

[PDF] The Fantastic Slow Cooker Cookbook

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Books Details:

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Description:

Review **** Amazon Top Rated Slow Cooker Cookbook ****

** Top 5 in Kindle Store - Cooking, Food & Wine > Culinary Arts & Techniques

** Top 25 in Books - Cooking, Food & Wine > Culinary Arts & Techniques

** Top 50 in Kindle Store - Nonfiction > Lifestyle & Home

Ionia Martin "Ionia" **Top 1000 Reviewer**

"Some of the recipes in this book sound really good. The author uses a simple approach for this book and makes it easy to understand the directions. I thought it was a nice touch that there were a few vegetarian recipes in the book as well as the regular recipes...would be perfect to use for the days leading up to the holidays, as they are easy, don't make much mess and can cook all day while you are busy attending to holiday planning. There is an incredible sounding strata recipe included here as well for Ham and Gruyere Strata. Yum!..." - Ionia Martin "Ionia"

"Dinner is our only time to bond and catch up with each other's activities and I try to make it really special with the help of a great meal. This recipe book has a major role to play in this endeavor of mine. For weeks now, it has been providing me with tasty recipes that the whole family truly enjoys." - Bill D12

From the Author

Sample Recipes from *The Fantastic Slow Cooker Cookbook*

Classic Beef Stew

Serves: 6 ~ Preparation time: 20 minutes ~ Cook time: 8 hours

Ingredients:

- 2 pounds beef stew meat; cut into 1-inch pieces
- 2 Tablespoons canola oil
- 1/4 cup all-purpose flour
- 2 teaspoons salt
- 2 teaspoons pepper
- 1/2 teaspoon ground cinnamon
- 1 large onion, diced
- 3 large carrots, diced
- 4 garlic cloves, crushed
- 4 celery ribs, diced
- 2 pounds Yukon potatoes, diced
- 2 cups beef broth
- 1 cup red wine
- 2 Tablespoons Worcestershire sauce
- 2 bay leaves

Directions:

1. Heat the oil in a large skillet over medium heat; brown all sides of the beef. Add the red wine and simmer the beef until almost all of the liquid has been absorbed.
2. Place the beef in the slow cooker, cover with the flour, salt pepper, and cinnamon. Add the remaining ingredients and cook on low for 8 hours. Check for salt and pepper and serve.

Nutritional Facts: Calories: 403 ~ Fat: 6 grams ~ Cholesterol: 86mg ~ Sodium: 462mg ~ Carbohydrates: 39 grams ~ Fiber: 5.5 grams ~ Protein: 39 grams

Turkey and Butternut Squash Chili

Serves: 6 ~ Preparation time: 15 minutes ~ Cook time: Approximately 4 hours

Ingredients:

- 1 lb. ground turkey
- 2 Tablespoons canola oil
- 1 large yellow onion, diced
- 2 garlic cloves, minced
- 2 teaspoons ground coriander
- 1/2 teaspoon ground allspice
- 2 cups chopped butternut squash
- 1 (28 ounce) can crushed tomatoes
- 1 (14.5 ounce) can white beans
- 1 (14.5 ounce) can pink or pinto beans
- 1 cup Monterey jack cheese, shredded
- 1 bunch spring onions, finely sliced

Directions:

3. Heat the oil in a large skillet over medium heat. Add the onion and garlic and saute for 3 minutes; remove the vegetables from the pan transfer to the slow cooker, and add the ground turkey.
4. Cook the ground turkey for 10 minutes or until there is no pink visible, drain the fat, and add to the slow cooker.
5. Add the cumin through the pinto beans to the cooker, cover the lid, and cook on low for at least 4 hours or up to 6 hours. Check the chili for salt and pepper.
6. When you are ready to serve the chili, top each bowl with the shredded cheese and spring onions if desired.

Nutritional Facts: Calories: 459 ~ Fat: 15 grams ~ Cholesterol: 65 mg ~ Sodium: 1600 mg ~ Carbohydrates: 52 grams ~ Fiber: 14 grams ~ Protein: 32 grams

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