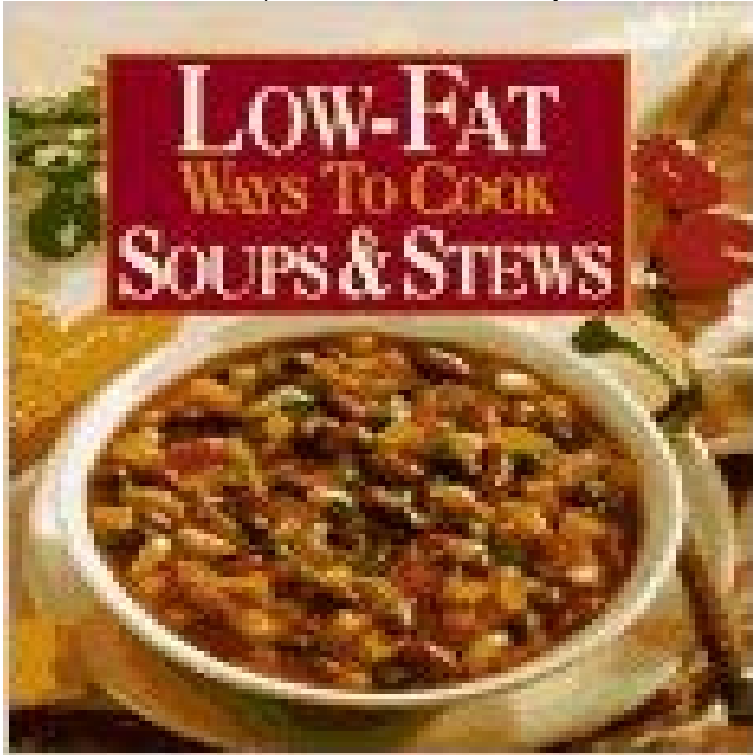


## Low-Fat Ways to Cook Soups & Stews



Here are 155 recipes bursting with homemade flavors, but minus the excess fat grams. Readers will discover delicious, satisfying recipes that use fresh ingredients and a variety of herbs and spices. 50+ color photos.

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Seja Bem Vindo

E conhecereis a verdade, e a verdade vos libertará. João 8:32

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[Existem pedras. Não desista de andar! Existem barreiras. Não desista de passar! Existem os nós. É preciso desatar! ...](#)

[leia mais]

Vale sempre a pena

Vale sempre a pena

Nem tudo o que você fizer bem será elogiado. Haverá momentos em que tentará com muito esforço demonstrar um bom coração ... [leia mais]

O Deus do impossível

O Deus do impossível

Um jovem que trabalhava no exército era humilhado por ser cristão. Um dia seu superior querendo humilhá-lo na frente d... [leia mais]

Deus sabe o que faz

Deus sabe o que faz

Conta-se que um homem chamado Okiba teve que abandonar sua terra por motivos particulares, e, assim, peregrinou em reg... [leia mais]

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