

The 30 Minute Vegan Soups On More Than 100 Quick And Easy Recipes For Every Season

Presents a collection of vegan recipes for dishes inspired by different countries in Asia, including Thailand, China, India, Japan, and Indonesia, with discussions on authentic ingredients, techniques, and preparation.

From Sam Turnbull, the bestselling author of Fuss-Free Vegan, and creator of the blog It Doesn't Taste Like Chicken, comes her eagerly awaited second cookbook. She is cooking up even simpler vegan comfort food—on a budget, with fewer ingredients, and in 30 minutes or less! Some people think that a vegan diet can be too time-consuming, too much work, and too expensive! In Sam's new cookbook, Fast Easy Cheap Vegan, she's busting those myths and showing us just how simple (with 10 ingredients or fewer), inexpensive (for \$10 or less), and quick (in 30 minutes or less) it can be to cook delicious plant-based comfort food at home. Wholesome recipes can be made using items you already have in your pantry and fridge. And if they're not stocked in your kitchen, these ingredients are easily found at your local grocery store. Fast Easy Cheap Vegan is filled with 101 recipes, many of them perfect for busy weeknights, like 10-Ingredient Creamy Basil Snacchi, Gorgeous Greek Bowl, and Quicker Quesadillas. You'll have tons of options for speedy breakfasts and lunches, including Oatmeal Breakfast Cookies, 20-Minute Breakfast Sandwiches, 15-Minute Apple Chickpea Salad, and DIY Instant Ramen Soup, and no shortage of ready-to-go snacks, like Cheesy Cracker Snacks, Loaded queso Dip, and Cool Ranch Popcorn. And don't skip dessert because there's Lickety-Split Ice Cream, Easy Peasy Peanut Butter Squares, Brownie in a Cup, and 10-Minute Mini Berry–Crisp. Fast Easy Cheap Vegan is all about smart tips and easy techniques that simplify cooking. Many recipes are one-pot, freezer-friendly, and make-ahead meals, creating a stress-free kitchen. So whether it's breakfast, lunch, dinner, or dessert, Sam has thought of everything to help get delicious, fuss-free meals on the table in no time flat.

The New York Times bestseller from the founder of Oh She Glows "Angela Liddon knows that great cooks depend on fresh ingredients. You'll crave every recipe in this awesome cookbook!" —Isa Chandra Moskowitz, author of Isa Does It "So many things I want to make! This is a book you'll want on the shelf." —Sara Forte, author of The Sprouted Kitchen A self-trained chef and food photographer, Angela Liddon has spent years perfecting the art of plant-based cooking, creating inventive and delicious recipes that have brought her devoted fans from all over the world. After struggling with an eating disorder for a decade, Angela vowed to change her diet — and her life — once and for all. She traded the low-calorie, processed food she'd been living on for nutrient-dense, whole-food recipes that she can make in 30 minutes or less. She found that eating this way increased her energy, reduced her stress, and helped her relationship with food, and she got her glow back, both inside and out. Eager to share her realization that the food we put into our bodies has a huge impact on how we look and feel each day, Angela started a blog, ohsheglows.com, which is now an internet sensation and one of the most popular vegan recipe blogs on the web. This is Angela's long-awaited debut cookbook, with a treasure trove of more than 100 mouthwatering, wholesome recipes — from revamped classics that even meat-eaters will love, to fresh and inventive dishes — all packed with flavor. The Oh She Glows Cookbook also includes many allergy-friendly recipes — with more than 90 gluten-free recipes — and many recipes free of soy, nuts, sugar, and grains, too! Whether you are a vegan, "vegan-curious," or you simply want to eat delicious food that just happens to be healthy, too, this cookbook is a must-have for anyone who longs to eat well, feel great, and simply glow!

Create delicious, filling vegan meals in under 30 minutes! Take the stress out of making hearty vegan meals with the easy recipes in Vegan Recipes in 30 Minutes. This handy kitchen guide is perfect for the busy vegan cook who wants to whip up satisfying, wholesome vegan meals using everyday kitchen utensils and affordable ingredients from your local grocery store. With simple, straightforward recipes, quick tips for easy meal prep and storage, and helpful meal plans, Vegan Recipes in 30 Minutes will help you get nutritious vegan meals on the table in no time. Vegan Recipes in 30 Minutes makes it easy to create balanced vegan meals, with: 106 mouthwatering recipes such as Vegan Chocolate Macarons, Spicy Nut But-ter Noodles, and Sweet Potato & Kale Hash 141 pantry, freezer, and grocery staples Easy-to-follow weekly meal plan 23 ideas for easy meal preparation and storage to save you time and money 10 tips for a happy and hearty vegan life With quick, tasty recipes, Vegan Recipes in 30 Minutes will make your vegan meals as simple as they

