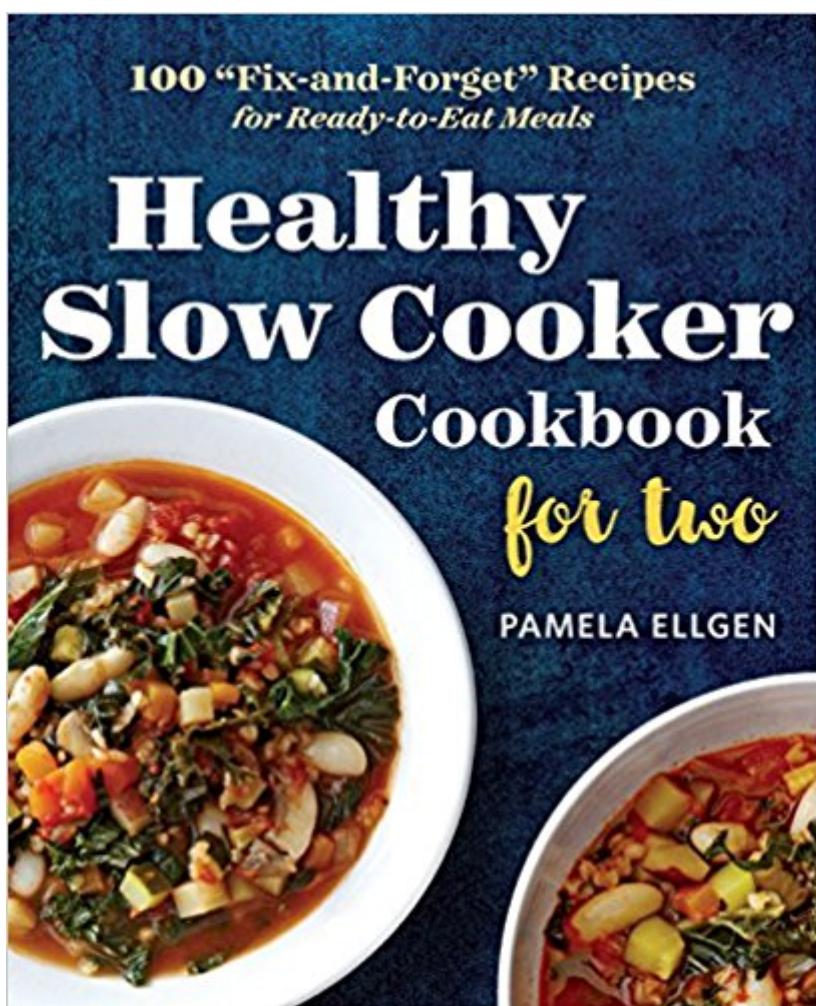


The book was found

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

PAMELA ELLGEN is a food blogger, certified personal trainer, and author of several books on cooking, nutrition, and fitness, including *Soup & Comfort* and the bestselling *Healthy Slow Cooker*

Cookbook. Her work has been published in Huffington Post, LIVESTRONG, Darling Magazine, and Spinning.com. She lives in California with her husband and two sons. When she's not in the kitchen, she enjoys practicing yoga, surfing, and exploring the local farmer's market.

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 loose 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 avocafo, cilantro & queso fresco (delicious) with cilantro rice pilaf (delicious) Simple salad (delicious) I added chicken Southwestern Rice Casserole d'l'd not like this one at all. The ride turned into mush. I'm happy with most of the recipes & will continue to use this book for dinners.

Book description sounded great and healthy. HOWEVER... I could not find a single recipe which I could prepare without a major effort to get ingredients! Things which I have never seen or would think to buy, like "frozen roasted corn kernels" or "fire roasted tomatoes" (yes tomatoes not peppers), or premium "aged ham" (how does that differ from just ham)... and as for the 10 min. prep: one recipe called for "preserved lemons" (she gave instructions which require soaking lemons a week to make them!). I sat there hungry, reading through the whole book checking recipes, with a plan to have a nice healthy dinner in "6 hours" but it ain't gonna happen! Terrific disappointment... even the quick sides at the back are odd: I have whole wheat flour, but never heard of "whole wheat PASTRY" flour" which is specified. I bake bread, make some nice old Craig C. recipes, but I don't have enough "sprigs" of fresh herbs for Ms. Ellgen's "stuff." Yes, she includes nutrition analysis but what good is it when ya can't make one darn thing in a house stocked with a ton of apparently inappropriate" ingredients, like tofu, quinoa, lentils, etc. but no "jar of mangoes" etc.

Great cookbook and great recipes

Good cookbook !

Very helpful !

This cookbook includes a wide range of healthy slow cooker recipes for breakfast, brunch, and dinner. The recipes all use whole, unprocessed ingredients and can be modified to meet any dietary restriction or food allergy limitation. I also like that the author gives clear instructions on how to double the recipes for use in a 4-quart slow cooker, so I don't have to go out and buy a smaller slow cooker! (Double the ingredients, but only increase liquids by half.) The beginning of the book includes lots of great tips on choosing a slow cooker, storing ingredients so that they'll stay fresh, using your slow cooker properly, and more. The back of the book includes recipes for 14 quick and easy sides to serve with the slow-cooker meals. My only critique is that the book does not include photos of recipes. The reason I tend to like cookbooks better than online recipes is that they usually include beautiful photos of the food. I wish this book included them. Other than that, it's a wonderful cookbook! I received this product at a discounted rate in exchange for my honest and unbiased review.

Simple easy recipes and tasteful

Definitely try the cornbread in the back (non-slow cooker) section. It was a fast favorite in my house.

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