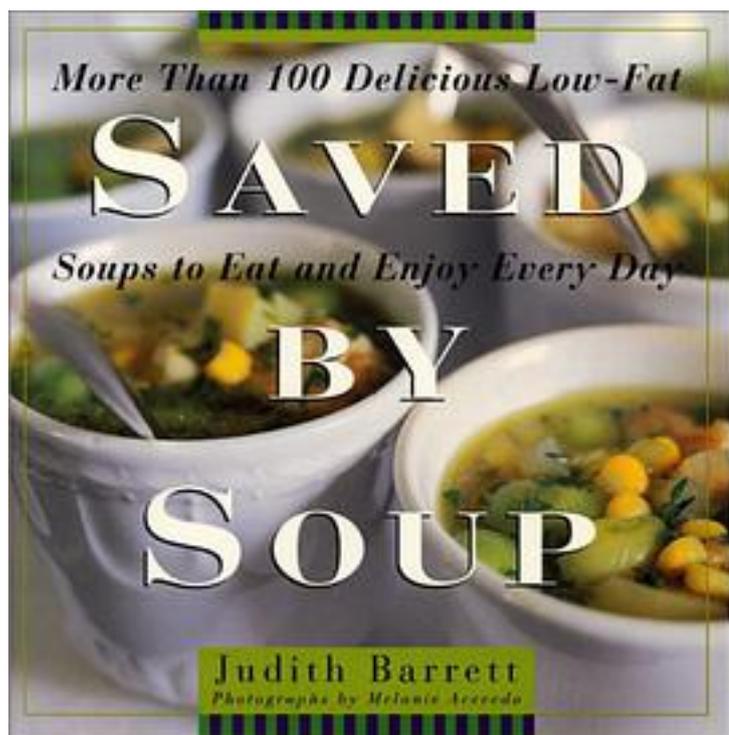


# Saved by Soup



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著者:Barrett, Judith

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There is no better way to tap into today's soup craze than with this glorious cookbook, filled with more than 100 delicious low-fat soup recipes. Author Judith Barrett lost pounds and inches using these mouthwatering recipes, each of which contains less than three grams of fat per serving. And cutting the fat posed no bar to creating soups with incredible flavor - Black Mushroom and Spinach Wonton Soup and Creamy Fennel Soup with Shrimp both contain only one gram of fat. Barrett offers soups to be savored in every season. In the fall, Creamy Carrot Soup or Roasted Beet Borscht will delight you. Winter Squash Soup with Thyme or Real Gumbo with Okra and Chicken is sure to take the edge off the cold during the snowy months. Come springtime, there is

Vidalia Onion Soup or Arugula Vichyssoise, and, to beat the summertime heat, make a batch of Cool Cucumber and Yogurt Soup or Creamy Tomato Bisque with Shallots and Tarragon. You have a veritable calendar full of soup pleasures at your fingertips.

作者介绍:

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