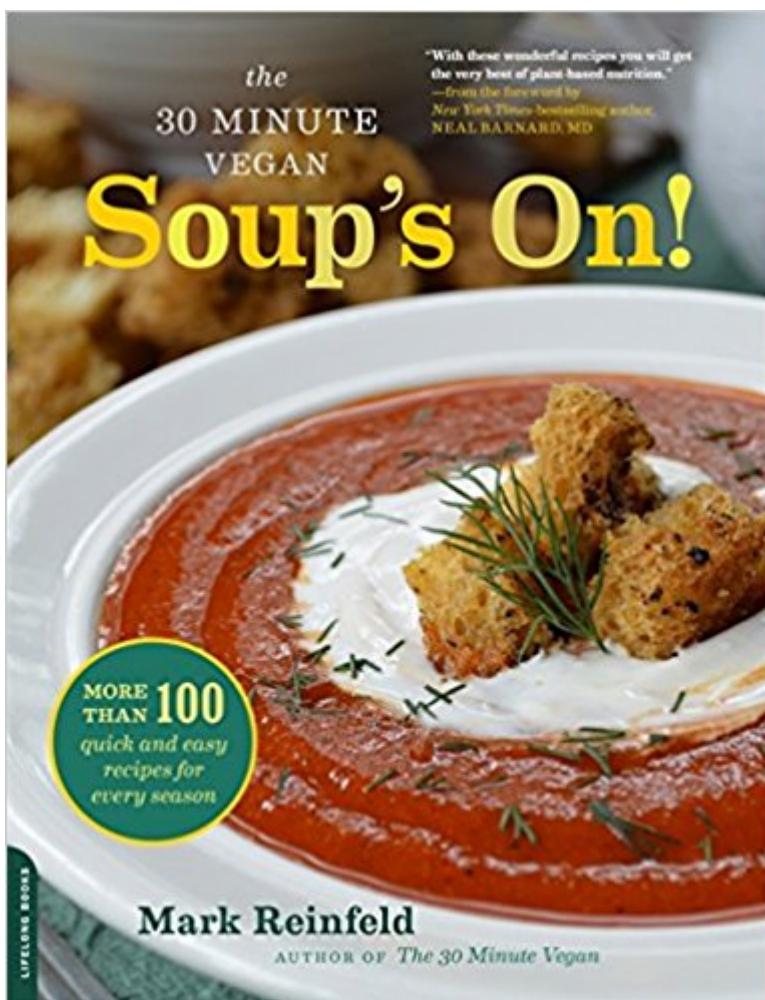


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# The 30-Minute Vegan: Soup's On!: More Than 100 Quick And Easy Recipes For Every Season



## Synopsis

In this definitive guide to vegan soups, award-winning chef Mark Reinfeld gives you all the tools and tips to create easy, flavorful meals--within thirty minutes or less. Prepare to feast upon a wide array of plant-based soups--from consommés to stews, chowders to raw and dessert soups. From a selection of stocks to irresistible toppings and accompaniments, these inspired recipes cover a broad spectrum of international cuisine. *Soup's On!* contains an inspiring foreword by Dr. Neal Barnard and is divided into six sections: Part One: The Art of Soup Creation, with recipes for stocks such as Roasted Vegetable Stock, Mushroom Stock, and Dashi; Part Two: Vegetable-based Soups, including favorites such as French Onion Soup, Thai Coconut Soup with Lemongrass, Mayan Tomato and Corn, and African Peanut; Part Three: Soups and Stews with Grains, Legumes and Pasta, with classics like Wonton Soup, Matzo Ball Soup, Himalayan Dahl, and Brazilian Black Bean with Baked Plantains; Part Four: Creamy Blended Soups, with crowd pleasers like New England Chowder, Roasted Squash with Coconut, Creamy Fire-Roasted Tomato and Dill, and Cheesy Cauliflower Soup; Part Five: Raw and Dessert Soups, including cutting edge recipes for Spicy Strawberry Soup, Golden Gazpacho with Saffron, Raw Corn Chowder, and Raw Chocolate Mint Soup with Raspberries; Part Six: Garnishes and Sides, with recipes for Candied Pepitas, Vegan Creme Fraiche, Herbed Croutons, and Corn Bread. *Soup's On!* proves that you don't need meat or dairy--or a lot of time--to have a hearty, satisfying meal in a bowl!

