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Vegan Bulgarian Recipes To Keep Body And Soul Healthy: Vegan Diet Cookbook (Vegan Living And Cooking)



Synopsis

Easy Vegan Recipes for Better Health and Natural Weight Loss From the author of several bestselling cookbooks, Vesela Tabakova, comes a great new collection of delicious, easy to make family recipes. Vegan Bulgarian Recipes to Keep Body and Soul Healthy contains well known and loved Bulgarian vegan salads, soups, main dishes and desserts. You will learn how to prepare the famous Monastery Style Bean Soup, Lentil Soup, Stuffed Red Bell Peppers with Beans or Stuffed Grapevine Leaves, and many other mouthwatering casseroles like Leek Stew, Green Pea Stew, Rice with Leeks and Olives, Zucchini with Rice. They are all easy to prepare, tasty and will help you increase your daily intake of vegetables, herbs and vitamins.

Book Information

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Customer Reviews

I'm a former professional cook, and know a thing or two about how recipes go together. I'm also completely unfamiliar with Bulgarian cooking- I seriously had no idea what it consisted of, prior to reading the Kindle version of this book. That being said, I'm kinda a little in love with this book. I'm impressed with the format- the table of contents links up correctly, so bonus points for that alone! But I'm even more impressed with the recipes. Yes, there are mistakes (such as the rice in the tomato soup- somehow, the rice didn't make it to the ingredient list, but directions for adding it to the soup, and cooking it, are there), but the recipes sound delicious! Lots of fresh, tasty combinations of ingredients, and surprising ingredients, as well (nettles, anyone? We had tons of them, where I grew

up!) All in all, it's an appealing book- I think many of us would like some new ideas on how to use our abundance of produce, this time of year (it's high summer as I write this), and these are very practical, do-able recipes with a degree of freshness that I've not seen popularized in some time, in our food media...I've about had it with fried chicken recipes (thank you very much, Yahoo!) and "the best macaroni"...this book's really a nice change of pace!

This recipe book compiles some pretty interesting recipes and I wouldn't say it's good only for vegans... Since in this recipe book you can find various recipes for salads, appetizers and soups, among the recipes for desserts and main meals which could be more oriented to vegans, I think anyone can use these recipes to enrich his own menus with some interesting meals... Recipes are pretty good, although they could be more detailed (something that I like), but very doable, interesting and deliciously looking...In my honest opinion, either if you are vegan or not, this is a nice source of recipes which could come handy in many occasions...Thomas MillerAuthor of *Chicken And Pasta Recipe: Step-By-Step Photo Recipe*

Great recipes! There's something for every course, and each dish uses very unique ingredient combinations. It follows the basics of what cooking should be: using certain foods to complement each ingredient in the meal.As for the structure of the book, it is very well put together. The chapters flow easy, and the instructions on how to prepare each meal are very thorough.My tip to anyone who wants to read this: Don't read it on an empty stomach! (You'll be whipping up a dish the moment you put this book down!)Here's my perfect 4-course meal:(Appetizer) -- Couscous Salad(Soup) -- Monastery Style Haricot Bean Soup(Main Course) -- Stuffed Grapevine Leaves(Dessert) -- Pumpkin Baked With Dry Fruit

I purchased this as a Kindle book on a whim when it showed up on a vegan list (that I can't remember right now), and I am glad I did. The recipes are simple and easy to follow and the results are very nice. I'm not a novice cook (I graduated from a Cordon-Bleu culinary arts school about 20 years ago, but I keep my cooking as a vice and not a career these days) this book served as a reminder that bell peppers do not always have to be stuffed with meat, and there is a lovely leek stew recipe, which I served with a spinach rice pilaf (also in the book), and the baked apples .. oh the baked apples ...

New scientific research indicates that beets are healthy for your brain. My problem was that I hate

the taste of beets. This cookbook has a recipe for beets that I can actually eat. Also, there is so much more. I try to be vegetarian but I still occasionally have fish and poultry. With this cookbook, I won't have to cheat as often because it really does contain edible meals, snacks and deserts. I just love it. Thank you.

This is a lovely book with wonderful salad recipes, main dishes, too. I was not too good at compiling filling, healthy salads. Now I know a salad or meal is not just veges on a plate with dressing. Changed my whole outlook on vegetarian cooking.

As I love changing usually in my food I loved the easy to made and simple recipes of this book and I think I will try some of them my self as I used to prepare some meals every now and then. it also provides a great salads recipes and salad dressing with the Asian touch it would be greet thing to try. greet book.

Great book. Easy read. Very informative. It's quick and to the point. Great vegan recipes.

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