



# The Best Recipes For Vegan Soups, Stews, Pastas, Casseroles & More

*Celine Steen, Joni Marie Newman*

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Flavorful Recipes to Suit Your Every Taste and Craving!

Here are our favorite soup, stew, pasta and casserole recipes from the best-selling *500 Vegan Recipes*. These recipes give you the array of dishes you've been searching for, while still including all your favorite comfort foods and traditional fare.

Vegans and non-vegans alike can satisfy their every craving with these recipes, which feature international cuisines, as well as hearty and comforting dishes. Individual recipes are also marked with such distinctions as Soy Free, Gluten Free, Low Fat, and Under 30 Minutes.

Recipes in this mini-book include:

- ”Chicken” Noodle Soup
- Creamy Tomato Soup
- Split Pea Soup
- Minestrone
- Red Jambalaya
- Au Gratin Potatoes
- Leek, Bean, and Rice Medley
- Veggie Fried Rice
- Cheater Mac and Cheese
- Moroccan Spaghetti
- Lentil Tart with Tahini Crust
- Curry Cashew Tofu Bake
- Tuna-Less Casserole
- Mexican Shepherd's Pie
- Spinach Quiche

With *500 Vegan Recipes*, eating healthfully has never been easier—or more kind!

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