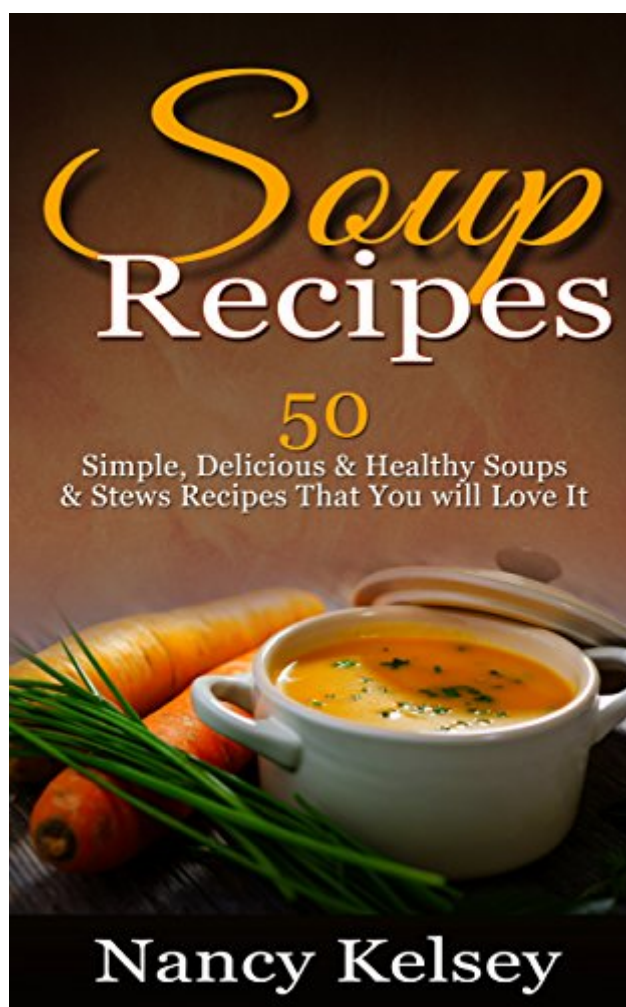


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# Soup Recipes: 50 Simple, Delicious & Healthy Soups & Stews Recipes For Better Health And Easy Weight Loss (Delicious Soup Recipes)



## Synopsis

Discover How Easy It Is To Cook Delicious And Healthy Soups & Stews Recipes !By Reading This Book You Will Learn How To Properly Cook The 50 Most Highly-Rated and Delicious Soups & Stews Recipes That Can All Be Made In very easily!By Reading This Book You Will Learn How To Quickly & Easily Make Only The Most Popular, Hassle-Free, and Mouth-Watering Soups & Stews Recipes This Soups & Stews Recipes In This Book Can Be Used by Beginners, As Well As Those Well Informed About Delicious Soups & Stews Recipes Dishes!Each Soups & Stews Recipes is accompanied by Captivating Photo and Nutrition Facts That Will Show You the Number of Servings per Recipe, Calorie Information, Total Fat, Total Protein, Total Cholesterol and Total Carbohydrate InformationToday Only, Get this Soups & Stews Recipes book for just \$2.99. Click the "Buy" button and Start Cooking These Quick and Easy Soups & Stews Recipes At Homelf You Don't Have Kindle You Can Still Read This Book On Your Web Browser using Free Cloud Reader.This book contains proven steps and strategies on how to prepare and enjoy the most sought after Soups & Stews Recipes right in the comfort of your own home. This book will help you cook easy Soups & Stews Recipes without the jargon. It also discusses the proper way of serving these dishes.You no longer need to spend a lot of money eating in restaurants to enjoy the exquisite flavors of the world's most desirable Soups & Stews Recipes dishes! The recipes included in this book are very easy to follow and fun to prepare so you will not have any reason not to get started with them right away!Most Soups & Stews Recipes are easy to cook, especially the common ones. They may look overwhelming to prepare due to their presentation but they are quite simple. Imagine the look on your friends and family when you cook these mouth-watering recipes for them again and again! Most of these dishes are not only filling, but decadently tasty and healthy too.Here Is A Preview Of What You'll Learn After Downloading This Kindle book:50 Delicious Soups & Stews Recipes DishesYou'll find the Following Main Benefits in This Soups & Stews Recipes Book.=> Each recipe in this cookbook is healthy, tasty and easy to prepare.=> Each recipe is accompanied with a captivating, beautiful and colored picture of the final outcome recipe.=> Step-by-step directions for preparing each of the recipes that makes the process of cooking much quicker & easier.=> Ingredient list for every recipe is clearly written and measurements are given in a very simple and easy to understand manner.=> The navigation between the recipes has been made super easy.=> The cookbook comes with a Linked table of contents which makes jumping to your preferred and desired recipe very easy by simply clicking on the recipe.For a full list of what you can see inside, scroll up and click on the look inside feature and check out the Table of Contents!Don't Lose Your Chance and Join Thousands of Readers Today Before the Price Becomes Higher!Take Action Right

