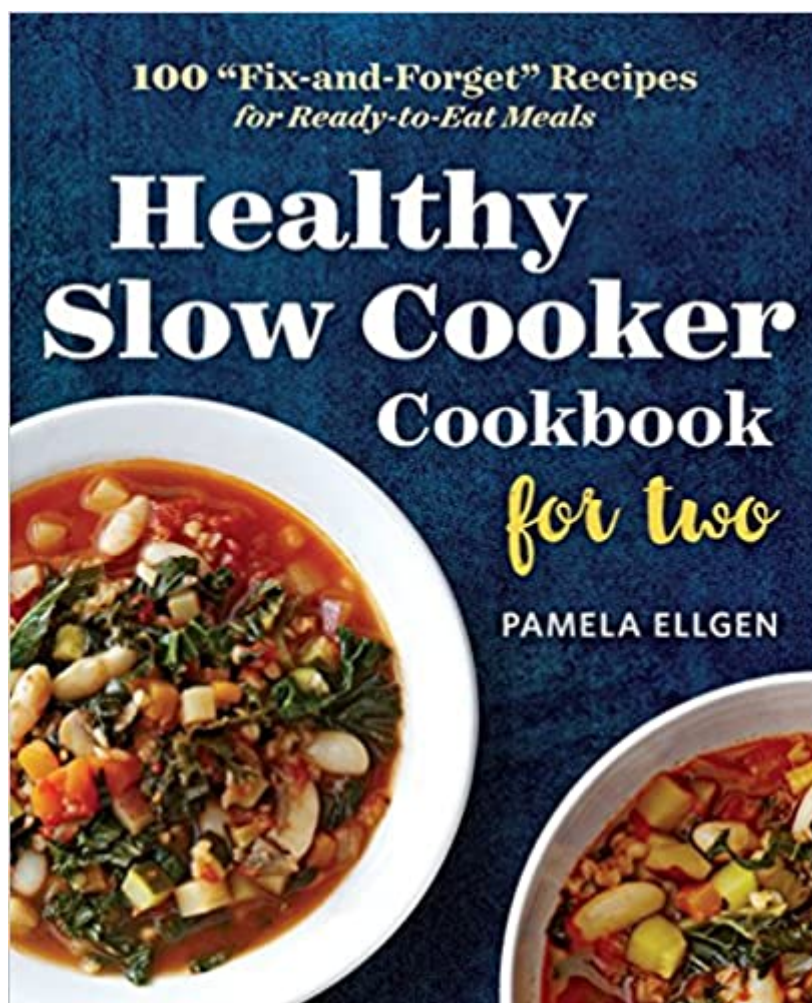


The book was found

# 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 call 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

Paperback: 164 pages

Publisher: Rockridge Press (March 8, 2016)

Language: English

ISBN-10: 162315720X

ISBN-13: 978-1623157203

Product Dimensions: 7.4 x 0.4 x 9.2 inches

Shipping Weight: 14.9 ounces (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars 211 customer reviews

Best Sellers Rank: #4,877 in Books (See Top 100 in Books) #11 in Books > Cookbooks, Food & Wine > Cooking Methods > Cooking for One or Two #15 in Books > Cookbooks, Food & Wine > Cooking Methods > Slow Cooking #23 in Books > Cookbooks, Food & Wine > Cooking by Ingredient > Natural Foods

## 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 dl'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 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, 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.

[Download to continue reading...](#)

