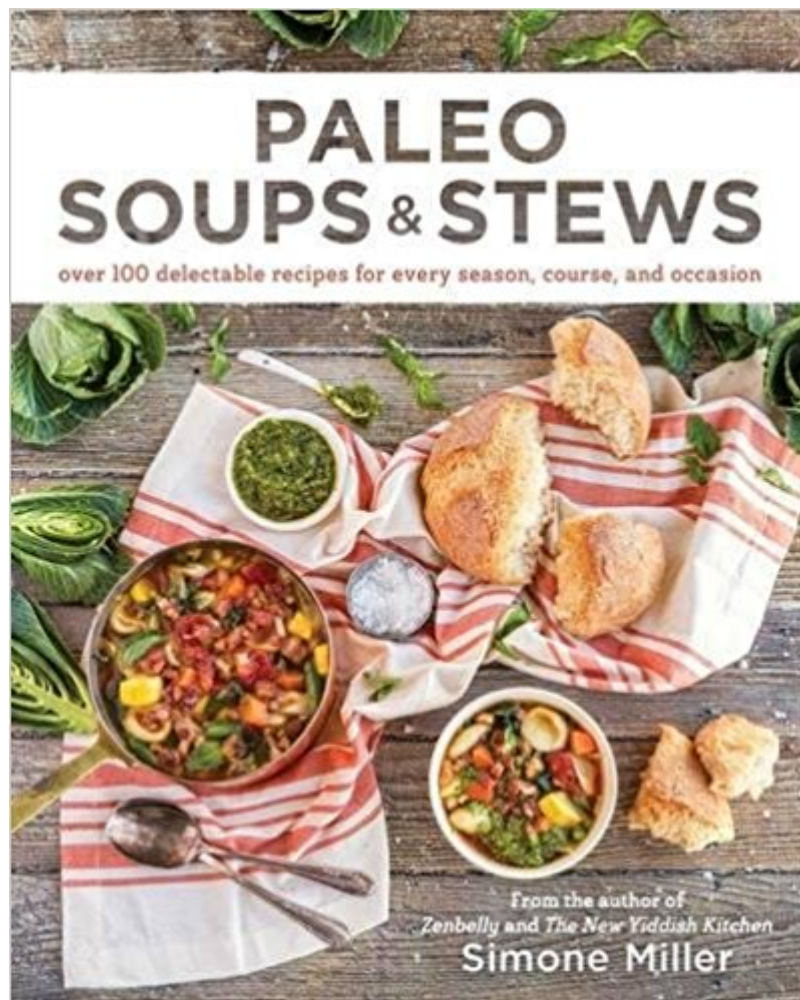


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# Paleo Soups & Stews: Over 100 Delectable Recipes For Every Season, Course, And Occasion



## Synopsis

Paleo Soups & Stews features more than 105 nourishing recipes, from foundation broths to a wide variety of soups and stews that cater to every taste, season, occasion, and course. It's 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 dessert soups and cookies to pair them with, like roasted plum soup with cinnamon roll cookies and chocolate soup with graham cracker marshmallow dippers. This all-encompassing cookbook also offers the one thing Paleo eaters have been missing with their bowls of soup: bread and noodles! Paleo Soups & Stews includes chapters dedicated to breads and noodles to dip into, serve in, serve on, or accompany your favorite hearty soup recipes. Paleo Soups and Stews goes beyond the bowl, offering expert preparation tips, recommended substitutions for special diets, and make-ahead suggestions, along with a drool-worthy full-color photo to accompany each recipe. Whether readers prefer to use the stovetop, a pressure cooker, or a slow cooker or want to mix it up, Miller guides them every step of the way toward achieving the perfect meal.

## Book Information

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## Customer Reviews

Soups and stews are not only delicious and convenient, they are nourishing and nutrient-dense. In her new book, Simone shares the secrets to creating flavorful, Paleo-friendly 'one-pot' meals that will warm your belly and your heart, and leave you feeling deeply satisfied. Several recipes from this book have already become staples in our home, and I'm sure they will in

yours. Chris Kresser M.S. L.Ac NY Times bestselling author of *The Paleo Cure*. "Broth is the new black - or so it seems! Many of us have pots bubbling on our stovetops regularly, but we're often left wondering what to make with them. Simone has answered this question once and for all with *Paleo Soups & Stews*. This bounty of recipes will leave you craving soup anytime of year and features something for everyone - from light and veggie-loaded to hearty and meal-worthy. This is a must-have resource for every kitchen, whether you eat Paleo/gluten-free or not!" Diane Sanfilippo NY Times bestselling author of *Practical Paleo* and *The 21 Day Sugar Detox*

Simone Miller is a self-taught chef who has been working in the food industry for seventeen years. She worked at several restaurants in New York and Connecticut before relocating to San Francisco in 2007. Once in the Bay Area, Simone worked as a personal chef while working to launch a catering company. Shortly after getting Zenbelly off the ground, she learned what was behind her constant headaches and lethargy: a pretty serious sensitivity to gluten. Discovering that she had food allergies put the brakes on her business, but only long enough for her to pivot. She couldn't imagine serving people food she hasn't tasted and recognized the tremendous need for gluten-free catering. And who better to do it than someone who couldn't imagine living a life restricted by food allergies? Simone is a chef on a mission: to prove that gluten-free and Paleo cuisine can be just as gourmet, refined, and artfully presented as what can be found in a fine bistro. She draws on her holistic nutrition education to bring true nourishment to her cooking and belies the notion that healthy food can't be delicious enough to impress the most serious gourmand. She offers a chef's perspective to Paleo recipes on her blog, [Zenbelly.com](http://Zenbelly.com). There, she shares her grain-free recipes that have made believers out of some of the most die-hard gluten eaters and has encouraged countless people to roll up their sleeves and have fun creating simple, delicious, healthy food.

