



## Slow Cooker Stews and Ragus: Healthy Recipes for Easy Family Means (Paperback)

By Mary Donovan

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Healthy homemade meals do not have to be complex or time-consuming! Slow cooking is the ultimate combination of EASY, HEALTHY, and DELICIOUS. Slow cookers are great for working families because you can turn on the cooker and walk away, letting the cooker do all the work. It starts with food - It doesn't even take a whole 30 minutes to put together a healthy meal so your family is well fed with clean eating. The Slow Cooker Stews and Ragus cookbook shows you step-by-step recipes for making delicious, healthy, and - most importantly - EASY meals: \* Benefits of Slow Cooking \* Slow Cooker Essential Tips \* Converting Traditional Recipes to Slow Cooker Style \* Soup and Stew Recipes \* Beef Recipes \* Poultry Recipes \* Pork Recipes \* Lamb and Veal Recipes \* Fish and Seafood Recipes \* Meatless Recipes Whether you're cooking for your whole family, or wanting a way to prepare healthy food for yourself for the whole week, you'll find important information to help you cook healthy recipes without driving yourself...



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