## Book Information

Series: 30-Minute Vegan

Paperback: 288 pages

Publisher: Da Capo Lifelong Books (November 26, 2013)

Language: English

ISBN-10: 0738216739

ISBN-13: 978-0738216737

Product Dimensions: 7 x 0.5 x 9.1 inches

Shipping Weight: 13.6 ounces (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars 39 customer reviews

Best Sellers Rank: #315,571 in Books (See Top 100 in Books) #162 in Books > Cookbooks, Food & Wine > Main Courses & Side Dishes > Soups & Stews #338 in Books > Cookbooks, Food & Wine > Cooking by Ingredient > Vegetables #811 in Books > Cookbooks, Food & Wine

## Customer Reviews

Publishers Weekly, 12/6/13 &#147;Mark Reinfeld may be the male equivalent to a vegan Rachael Ray&#151;his recipes are flavorful and approachable and certainly have the same potential for mass appeal&#133;Reinfeld's enthusiasm for diverse cuisines sets the book apart&#133;Omnivores and vegans alike will appreciate the book's breadth and depth, as well as the limited call for esoteric or arcane ingredients&#133;A terrific resource when the urge for a comforting soup hits.Ã¢ ¬Â•InfoDad.com, 12/26/2013&#147;Vegans who enjoy soups and like spending time in the kitchen will find plenty to keep them busy and satisfied here.Ã¢ ¬Â•Natural Solutions, February 2014&#147;Want a definitive guide to vegan soups? Then this is the cookbook for you.Ã¢ ¬Â•Taste for Life, February 2014&#147;Award-winning chef Mark Reinfeld will inspire year-round soup supping&#133;you&#39;ll love getting your soup on with this inspiring book!Ã¢ ¬Â•Vegetarians in Paradise, February 2014&#147;Mark Reinfeld has added another 30 minute gem to his list of books that make vegan cooking so much easier and peaceful. The recipes are not only delicious, but they also display the mantle of good health.Ã¢ ¬Â•

Mark Reinfeld, founding chef of the celebrated Blossoming Lotus Restaurant, has been preparing inspired vegan and live food cuisine for more than fifteen years. HisÃ¢ Â Vegan Fusion World CuisineÃ¢ Â has won nine international awards, including a Gourmand Award for &#147;Best Vegetarian Cookbook in the USA.Ã¢ ¬Â• He is also the author ofÃ¢ Â The 30-Minute Vegan,Ã¢ Â The 30-Minute Vegan's Taste of the East,Ã¢ Â andÃ¢ Â The 30-Minute Vegan&#39;s Taste of Europe. He teaches vegan and raw food workshops and immersions internationally and online at [veganfusion.com](http://veganfusion.com).[www.veganfusion.com](http://www.veganfusion.com)

Love this book! I have a lot of vegan cookbooks, but Mark's are my favorites. Just got this cookbook and had a hard time deciding which soup to try first. Tonight I made the "un-chicken noodle soup" for my boys, who are not vegan. The 9 year old declared it "the best soup ever" and the 13 year old boy actually thanked me "for preparing the delicious dinner". High compliments from these two!

I find that eating vegan is rough to do on the fly. I often want to eat quickly and with very little prep. This book offers a way to do just that. Chop a few things, add a few things, cook it through. How can you lose? The recipes are very well rounded with the different flavors that I often find that online

recipes lack. I have made 5 or 6 of the soups out of this and found that Mark offers alternatives if you don't have the ingredients exactly, and found that substitutions are dead easy for my own creativity. I like very much. I'd buy it again! I look forward to winter and the soup eating frenzy that always follows! I wonder if he has a party foods book?! :) On to find it!

Any book with Mark Reinfeld as an author will have healthy, FLAVORFUL recipes. Its nearly impossible to believe you can create such fantastic meals in about 30 minutes. My top 2 favorite recipes from this cookbook (I have all of his cookbooks) are African Peanut Soup and Ethiopian Stew. Wow. you can make them super hot or rather mildly spiced like I did. Both are outstanding. I have never tried a recipe that I didn't think was delicious and special. It's easy to eat in a healthy way with this as a guide.

WONDERFUL! The soups are delicious and nourishing. Take the time to read the "how to use this book" section it will help. I am a working mom with a working hubby three kids and two dogs. I love that these recipes work and work within 30 minutes. We are basically vegetarians (we just cannot give up eggs) but giving up dairy has cut down on sugar intake (12 grams in 8 oz of skim milk) and empty calories plus you just feel better. The use of ground nuts to thicken soups is just genius. The African peanut soup recipe alone is worth the price of this book.

I bought this for a vegan guy for his birthday [ my cousin] and he finds it easy to follow and very applicable. His wife isn't vegan but she loves when he makes soups from this book. He brought me over one of the soups that was a tomato something- or- other and it was delicious!

Every single soup or stew that I've tried has been excellent - even ones that I thought had interesting combination of ingredients (like not interesting in a good way :)) . Alas, though, I have started my soups way before the 30 minute mark as I like my soups/stews flavors' to meld. Definitely worth adding to your cache of books whether or not you are vegan.

Love this book! Many really good recipes that are very tasty and easy to prepare. Have made at least 10 or more with excellent results. Ordered several of his other books!

This has become one of my all-time favorite cookbooks! Not only are the recipes delicious, I love knowing that everything that goes into the pot is healthy and nutritious. Everything I've made has

been so flavorful, yet the recipes are super simple. I especially love the Cleansing Burdock Soup with Ginger and Dandelion Greens. A great soup when you're feeling under the weather. Every time I have a bowl of soup from this cookbook, I feel completely nourished! A must have!!

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