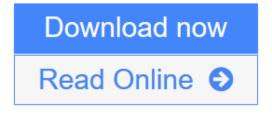


Slow Cooker Meals: Easy Home Cooking for Busy People, or How to Cook Simple Cajun and Southern Crock Pot Recipes including Pastas, Meats, Soups, Stews, Chili and Desserts

Neal Bertrand



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Slow Cooker Meals: Easy Home Cooking for Busy People, or How to Cook Simple Cajun and Southern Crock Pot Recipes including Pastas, Meats, Soups, Stews, Chili and Desserts Neal Bertrand Slow Cooker Meals: Easy Home Cooking for Busy People has 127 delicious, nutritious one-pot meals and desserts you can cook in your slow cooker. Start it in the morning and have a hot meal ready to feed the family later.

- Preparing a home-cooked meal in your slow cooker is delicious, nutritious, economical and easy. Put it on before you leave in the morning and it's cooked when you return.
- Loaded with easy meals anyone can fix, this cookbook includes traditional as well as Cajun meals such as jambalayas & pastalayas, sauce piquantes, étouffées, plus a large variety of soups, stews, and even gumbos.
- It has poultry and meat dishes such as brisket, roasts, ribs and Cajun Pepper Steak. It has classics like chili and meat loaf.
- Also includes 17 desserts such as cobblers, puddings, nutty chocolate fudge, chocolate peanut clusters and chocolate cake.

CONTENTS:

- APPETIZERS-Dips, wings, meatballs
- MEATS & POULTRY-Beef, chicken, pork, steak, sausage
- PASTAS-Macaroni, pastalayas, spaghetti, noodles, fettuccine
- **SEAFOOD**-Shrimp, crawfish, crab, fish
- SOUPS, STEWS & CHILI-Soups, stew, chowder, chili, stroganoff, gumbo
- **VEGETABLES**-Potatoes, corn, beans, carrots
- **DESSERTS**-Cakes, puddings, bananas, cobbler, fudge, pie

A PORTABLE KITCHEN! You can think of a slow cooker as being a portable kitchen! All you need is an electrical outlet and this cookbook! This opens up a whole new way of thinking about cooking. Now you can cook a meal practically anywhere!

- You can bring it to work and set it up in the break room, on a spare desk, or the office kitchen.
- You can bring it to the party, tailgating, church or social gathering you're going to and impress your friends with the tasty meal or appetizer you have prepared.
- It can provide healthy meals for college students living in dorms or apartments.
- Bring it along on RV or camping trips.
- Remodeling your kitchen? Just moved in? Kitchen appliances are not working? Use a slow cooker!
- Having a power outage? A hurricane, blizzard or other calamity messed up your day? If you have a generator, just plug in your slow cooker, eat and enjoy! It's so easy! Make this part of your Emergency Preparedness Plans.
- No need to heat up the kitchen with all the stove burners on. Just one slow cooker plugged in, and it doesn't even have to be in the kitchen. Anywhere there is an electric outlet will do fine.
- It's versatile. You can now cook limitless types of meals.
- It's great for retirees or empty-nesters who want to cook easy meals.
- No need to stock exotic ingredients. Use the ingredients you already have in your pantry, cupboard,

refrigerator or freezer.

• It makes a huge pot full so you can have leftovers or put in the freezer to eat later.

BUY NOW!



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Lois Maestas:

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Michelle Seidl:

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