



# **Vegan Soup Cookbook: The Ultimate Easy Vegetarian Soups Recipes for a Healthy Lifestyle That are Delicious and Mouthwatering**

*Anna Leary*

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We all know that vegetables are very useful for health. Therefore, in recent years, the popularity of vegetarian dishes has grown, including soups.

For those who are trying to lose weight, it is better to choose vegetarian soups instead appetizers and main courses. U.S. scientists have conducted research: subjects were given meals of the same foods, but in the first case, they were prepared as appetizers, and the second, in the form of soup. It was found that people who ate an appetizer received 27% more calories than those who ate the soup.

The researchers explained that the soup fills the stomach and is digested and absorbed more easily.

For those who want to lose weight, it is possible to arrange a diet composed of a variety of vegetarian soups.

For a vegetarian soup to have a rich flavor, it is necessary to use seasoning. And not only the usual for us, like pepper, bay leaf, onion, and garlic. Do not forget to add dry ground spices to soups. They are sold in all markets. The most popular are curry, basil, oregano, etc. Vinegar and sugar is also used as seasoning, and adding them to soups gives interesting flavors.

And, of course, add fresh herbs such as dill, parsley, and celery.

In this book, you will find recipes for vegetarian soups.

Vegetarian soups are rich in vitamins, perfectly balanced, and very tasty. Vegetarian soup is good for your health and beauty!

I hope you enjoy it!

## Here Is A Preview Of What You'll Learn...

- Eggplant Cream Soup with Thyme
- Green Soup with Ginger
- Cold Cucumber Soup with Mint
- Pumpkin Cream Soup with Apples
- Vegetable Mushrooms Soup
- Zucchini Soup with Asparagus
- Vegetarian Soup with Cabbage Kohlrabi
- Vegetarian Soup with Beans
- Soup with Beetroot and Sour Cream
- Soup with Tomatoes and Turnips
- Potato and Pumpkin soup
- Broccoli Cream Soup

- Cauliflower Cream Soup with Coconut Milk and Saffron
- Spicy Mexican Soup
- Tomato Cream Soup with Tofu
- Soup with Cauliflower and Green Peas

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