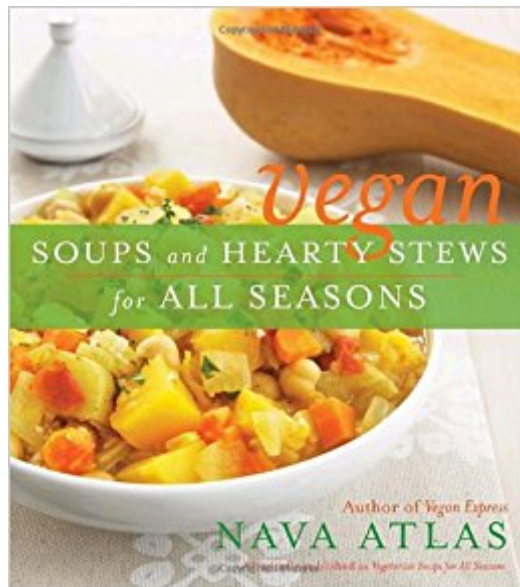




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# Vegan Soups And Hearty Stews For All Seasons



## Synopsis

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 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 vegan kitchens everywhere.

## Book Information

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## Customer Reviews

With a vegan makeover and twenty new recipes, *“the best vegetarian soup cookbook just got better!”* • Robin Robertson, author of *Vegan Planet* “International in scope and ranging from the elegant to the homey, *Vegan Soups and Hearty Stews for All Seasons* is an absolutely essential cookbook for anyone who loves good food. If you’re a soup lover, prepare to be dazzled by the variety and freshness of these soups; if you’re not a soup lover, prepare to become one!” • Susan Voisin, [fatfreevegan.com](http://fatfreevegan.com) “Nava Atlas

offers an impressive repertoire of soups that will amaze and inspire even veteran soup makers. • Nikki Goldbeck, certified dietitian-nutritionist and coauthor of *American Wholefoods Cuisine* and *The Healthiest Diet in the World*

NAVA ATLAS is the author of *The Vegetarian Family Cookbook*, *The Vegetarian 5-Ingredient Gourmet*, *Vegetariana*, *Vegan Express*, and others. She has written dozens of articles for magazines such as the *Vegetarian Times*, *Veggie Life*, and *Cooking Light*. Nava maintains the popular vegetarian site *In a Vegetarian Kitchen* ([vegkitchen.com](http://vegkitchen.com)), and the vegan blog *Veggie Talk* ([blog.vegkitchen.com](http://blog.vegkitchen.com)). She lives in the Hudson Valley region of New York with her family.

As a person who has over 30 vegan cookbooks (My husband can't believe there are that many vegan cookbooks in print!) I definitely will add this one to those at the top of my list. One of the best things about this book is that it is divided into seasons, so it's easy to find the produce at a reasonable price in the grocery store and it's more likely that it will be locally grown. Another thing I like is that the ingredients are mostly easy to find. I love weird ingredients as much as anyone, but when you are trying to figure out what to make for dinner you don't want to have to run all over town trying to find something that's obscure. My favorite recipe so far is a fall one, Sweet and Sour Sauerkraut Soup which includes carrots, celery, potatoes, diced tomatoes and of course, sauerkraut among other things. If you don't like sauerkraut or sour foods, skip this one, but I think it's even better the next day. Another favorite is the Okra-Rice Gumbo or the Thai-Flavored Coconut Vegetable Soup. These all go together pretty quickly and if you double the recipe you'll have enough for a couple days and the flavors have a way of melding together that makes them all the better. Soup is always great with a big salad and some crusty bread and this cookbook has a lot of imaginative recipes, not just the same old standbys. It's one of those books that's fun to just go through and read because I always seem to find one recipe that is appealing for that particular day, no matter what sort of mood I'm in. Two thumbs up for this book! I'll be looking forward to more vegan cookbooks by Nava Atlas.

I've already tried some of the recipes and they are wonderful. There is a lot of flavor in each and (so far) they have been just as good cold the next day as they were hot (one of my requirements for soups). The recipes are grouped by season, so you'll be using the veggies in season. There is rudimentary nutritional information on each soup. There are also occasional sayings, tips, and variations offered. There are NOT many pictures, which is kind of a bummer (just a few color pages

in the middle of the book). I like to see what the stuff is supposed to look like, so I would have liked a few more pictures!

I checked this book out from the library before buying from . The deciding factor in whether to borrow or buy was the international recipes ... curries, Moroccan, Chinese, African, German, etc. Not a lot of photos, but the titles are quite descriptive. My first two recipes this coming weekend will be the African-Inspired Quinoa-Peanut Soup and the Thai-Flavored Coconut Vegetable Soup. From the bread recipes in the back will be the Onion-Rye Scones and the Tomato-Olive Bread.

I must confess to being someone who doesn't write reviews, but really enjoys reading them before I make a purchase. This time I couldn't help myself! I have made several of Nava's soup recipes in the winter and fall chapters of this book, living in the cloudy and sometimes damp NW. They have all been easy to make, easy to find the ingredients for, and have tasted wonderful. What an awesome way to segue into becoming vegan. I have enthusiastically recommended this book to several of my friends as well. Because I have allergies to dairy, I really appreciate it when I find a cookbook that gives non-dairy options and still tastes great by adding just the right seasoning blends to make it interesting. My milk substitute of preference is coconut milk (don't let it boil as it will curdle). I will not hesitate to purchase more of Nava's cookbooks when the mood strikes me. She must be one awesome cook!

This is an excellent book with many wonderful recipes. They are separated by season, i.e., winter, summer, fall, spring which is very helpful. Ms. Atlas is my favorite vegan author as her cookbooks have never failed to be good and have lots of information in them.

What's not to like about soup? They are simple and easy to prepare and now even better that Nava has them for all seasons! One can enjoy her tasty stews and various soups all year long. Using ingredients that are available at any grocery store makes this cookbook even better. The recipes presented are not complicated and even offer their nutritional value. Some of my favorites thus far have been the "Creamy Parsnip-Vegetable Soup", the "White Bean and Hominy Soup" and my all time favorite, the "Taco Soup". The flavors in this soup were absolutely delightful! The author also has a chapter on accompaniments which include various quick breads, muffins and scones that compliment most of the soups in the book. If you love soup, do buy this book and add it amongst your vegan cookbooks!

What I love about Nava Atlas is, she writes for the average cook. Her recipes are colorful, easy, and quick to prepare. She doesn't bog down recipes with exotic ingredients. Most recipes call for three or four easy-to-find ingredients and take about 30 minutes or so to put together. The color photographs in this soup and stew cookbook are great. I've prepared several of these recipes and shared them with non-vegan diners - they never suspected a thing. This is a great gift book - not too expensive, very beautiful, and useful for the day-to-day cook, especially during the winter months. Also, these recipes are perfect for a single person. You can make a pot of soup on a Sunday and you've got your meals for a few days.

I like this book because I am trying to eat better for my health. I am getting older and do not want any health issues. So far I am in very good health, and I know eating right keeps it good. It has just what I need. Busy person that I am, stews and soups (which I love) keeps me from having to cook often. Cook once a week freeze, thaw, eat done. Recommend to persons of interest.

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