



Enlightened Soups: More Than 135 Light, Healthy, Delicious and Beautiful Soups in 60 Minutes or Less

Camilla Saulsbury

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With ENLIGHTENED SOUPS in hand, home cooks will have more than 150 quick, delicious, and innovative options from which to choose. From new takes on classics like chicken soup with herbed dumplings and Tuscan minestrone to innovations like butternut bisque with Gruyere croutons and Hanoi beef noodle soup, ENLIGHTENED SOUPS is filled with choices for any day of the week, any time of the year. Like all of the books in the Enlightened Cooking series, the recipes are straightforward, the ingredients commonly available, and the techniques geared toward the home cook. Every recipe includes a nutritional analysis, and at the back of the book, quick-search appendixes indicate which soups are especially low in fat (fewer than 3 grams per serving), especially low in calories (150 or less per serving), and especially low in total time required (from start to finish). The recipes are divided into pureed, meat, poultry, seafood, vegetable, and legume soups.

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People live in this new moment of lifestyle always make an effort to and must have the time or they will get large amount of stress from both way of life and work. So , when we ask do people have free time, we will say absolutely sure. People is human not only a robot. Then we question again, what kind of activity do you have when the spare time coming to a person of course your answer can unlimited right. Then do you try this one, reading ebooks. It can be your alternative inside spending your spare time, the book you have read is usually Enlightened Soups: More Than 135 Light, Healthy, Delicious and Beautiful Soups in 60 Minutes or Less.

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