

Slowcookerrecipes

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250+ Slow Cooker Recipes This 100+ page eBook offers you over 250 recipes you can make in your crockpot. Special Recipes for you! 250+ LOW FAT Slow Cooker Recipes Healthy, Tasty, Easy! easy and quick recipes for you to make for your family and friends Easy to make recipes from simple ingredients that your entire family will love. Place ingredients in the slow cooker before you leave for work and dinner is done when you come home! Losing weight has never been easier and your family will never know they are eating healthy! Recipe Example (taken from the book) Drunken Rosemary Chicken with Basmati Rice
MAKES: 4 to 6 servings 8 chicken thighs (2 3/4 to 3 lb. total) Salt and fresh-ground pepper 6 cloves garlic, peeled and thinly sliced 1 teaspoon coarsely chopped fresh rosemary leaves or dried rosemary 1 cup Chardonnay or other dry white wine 1/2 cup fat-skimmed chicken broth 1 1/2 cups precooked dried white rice 1/4 cup chopped green onions (including tops) Rosemary sprigs, rinsed Rinse thighs and pat dry. Pull off and discard skin; trim off and discard lumps of fat. Sprinkle thighs lightly with salt and pepper. Place thighs in a 4 1/2-quart or larger electric slow-cooker. Sprinkle with garlic and chopped rosemary; pour wine and broth over chicken. Cover and cook until meat pulls easily from the bone, about 5 hours on low, 3 hours on high. Skim and discard fat from juices. Add rice and mix to moisten evenly. Turn cooker to high; cover and cook, stirring several times, until rice is just tender to bite, about 5 minutes. Spoon chicken and rice onto a platter. Sprinkle with onions and garnish with rosemary sprigs. Add salt and pepper to taste. Per serving: 242 cal., 17 (42 cal.) from fat; 26 g protein; 4.7 g fat (1.2 g sat.); 21 g carbo (0.6 g fiber); 113 mg sodium; 99 mg chol. Here is a small sample of what you get: * Apple 'N' Port * * Autumn Vegetable Minestrone * * Apple Pie Bread Pudding * * Basque-Style Chicken Stew * * Bloody Mary Chicken * * Cabbage Burger Bake * * Cheddar Fondue * * Cheesey Crockpot Chicken * * Chunky Beef and Pork Chili * * Crockpot Family Favourite Pot Roast * * Ginger Pork Wraps * * HOT FUDGE crockpot Cake * *Amazing Recipes to compliment just about every occasion! * * LOW FAT * * HEALTHY * * EASY *

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