



Vegan Soups and Hearty Stews for All Seasons

Nava Atlas

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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.

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