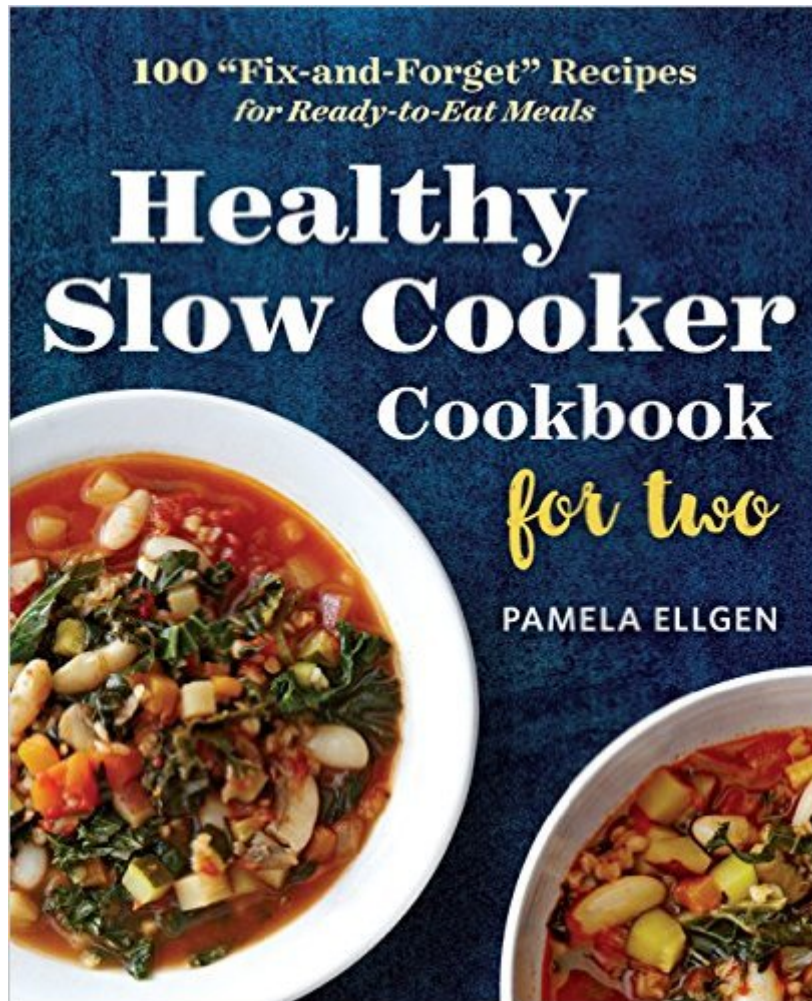


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# Healthy Slow Cooker Cookbook For Two: 100 "Fix-and-Forget" Recipes For Ready-to-Eat Meals



## Synopsis

The Must-Have Slow Cooker Cookbook For Health-Conscious Couples and Busy Professionals • 100 Slow Cooker Recipes Featuring Natural, Wholesome Ingredients That Are Good for Your Waistline And Your Wallet. Watching your weight? Short on time? Looking for a slow cooker cookbook that features healthy, flavor-packed, ridiculously simple recipes that are truly "fix-and-forget"? Look no further than The Healthy Slow Cooker Cookbook for Two, where you'll find nutritious, flavorful, no-fuss slow cooker recipes that will easily transform into mouth-watering meals • perfectly scaled for two. Prepare tender fall-off-the-bone meats, coax succulent flavors from a variety of vegetables, create savory soups, stews, and more • all without a second thought. Take back your time and discover how this for-two healthy slow cooker cookbook makes it easy to create ready-to-eat meals that keep you • and your significant other • healthy and satisfied. The Healthy Slow Cooker Cookbook for Two preps you for hands-off cooking, with: 114 delicious recipes using affordable and natural ingredients 100 "fix-and-forget" usually with fewer than 15 minutes of prep time and 6+hour cook times 14 quick-and-easy sides to pair with your meals Color-coded nutrition labels to suit specific dietary conditions Substitution tips for low-sodium, low-carb, and low-cal diets

## Book Information

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## Customer Reviews

Well, the positive on this book is: 1. healthy recipes. 2. Cooking for 2- which is very difficult to find. 3. Nutritional values. Very important when trying to eat healthy. But there are a couple of things that

really need improving. First- if you are going to cook in a slow cooker for 2 people, you REALLY need a slow cooker for 2 people. Using one of the larger ones does not do very well in cooking. I happen to have one, and tried the recipes both ways. The smaller cooker absolutely works better!

