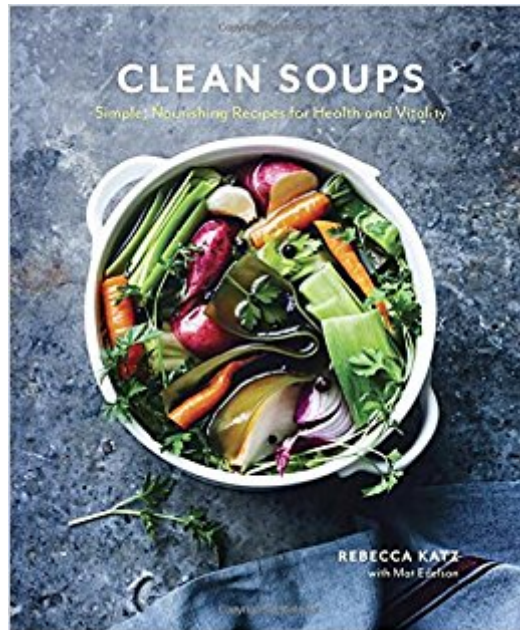




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# Clean Soups: Simple, Nourishing Recipes For Health And Vitality



## Synopsis

From bestselling author Rebecca Katz comes this collection of 60 recipes for pure, cleansing soups intended to renew and restore. Soup has a unique ability to nourish and heal the body. In *Clean Soups*, author Rebecca Katz shows you how to use wholesome stocks and soups to naturally detox and stay energized year-round. She also explains the building blocks for creating deliciously balanced soups, such as Moroccan carrot soup, kale soup with coconut and lime, and simplest chicken pho. With foundational broths, blended soups, and traditional healing soups, as well as a two-day cleanse, *Clean Soups* shows how one simple bowl can make a huge difference in how you feel.

## Book Information

Hardcover: 160 pages

Publisher: Ten Speed Press (September 6, 2016)

Language: English

ISBN-10: 0399578250

ISBN-13: 978-0399578250

Product Dimensions: 7.8 x 0.7 x 9.4 inches

Shipping Weight: 1.6 pounds (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars 84 customer reviews

Best Sellers Rank: #65,809 in Books (See Top 100 in Books) #32 in [Books > Cookbooks, Food & Wine > Main Courses & Side Dishes > Soups & Stews](#) #145 in [Books > Cookbooks, Food & Wine > Cooking by Ingredient > Natural Foods](#) #1186 in [Books > Cookbooks, Food & Wine > Special Diet](#)

## Customer Reviews

“Soup, glorious soup. In this lovely book, Rebecca Katz gives you easy recipes and tips for making nourishing broths (including her famous Magic Mineral Broth), blended soups, healing soups, and a variety of garnishes for them—all colorful, delicious, and guaranteed to please.”  
—ANDREW WEIL, MD, founder and director of the Arizona Center for Integrative Medicine and author of *8 Weeks to Optimum Health*, *True Food Kitchen*, and *Fast Food Good Food*  
“This book is a triumph! Rebecca has harnessed the healing power of soups in spectacular fashion with this stunning collection of tips and recipes. No matter what your dietary stripes, this healthy, clean comfort food will revitalize you, body and soul, and make you voracious for vegetables.”  
—TESS MASTERS, author of *The Blender Girl* and

The Blender Girl Smoothies"Designed for efficiency, with guidelines for pantry stocking and broth doctoring, this cookbook also includes prep times, cook times and notes alongside lush photographs. Suitable for eaters ranging from carnivores to vegans, and accommodating gluten-free and dairy-free diets, Clean Soups never compromises on flavor--promising a few simple steps between an array of ingredients and, as Katz's writes, a 'bowl of yum.'"~ KATIE WEED, ~ Shelf Awareness

Rebecca Katz is an accomplished chef and national speaker who has worked with the country's top wellness leaders. She is the author of the award-winning The Cancer-Fighting Kitchen, as well as The Longevity Kitchen and The Healthy Mind Cookbook, as well as the founder of Healing Kitchens. She lives in the San Francisco Bay Area with her husband and two loyal kitchen dogs, Lola and Blossom, making soup. Visit [RebeccaKatz.com](http://RebeccaKatz.com) for more information. ~ Mat Edelson is an award-winning science, health, and sports writer. He is the former anchor/director of the Johns Hopkins Health Newsfeed, a nationally syndicated daily radio program. This is the fifth book he has co-authored with Rebecca Katz. He lives in Washington, DC.

