



1,001 Low-Fat Soups & Stews: From Elegant Starters to Hearty One-Pot Meals

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Gathering favorite recipes from ten inventive chefs, 1,001 Low-Fat Soups and Stews offers everything from old standbys and classics (slimmed down for today's health-conscious eaters) to boldly seasoned chilis, chowders, bisques, hearty vegetarian stews, fruit soups, and chilled soups. In addition to American dishes, there are favorites from Asia, the Caribbean, Africa, and Europe, including Lobster and Shrimp Chowder, Moroccan Chicken Stew with Couscous, Cuban Black Bean Soup, Boeuf Bourguignon, and Sweet Cherry Soup. Each recipe has a nutritional analysis and diabetic exchanges. A crash course on soup-making, a glossary, and an index are also included.

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Spent a free a chance to be fun activity to accomplish! A lot of people spent their sparetime with their family, or their very own friends. Usually they undertaking activity like watching television, about to beach, or picnic within the park. They actually doing ditto every week. Do you feel it? Will you something different to fill your personal free time/ holiday? May be reading a book could be option to fill your free of charge time/ holiday. The first thing that you will ask may be what kinds of publication that you should read. If you want to consider look for book, may be the book untitled 1,001 Low-Fat Soups & Stews: From Elegant Starters to Hearty One-Pot Meals can be excellent book to read. May be it could be best activity to you.

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John Hawkins:

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