



Slow Cooker: 100+ Recipes including Soups & Stews, Vegetarian, Chicken & Beef, Casseroles and More!

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SLOW COOKER: COOKBOOK & GUIDE

vigor&belle is a lifestyle brand for healthy eating and beauty that can change the way you live your life. Its hard to eat healthy and well balanced meals with our busy, hectic lives. Coming home from work, the last thing you want to do is start cooking dinner for you and your family. Using a slow cooker to make the meals for you while your at work is the best option to solve this problem! You simply put your ingredients in the slow cooker before you leave for work, turn it on and enjoy your day. When you come home dinner will be hot and ready waiting for you to eat! Another great thing about using the slow cooker for your meals is that it generally makes alot. Which works out perfectly for freezing in individual containers that you can grab as a quick meal when your tight for time!

This cookbook is filled with delicious, flavourful slow cooker meals for you to try. The cookbook is separated into categories including soups and stews like Moroccan Lentil Soup, Chicken, Quinoa and Kale Soup or Tortilla and Black Bean Soup! Chicken Dishes have never been so tasty with meals such as Creamy Cilantro Lime Chicken, Honey Teriyaki Chicken or Buffalo Chicken Meatballs!

We also can never forget the delicious Vegetarian meals even the most carnivorous person can enjoy! Meatless meals are cheap, delicious and find other ways of getting you enough protein and fibre to keep you full and healthy! We have great recipes that include things like Lentil and Sweet Potato Chili, Spaghetti Squash with Black Bean and Avocado Salsa, and Stuffed Bell Peppers!

Our cookbook also includes tons of slow cooker recipes for beef meals, stews, casseroles and much more!

This Slow Cooker Cookbook & Guide includes:

- Soups & Stews
- Chicken Meals
- Beef Meals
- Vegetarian Meals
- Casseroles

- Chili's

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Roger Johnson:

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Joseph Kidwell:

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Sheila Kilburn:

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Ralph Wood:

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