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The New Soul Vegetarian Cookbook



Synopsis

Vegan recipes that are easy to prepare and taste good. The New Soul Vegetarian cookbook strives to create "simple and satisfying vegan meals" using easily obtained ingredients. Many people would like to change their eating habits and this cookbook is a great solution for many people who want to make a healthy transition. The book includes 80 recipes made with fresh and healthy ingredients. Most of the ingredients are available readily in any regular grocery store. Just look in the health food section or the natural section. The recipes are presented clearly and really can be prepared without a huge time investment. The author has also included photos, tips, and helpful information.

Book Information

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Customer Reviews

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I go to a soul vegetarian restaurant regularly and love it, and am so excited for the recipes in this

book. If you are vegetarian and don't have a problem with gluten, this is the book for you :D

It is just okay because some of the recipes are not complete and a few of my favorites are not included in this book....

All of the recipes are easy and i'm thankful that I chose this as a starter book, thank you!

I just received my copy a couple weeks ago and poured over the entire content of the book, I was drooling at the beautiful pictures of these healthy soul vegetarian cuisine. the restaurant's which spawned the books are legendary for their soul cuisine. I took the book with me when I went grocery shopping and my kids have been raving about the meals we have made so far. this is an easy a painless way to get my children to transition back to vegetarian. the recipes are simple and delicious!! I eagerly await volume 2.

Best vegan Mac and cheese recipe I've found so far!!!

The mac & cheese recipe here is *Amazing* it's not exactly like cheese - but it's creamy and rich and well flavored. Their gravy recipe is superb too - I am making it for thanksgiving tomorrow, and I am super excited to have it again. I like their BBQ twice too - but BBQ sauce is way too sweet for me so I substitute my own concoction. One caveat - the recipes often refer to other recipes - so you'll see things like "1 cup of soy butter" and think 'gross!' what they mean is not 1 cup of soy garden, but a cup of their own silken tofu/oil mixture. They don't make it completely obvious when they do things like that, so a good rule of thumb is that their recipes don't call for any 'fake' products so when you see soy butter, soy cheese, etc. go look for the recipe.

The book is condensed into just over 100 pages of recipes and juices. A slightly out-dated format, but maybe they could have 'padded' it with more photographs given that each section is fairly 'thin' and thus include a wider variety of recipes. However, the recipes were all simple to follow and I learnt how to reproduce some of the Soul Vegetarian classics that I have tasted in the wonderful Soul Vegetarian East restaurant in Chicago: biscuits and gravy, pancakes, macaroni & cheese, scrambled tofu, etc. The biggest downside was the packaging that the book arrived in: it was basically an envelope, (not padded), contained within an outer envelope. The book arrived damaged and having given feedback to the contact email contained within the book for Publishing

Associates, there was no response. I paid just over \$10 postage for the new book to be posted abroad, so there was a lack of customer care in this instance and I am sure that I would have received a 'used' book in better condition. So beware. Buy the book - or better still, visit their restaurant in Chicago or Tel Aviv...I have enjoyed both!

Delicious and easy-to-execute recipes, great variety, and even informational and informative too!! Purchasing this book as a wedding gift to myself was a great decision and the best investment. Thanks for sharing this great cookbook with the world!

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