The 30-Minute Vegetarian Cookbook

Quick-Fix Vegan

The Vegan 8

Bountiful Vegan Soups and Stews for Every Day

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Vegan in 7

Popular husband-and-wife bloggers and podcasters (acouplecooks.com) offer 100 recipes with an emphasis on whole foods and getting into the kitchen together. The couple's non-diet approach features simple lifestyle changes to make healthy cooking sustainable, rather than a short-term fix. A love story at its finest, Alex and Sonja Overhiser first fell for each other—and then the kitchen. In a matter of months, the writer-photographer duo went from eating fast and frozen food to regularly cooking vegetarian meals from scratch. Together, the two unraveled a "pretty simple" approach to home cooking that kicks the diet in favor of long-term lifestyle changes. While cooking isn't always easy or quick, it can be pretty simple by finding love in the process. A Couple Cooks | Pretty Simple Cooking is an irresistible combination of

spirited writing, nourishing recipes with a Mediterranean flair, and vibrant photography. Dubbed a "vegetarian cookbook for non-vegetarians," it's a beautiful book that's food for thought, at the same time providing real food recipes for eating around the table. The book features: 100 vegetarian recipes, with 75 vegan and 90 gluten-free options A full-color photograph for every recipe Recipes arranged from quickest to more time-consuming lessons for a sustainably healthy approach to cooking, artfully illustrated with a custom watercolor "Many studies have shown that vegetarians seem to have a lower risk of obesity, coronary heart disease (which causes heart attack), high blood pressure, diabetes mellitus, and some forms of cancer." —The American Heart Association Quick-Fix Vegetarian by Robin Robertson recently was named Best New Cookbook by PETA. People for the Ethical Treatment of Animals. The international organization's Pro-Vegan Award (short for "progress") recognizes animal-friendly achievement in 21st century culture and commerce. No longer considered a "hippie fad," the vegan lifestyle is becoming going mainstream. In her latest book vegetarian expert Robin Robertson creates recipes such as Spinach and Sun-Dried Tomato Quesadillas, Chipotle-Kissed Black Bean Soup, Mediterranean Oro Salad, Beet-the-Block Lasagna, Five-Minute Slow-Cooker Chili, and No-Bake Oatmeal Almost Cookies for this growing consumer base. In addition, Quick-Fix Vegetarian shows how to use many of the new commercial vegetarian products and includes recipe variations and tips for speedy, stress-free entertaining without sacrificing flavor or mainstream appeal.

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"Many studies have shown that vegetarians seem to have a lower risk of obesity, coronary heart disease (which causes heart attack), high blood pressure, diabetes mellitus, and some forms of cancer." —The American Heart Association Quick-Fix Vegetarian by Robin Robertson recently was named Best New Cookbook by PETA. People for the Ethical Treatment of Animals. The international organization's Pro-Vegan Award (short for "progress") recognizes animal-friendly achievement in 21st century culture and commerce. No longer considered a "hippie fad," the vegan lifestyle is becoming going mainstream. In her latest book vegetarian expert Robin Robertson creates recipes such as Spinach and Sun-Dried Tomato Quesadillas, Chipotle-Kissed Black Bean Soup, Mediterranean Oro Salad, Beet-the-Block Lasagna, Five-Minute Slow-Cooker Chili, and No-Bake Oatmeal Almost Cookies for this growing consumer base. In addition, Quick-Fix Vegetarian shows how to use many of the new commercial vegetarian products and includes recipe variations and tips for speedy, stress-free entertaining without sacrificing flavor or mainstream appeal.

"Highlights some of the most popular international recipes for vegetarian soup... makes a convincing argument for soup as the star course of any meal." —Publishers Weekly No, there is no chicken stock in this soup. What you'll find here is page after glorious page of the loveliest, most delicious soups and stews—each and every one entirely vegetarian. Brimming with international flavors, Paulette Mitchell's easy-to-follow recipes are paired with unique accompaniments, garnishes, and toppings that add tremendous visual appeal. Witness hearty Pumpkin Stew baked and served in a pumpkin shell; classic onion soup updated with crunchy goat cheese toasts; and Spicy Sweet Potato Ancho Bisque swirled with bright Roasted Red Pepper Cream. From Mediterranean Saffron Stew to Greek Spinach and Orzo Soup, these dishes are simple enough for any day, yet sophisticated enough for elegant dinner parties. Instructions for making tasty vegetable stock from scratch, a selection of delicious vegan soups, and a helpful "tips" section make this gorgeous cookbook an important addition to any kitchen where good food and good health are on the menu. "Any comment on how this book suits the season would only be redundant. The layout, color, and design are all so beautiful, as you can just about see in this screenshot." —The Baltimore Sun "The Baltimore Sun" "This beautiful book spans the culinary globe, with flavor profiles drawn from Mexico, Morocco, Mumbai, and Minnesota. For vegetarians, vegans, and omnivores, A Beautiful Bowl of Soup presents new ideas you're sure to enjoy." —Soup Chick

