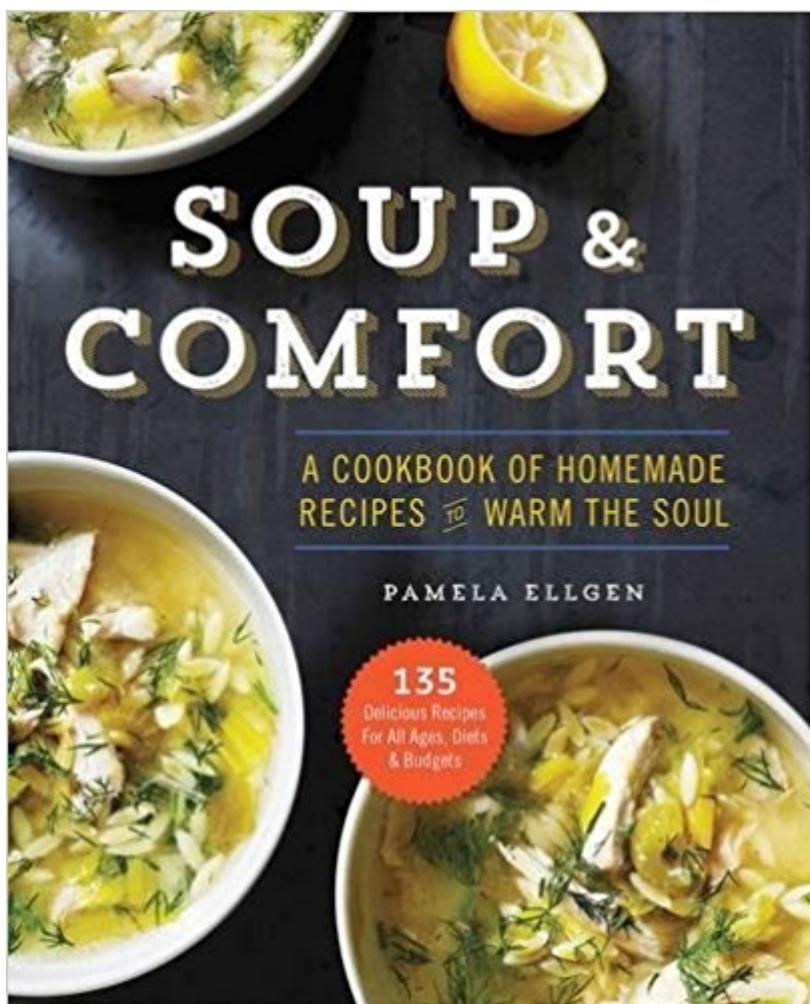


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# **Soup & Comfort: A Cookbook Of Homemade Recipes To Warm The Soul**



## Synopsis

The answer to your dinnertime dilemma. Family-friendly soups to satisfy your soul and stomach. To close the coldest, bone-chilling day or soothe the roughest afternoon, turn to *Soup & Comfort* for hearty classics, international favorites, and inventive updates. Packed with pages of nourishing, emotionally satisfying soups and stews using affordable, fresh, easy-to-find ingredients (No bouillon cubes here!), every recipe in this soup cookbook caters to a wide variety of dietary preferences and tastes, from tantalizing vegetarian versions to gluten-free options. Featuring full-color photos, *Soup & Comfort* explores the many ways that homemade soup can nourish body and soul, with: 135 mouthwatering recipes, from comfort classics like Grandma's Chicken Noodle to international flavors like Chicken Faux Pho Time-saving tips for making great stocks and preparing perfect garnishes Convenient fix-and-forget slow cooker recipes plus handy soup tips to liven leftovers From chilled soups to chowders, *Soup & Comfort* offers something for everyone to enjoy—one spoonful at a time.

## Book Information

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## Customer Reviews

Filled with cozy recipes and fresh stories, *Soup & Comfort* is a must-have guide for families dealing with allergies or special diets. Gather around the soup pot and ladle up healthy goodness for all. *—Stephanie Weaver, MPH, author of The Migraine Relief Plan and RecipeRenovator.com* *Soup & Comfort* takes me on an airfare-free journey filled with delicious soups from different corners of the world, dolloped with heart-warming glimpses of her life stories. *—Soe Thein, Southeast Asian food blogger at Limeandcilantro.com*.

Pamela Ellgen is a food blogger, certified personal trainer, and author of several books on cooking, nutrition, and fitness. Her work has been published in Huffington Post, LIVESTRONG, Darling Magazine, and Spinning.com. She lives in California with her husband and two sons. When she's not in the kitchen, she enjoys practicing yoga, surfing, and exploring the local farmer's market.

