

# Download Complete Soy Cookbook Paulette Mitchell

Soy to the World! At last the soybean comes of age. In *The Complete Soy Cookbook*, Paulette Mitchell, veteran cooking teacher and author of the popular *15-Minute Gourmet* series, proves that you can have your health and great taste too!

Soybeans and the products made from them have been shown to be among the healthiest foods available. Soy is rich in protein, is a good source of iron and calcium, contains no cholesterol or saturated fat, and contains plant estrogens, which have been shown to be powerful cancer-fighting agents and are

*The Complete Soy Cookbook* by Paulette Mitchell and a great selection of related books, art and collectibles available now at [AbeBooks.com](http://AbeBooks.com).

Compra *The Complete Soy Cookbook*. SPEDIZIONE GRATUITA su ordini idonei

In what surely must be the most comprehensive cookbook dealing with soy products to date, Mitchell (*The Complete Book of Dressings*) describes "'how to make these powerful mystery foods taste great.'"

Author of *The 15-Minute Gourmet*, *The 15 minute vegetarian gourmet*, *The 15-Minute Single Gourmet*, *The new American vegetarian menu cookbook*, *The Simple Soups Deck*, *The 15-minute chicken gourmet*, *The complete book of dressings*, *The 15-minute single gourmet*

For your enjoyment is this nice cookbook titled *The Complete Soy Cookbook*. More than 150 simple recipes for good health and great taste. This one is rated a B+ with minor wear.

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Paulette Mitchell is known internationally for her quick-to-prepare recipes with gourmet flair. She has taught cooking for 27 years and is a lecturer, television personality, and the author of 10 cookbooks. She lives in Minneapolis.

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