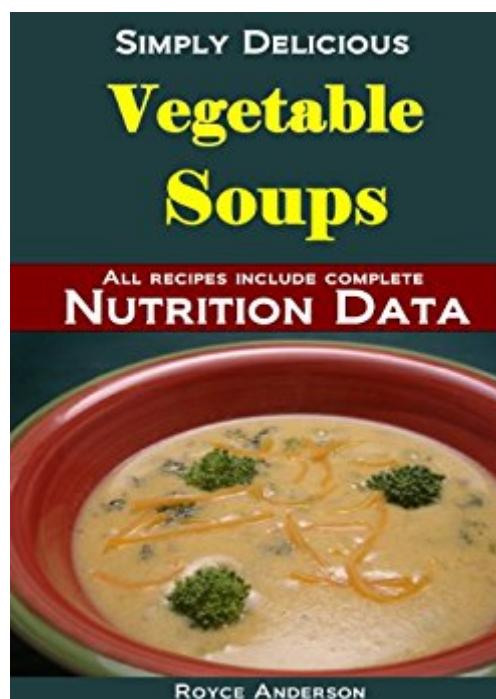


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# Vegetable Soups: Healthy, Easy And Nutritious Home Made Vegetable Soup Recipes (Simply Delicious Cookbooks Book 1)



## **Synopsis**

Simply Delicious Vegetable Soups is a collection of time tested, easy to prepare healthy soups. The 30 soups are made from a variety of 19 different vegetables and include many family favorites. Choose from quick and easy soups such as Carrot Ginger Soup, Cream of Spinach or Mushroom Soup. If you are feeling more adventuresome, whip up a pot of Roasted Radish Soup or Vegetarian Lasagna Soup. Preparation and cooking times are included for each recipe and the cookbook is divided into 3 sections based on total time to prepare. Spur of the Moment Soups are ready in 30 minutes or less. Everyday Soups take just a little longer, table ready in 45 minutes or less. Sunday Afternoon Soups are ready in 1 to 4 hours. Every recipe is made from scratch, no canned concentrate soups allowed!! Simple homemade soups are the perfect comfort food on a cold winter evening. Special New Year Sale. Now just 99 cents thru Jan. 11. Save \$2.00.

## **Book Information**

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## **Customer Reviews**

Royce does an excellent job with this vegetable soup recipe book. Each of the recipes are easy to

follow, thanks to the author's clear instructions. During the preview for this book I read through the instructions for making a basic vegetable stock. This stock becomes the foundation to every soup recipe in the book. After reading Royce's clear instructions, I knew this was one cookbook I would actually use and enjoy. The nutritional info on each recipe is also helpful for readers on strict diets. If you're looking for some great soup recipes, check out this book.

I like the way this book is divided into sections. Spur of the Moment Soups can be prepared in 30 minutes or less and includes 11 recipes. Everyday Soups includes nine recipes that can be prepared in 45 minutes or less. Longer prep time is required for Sunday Afternoon Soups. The book starts off with a Basic Vegetable Stock that you can add to and do anything with. I like that the stock recipe is salt free. Each recipe in this well written book lists calorie counts, cholesterol, and more nutrition information. Many of the recipes sounded very interesting: Carrot Ginger Soup, Creamy Carrot Soup, Pumpkin Soup, Cauliflower Soup, Roasted Radish Soup, Savory Sweet Potato Soup, and Vegetarian Lasagna Soup. I highly recommend this book to anyone who loves vegetable soup!

What I really love is that there are quick recipes that I can make when I get home from work, or longer recipes for the weekend. Before I found this book, soup was an all day affair, usually only cooked on the weekends. The recipes are very simple and easy to follow - no fluff or frills, just the ingredients and the basic instructions. I've only tried the Mushroom Soup so far, but it was fantastic, and so much better than the canned cream of mushroom stuff. I'll definitely be making it regularly. There is a huge variety, and I can't wait to try the cream of broccoli, basic vegetable, Gazpacho, and Minestrone.

Vegetable Soups: Healthy, Easy and Nutritious Home Made Vegetable Soup Recipes (Simply Delicious Cookbooks) by Royce Anderson There are other books in the series that you can also get, this one is just about soups and stews. Nutritional information is listed but no pictures. Lots of stock and other uses for it are included.

Royce, you've knocked it out of the ballpark with these easy-to-cook soup recipes. Right off the bat you advise making a vegetable soup stock, which for most seasoned cooks is probably elementary, but it was the first time I'd ever heard about keeping such a stock for when the soup mood strikes. I loved the simplicity of the recipes and the easy instructions. I also liked it very much that you give the nutrition facts for each soup at the end of the cooking instructions. My favorite recipe so far is

the Cream of Broccoli Soup recipe. It is listed as one of the spur of the moment soups. Highly recommended!

Living in Maine, soup is a large part of our meals. I love to cook from scratch and am always looking for new soup recipes. Even though my soup recipe file is extensive, I found quite a few new recipes I can't wait to make. I can't say I've tried any of the recipes yet, but being a seasoned soup maker, I can see these soups are going to turn out really well and some may even become favorites. I can't wait to make the Leek and Potato Soup and today I'm shopping for ingredients for the Vegetable Lasagna Soup. The nutritional info is a plus as is the clickable Table of Contents. Recommended.

Everyone likes soup and this is the ultimate book for recipes about different kinds of soup. And the beauty of them is, that they all have lots of vegetables in them which makes them healthy and good. I have tried a couple already and they are really good. Looking forward to trying them all, eventually. This is a book to keep on your virtual book shelf.

I love soups! Especially healthy soups filled with vegetables. This book had a lot of broth-based soups as well as cream-based which I liked (love my broccoli cheese soup). It is well put together, a good list of soups for whenever a soup craving hits, especially nice in colder weather.

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