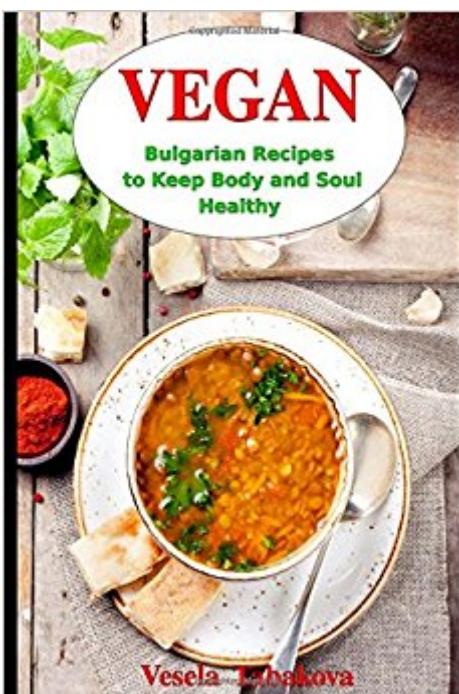


The book was found

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, Zucchinis with Rice. They are all easy to prepare, tasty and will help you increase your daily intake of vegetables, herbs and vitamins.

Book Information

Series: Vegan Living and Cooking (Book 1)

Paperback: 55 pages

Publisher: Independently published (March 10, 2017)

Language: English

ISBN-10: 152080458X

ISBN-13: 978-1520804583

Product Dimensions: 6 x 0.1 x 9 inches

Shipping Weight: 4.8 ounces (View shipping rates and policies)

Average Customer Review: 4.0 out of 5 stars 25 customer reviews

Best Sellers Rank: #794,192 in Books (See Top 100 in Books) #166 in Books > Cookbooks, Food & Wine > Main Courses & Side Dishes > Salads #307 in Books > Cookbooks, Food & Wine > Regional & International > European > Mediterranean #1744 in Books > Cookbooks, Food & Wine > Special Diet > Vegetarian & Vegan > Vegan

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.

[Download to continue reading...](#)

Vegan Bulgarian Recipes to Keep Body and Soul Healthy: Vegan Diet Cookbook (Vegan Living and Cooking) Learn Bulgarian: 300+ Essential Words In Bulgarian - Learn Words Spoken In Everyday Bulgaria (Speak Bulgarian, Bulgaria, Fluent, Bulgarian Language): Forget pointless phrases, Improve your vocabulary Vegan Instant Pot Cookbook - Healthy and Easy Vegan Pressure Cooker Recipes for Everyday Cooking: (Vegan Instant Pot Cookbook for Two, Vegan Instant Pot Recipes, Vegan Pressure Cooker Cookbook) Southern Cooking: Southern Cooking Cookbook - Southern Cooking Recipes - Southern Cooking Cookbooks - Southern Cooking for Thanksgiving - Southern Cooking Recipes - Southern Cooking Cookbook Recipes VEGAN: 30 Days of Vegan Recipes and Meal Plans to Increase Your Health and Energy (Healthy Eating, Vegan Recipes, Vegan Cookbook, Gluten Free, Low Carb, Vegan Diet, Healthy Weight Loss Book 1) The Ultimate Vegan Instant Pot Cookbook: Tasty & Healthy Vegan Instant Pot Recipes for Everyone (Vegan Instant Pot Recipes Cookbook, Vegan Instant Pot Cooking, Vegan Instant Pot for Two) Vegan Cookbook for Beginners: Top 500 Absolutely Delicious, Guilt-Free, Easy Vegan Recipes-The Ultimate Vegan Cookbook Chock-Full of Recipes(Vegan Cookbooks for beginners, Vegan Diet, Weight loss, Vegan Vegan: The Ultimate Vegan Cookbook for Beginners - Easily Get Started With Over 70 Mouth-Watering Vegan Recipes (Vegan Recipes for Beginners, Vegan Diet for Beginners, Vegan Cookbook for Beginners) Ethnic Vegan Box Set 4 in 1: Dairy Free Vegan Italian, Vegan Mexican, Vegan Asian and Vegan

Mediterranean Recipes for an amazing Raw Vegan lifestyle (A ... Protein Vegan Recipes and Vegan Nutrition) Vegan: 100 Delicious Recipes For The Beginner Vegan Vegan Diet (vegan diet,vegan cookbook,vegan smoothies) Vegan: High Protein Vegan Cookbook-Vegan Diet-Gluten Free & Dairy Free Recipes (Slow cooker,crockpot,Cast Iron) (vegan,vegan diet,vegan slowcooker,high ... free,dairy free,low carb) Paleo Diet: 1001 Best Paleo Diet Recipes of All Time (Paleo Diet, Paleo Diet For Beginners, Paleo Diet Cookbook, Paleo Diet Recipes, Paleo, Paleo Cookbook, Paleo Slow Cooker, Paleo Diet Meals) VEGAN KETO: The 120 most delicious vegan ketogenic recipes for weight loss and healthy living (ketogenic diet, vegan, keto, keto diet, ketogenic, ketosis, keto cookbook, ketogenic cooking) Vegan for Everybody: Vegan Instant Pot Cookbook: Plant Based Vegan Diet of Delicious, Healthy Instant Pot Vegan Recipes for Every Occasion to ensure Weight ... Plant-Based Vegan Cookbook for Beginners 1) Vegan: 101 Simple,Easy, Delicious Chocolate Plant Based Vegan Recipes for a Raw Vegan and Vegetarian Diet for Healthy Living and Weight Loss (Gluten Free, ... a Healthy Living Cookbook for Weight Loss) HCG Diet: HCG Diet Plan: HCG Diet Cookbook with 50 + HCG Diet Recipes and Videos - HCG Diet for Beginners: HCG Diet Plan - Follow HCG Diet Plan (HCG ... HCG Diet for Beginners, HCG Phase 3) Vegan: Vegan Diet for Beginner: Easy 123 Recipes and 4 Weeks Diet Plan (High Protein, Dairy Free, Gluten Free, Low Cholesterol, Vegan Cookbook, Vegan Recipes, Cast Iron, Easy 123 Diet Book 1) The Vegan Power: Why Going Vegan Will Save Your Life (Vegan diet, Veganism, Healthy Eating, Vegan Diet For beginners, Clean Eating, Weight Loss, Vegan Cookbook) Paleo Diet: 365 Days of Paleo Diet Recipes (Paleo Diet, Paleo Diet For Beginners, Paleo Diet Cookbook, Paleo Diet Recipes, Paleo, Paleo Cookbook, Paleo Slow Cooker, Paleo For Beginner, Paleo Recipes) Cooking for One Cookbook for Beginners: The Ultimate Recipe Cookbook for Cooking for One! (Recipes, Dinner, Breakfast, Lunch, Easy Recipes, Healthy, Quick Cooking, Cooking, healthy snacks, deserts)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)