



Soup for Every Body: Low-Carb, High-Protein, Vegetarian, And More

By Joanna Pruess, Lauren Braun



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This collection takes a unique, flexible approach to soup making, with variations that make the recipes appropriate for low-carbohydrate, high-protein, lowfat, vegan, and vegetarian diets. Gorgeous full-color photographs and easy-to-follow techniques, make this a must-have.



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Bibliography

- Sales Rank: #1086869 in Books
- Published on: 2006-10-01
- Original language: English
- Number of items: 1
- Dimensions: 8.50" h x .62" w x 8.50" l, 1.34 pounds
- Binding: Paperback
- 176 pages

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Editorial Review

Review

"Joanna Pruess has the highest standards and, best of all, exceptional taste about what's delicious. Count on it that these soups will make you happy."--Faith Middleton, WNPR's Food Schmooze

"No cookbook was ever better named than **Soup for Every Body**. It is impossible for anyone not to find dozens of recipes to add to one's favorites--and anyone specifically concerned about any and all aspects of nutrition will find this book indispensable."--John Mariani, *Esquire Magazine*

"The number of ingredients is modest, the techniques easy, but the combinations sophisticated...attention to nutrition and simple but imaginative recipes make this book a good choice for both fancy and everyday cooking."--*Cookbook Digest*

From the Back Cover

Soup feeds a person's senses and body, so rather than feeling hungry or deprived, we feel good inside and out. To make good soups, says Joanna Pruess, you simply need to love them. This unique collection of seventy recipes includes her favorites, from Mighty Minestrone to Curried Mango Soup with Lobster.

Pruess includes tempting garnishes to serve with these delicious creations, such as Parmesan-Black Pepper Wafers and Chili-Crusted Pumpkin Seeds, as well as a chapter of basic stock recipes, including suggestions on how to improve store-bought products. A variety of ingredient options makes these recipes easily adaptable to any diet plan.

Novices and accomplished cooks alike will find these recipes easy and satisfying. Few foods can claim to be elegant and rustic, hearty and delicate, delicious when served hot or cold, as a first course or whole meal, or even as dessert. Winter or summer, any season of the year is soup time. And, happily, there are very few "no's" in the process.

So have some soup. It's good for you!

About the Author

Joanna Pruess has written for the food column of *The New York Times Magazine*, *Food & Wine*, *Food Arts*, *Saveur*, and *The Washington Post*. She lives in the Bronx, NY, with her husband, Bob Lape, WCBS and *Crain's New York* restaurant critic.

Lauren Braun, a registered dietitian, began Nutritional Lifestyle Designs in Miami, Florida, more than a decade ago.

Users Review

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Sherman Etheridge:

Here thing why this kind of Soup for Every Body: Low-Carb, High-Protein, Vegetarian, And More are different and trustworthy to be yours. First of all examining a book is good nonetheless it depends in the content than it which is the content is as delightful as food or not. Soup for Every Body: Low-Carb, High-Protein, Vegetarian, And More giving you information deeper as different ways, you can find any book out there but there is no publication that similar with Soup for Every Body: Low-Carb, High-Protein, Vegetarian, And More. It gives you thrill studying journey, its open up your personal eyes about the thing which happened in the world which is maybe can be happened around you. You can bring everywhere like in playground, café, or even in your way home by train. For anyone who is having difficulties in bringing the paper book maybe the form of Soup for Every Body: Low-Carb, High-Protein, Vegetarian, And More in e-book can be your alternate.

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Malcolm Moser:

Spent a free the perfect time to be fun activity to do! A lot of people spent their leisure time with their family, or their particular friends. Usually they doing activity like watching television, likely to beach, or picnic inside park. They actually doing same every week. Do you feel it? Would you like to something different to fill your own personal free time/ holiday? Can be reading a book might be option to fill your no cost time/ holiday. The first thing you ask may be what kinds of e-book that you should read. If you want to test look for book, may be the e-book untitled Soup for Every Body: Low-Carb, High-Protein, Vegetarian, And More can be good book to read. May be it may be best activity to you.

Kimberly Plummer:

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