If you are a fan of Rebecca Katz you will be happy to see that she has a new cookbook. However, I agree with the one star reviewer who comments about the tiny print used for the recipe ingredients. A paler similar type gives the prep directions. Since the page size is smaller than Rebecca's previous books the type seems shrunken to be in proportion. We are finding this book difficult to read!

I purchased the Kindle version of this book and am for the most part happy with it. The cons of this book, in Kindle version anyway, are primarily that the Table of Contents pages are all in light blue font on a dark blue background. The recipe titles here are very hard on the eyes and difficult to read due to the bright, jarring font effects. Links throughout the Kindle version, while better than the Table of Contents, have a similar jarring blue underline to indicate hyperlinked text. Now for the pros. The book is well done with good instructions for making varieties of base stocks, or broths as the author calls them, and then soup recipes to make from the broths. I acquired an Instant Pot last year and have become a huge fan of making my own soup stocks and healthful soups, and while this book is not geared toward an electronic pressure cooker, the recipes are easy to convert. Aside from basic chicken broth, this book offers Immune Broth, Magic Mineral Broth, and Thai Coconut broth, in addition to three of the popular "bone broths." So far I have made the escarole soup, summer

zucchini and basil soup, spiced butternut soup with cardamom and ginger, Moroccan carrot soup, and the coconut cauliflower soup with ginger and turmeric (about five times for that last one). We have loved all of them to date. My Instant Pot is not large enough to hold 8 quarts of water plus the ingredients for a full recipe, so I have everything. This book also offers a "soup cleanse" which I plan to try this winter. Well done with nice photographs - if only it didn't have those crazy fonts.

This book is fun to read as are all of Rebecca's books. Chock full of very practical information speaking to many palates and cooking skills. She adds a little dazzle to the soups with fun innovative soup toppers. As a cooking instructor my mission is to get the everyday person in the kitchen cooking their way back to wellness. All of Rebecca's books, are references I use and share with my students at all my classes. She is not only brilliant with a wooden spoon and a stockpot she is entertaining and encouraging.

I could not wait to try these recipes. I started with the Magic Mineral Broth and no joke . . . I had a spiritual experience. I am "moved" by these recipes and could literally feel my body feeling so nourished and supported. These recipes take you to a different level of soup making. These soups mean business. These are the kind of recipes that separate soup from SOUP. Do they take more time than other recipes? Yes. And only you can determine if that works for you. For me, the power of nourishment I felt from these soups was and is totally worth the time. And they are artistically beautiful! I've also made the Thai Coconut Broth, the Power Green Soup, Nana's Chicken Soup With Zucchini Noodles, and Salmon Coconut Chowder. Make the base broths as recommended and these soups are AMAZING. Only improvement to be made is the font and color of font on certain pages makes it difficult to read - actually kind of a pain and distracting on certain pages (sad face). I would actually deduct a star for that. But these recipes and the gorgeous photography deserve five stars so five stars it is!

Good recipes if you have a convenient source for pounds of marrow bones or chicken bones since you make your own broths. Don't have the source or the time for that.

I was looking forward to using this book to make cozy and healthy soups over the winter. Unfortunately the tiny font makes this book virtually unusable. It is not a pleasure to read and I feel most people would have trouble peering at it on the counter top without a magnifying glass when they are cooking. So sad that the author accepted this poor format choice. Get the Kindle version so

you can zoom in to view the recipes if you are truly committed to buying this book. Alas I had to return it.

The recipes straight forward, easy to follow and nutritious. They are also delicious! They use unique, flavorful combinations that leave you completely satisfied, yet you know your body is benefiting from the well thought out nutrient combinations. They use ingredients that are generally common and easy to find.

Rebecca Katz has produced another winner! I have all of her previous cookbooks and turn to them frequently. This one doesn't disappoint. Her soup recipes are not only nourishing, but demonstrate the power of yum!

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