Vegan food is fabulous food, full of flavor and all the nutrients you need. With fun illustrations and a cool, punky sensibility, How It All Vegan! will tempt you to join the Vegan Empire. "Written with sass, style, and a sense of humor. More than just a cookbook... ."—BUST

Yoga Made Easy

Fast Easy Cheap Vegan

30-Minute Frugal Vegan Recipes

150 Asian-Inspired Recipes—from Soba Noodles to Summer Rolls

The Ultimate Book of Soups and Stews

Plant-Based Eating for Optimal Health and Wellness

Healthy, Homestyle Meals in 30 Minutes Or Less

How It All Vegan!

Make Incredible Vegan Versions of Your Favorite Asian Meals if you crave vegan-friendly versions of classic Asian dishes, this will become your new favorite cookbook!

Jeeca Uy, of the hit Instagram account @TheFoodieTakesFlight, transforms traditional Southeastern and East Asian cuisine into spectacular vegan renditions that are bursting with flavor. From iconic Thai dishes to piping-hot Japanese fare and everything in between, Jeeca's recipes will take your palate on a delicious food trip across Asia that will keep you coming back for more. So, why order takeout when you can easily whip up a vegan version that is not only healthier but can taste even better? Find your favorites and eat them at home. This brilliant new book reveals the secrets to cooking dinners that you crave—the kind that comfort, nourish and inspire you, without a ton of work. With every recipe clocking in under 30 minutes (prep included!), anyone can enjoy incredible plant-based meals every night of the week.

15-Minute Vegan features 100 brand new recipes that can be prepared in mere moments. Using ingredients that are available in supermarkets, the recipes are as easy as can be - from shopping to cooking to serving. The book starts with Katy's introduction to vegan cooking and cooking, with advice on the equipment you need to make your cooking go faster, plus essential store cupboard ingredients. In chapters covering Breakfast, Light Bites, Mains, Essentials and Sweet Stuff, Katy offers 100 straightforward recipes and tips about preparation, freezing and storing. Whether you're already eating vegan or just want to try something new, nothing could be simpler and faster than 15-Minute Vegan.

Are you ready for a relaxing and nutritious gluten-free, vegan summer? In 30-Minute Summer you'll discover quick, easy, delicious and beautiful gluten-free vegan recipes to make your summer inspiring, fun and delicious. Seasonal summer produce is fabulous. Fresh fruit and veg, sweet from the sun is so good. Make the most of wonderful summer produce with quick, easy tasty, colourful no-nonsense, nutritious food you'll love making, eating and sharing. All the dishes in this book are gluten-free vegan (allium-free and coconut-free) and on your table in 30 minutes or less. 30-Minute Summer is packed with quick, easy, delicious, no-nonsense recipes made from easy-to-get-hold-of ingredients that will enrich your gluten-free and vegan life. If you love beautiful, well-written and easy-to-follow recipes, this book is for you.

"A Culinary Tour de Force of Europe's Most Treasured Dishes Are you looking for delicious and healthy cuisine that can fit into your busy lifestyle? Do you long for the robust flavors of Italy, France, Spain, or Greece but haven't found tasty animal-free recipes? Look no further! The 30-Minute Vegan is where the Joie de vivre meets la dolce vita to satisfy even the most discriminating palates. Award-winning author and chef Mark Reinfeld tackles the meaty fare that is European cuisine, offering inspired plant-based versions of everything from manicotti to French onion soup, mussaka to "notwurst." Including key pantry ingredients (with a special section on herbs), raw and gluten-free options (virtually all of the recipes are gluten-free), and suggestions for wine and beer pairings, Taste of Europe is a revolutionary cookbook that will help you to recreate all of your favorite classic European dishes in 30 minutes or less!"

The Living Kitchen

Simple Dinners for Every Day (A Cookbook)

Vegan Soup Cookbook

Nourishing Whole-Food Recipes for Cancer Treatment and Recovery

The Oh She Glows Cookbook

Vegan chef of one of the top 50 food blogs on the Web, HappyHerbivore.com, Lindsay Nixon, gives hundreds of thousands of her followers recipes each month, showing that the vegan diet is not only healthy but delicious, too. Now, Nixon combines some of her tastiest recipes in The Happy Herbivore Cookbook, each made with no added fats, using only whole, plant-based foods. It's easy to make great food at home using the fewest number of ingredients and ones that can easily be found at any store, on any budget. The Happy Herbivore Cookbook includes: • A variety of recipes from quick and simple to decadent and advanced • Helpful hints and cooking tips, from basic advice such as how to steam potatoes to more specific information about which bread, tofu or egg replacer works best in a recipe • An easy-to-use glossary demystifying any ingredients that may be new to the reader • Healthy insight: Details on the health benefits and properties of key ingredients • Pairing suggestions with each recipe to help make menu planning easy and painless • Allergen-free recipes, including gluten-free, soy-free, corn-free, and sugar-free With a conventionally organized format; easy-to-follow, step-by-step instructions; nutritional analyses, colorful photographs; funny blurbs at the beginning of each recipe; helpful tips throughout; and chef's notes suggesting variations for each dish, even the most novice cook will find healthy cooking easy—and delicious!

