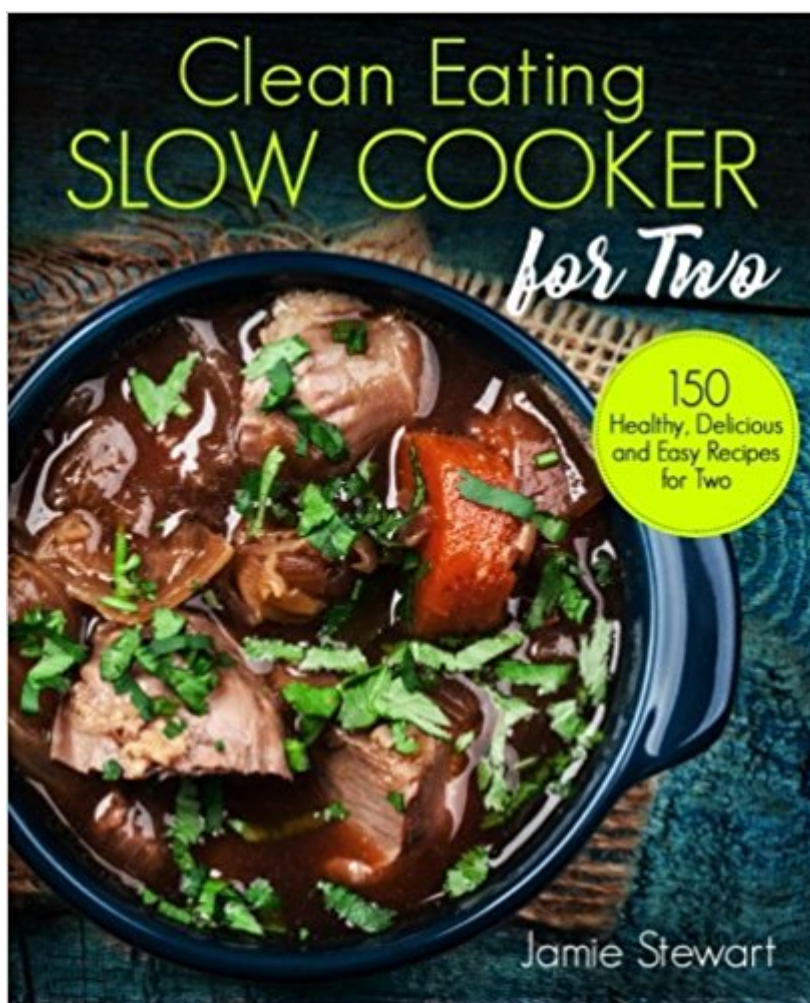


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# Clean Eating Slow Cooker For Two: 150 Healthy, Delicious And Easy Recipes For Two



## Synopsis

Eat Clean, Cook Simple! Why Slow Cooking? Doubtless, every person, regardless of age, must have a balanced diet. Your organism must be supplied with good and healthy food, as the material needed for its proper body and mind development, as well as a working power. Cooking at home is the best way to take control of your diet. In your slow cooker, you will use mainly fresh food and simmer it at a low temperature. It means that nutrition-rich ingredients from food are retained. The most of the recipes in this book calls for legumes, vegetables, and high-fiber foods; then, you can prepare a tender meat full of juices without adding any oil or butter. You can prepare superfoods like oatmeal for breakfast or the porridge with seeds for a powerful and healthy post-workout dinner. People agree that cooking in a constantly moving environment of liquid brings the best results. Afterward, the slow cooker is a fully covered device so the nutrients have no chance to disappear; consequently, the vitamins and minerals are preserved. In this cookbook you will find 150 delicious recipes devised into the following categories: • Vegetables • Poultry • Pork • Beef • Fish & Seafood • Vegan • Beans & Grains • Desserts All recipes are quick and easy to make and require no previous experience.

## Book Information

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Cooking Methods > Slow Cooking

## Customer Reviews

My mother started me on crockpot dishes when I was about ten so I already know the basics but now that I'm at college, I'm not making food with her. I'm not only branching out on what to cook, but also ways to restyle the recipes I grew up with. I mean, who doesn't want to come back from work to

a nice warm meal waiting for them? I generally use a slow cooker once a week for dinner after classes with my roommates and we've tried a few of them out from this book the last month- one of them's a vegetarian, and this book holds dozens of vegetarian-friendly recipes, which is one of the reasons we're using this book rather than the others that we've bought. It's a good buy- I can turn to the table of contents and read out options until the four of us (finally) agree on something. Highly recommended.

Now that the weather has gotten colder again, we have pulled out our crock pot for roast dinners and stews. While there are some things that we will always make, we went searching for some new recipes to spice things up and bring some variety into our meals this year. Author Jamie Stewart has a fantastic collection of slow cooker recipes here and the ones that we have made so far are super easy to put together. There are breakfast, lunch, dinner and even dessert recipes in this amazing guide and we are enjoying eating our way through it.

I love using my slow cooker but sometimes run into problems with find a recipe for the slow cooker that is different and tastes good. I have to say I have bookmarked many different recipes in this book. I concluded that there was something in there for almost everyone and their eating style. I have also recommended this book to a niece that is always on the run and says she never has time to make meals. I know that she uses her slow cooker all the time. I would say I tried a couple of these and will continue to use this book. I would recommend this book to all that have a slow cooker to use.

Love this!!

It was great to receive it. Gave me ideas for meals. I especially enjoyed it being free. Thank you so much

Very good book. This book contains 500 delicious recipes. It is well-known that many housewives struggle with making healthy meals every day. If they follow this book, they can solve their problem. Another thing if you want to cook for several people then in modern time you will find that kind of kitchen. This book will show you the perfect way to cook healthy meals with the less time and effort. It also can help you to make cleanup and everyday cooking a breeze. Very informative and useful book, I should say. I think Jamie did a great job by writing this book.

it was okay. I did not find the kind of recipes I was looking for.

I love slow cooking these are great

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