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## **Book Information**

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## **Customer Reviews**

If you are a decent cook and know and understand the fundamentals you will be able to follow these recipes. The book has a good base, it even has good recipes. Unfortunately, it doesn't have good editing or instructions. It seems it was done in a rush like a forgotten school project completed at the last minute without checking for errors and clarity. I read cookbooks as though they are novels before I actually cook any of the recipes. This is one I couldn't finish because the errors were so distracting. I enjoy homey and regional sounding writing in cookbooks. This book doesn't have that, it has errors - lots of them!

Who doesn't like soups? One of the most fundamental staples of food, soups are nutritious, economic and most importantly delicious. I love soups and make them often, especially during the cool days of autumn and in the cold of winter. I find though that I default to a handful of recipes so when I saw this book with 50 Soup Recipes I got it. The recipes are well organized, easy to follow and I like that there is a Nutrition Facts info for each recipe. Going through the recipes I have selected a few to add to my current "handful" and have made a shopping list to make some in the coming weeks. Soups on!

If you are looking for recipes for better health and weight loss, run far away from this one. These recipes are almost all loaded down with fat, salt and calories - the sodium numbers are staggering. A cup and a half of non-cream soup (it's the recipe for Gumbo) with 551 calories, 424 calories from fat and 1710 mg of sodium? YIKES! The Italian Sausage Vegetable soup will provide you with 72% of your RDA of sodium. Either the nutrition info is WAY off or this is about as far from healthy as you can get. Either way, there are better books out there.

I am not a big soup eater but I love to keep adding things to my recipe library. She has the recipes organized really nice in order to match the results of the chef, the directions are quite clear, and each recipe has the nutritional value for those of you where that is important. Many of the soups were of Italian origin and there were a couple I am going to try this week especially the taco soups which I love. If you fashion your self as a home chef - this book is a must in your library

Soup Recipes: 50 Simple, Delicious & Healthy Soups & Stews Recipes for Better Health and Easy Weight Loss (Delicious Soup Recipes) Recipe includes a list of ingredients along with instructions and a table of nutritional information. Too much sodium for us and we could use low sodium/fat chicken broth for some of the recipes. Lots of variety to choose from. Other works by the author are highlighted at the end.

This book is amazing. Me and my family love soups and we eat soups almost every day, no matter if we eat something else as well. In some time, I ran out of ideas about different recipes for soups, so I searched on . This book became my manual. The recipes are really great and delicious. The thing I like the most is that the recipes are also healthy. This book is saving me time as well, because I am working a lot and prefer recipes that are easy and fast for making. I already tried the

half of the recipes and so far my daughter is so excited, that she can not wait for the next recipe. I recommended that to my mother who also love preparing soups and the book becomes to be her daily manual as well. I am very delighted with the book and recommend it to women like me, who work a lot but in the same time want to spend time with their families and eat healthy and delicious food.

I love soups and broths for dinner during winters, but have gotten bored of the regular ones I make at home. This book has been a savior. It has allowed me to be creative with a variety of ingredients, and pack them with flavor. I particularly enjoyed making the Gumbo soup with Shrimps and the Egyptian Red Lentil soup. Both are great accompaniments with rice. Since I like watching my diet too, the nutrition facts with each recipe are really helpful. These soups are filling, easy to make and a meal in themselves. I can't wait to make all 50!

Here comes a book that has delighted my taste buds with its delicious recipes. Soups have always been my weakness and its a good weakness to have. But you have to always ensure that they are healthy enough for you to consume and do something good for your health. A Soup is always as good as its ingredients so this recipe book has come in really handy for me to expand my database of tasty delicious soup recipes. Each recipe comes with a picture and a nutritional info chart, so that makes it a great book.

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