



# **Soup Recipes: 25 Easy, Delicious & Healthy Soups Recipes That Will Help You Slash Calories Without Feeling Hungry (soup recipes, gluten free soup recipes, vegetable soup recipe)**

*Rebeca Weber*

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Did you know that soup can actually be healthy for you? Do you ignore recipes because you think the dishes will take too long to make?

This e-book will show you 25 terrific, healthy soups that you can make, even if you've never read a recipe before.

From cold summer soups to warm and comforting winter favorites, soup is a part of a healthy diet, and helps you feel fuller - longer.

### **In this e-book, we'll share:**

- Family favorite soups
- Soups for parties and events
- Easy to read and follow recipes
- Simple ways to use a food processor in soup recipes
- Using healthy, nutrition rich ingredients for the best soups

When you use this helpful e-book, you will learn how to stock commonly used ingredients in your kitchen, so they'll be there when you need them. This includes spices, herbs and pantry items that are used often in soup-making.

If you're always on the go, you may like to know that you can make soup a day ahead and freeze it, so it's ready whenever you need it. You can even freeze individual servings for your family to take to work and school, for lunches. This will save you money over fast food, and these meals are healthier, too.

## **Getting Your FREE Bonus**

Download this book, and find "**BONUS: Your FREE Gift**" chapter right after the introduction or after the conclusion.

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**Sheila Rivera:**

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