I pre-ordered Simone's latest book on soups after becoming a heavy user of her Zenbelly and her collaborative work on Yiddish cooking with Robins. Part of me was wondering about the soup part since I turn out some pretty mean bone broth soups and stews myself, but the prospect of more gluten free bread options from Simone's creative mind sold me on giving it a try. The bread section did not disappoint. The rye bread is now my go-to, the pull apart's her best take on them yet. However, it's the soup and stew section that has me pulling the book off the shelf regularly. Simone starts out the book giving her background in soup making and giving the reader a background in the techniques used in the book. For once I actually read all the introductory pages. I suggest you do

too. The directions for each soup are clear and a pleasure to read. The results have incredible depth of flavor and her garnishes and sides make for a complete presentation. This is Simone's best work yet.

Well Zenbelly has done it once again. Paleo Soups and Stews is a must have. Simone's recipes are easy to follow and always turn out just as beautiful as her gorgeous pictures. This is a must for anyone serious about cooking and it's healthy too! I made the 5- Spice Beef Stew and Oh My Stars was it a hit! Plus the bread, yeah I said bread is wonderful as well. She has taken all the fuss out of cooking. Have some fun, get this book. Winters right around the corner let's all get ready for it!

Zenbelly does it again. I love Chef Simone Miller's new book. The attention to detail is stunning. From the explanations on how to build flavor step by step to the list of recipes suitable for special diets, the book is jammed full of useful information (as well as stellar recipes). It has inspired me to start cooking more. I appreciate that she has written the recipes to stream-line the process whenever possible (e.g. searing meat only when it is necessary for the end result). And, as a new Instant pot owner, I love that she has included instructions for pressure and slow cooking in most recipes. I have used her 2 step technique for bone broth in my new pot twice now with good results. I've also found super recipes for veggie broth that I can make for myself and share with my vegan neighbors! I can't imagine the time she spent developing the "add ins" and "goes with" recipes. These include baguettes, boules, oyster crackers and noodles. While this section may offend the Paleo police since the recipes use "gray area" ingredients such as ground psyllium husks... they are great to have and use depending on our own health needs. Buy the book. It will become a classic.

I have Chef Simone's Zenbelly Cookbook on Kindle and LOVE it! Her recipes are so packed with flavor and I've made several of her recipes for non-paleo athletic men -- all of whom would not shut-up about how delicious the food was, and actually craving the leftovers. She captures the true essence of paleo -- whole, nutrient-dense real foods (primarily vegetables and related!) and moderate proteins and fats. Extremely healthful ingredients and recipes! My love of Zenbelly prompted me to purchase her newest book, Paleo Soups & Stews and take a local cooking class with her, cooking a few recipes from the book! WOW! Has she outdone herself?! It is an utterly incredible collection of information and delicious and innovative recipes. I have had 3 of the soups and stews so far, and they are incredible! This is one of the most drool-worthy books in my library!

(BTW, I also found her to be a delightful and approachable person!)

I am a huge fan of all Zenbelly recipes (my first love was the pizza crust recipe) so I was super excited to get this book. It came just in time to make those comforting soups and stews of the fall. This book was everything I hoped it would be. Packed with not only great recipes for the soups and stews themselves but with baked goods you can add and awesome broth recipes. This book was also very well thought out in that it presents different ways to make the same recipe if you are following different types of diets (ie low carb). Not to mention an awesome dessert section. I have made a few recipes so far and as always I am very happy with the outcome. Thanks to Simone for putting together a great reference.

I've only had Paleo Soups & Stews for 2 months and have already made more recipes from it than I've ever made from some of my other cookbooks in the years I've owned them. Chef Simone's recipes are easy to understand, easy to follow along, and easy to make look (and taste) just as delicious as her mouth-watering pictures. I especially love the slow cooker and pressure cooker options on some of the recipes. By far the best compliment I can give Chef Simone is that her recipes are \*husband approved\*! My picky husband devours his soup/stew and routinely goes back for seconds. He even has to talk himself out of going back for thirds. Our favorites are the West African Cashew Stew (this is on regular rotation in our monthly meal prepping because we love it so much), the clam chowder (we've only tried the New England version so far but we're excited to give the Manhattan a try soon), and the Lamb Curry Stew (it's seriously worth paying extra for lamb and trying this stew, it is so yummy). I also learned a new trick from her recipe method for making cauliflower rice. It has saved me time and makes it easy for me to whip up a batch of cauli rice to go along with many of her stews. Since I was on a no-baked-goods-not-even-paleo-ones diet and now my husband is, we haven't made any of the breads yet, but as a trained pastry chef I am most excited to give her baguette, bread bowl, plantain tortillas, and bread stick recipes a try as soon as we are diets complete in our house! Long story short, if you want a cookbook with a ton of soup/stew variety, with fresh and clever ideas, with easy shortcuts, and with lots of paleo love then this is the cookbook for you. I can't wait to get Chef Simone's other books, especially Zenbelly!

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