



## Cooking Well: Healthy Soups: Over 100 Easy and Delicious Recipes for Nutritional Healing (Paperback)

By Anna Krusinski

Hatherleigh Press,U.S., United States, 2011. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book. Enjoy the Warmth and Comfort of Flavorful, Healthy Soups! Soup is one of the simplest and greatest comfort foods and with Cooking Well: Healthy Soups you ll learn to harness the healing benefits of specific ingredients to help recover from a cold, soothe a sore throat, or simply encourage overall health and wellness. With over 75 recipes, you will never run out of tasty and easy-to-prepare soup ideas. Whether you re looking for a thick, hearty stew or a light and refreshing chilled dessert soup, Cooking Well: Healthy Soups offers a varied selection of recipes that you and your family are sure to love. Cooking Well: Healthy Soups also includes: - An overview on the healing properties of common ingredients in soups - A discussion on how soup can help keep you and your family healthy - Basic stock recipes for all types of soups Some of the over 75 easy and delicious recipes to be found inside include Zesty Tomato Soup, Miso Soup with Tofu and Green Onions, Vegetarian Split Pea Soup, Manhattan Clam Chowder, Chicken Vegetable Soup, Italian Wedding...

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