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The Complete Slow Cooking for Two Cookbook: A perfectly proportioned slow cooker cookbook (Paperback)

By Linda Larsen

Sonoma Press, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book. Two People, One Appliance, No Freezer Full of Leftovers Twosomes who share a kitchen-but not the desire to spend all day in it-face a quandary: buy cheap but unhealthy takeout or sink time into preparing whole foods meals that they re likely to end up eating for days and days. With this cookbook, a third option is now on the table-er, countertop: good-for-you slow cooker meals that save hours and are portioned precisely for duos. Think slow cookers are only for soups and stews? Let Linda Larsen, master of the slow cooker, introduce you to the best of the best slow cooker recipes for all kinds of meals, from tender meats to seasoned vegetables to breakfasts, and more. In addition, you ll find: -10 must-know do s and don ts of slow cooking -A guide to the meats that are best for slow cooking -Tips for converting a stove-top recipe to the slow cooker -The reasons why heavy-duty aluminum foil is a slow cooker s best friend -Recipes for 3- or 3 1/2-quart slow cookers that include prep and cook times; nutritional information; and labels that highlight...



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