



Soup Recipes: The Ultimate Recipe Guide

By Jackie Swansen

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. * The Ultimate Soup Recipe Guide * Soup can be a hearty and low-calorie way to satisfy your hunger while also filling your body with beneficial vitamins and minerals. Combining several different colors and varieties of vegetable will increase the nutrition of your soup and provide new flavors. Eating a diet rich in vegetables may decrease your risk of heart disease, stroke, Type 2 diabetes and certain types of cancer. Preparing homemade soup can help you consume plenty of these nutrient-dense foods. We have collected the most delicious and best selling recipes from around the world. Enjoy! Enjoy Delicious Soup Recipes Today! Scroll Up Grab Your Copy NOW!.

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