



A Gluten Free Soup Opera (Gluten Free/Wheat Free Cookbook No 2)

Sibel Hodge

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Whether you're looking for a tasty starter, a light lunch, or a hearty dinner, there's nothing quite like a nutritious bowl of soup.

In the second book from Sibel Hodge's gluten free cookbook series, A Gluten Free Soup Opera takes you on an international culinary journey, bringing you a delicious bowl of goodness for any occasion. All of the 30 recipes included are gluten and wheat free, and most also have dairy free and vegetarian/vegan options included.

Looking for a Christmas Day starter? Try Festive Chestnut Soup. If you're running low on time, Butter Bean and Pancetta Soup or Greek Pork and Lemon Soup will take 20 minutes to cook. For a filling dinner, Rustic Leek and Potato or Hearty Lamb and Green Bean Soup fits the bill. African Peanut Soup, Moroccan Sweet and Sour Soup, or Chilli Bean Soup are the ultimate in winter warmers. Pistachio Soup and Seafood Soup will impress your guests at a dinner party. And for a light lunch, choose Chinese Chicken Noodle Soup or Broccoli and Parmesan Soup.

A Gluten free diet doesn't mean you have to sacrifice taste. Today it can be eclectic, vibrant, and adventurous. After cooking for her coeliac husband for over a decade, author Sibel Hodge gives you the ultimate in mouth-watering and healthy recipes, which can easily be prepared using ingredients from your store cupboard or local supermarket.

Who says gluten free cooking has to be boring?

Experiment. Eat. Enjoy!

SOUP RECIPES INCLUDED: African Peanut Soup, Beef, Mushroom, and Asparagus Soup, Broccoli and Parmesan Soup, Butter Bean and Pancetta Soup, Carrot and Coriander Soup, Chicken and Courgette Soup, Chicken and Spinach Soup, Chilli Bean Soup, Chinese Chicken Noodle Soup, Chunky Minestrone Soup, Coconut, Ginger, and Carrot Soup, Daal Curry Soup, Festive Chestnut Soup, Greek Pork and Lemon Soup, Hearty Lamb and Green Bean Soup, Meatball and Spaghetti Soup, Minted Pea Soup, Moroccan Sweet and Sour Soup, Mushroom Soup, Onion Soup, Pistachio Soup, Roasted Vegetable Soup, Rocket and Goat's Cheese Soup, Rustic Leek and Potato Soup, Salmon and Green Tea Soup, Seafood Soup, Spanish Chorizo and Chickpea Soup, Spicy Pepper and Potato Soup, Thai Green Curry Soup, Tunisian Spiced Cauliflower and Almond Soup

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