



52 Weeks of Crockpot Slow Cooker Meals. (Paperback)

By Angela Frost

Createspace Independent Publishing Platform, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. 52 weeks of Crockpot and Slow Cooking Recipes is all about healthy delicious and easy meals for your family. In 52 weeks of Crockpot and Slow Cooking Recipes, I will show you 52 weeks worth of simple, healthy and scrumptious recipes. Here are some reasons why slow cooker crock-pot meals will save you time and money Convenience. Just fix and forget Flavor. Extended cooking time allows for the flavors to circulate throughout the whole meal Money saving. Because you are cooking over time, you can buy cheaper cuts of meat and it will still be soft and tender. Safety: You don't have to stand and watch. You can leave your crockpot unattended all day without worry. Easy peasy clean up. Only one pot to wash up after dinner Weight loss. You can prepare healthy low calorie/carb meals in a simple way. Healthy. By slow cooking, your food keeps many of its vital vitamins and minerals that might be lost when cooking in a hot oven. Leftovers. Use a large crockpot and you will have delicious leftovers for another...



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