband and wife chefs/authors Reinfeld and Murray present 150 delicious, easy-to prepare recipes for everyday vegan cooking -- all dishes that can be prepared in a half-hour. Sections include The Lighter Side of Life:*

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*Smoothies & Satiating Beverages; Snacks, Pick Me Ups & Kids' Favorites; Lunches: Wraps, Rolls, Bowls, and More; Extraordinary Salads; Sumptuous Soups; Small Plates: Appetizers, Side Dishes, Light Dinners; Wholesome Suppers; Guilt-Free Comfort Food: Healthy Translations of Old Stand-bys; and Divine Desserts. The 30-Minute Vegan also provides at-a-glance cooking charts, kids' favorite dishes, and exciting menu suggestions for every occasion -- making this an essential cookbook for busy vegans who want to enjoy delicious, healthful, whole-foods vegan fare every day.*

*100 Healthy, Delicious Meals for Busy People  
Vegan Recipes in 30 Minutes*

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*Healthy, Homestyle Meals in 30 Minutes Or Less*

*The Oh She Glows Cookbook*

*150 Asian-Inspired Recipes--from Soba Noodles to  
Summer Rolls*

*Vegetarian Soups for All Seasons*

*Plant-Based on a Budget*

*Delicious Plant-Based Recipes with Easy Instructions,  
Few Ingredients and Minimal Cleanup*

“Highlights some of the most popular international recipes for vegetarian soup . . . makes a convincing argument for soup as the star course of any meal.” —Publishers Weekly No, there is



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no chicken stock in this soup. What you'll find here is page after glorious page of the loveliest, most delicious soups and stews—each and every one entirely vegetarian. Brimming with international flavors, Paulette Mitchell's easy-to-follow recipes are paired with unique accompaniments, garnishes, and toppings that add tremendous visual appeal. Witness hearty Pumpkin Stew baked and served in a pumpkin shell; classic onion soup

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updated with crunchy goat cheese toasts; and Spicy Sweet Potato Ancho Bisque swirled with bright Roasted Red Pepper Cream. From Mediterranean Saffron Stew to Greek Spinach and Orzo Soup, these colorful dishes are simple enough for every day, yet sophisticated enough for elegant dinner parties. Instructions for making tasty vegetable stock from scratch, a selection of delicious vegan soups, and a helpful “tips” section make this gorgeous

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cookbook an important addition to any kitchen where good food and good health are on the menu. “Any comment on how this book suits the season would only be redundant. The latest cold wind is reminder enough, as you can just about hear it whisper: ssssssoupp.” –The Baltimore Sun “The recipes in this cookbook span the culinary globe, with flavor profiles drawn from Mexico, Morocco, Mumbai, and Minnesota. For vegetarians, vegans, and omnivores, A

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Beautiful Bowl of Soup presents new ideas you're sure to enjoy." –Soup Chick®

The blogger behind the Saveur award-winning blog The First Mess shares her eagerly anticipated debut cookbook, featuring more than 125 beautifully prepared seasonal whole-food recipes. Home cooks head to The First Mess for Laura Wright's simple-to-prepare seasonal vegan recipes but stay for her beautiful photographs and enchanting

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storytelling. In her debut cookbook, Wright presents a visually stunning collection of heirloom-quality recipes highlighting the beauty of the seasons. Her 125 produce-forward recipes showcase the best each season has to offer and, as a whole, demonstrate that plant-based wellness is both accessible and delicious. Wright grew up working at her family's local food market and vegetable patch in southern Ontario, where fully stocked root cellars in the

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winter and armfuls of fresh produce in the spring and summer were the norm. After attending culinary school and working for one of Canada's original local food chefs, she launched The First Mess at the urging of her friends in order to share the delicious, no-fuss, healthy, seasonal meals she grew up eating, and she quickly attracted a large, international following. The First Mess Cookbook is filled with more of the exquisitely prepared whole-food

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recipes and Wright's signature transporting, magical photography. With recipes for every meal of the day, such as Fluffy Whole Grain Pancakes, Romanesco Confetti Salad with Meyer Lemon Dressing, Roasted Eggplant and Olive Bolognese, and desserts such as Earl Grey and Vanilla Bean Tiramisu, The First Mess Cookbook is a must-have for any home cook looking to prepare nourishing plant-based meals with the best the seasons have to offer.

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Incredible Budget-Friendly Plant-Based Meals for the Busy Home Cook Think maintaining a vegan diet is draining on the wallet? Think again. Melissa Copeland, the self-proclaimed Stingy Vegan, is on a mission to prove that cooking vibrant plant-based meals doesn't have to break the bank. Main dishes like Veggie-Packed Mexican Rice, Coconut-Lentil Curry and Smoky Mushroom Fajitas are the perfect balance of quick, flavorful and economical. Fruity



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Granola Yogurt Parfaits and Blistered Cherry Tomatoes and Beans on Garlic Toast make breakfast a cinch, and frugal staples like beans and pasta are transformed into mouthwatering meals like Garlicky Spring Vegetable Pasta, Black Bean Salsa Burgers and Bee-Free Honey Mustard Chickpea Salad Sandwiches. With Melissa's wallet-friendly recipes, you can skip expensive vegan substitutes and pricey health food stores, all while enjoying

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nourishing meals that are as pleasing to your palate as they are to your bank account.

The highly anticipated cookbook from the immensely popular food blog *Minimalist Baker*, featuring 101 all-new simple, vegan recipes that all require 10 ingredients or less, 1 bowl or 1 pot, or 30 minutes or less to prepare Dana Shultz founded the *Minimalist Baker* blog in 2012 to share her passion for simple cooking and quickly gained a

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devoted worldwide following. Now, in this long-awaited debut cookbook, Dana shares 101 vibrant, simple recipes that are entirely plant-based, mostly gluten-free, and 100% delicious. Packed with gorgeous photography, this practical but inspiring cookbook includes:

- Recipes that each require 10 ingredients or less, can be made in one bowl, or require 30 minutes or less to prepare.
- Delicious options for hearty entrées, easy sides, nourishing

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breakfasts, and decadent desserts—all on the table in a snap • Essential plant-based pantry and equipment tips • Easy-to-follow, step-by-step recipes with standard and metric ingredient measurements Minimalist Baker's Everyday Cooking is a totally no-fuss approach to cooking for anyone who loves delicious food that happens to be healthy too.

100 Simple, Delicious Recipes Made with 8 Ingredients Or Less

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Bountiful Vegan Soups and Stews for  
Every Time of Year

Over 300 Recipes for Plant-Based Eating  
All Through the Year

Effortless Vegan

Nourishing Whole-Food Recipes for  
Cancer Treatment and Recovery