THIS WINTER SEASON ENJOY EASY AND DELICIOUS VEGAN SOUP RECIPES THAT WARM YOUR SOUL. This Vegan Soup Recipe book gives you over thirty reasons to go vegan this upcoming fall and winter. Wrap yourself in your nearest blanket, position large (holiday-inspired) socks on your feet, and create these stunning vegan soup recipes for your friends and family. Soup truly brings people together. It warms you from the inside out and helps you feel full and content when you're looking to eat just a little bit less (even if it means you're saving room for vegan cookies later). Furthermore, this book outlines several different vegan recipes: from "cream" based soups to chunky soups, from lentil-based soups to chilled soups (for next spring and summer, of course). The benefits of going vegan are absolutely amazing: from reducing your saturated fat intake and thus reducing your risk of heart attack and stroke to fuelling you with appropriate amounts of minerals and vitamins to get you through the season. The wonders of the vegan soup recipes commence in this colorful cookbook, and all you need is a soup pot, a spoon, and a big appetite to get started. **HERE IS A SAMPLE OF THE RECIPES INSIDE:** Creamy Celery and Spinach Herb Soup Creamy Pasta and Butternut Squash Soup Traditional Thai Variety Vegetable Soup Delicious Tomato Garlic Cream Soup Super-Spiced Vegetable Soup Quinoa and Black Bean Soup Chunky Indian-Inspired Cabbage Soup Mexican Spiced Vegan Tortilla Soup Minestrone Mission Soup Stick-to-Your-Bones Slow Cooker Split Pea Soup Chunky Edamame and Buckwheat Groat Stew Bamboo and Mushroom Chinese-Inspired Soup Chunky Thai Coconut Soup Butter Bean and Green Soup Chunky Lentil and Kale Soup Super Lentil and Garlic Chunked Soup Lentil and Curried Squash Soup **AND MUCH MUCH MORE SCROLL UP AND CLICK BUY TO ORDER YOUR COPY INSTANTLY** Just to say Thank you for checking out this book I would like to give you a FREE report - Weight Loss Metabolism Secrets: Discover the Secrets to Firing Up Your Metabolism to Achieve Lasting, Natural Weight Loss. Go to weightloss-tips.ca to grab your free copy now!

New York Times Bestseller A whole-foods, plant-based diet that has never been easier or tastier—learn to cook the Forks Over Knives way with more than 300 recipes for every day! Forks Over Knives—the book, the film, the movement—is back again in a cookbook. The secret is out: If you want to lose weight, lower your cholesterol, avoid cancer, and prevent (or even reverse) type 2 diabetes and heart disease, the right food is your best medicine. Thousands of people have cut out meat, dairy, and oils and seen amazing results. If you're among them—or you'd like to be—you need this cookbook. Del Sroufe, the man behind some of the mouthwatering meals in the landmark documentary, proves that the Forks Over Knives philosophy is not about what you can't eat, but what you can. Chef Del and his collaborators Julianna Hever, Judy Micklewright, Darshana Thacker, and Isa

Chandra Moskowitz transform wholesome fruits, vegetables, grains, and legumes into hundreds of recipes—classic and unexpected, globally and seasonally inspired, and for every meal of the day, all through the year: Breakfast: Very Berry Smoothie, Breakfast Quinoa with Apple Compote Salads, Soups and Stews: Kale Salad with Maple-Mustard Dressing, Lotsa Vegetable Chowder, Lucky Black-Eyed Pea Stew Pasta and Noodle Dishes:

Mushroom Straganoff, Stir-Fried Noodles with Spring Vegetables Stir-Fried, Grilled and Hashed Vegetables: Grilled Eggplant "Steaks" Baked and Stuffed Vegetables: Millet-Stuffed Chard Rolls The Amazing Bean: White Beans and Escarole with Parsnips Great Grains: Potenta Pizza with Tomatoes and Basil Desserts: Apricot Fig Squares, Bursting with Berries Cobbler . . . and much more! Simple, affordable, and delicious, the recipes in

Forks Over Knives—The Cookbook put the power of real, healthy food in your hands. Start cooking the plant-based way today—it could save your life!

Vibrant Plant-Based Recipes to Eat Well Through the Seasons

Plant-Based Food in a Flash

Healing the Vegan Way

Delicious Winter Warming Vegan Soup Recipes to Soothe Your Soul