



Vegan Bulgarian Recipes to Keep Body and Soul Healthy (Mediterranean Diet, Mediterranean Recipes, Mediterranean Cookbook Book 2)

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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