



# The Best Recipes For Vegan Soups, Stews, Pastas, Casseroles & More

*Celine Steen, Joni Marie Newman*

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Flavorful Recipes to Suit Your Every Taste and Craving!

Here are our favorite soup, stew, pasta and casserole recipes from the best-selling *500 Vegan Recipes*. These recipes give you the array of dishes you've been searching for, while still including all your favorite comfort foods and traditional fare.

Vegans and non-vegans alike can satisfy their every craving with these recipes, which feature international cuisines, as well as hearty and comforting dishes. Individual recipes are also marked with such distinctions as Soy Free, Gluten Free, Low Fat, and Under 30 Minutes.

Recipes in this mini-book include:

- ”Chicken” Noodle Soup
- Creamy Tomato Soup
- Split Pea Soup
- Minestrone
- Red Jambalaya
- Au Gratin Potatoes
- Leek, Bean, and Rice Medley
- Veggie Fried Rice
- Cheater Mac and Cheese
- Moroccan Spaghetti
- Lentil Tart with Tahini Crust
- Curry Cashew Tofu Bake
- Tuna-Less Casserole
- Mexican Shepherd’s Pie
- Spinach Quiche

With *500 Vegan Recipes*, eating healthfully has never been easier—or more kind!



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**From reader reviews:**

**Nicole Marcil:**

Why don't make it to become your habit? Right now, try to prepare your time to do the important act, like looking for your favorite e-book and reading a book. Beside you can solve your condition; you can add your knowledge by the reserve entitled The Best Recipes For Vegan Soups, Stews, Pastas, Casseroles & More. Try to make book The Best Recipes For Vegan Soups, Stews, Pastas, Casseroles & More as your pal. It means that it can to get your friend when you really feel alone and beside regarding course make you smarter than ever. Yeah, it is very fortuned to suit your needs. The book makes you more confidence because you can know everything by the book. So , let me make new experience as well as knowledge with this book.

**Mario Berry:**

Spent a free time to be fun activity to do! A lot of people spent their leisure time with their family, or all their friends. Usually they doing activity like watching television, about to beach, or picnic inside the park. They actually doing same task every week. Do you feel it? Do you want to something different to fill your personal free time/ holiday? May be reading a book might be option to fill your totally free time/ holiday. The first thing you ask may be what kinds of publication that you should read. If you want to test look for book, may be the reserve untitled The Best Recipes For Vegan Soups, Stews, Pastas, Casseroles & More can be excellent book to read. May be it might be best activity to you.

**Armando Lemaire:**

People live in this new time of lifestyle always try to and must have the spare time or they will get lot of stress from both daily life and work. So , when we ask do people have spare time, we will say absolutely yes. People is human not only a robot. Then we consult again, what kind of activity are you experiencing when the spare time coming to you of course your answer can unlimited right. Then ever try this one, reading books. It can be your alternative inside spending your spare time, the actual book you have read is actually The Best Recipes For Vegan Soups, Stews, Pastas, Casseroles & More.

**Nichol Colby:**

What is your hobby? Have you heard which question when you got college students? We believe that that issue was given by teacher for their students. Many kinds of hobby, Everybody has different hobby. So you know that little person such as reading or as examining become their hobby. You need to know that reading is very important and also book as to be the issue. Book is important thing to incorporate you knowledge, except your teacher or lecturer. You will find good news or update concerning something by book. Numerous books that can you go onto be your object. One of them is The Best Recipes For Vegan Soups, Stews, Pastas, Casseroles & More.

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