



Easy Slow Cooker Recipes for Busy Moms

Rachel Ryan

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Modern moms are constantly bouncing from place to place. After school activities, work, doctor's appointments, even daily errands get in the way of the ability to cook a nutritious and tasty meal for the family. The ability to cook just about anything in a slow cooker can alter that imbalance.

Slow cookers are the most overlooked and valuable kitchen appliance in the modern home. Almost everyone has one, but most people don't realize the versatility of slow cookers. This recipe collection provides just a brief introduction to what these appliances can do. The recipes contain ingredients found in most kitchens, and produce delicious and healthy results.

The goal of feeding a family is providing healthy food that you can feel good about preparing and serving. Processed foods are an easy answer, but their nutrient value is lower, and their sodium content is generally higher than home-cooked meals. This collection strives to provide a wide variety of options using very few processed items. That said, there are some items such as soup stocks and tomato sauce that are used. As a result, I've included a brief prologue with some basic recipes for kitchen staples that you can make ahead.

Each recipe was prepared in our test kitchen. Each recipe includes an original picture of the actual recipe that was prepared.

The recipes in this report call for 'large' eggs by default, and unless a cooked ingredient is specified, all items are to be incorporated in the raw state. Since this is a family and diet friendly cookbook, none of the recipes use lard, pork, or alcohol. Major allergens such as peanuts and berries are also largely avoided.

Each recipe includes the following sections:

Title

Brief description

Photograph

Number of Servings

Prep Time

Cooking Time

Ingredients

Instructions

Nutritional Information

Cooking tips [where appropriate]

Relax for a while. Read a book, watch a TV show, go for a walk; good food doesn't have to make you a slave to your kitchen!

Easy Slow Cooker Recipes for Busy Moms Details

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From Reader Review Easy Slow Cooker Recipes for Busy Moms for online ebook

Stacey Nelson says

Looks interesting

The recipes look interesting. I have not tried any yet but that peach cobbler will be first as on my to try list.

Carol says

Tasteful cooking and easy

Delightful and taste pleasing recipes for the crazy, busy lifestyle we created. Strongly recommend for anyone in need of change that is easy-to-use and affordable.

Dyanne Green says

Good recipes

the recipes look good and there are some new ideas included in this book. my only regret is most of the recipes have short cooking times. when I use my slow cooker, I am rarely at home to watch it, turn items, or give it a stir.

Tracy Parker says

I may try the Rice Pudding & the Short Ribs.

Frieda says

Not much I would use in this book.

Julie Barrett says

Easy Slow Cooker Recipes For Busy Moms (Healthy Slow Cooker Recipes) by Rachel Ryan
Always looking into new recipes to add to our collection.
This book starts out with the basic things you need to get going making the meals.

Love the idea of the stock and how to make and use it in recipes.
Great categories, pictures for all recipes and most important the nutritional information is included.
The spices are quite exotic and special attention is paid to fresh herbs and spices and vegetables.
Bread pudding with the addition of apples sounds real appealing to me for breakfast or a dessert.

Lori says

I can't wait to try some of these recipes. I have to say that there are a lot of very unusual recipes in this book. Some have ingredients I have never heard of and being 58 years old that says a lot.

There is a cabbage roll recipe that looks delish. I think it will be really handy to have this book on my kindle ready to use where ever I travel, especially in the motor home.

Kathleen Downey says

this book is absolutely the best slow cooker book I have found. great information in it.

Melissa at My Chaotic Ramblings says

Useless

If I had not got this book for free I would return it for my money back. There was not one useable recipe for this busy mom. Show me kids that will eat any of these dishes.

Sharai Hooks says

Great book

These recipes are ones that are healthy and seen ready enough to cook. I think my boys will love them. Can't wait to start cooking these recipes! :)
