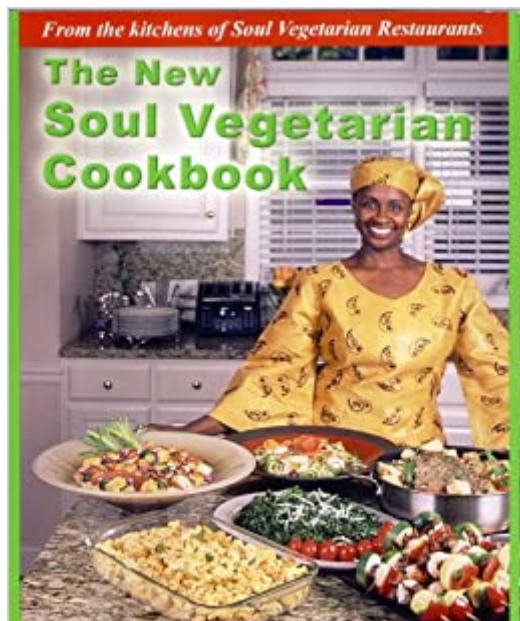


The book was found

# 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

Paperback: 115 pages

Publisher: Publishing Associates (November 10, 2005)

Language: English

ISBN-10: 0942683137

ISBN-13: 978-0942683134

Product Dimensions: 0.5 x 7.2 x 8.8 inches

Shipping Weight: 12 ounces

Average Customer Review: 4.4 out of 5 stars 15 customer reviews

Best Sellers Rank: #481,472 in Books (See Top 100 in Books) #83 in [Books > Cookbooks, Food & Wine > Regional & International > U.S. Regional > Soul Food](#) #1212 in [Books > Cookbooks, Food & Wine > Special Diet > Vegetarian & Vegan > Vegan](#)

## Customer Reviews

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.

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!

[Download to continue reading...](#)

Vegetarian: 365 Days of Vegetarian Recipes (Vegetarian, Vegetarian Cookbook, Vegetarian Diet, Vegetarian Slow Cooker, Vegetarian Recipes, Vegetarian Weight Loss, Vegetarian Diet For Beginners) Vegetarian: Everyday : Vegetarian For Beginners(vegetarian paleo, vegetarian health recipes, vegetarian weight loss recipes, vegetarian weight loss, vegetarian ... book) (healthy food for everyday Book 2) Vegetarian: High Protein Vegetarian Diet-Low Carb & Low Fat Recipes On A Budget( Crockpot,Slowcooker,Cast Iron) (Vegetarian,Vegetarian Cookbook,Vegetarian ... low carb,Vegetarian low fat) Vegetarian: 4-Week Vegetarian Nutrition Cookbook for Everyday Lifestyle - 39 Quick & Easy Vegetarian Meal Plans for Beginners (Healthy Low Carb Vegetarian Recipes for Diet and Lifestyle) VIETNAMESE VEGETARIAN FOOD - OUR FAMILY VEGETARIAN RECIPES: VEGETARIAN FOOD RECIPES FROM OUR VIETNAMESE HOME - VEGETARIAN FOOD RECIPES VEGAN RECIPES ASIAN ... RECIPES ASIAN VEGAN SERIES Book 1) KETOGENIC DIET VEGETARIAN: 120 BEST KETOGENIC VEGETARIAN RECIPES (weight loss, ketogenic cookbook, vegetarian, keto, healthy living, healthy recipes, ketogenic diet, breakfast, lunch, dinner, vegan) Instant Pot CookBook For Vegetarian Legends: Electric Pressure Cooker Guide Through The Best Vegetarian Recipes Ever (vegetarian, Instant pot slow cooker, ... lunch, dessert, dinner, snacks, SERIES 2) Instant Pot CookBook For Vegetarian Legends: Electric Pressure Cooker Guide through the best vegetarian recipes ever (vegetarian, Instant pot slow ... lunch, dessert, dinner, snacks, for two) The Healthy Ketogenic Vegetarian Cookbook: 100 Easy & Delicious Ketogenic Vegetarian Diet Recipes For Weight Loss and Radiant Health (Vegetarian Keto Diet) (Volume 1) 50 Dutch Oven Recipes For The Vegetarian - Quick and Easy One Pot Meals (Vegetarian Cookbook and Vegetarian Recipes Collection 8) Vegetarian Cookbook for Beginners: The Essential Vegetarian Cookbook to Get Started Easy Asian Cookbook Box Set: Easy Korean Cookbook, Easy Filipino Cookbook, Easy Thai Cookbook, Easy Indonesian Cookbook, Easy Vietnamese Cookbook (Korean ... Recipes, Asian Recipes, Asian Cookbook 1) Easy Vegetarian Slow Cooker Cookbook:

125 Fix-And-Forget Vegetarian Recipes Vegetarian Cookbook: 101 Family-Friendly Vegetarian Recipes Inspired by The Mediterranean Diet for Better Health and Natural Weight Loss: Mediterranean Diet for Beginners (Healthy Cooking) The \$5 a Meal College Vegetarian Cookbook: Good, Cheap Vegetarian Recipes for When You Need to Eat (Everything Books) The Ketogenic Vegetarian Diet Cookbook: Insanely Delicious & Easy Ketogenic Diet Vegetarian Recipes for Health & Weight Loss The Ketogenic Vegetarian Diet Cookbook: Insanely Delicious & Easy Ketogenic Diet Vegetarian Recipes for Health & Weight Loss Insanely Delicious & Easy Ketogenic Diet Vegetarian Recipes for Health & Weight Loss Student's Vegetarian Cookbook, Revised: Quick, Easy, Cheap, and Tasty Vegetarian Recipes Vegetarian: Vegetarian Quinoa Cookbook-Gluten Free Plant Based Superfood Recipes (forks over knives,raw till 4,whole 30,Slow cooker,crockpot,Cast Iron) The New Soul Vegetarian Cookbook

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)