



ladle: paleo and gluten-free comfort soups

Michelle Fagone

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Michelle Fagone, AKA Cavegirl Cuisine, has become a lovable and quirky social media sensation with a Facebook following of over 140,000 fans! Her newest creation, *Ladle: paleo and gluten-free soup recipes*, contains 50 fresh soups laid out in a beautifully full-color photographed cookbook. From simple creamy soups that can be made in 30 minutes, to a variety of soups, stews, chowders, and chilis, there is something for everyone. *Ladle* is for you if you follow a paleo/gluten-free diet, are dairy intolerant, enjoy meals made from fresh ingredients, and finally, just like soup!

Testimonials:

There's nothing as nourishing and comforting as a steaming bowl of soup. If you're looking to seriously level up your broth game, Michelle Fagone's *Ladle* is the comprehensive Paleo soup primer for you! — Michelle Tam New York Times best-selling author of *Nom Nom Paleo: Food For Humans*

Colorful, nutritious, and flavorful, homemade soup is the ultimate, one-pot comfort food. From broth basics to simple creamy soups and international recipes with flair, *Ladle* is a one-stop source for everything you need to become a soup expert. — Melissa Joulwan, author of *Well Fed: Paleo Recipes for People Who Love To Eat* and *Well Fed 2: More Paleo Recipes For People Who Love To Eat*

Soups are arguably the most nourishing ways to enjoy meals, but let's face it — they can quickly become a little boring. *Ladle* flips that predicament on its head, with over 50 allergen-friendly recipes fit for any mood. From Bacon Chicken Chowder and Cowboy Beef Stew to Lobster Bisque, this is a must-have resource for every soup-loving foodie! — Russ Crandall, New York Times bestselling author of *Paleo Takeout* and *The Ancestral Table*

I've said it before and I'll say it again, I am obsessed with soup! There isn't a time of day or day of the year that soup isn't the perfect go-to meal. In true Cavegirl fashion, Michelle has married creativity and practicality with this delicious line up of year round soup recipes. If you are a soup fan like I am, you will be "souper" pleased to add this to your collection! — Jennifer Robins from predominantly paleo and author of *Down South Paleo*

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From reader reviews:

April Wages:

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