



Easy Vegetarian Cooking: 75 Delicious Vegetarian Soup and Stew Recipes: Vegetables and Vegetarian - Soups Stews (Paperback)

By Gina The Veggie Goddess Matthews

Createspace, United States, 2012. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Vegetarian Cooking: In this 4th edition of The Veggie Goddess Vegetarian Cookbook Series , it's all about delicious garden meals in a bowl. Soups and stews are timeless, and incredibly versatile. They can serve either as a menu starter, as a light meal, or a main course. These vegetarian soup and stew recipes call for a 80/20 mix percentage of fresh ingredients and prepared ingredients, and are simple and easy for anyone to follow, whether you're a beginner cook, or a kitchen alchemist. Soups and stews also offer a great use for leftover veggies, beans and rice, and, all these delicious recipes use ingredients that are readily available at any farmers market, natural foods store or your local grocer. Many of these recipes include dairy products, so while not vegan, these ingredients can easily be swapped out with vegan ingredient substitutions. Budget-friendly, time-friendly and ease of use, makes this a perfect addition to your vegetarian cookbook collection. Here's what you'll find inside Easy Vegetarian Cooking: 75 Delicious Vegetarian Soup Stew Recipes Chapter 1: Vegetarian Cream Soups Chapter 2: Vegetarian...

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