

The Skinny Slow Cooker Vegetarian Recipe Book Meat Free Recipes Under 200 300 And 400 Calories Cooknation

The Indian Slow Cooker Anupy Singla 2018-11-13 "India's [cuisine] is perhaps best suited to the steady simmer of a slow cooker . . . easy, healthful recipes with traditional flavors. " —Better Homes & Gardens This updated edition of Anupy Singla's bestselling debut cookbook includes fifteen additional Indian recipes developed specifically for the slow cooker. Since its original publication in 2010, The Indian Slow Cooker has become a touchstone primer for everyone seeking an accessible entry point to cooking authentic, healthy Indian fare at home. Taking full advantage of the ease and convenience of the slow cooker, these recipes are simpler than their traditional counterparts and healthier than restaurant favorites, as they don't require extra oil and fat. Singla's "Indian Spices 101" chapter introduces readers to the mainstay spices of an Indian kitchen, as well as how to store, prepare, and combine them in different ways. Among these sixty-five recipes are all the classics—specialties like dal, palak paneer, and aloo gobi—and dishes like butter chicken, keema, and much more. The result is a terrific introduction to healthful, flavorful Indian food made using the simplicity and convenience of the slow cooker. "Next time you have a hankering for Indian food, don't think take-out. Think ahead. That's the message from Anupy Singla, author of The Indian Slow Cooker who is on a mission to correct misperceptions about Indian food. " —Associated Press "Because Indian dishes are rich in spices and robust flavors, they stand up well in slow cookers. Singla actually developed the recipes specifically for the slow cooker so the techniques and ingredients work well in the machine. " —Good Housekeeping

The Ultimate Slow Cooker Cookbook Cara Hobday 2012-08-31 Time is short in the working day and it is difficult to find time at the end of it to produce a hot meal. With a slow cooker, you can be eating a nutritious and thrifty hot supper every evening, with minimal effort and preparation time. This must-have guide is an invaluable companion to your slow cooker, with delicious recipes for every occasion - from a mid-week family supper to a more elaborate dinner party; you can even take your cooker camping! Rustle up classic dishes such as Lamb Shanks with Redcurrant and Rosemary Sauce and Traditional Pot-roasted Gammon in Cider with Apples or impress your friends with Satay-style Pork with Coriander, Goan Fish Curry with Lentils or Sticky Toffee Pudding. The cookbook also contains guidance on choosing a slow cooker according to your needs; how to care for your cooker and how to adapt cooking times and recipes for different scenarios.

HelloFresh Recipes that Work Patrick Drake 2018-04-03 ****FREE SAMPLER**** Started back in 2012, HelloFresh is the world's leading recipe kit service. Each week their customers receive delicious recipes, recipe cards and all the fresh ingredients to cook them from scratch, straight to their door. In their debut cookbook, Head Chef and HelloFresh Co-Founder Patrick Drake will share the all-time top 100 recipes and techniques, as tested by millions of customers. Whether you're a beginner who likes clear instructions, or a seasoned cook looking for quick mid-week inspiration, Recipes That Work is the simplest way to get delicious dinners on the table in around 30 minutes. These recipes require minimal effort and no complicated techniques. Impress friends and family with tasty, nutritious dishes such as Roasted Honey Feta with Crispy Sweet Potatoes, Super Mexican Shepherd's Pie, and HelloFresh's famous Prawn and Prosciutto Linguine. This is not a cookbook that will just look pretty on a shelf, but one that will become the most reliable, sauce-splattered, page-folded, go-to book in your kitchen. The book will feature: - 100 delicious HelloFresh customer-approved recipes and techniques with step-by-step photography - Extensive vegetarian options - Key techniques for easier cooking - Tips on

equipping your kitchen on a budget - A list of store-cupboard essentials - Quick recipes for post-work suppers, most ready in under 30 minutes **We hope that you enjoy this free sampler.**

The Steamy Kitchen Cookbook Jaden Hair 2012-03-13 You will absolutely love the 101 Asian recipes in this easy-to-use cookbook. This engaging cookbook includes dozens upon dozens of full-proof Asian recipes that are quick and easy to do--all in time for tonight's supper! The recipes will appeal to Americans' growing interest in Asian cuisines and a taste for foods that range from pot stickers to bulgogi burgers and from satay to summer rolls. Whether you're hurrying to get a weekday meal on the table for family or entertaining on the weekend, author and blogger (steamykitchen.com) Jaden Hair will walk you through the steps of creating fresh, delicious Asian meals without fuss. In an accessible style and a good splash of humor, Jaden takes the trauma out of preparing "foreign" Asian recipes. With Jaden's guiding hand, you'll find it both simple and fun to recreate Asian flavors in your own kitchen and to share the excitement of fresh Asian food with your family and friends! Asian recipes include: Firecracker Shrimp Pork & Mango Potstickers Quick Vietnamese Chicken Pho Beer Steamed Shrimp with Garlic Korean BBQ-style Burgers Maridel's Chicken Adobo Simple Baby Bok Choy and Snow Peas Chinese Sausage Fried Rice Grilled Bananas with Chocolate and Toasted Coconut Flakes