Slow Cooker Recipes: 2,000 Delicious Slow Cooker Recipes Cookbook (Slow Cooker Recipes, Slow Cooker Cookbook, Slow Cooker Chicken Recipes, Slow Cooker Soup Recipes) Crock Pot: Everyday Crock Pot and Slow Cooker Recipes for Beginners (Slow Cooker, Slow Cooker Cookbook, Slow Cooker, Slow Cooker Cookbook, Crockpot Cookbook, ... Low Carb ) (Cookbook delicious recipes 1) Thai Slow Cooker Cookbook: 51 Classic Thai Slow Cooker Recipes with Step By Step Procedure (Thai Recipes, Thai Slow Cooker Recipes, Thai Slow Cooker Cookbook, ... Cooker, Simple Thai Cookbook, Thai Cooking) Healthy Slow Cooker Cookbook for Two: 100 "Fix-and-Forget" Recipes for Ready-to-Eat Meals Slow Cooker Cookbook: 1001 Best Slow Cooker Recipes of All Time (Fast and Slow Cookbook, Slow Cooking, Crock Pot, Instant Pot, Electric Pressure Cooker, Vegan, Paleo, Dinner, Breakfast, Healthy Meals) Delicious Crockpot Recipes: A Full Color Crockpot Cookbook for your Slow Cooker (Crockpot; Crockpot Recipes; Slow Cooker; Slow Cooker Recipes; Crockpot Cookbook; Slow ... Cookbook; Crock Pot; Crock Pot Recipes; Cro 1) Slow

Cooker Cookbook: 1001 Best Slow Cooker Recipes of All Time (Slow Cooking, Slow Cooker, Meals, Chicken, Crock Pot, Instant Pot, Electric Pressure Cooker, Vegan, Paleo, Breakfast, Lunch, Dinner) INSTANT POT: 2,500 Instant Pot Pressure Cooker and Slow Cooker Recipes Cookbook (Instant Pot, Instant Pot Recipes, Crockpot Cookbook, Slow Cooker Recipes, ... Pot Dump Meals, Crock Pot Freezer Meals) Paleo Slow Cooker: Healthy Delicious Paleo Diet Slow Cooker Recipes for Your Family (Slow cooker recipes, Low carb diet, Paleo diet recipes, Paleo Cookbook, Ketogenic Diet, Ketogenic recipes) Slow Cooker Soup Recipes: 50 Most Delicious & Healthy Slow Cooker Soup Recipes for Better Health and Easy Weight Loss (Soup Recipes, Chicken Soup, Soup Cookbook, Slow Cooker Soup Recipes) Pressure Cooker: 365 Days of Electric Pressure Cooker Recipes (Pressure Cooker, Pressure Cooker Recipes, Pressure Cooker Cookbook, Electric Pressure Cooker ... Instant Pot Pressure Cooker Cookbook) Slow Cooker Cookbook for Two: Easy and Delicious Slow Cooker Recipes for Ready-to-Eat One Pot Meals The Ultimate Pressure Cooker Cookbook: Ingenious & Delicious Meals All In One Cooker (Instant Pot, Instant Pot Slow Cooker, Pressure Cooker Cookbook, Electric Pressure Cooker, Instant Pot For Two) Crock Pot: 1001 Best Crock Pot Recipes of All Time (Crockpot, Crockpot Recipes, Crock Pot Cookbook, Crock Pot Recipes, Crock Pot, Slow Cooker, Slow Cooker Recipes, Slow Cooker Cookbook, Cookbooks) Delicious Crockpot Recipes: A Full Color Crockpot Cookbook for your Slow Cooker (Crockpot; Crockpot Recipes; Slow Cooker; Slow Cooker Recipes; Crockpot ... Pot Recipes; Crock Pot Cookbook) (Volume 1) Ketogenic Slow Cooker Recipes: 200 keto Slow Cooker (Crock Pot) Recipes, Chef Approved, Delicious Low Carb Slow Cooker Recipes, For Super Fast Weight Loss, Quick and easy Recipes for Healthy Living CROCK POT: 500 Best Crockpot Recipes (crockpot cookbook, slow cooker recipes, crock pot meals, paleo, vegetarian, crock pot, crock pot cookbook, crockpot freezer meals, slow cooker cookbook) KETO SLOW COOKER: 120 Delicious, Quick and Easy Ketogenic Slow Cooker Recipes (keto, ketogenic, ketogenic cookbook, slow cooker, slow cooking, ketogenic ... weight loss, paleo, low carb, cleanse) Make Ahead Meals: Delicious, Healthy, Low Carb Make Ahead Freezer Meals Recipes For The Busy Individual (Frugal Cooking, Meals For One, Cooking For One, ... Recipes, Easy Meals, Slow Cooker Cookbook) Slow Cooker Cookbook: Chef Approved Slow Cooker Recipes Made For Your Slow Cooker – Cook More Eat Better (Crock Pot Book 1)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

