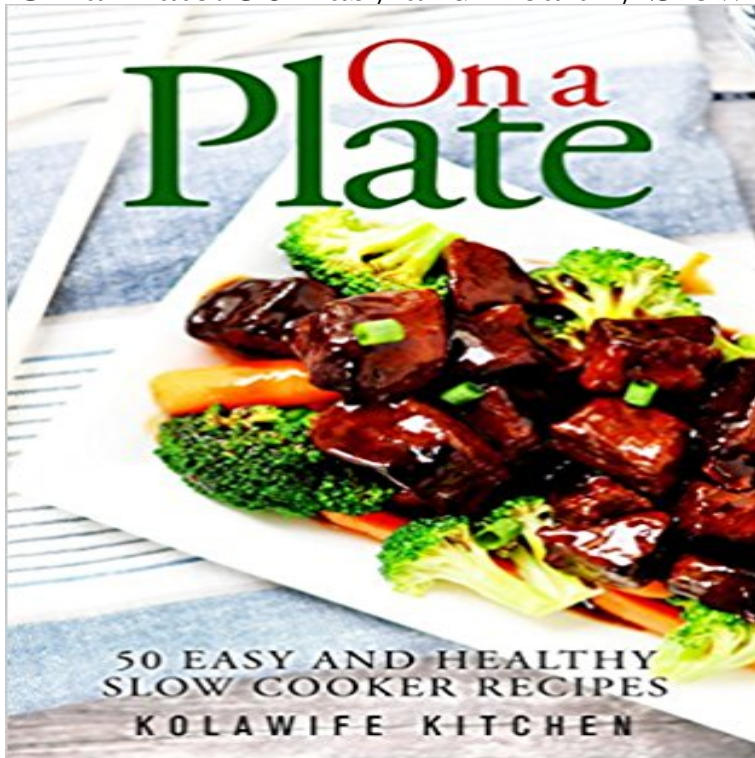


On a Plate: 50 Easy and Healthy Slow Cooker Recipes



Are you spending most of your time cooking? Would you like to cut down on convenience food? Want to have home-cooked meals but, time and your energy just don't permit it? At that point a slow cooker could be the answer for you. Requiring just negligible preparation, a slow cooker will cook your ingredients for the day or overnight, delivering a flavorful meal ready on your plates. Another situation we often face we already have a slow cooker but it is rotting in the cellar. The point is if you have bought a slow cooker you just want to cook those dishes that are just mix, through and forget recipes. On contrary if you have to devote too much time in pre-cooking activities and preparations, then what's the point of using a slow cooker, right? You can find the recipes in this book extremely handy as we have picked up the best delicious and nutritious recipes which can be prepared with almost zero pre-cooking preparations. These particularly chosen recipes are just easy, simple and can be made with easily available spices in just few steps. All recipes are so simple that includes just throwing ingredients in the cooker, and letting it do the work for you. Whether we're busy at work or with the kids all day, it is such a comfort if you get to have your favorite, delicious and healthy home-cooked meal ready in front of you at night. Slow cooking is common during cooler months because they're perfect for warming pot roasts and stews includes recipes like beef stew, fish stock, oriental stock, tuna casserole and much more. With these superb dishes you can enjoy your slow cooker round the year. Some regional dishes, like from India, Russia, Indonesia, Thai, Austria to Hungary, both vegan and meat together with some great rarely known recipes adds up to the spice of this volume so that it can match up with your variety taste keeping in view your health. The recipes are simple and nutritious. You

bet! Make your own Restaurant-Style food at home, with practically no effort required! So dust off that slow cooker, and get ready to hear the Oh so yummy!!! Is this just another recipe book in the shelf? Have you checked almost closed to 70-80 cookbooks till now and find almost all of them same? Same approach that these recipes are easy to make you can be a master chef easily. Your kids will be fan of yours after you tried our recipe. Dont worry we are not one of them and we really are not falsely advertising anything as these are 100% tried and tasted dishes. Our recipes are: Extremely easy to make as per our name suggests Requires almost negligible pre & post preparation. Nutritious and healthy They are from various cuisines all around the globe. Variety from soups, stews to casseroles and many others. Traditional dishes of various countries. So guys, grab your copy and enjoy.

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