



## 31 Paleo Slow Cooker Dishes: Easy, Delicious, and Nutritious Recipes for Busy Days

By Mary Roddy Scott

Createspace Independent Publishing Platform, United States, 2014. Paperback. Book Condition: New. 222 x 148 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.The slow cooker is every cook s best friend. Whether you work away from home or work at home, slow cooking food is easy, safe and most importantly, delicious. With just a handful of ingredients and 6-10 hours of hands off cooking you will have a tasty well cooked meal. The slow cooker is perfect for broths, soups, meats, even eggs will be cooked to perfection and the with only one pot to clean up a slow cooker is a dream come true in any kitchen. This book contains 31 proven Paleo recipes that will make your slow cooker your best friend. Each recipe, is simple, easy to prepare and will provide your family with more than a few great meals. Browse through the various dishes and you will find several that will quickly become family favorites.



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