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For the Love of Soup

Jeanelle Mitchell

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For the Love of Soup Jeanelle Mitchell
Soups are the ultimate comfort food. In For the Love of Soup, the companion book to For the Love of Salad, Jeanelle Mitchell provides us with over 100 delicious and versatile soup recipes with an emphasis on low-fat and low-sodium cooking. Using fresh produce, herbs and spices for flavor, even rich and creamy soups can be made healthier while retaining their great taste. These soups are delicious and easy to prepare!Clear instructions and special sections of Helpful and Healthful Tips make this collection perfect for novice cooks or anybody looking for healthy and simple meals. Proceeds from this book will help support the author's handicapped nephew Yves, who was severely injured in an auto accident. This perennial kitchen classic has been colorized and updated for 2010. Don't miss this beautiful companion to For the Love of Salad! Warm up with recipes like: . Broccoli and Fennel Soup with Parmesan . Wild Mushroom and Basmati Rice Soup . Roasted Sweet Potato Soup with Ginger Crisp . Turkey Barley Soup . Ginger Orange Carrot Soup

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