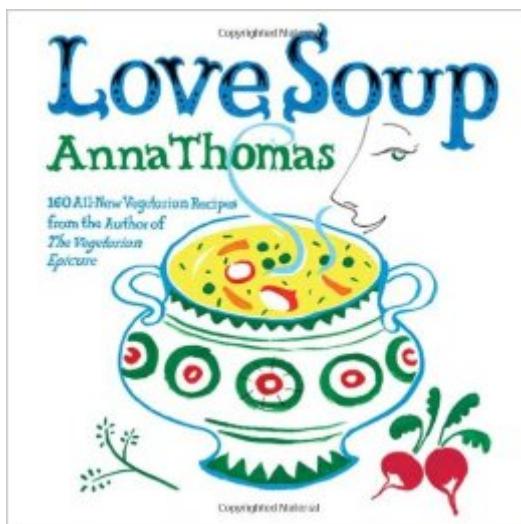


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# Love Soup: 160 All-New Vegetarian Recipes From The Author Of The Vegetarian Epicure



## Synopsis

Winner of the James Beard Foundation Book of the Year, Healthy Focus: delicious recipes for vegetarian soups from the author of *the most influential cookbooks in the history of modern vegetarian cuisine* • (Chicago Sun-Times). Anna Thomasâ™s Vegetarian Epicure cookbooks have sold millions of copies and inspired generations. Now she describes her love affair with the ultimate comfort food. *From my kitchen to yours*, Thomas says, *here are the best soups Iâ™ve ever made.* Her wonderfully creative recipes make use of fresh, seasonal produceâ•try black bean and squash soup in the fall, smoky eggplant soup in midsummer, or seductively perfumed wild mushroom soup for Christmas. Silky puree or rib-sticking chowderâ•each recipe has room for variation, and nearly all are vegan-friendly. *Love Soup* also provides recipes for breads, hummus, pesto, salads, and homey dessertsâ•and simple menus that put soup at the heart of the meal. Throughout, Thomas offers expert advice on shopping, seasoning, tasting, becoming a cook. With soups that delight and nourish, Thomas invites us all into the kitchen, to the most old-fashioned food and the newest, to the joy and good sense of home cooking. line art

## Book Information

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## Customer Reviews

The introduction of this book was excerpted in Yoga Journal last fall and I was instantly hooked (you can still find it on their web site -- just google "Anna Thomas Yoga Journal"). Anna Thomas' ability to paint a picture with just a few simple sentences is nothing short of awe inspiring and I wasn't surprised to find out later that she is an award-winning screenwriter. I ordered it immediately and couldn't wait to "read" the rest of it . . . which is all I did when it arrived a couple of days later. The

stories with each recipe are so engaging that I really enjoyed reading the book but was too intimidated by the recipes to actually try making any of them. Before this book, my typical veggie soup consisted of carrots, onions, and celery with a few herbs, a can of crushed tomatoes, and a box of organic vegetable broth. At first glance, many of the recipes seemed like you need to buy out the produce section of Whole Foods in order to make them and I had never worked with fennel or parsnips or dark leafy greens before -- I was intimidated. A few months later we joined a CSA for the summer and I found myself baffled by what to do with the swiss chard that arrived with our bi-weekly basket. I tried a couple of chard recipes I found on the internet but kept finding myself being drawn back to "Love Soup". I finally realized that, as long as you already have broth on hand, many of the recipes just involved chopping up 3 or 4 different kinds of vegetables and pitching them into a pot with some herbs -- in other words, no more effort than the veggie soup I've made for years, just with some different vegetables. And, after all, didn't we join a CSA in the first place to try new vegetables? So, I set off to make the basic light vegetable broth from the book.

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