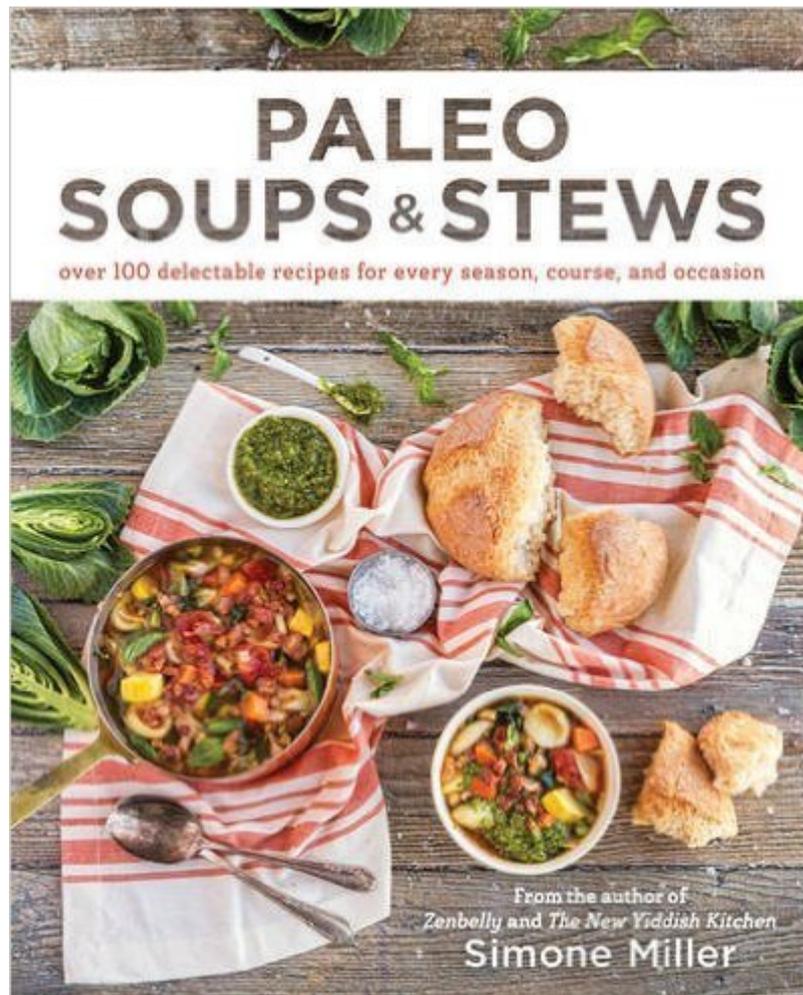


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Paleo Soups & Stews: Over 100 Delectable Recipes For Every Season, Course, And Occasion



Synopsis

Paleo Soups & Stews features more than 110 nourishing recipes, from foundation broths and stocks to a wide variety of soups and stews that cater to every taste, season, occasion, and course. It includes all here—from refreshing cold soups like gazpacho and summer borscht to savory pureed soups like Moroccan carrot and wild mushroom bisque to hearty options like matzo ball soup and pork chile verde. It even includes sweet choices, from peach lemongrass to Mexican hot chocolate. This all-encompassing cookbook also offers perfect pairings for each soup recipe, including recipes for Paleo-style breads, biscuits, and crackers, along with flavor-boosting garnishes and condiments. Paleo Soups and Stews goes beyond the bowl, offering expert preparation tips, accessible ingredients, substitution recommendations, and make-ahead suggestions, along with a drool-worthy full-color photo to accompany each recipe. Whether readers prefer stovetop, oven, pressure cooker, or slow cooker or want to mix it up, Miller guides them every step of the way toward achieving the perfect meal.

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