I loved this Soup and Comfort food Cookbook on my Kindle fire. It was very easy to read and very detailed. Lots of colored photos which I love. The book gives a lot of details as far as food labels, Paleo, Gluten free, Vegan etc, details what that involves. Great tips on Storage and how to choose your seasonal ingredients for seasonal soups. Great recipes from scratch, the recipes label each for the different groups as I mentioned above. So for instance the Parmesan broth is a gluten free, vegetarian and fix it and forget it meal. All recipes also include nutritional information. So many yummy soups and stews. There's a ton of variety in the recipes. There's sandwiches, Panini's and Salads. Very impressed by the variety of recipes listed. They look very easy to follow. Photo's are very limited. I received a sample book complimentary for my Kindle. My opinions are my own and I was not compensated in any way.

Pamela Ellgen has tapped into something extra special; she's discovered the universal appeal of soup in both its comforting nature, and its ability to bring people together. *Soup & Comfort* explores that notion by weaving international flavors, wholesome ingredients, and heart-warming stories into a special book soup-lovers will cherish.

I enjoy preparing soups and *Soup & Comfort* cookbook is packed with easy to follow mouth-watering recipes. Some of the recipes included are for chilled soups, meaty soups, stews, chili, chowders, and also how to make your own stocks, broths etc. There is also a chapter on salads, sandwiches and soup topping to pair with your delicious home made soup. I really like the helpful cooking and ingredient tips throughout the cookbook. Slow cooker instructions are included for some recipes. There are friendly variations of the recipes for vegan, vegetarian and also dietary restriction conscious. Some of the great soups I have prepared are; Moroccan Chicken Stew and Minestrone. I have never had a chilled soup and look forward to making Strawberry Gazpacho and many other recipes. This is sure to become a favorite cookbook for anyone that enjoys comfort foods.

This is a great book full of recipes! I have always wanted to make my own soup but just never knew what goes into soup! I love that there are many recipes for me to try out. All recipes are easy to follow, simple ingredients and positive feedbacks from everyone! There are several recipes that have photos that help get a visual of what your outcome should look like. LOL again, making soups and stew is all new to me so I question it all the time if I made it right. I am generally good with following recipes and I did well on most of the recipes I have tried. Definitely recommended book. Please note that I received this book complimentary in exchange for my own honest and unbiased review.

Soup has always been something that has seemed difficult to me and I've stayed away from even attempting to make it without any good reason. I was offered this *Soup & Comfort* cookbook in exchange for my honest opinion and realized that I have been avoiding a delicious and easy homemade food genre for far too long! This book introduces you to a variety of styles of soups as well as offering gluten-free options so everyone can enjoy a tasty soup that warms you from the inside out! I found that this soup cookbook was easy to follow, included beautiful photos that gave me a good idea of what I was striving for and featured a wide-variety of flavors. With our temperatures being well below zero right now, my family loves coming home to have a homecooked soup on the table for dinner with a nice crusty bread to warm us all up. The instructions are so simple to follow but the flavors are developed and complex. I am enjoying each one I have tried so far and look forward to cooking my way through this soup cookbook.

Pamela Ellegen makes every recipe sound delicious and mouthwatering. I have made chicken broth by using broth from my chicken soup. I tried the roasted chicken broth recipe and it is truly delicious. This book has a little of everything. Soups, salads and sandwiches, staples of mostly everyone. The recipes are well written and easy to follow. I live in warm weather most of the year, but the few cold days we get, I will be trying other soups. I also tried the caprese panini, absolutely delicious. I like that it tells you how to store broths and leftovers. It tells you how long they last frozen or refrigerated. I would recommend this book to experienced and cooks just starting out. "I received this product for free in exchange for my honest and unbiased review."

This cookbook is packed with so many delicious recipes. There are so many recipes that I've never even heard of. There are several photos throughout the book for the soups. Not all soups have a photo which is a bummer. This recipe book contains all types of soups 135 to count- Meaty, stews, chili's, pureed, pasta and grain, chilled and much more. I love that this book gives you tips and

substitutions as it takes the guess work out of it. This book has everything covered from how to cook the soups, what it goes well with that soup and for those on special diets. There are so many recipes I can't wait to make. \*\*i received this book complementary in exchange for my honest opinion and this review is 100% my own!!!

This cookbook is a perfect addition to any soup lover's kitchen. Each recipe has nutrition information including calories and carbs per serving, and as a little reading bonus also a cute anecdote. The photos are excellent, and the organization of soups by characteristics such as "clear", "seafood", and "vegetarian" make finding the right dish easy. The recipes are simple and easy to follow, but sophisticated. I received a copy of this book for free to review but the opinion is my own.

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