



Vegan Bulgarian Recipes to Keep Body and Soul Healthy: Vegan Diet Cookbook (Vegan Living and Cooking 1)

By Vesela Tabakova

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Easy Vegan Recipes for Better Health and Natural Weight Loss

Bestselling cookbook author Vesela Tabakova presents **Vegan Bulgarian Recipes to Keep Body and Soul Healthy**. Healthy cooking is mostly home cooking and slow cooking. Bulgarian vegan meals are amazing. They are low cost, delicious, and diet friendly.

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

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Editorial Review

Review

By Tommy Miller

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.

By Beattie M

Great recipes. Quick and easy to prepare. Very delicious and ingredients are easy to find. I will highly recommend it.

By Ashanna

As a long term vegan I loved the new ideas presented in this great eBook of vegan recipes. Many are quite different to what I normally eat.

From the Author

Bulgarian Vegan dishes are delicious and healthy and I love cooking and eating them. This book will help you discover some new and interesting recipes that are easy to follow and prepare.

From the Inside Flap

Roasted Aubergines and Peppers Relish

Serves 4

Ingredients:

2 medium aubergines (eggplants)

2 red or green bell peppers

2 tomatoes

3 cloves garlic, crushed

fresh parsley

1-2 tbsp red wine vinegar

olive oil, as needed

salt, pepper

Wash and dry the vegetables. Prick the skin of the aubergines. Bake the aubergines, tomatoes and peppers in a pre-heated oven at 220°C for about 40 minutes, until the skins are pretty burnt. Take out of the oven and leave in a covered container for about 10 minutes. Peel the skins off and drain well the extra juices. De-seed the peppers. Cut all the vegetables into small pieces. Add the garlic and mix well with a fork or in a food processor. Add the olive oil, vinegar and salt to taste. Stir again. Serve cold and sprinkled with parsley.

Users Review

From reader reviews:

Heidi Odom:

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John Thornton:

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Christina Bishop:

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