



5 Ingredients One Pot Meals Easy Slow Cooker Recipes for Busy Women

By Ericka Smits

CreateSpace Independent Publishing Platform. Paperback. Condition: New. This item is printed on demand. 68 pages. Dimensions: 9.0in. x 6.0in. x 0.2in. After a busy day, it is gratifying to come home to a warm, healthy meal that can be enjoyed with family and friends. If you are like me and love simple, family-friendly recipes that can satisfy your craving at the end of those busy days, then this is the perfect cookbook for you. Since most of our schedules are packed, this cookbook has been designed to help you prepare easy no fuss meals. Each of these recipes has 5 or fewer ingredients (excluding staples like water, cooking spray, salt, pepper, and other optional ingredients) and don't require you to dirty any bowls, pots, or pans. In addition, none of these recipes involve prep work like browning meats so you will be able to prepare your meals in only a few minutes and get on with your busy day. And let's not forget, most of the ingredients are easily found, and you probably already have them on hand already making cooking even more convenient for you. With these 50 irresistible recipes, you will be ready to cook for your family and...

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