#2: Where are the pictures? If I use a cookbook, the first thing I look for are pictures, so I can see what the recipe is supposed to look like, and if it looks appetizing enough for me to want to make. No pictures is a BIG downfall for me. Overall, I found this cookbook to be just OK. Add pictures. It will be a huge bonus!

This book is awesome. It is a soft cover and the overall look of the book makes me want to cook. All the recipes are separated by Breakfast & brunch Soups & stews Vegetarian & vegan dishes Pork & poultry Beef & lamb Grains & pasta Quick & easy sides They are also individually labeled as Heart healthy Diabetes friendly Allergy friend Gluten-free Low calorie Along per serving in grams: Calories Saturated fat Trans fat Carbohydrates Fiber Sodium Protein Each recipe gives you variation & serving tips, prep minutes and cook time. I tried the low calorie recipes as I'm trying to lose weight. The recipes that I made were: Corn & red pepper chowder (delicious & I added chicken) Corn & potato chowder (delicious) Cuban style pork street tacos (delicious) with black bean & corn salad (delicious) Caritas with avocado, cilantro & queso fresco (delicious) with cilantro rice pilaf (delicious) Simple salad (delicious) I added chicken Southwestern Rice Casserole I'd not like this one at all. The rice turned into mush. I'm happy with most of the recipes & will continue to use this book for dinners. I received this product at a discounted price in exchange for my honest and unbiased review.

As a working mom and wife, I am always looking for an easier way to cook dinner and still spend time with my family when I get the chance. My son is only 1, so he eats whatever we eat which makes this book extremely helpful for myself and my family. I love that I have a book full of healthy recipes that I can throw into a slow cooker and leave it to cook itself while I do whatever I need to do in my "extra time." This book has 100 recipes that you can "fix and forget" and they are ready-to-eat as soon as they are done cooking. I plan on making a few every week and freezing them so when I am in a real time crunch, I can pull a meal out of the freezer and just warm it up. The table of contents is simple and it makes picking out a meal pretty easy. The recipe names are exact and to the point - no extra fancy words. What I read is what I get basically! They are laid out really nicely. I am not a great cook by any means, so if I can create a tasty and nutritious meal for my family from this book, anyone can. (I know a lot of people say that, but I am 100% serious.) Each recipe has

nutritional information next to it so I can keep up with a calorie count if needed. I really enjoyed looking through this book and I can't wait to start cooking with it. I highly recommend it. I give this book 5 stars!! received this for free in exchange for my review, but all opinions are my own.

I have owned a slow cooker for years (over 15) and can count on one hand the number of times I have used it. I was excited to have the opportunity to preview this book and look forward to using my slow cooker more often. I really like that this book has recipes that I have not seen elsewhere and not just your standard pulled pork, chili and soup recipes. There is a section for breakfast " something I had not thought about using my slow cooker for. The recipes are creative and healthy. The author includes variation tips with each recipe and the ingredients are easy to source. There is a section with vegetarian recipes (Seitan Tikka Masala) and a section with simple sides at the end of the book. I am looking forward to trying the Adobo Steak Fajitas, Pumpkin Black Bean Chili, Greek Style Lamb Shoulder, Cuban Pork Street Tacos and several of the breakfast ideas. I received this product for free in exchange for my honest and unbiased review.

This cookbook for slow cookers is amazing for those people who are pros at slow cooking or the ones that have not used one very often. The beginning of the book is broken down into some information about slow cookers and which ones to purchase, how long you should leave food in them, when is the right time to eat certain vegetables, and how to combat not being home in time for the food to cook properly. Then the book is broken down into different chapters based on the meal or main course. On each recipe it tells you the diet restrictions (gluten-free, low-calorie), the prep and cook time, and the nutritional information. There are not a lot of pictures of the recipes in the book, but each page has a little bit of color in the print which is nice that it makes it seem more interesting. The recipes are simple to follow, and there is also information in the beginning of the book on how to double meals if needed. I have tried some of the recipes, and they are really good! The portions of the meals are for two peoples and then maybe one or two person's leftovers the next day depending on the amount you eat. Overall I am very pleased with this book and look forward to cooking more recipes!! received this item in exchange for my honest and unbiased opinion.

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