



The 30-Minute Vegan: Soup's On!: More than 100 Quick and Easy Recipes for Every Season

Mark Reinfeld

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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!

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