The Plant-Based Slow Cooker Robin Robertson 2020-11-03 This revised and updated edition of the best-selling cookbook *Fresh from the Vegan Slow Cooker*—now with a plant-based focus—offers 225 extremely convenient, delicious, and completely plant-based recipes for everyone's favorite cooking machine. In this inventive cookbook filled with enticing ingredients and flavors, veteran chef, cooking teacher, and acclaimed vegan cookbook author Robin Robertson shares her expertise on the creative use of slow cookers. *Fresh from the Plant-Based Slow Cooker* includes 17 new recipes throughout eleven recipe chapters, four of which focus on main courses. There are homey and comforting foods in the American and European style, such as a Rustic Pot Pie Topped with Chive Biscuits and a Ziti with Mushroom and Bell Pepper Ragu, and there are many East Asian, South and Southeast Asian, and Mexican/Latin dishes, too. Beans, which cook slowly under any circumstance, are fabulously well-suited to the slow cooker, and Robin includes such appealing recipes as a Crockery Cassoulet and a Greek-Style Beans with Tomatoes and Spinach. Over 20 recipes for robust chilis and stews include a warming Chipotle Black Bean Chili with Winter Squash and a surprising but yummy Seitan Stroganoff. Beyond the mains, there are chapters devoted to snacks and appetizers, desserts, breads and breakfasts, and even one on drinks. The many soy-free and gluten-free recipes are clearly identified. *Fresh from the Plant-Based Slow-Cooker* also provides practical guidance on how to work with different models of slow-cookers, taking into account the sizes of various machines, the variety of settings they offer, and the quirks and personalities of each device. Robin addresses any lingering skepticism readers may have about whether slow cookers can have delicious, meat-free applications, and she shows how to take into account the water content of vegetables and the absorptive qualities of grains when plant-based slow-cooking. Altogether, this new edition offers you an abundance of ways to expand your plant-based repertoire and to get maximum value from your investment in a slow cooker.

The Skinny Slow Cooker Recipe Book Cooknation 2017-03-01 Delicious Recipes Under 300, 400 And 500 Calories The original 'Skinny' slow cooker recipe book! Inexpensive, healthy meals for you and your family with the minimum of fuss. This No.1 bestselling collection of tasty recipes uses simple and inexpensive fresh ingredients. They are packed full of flavour & goodness and proves that diet can still mean delicious! Recipes include: • Rustic Chicken Stew (Cacciatore) • Zingy Lime Chicken • Sweet Asian Chicken • Italian Meatballs • Scottish Stovies • Budapest's Best Beef Goulash • Enchilada El Salvador • Aromatic Kicking Pork Ribs • Sweet & Sour Pineapple Pork • Cowboy Casserole • Marrakesh Lamb • Green Thai Fish Curry • Tuna & Noodle Cattia • Pomodoro Pasta Sauce • St Patrick's Day Soup • Breakfasts, Snacks & Many More.....

The Skinny Actifry Cookbook Cooknation 2014-03 "Discover the healthier way to fry!"--Cover.

The Skinny Slow Cooker Vegetarian Recipe Book Cooknation 2013-06-28 #1 Best Selling Amazon Author The Skinny Slow Cooker Vegetarian

Recipe Book 40 Meat Free Recipes Under 200, 300 And 400 Calories Whether you are a vegetarian or just love vegetables, this collection of easy to prepare and delicious low-calorie vegetarian recipes will help you make inexpensive, healthy, meat free meals for you and your family with the minimum of fuss. The recipes are simple and easy to follow with fresh and seasonal ingredients and are packed full of flavour and goodness so you can enjoy maximum taste but with minimum calories. Here are just some of the delicious meat free recipes included: Nightshade Thai Curry Capsicum Mexican Chilli Slow Spanish Tombet Boston Bean Dream Caribbean Spiced Sweet Potatoes Shepherd-less Lentil Pie Sloppy Joes Chickpea Cattia Baked Potatoes & Butternut Squash Lean Green Risotto Hand To Mouth Tex Mex Tacos Pomodoro Pasta Sauce Risi e Bisi Bean, Potato & Cheese Stew Berber Rice Baked Peppers Corn & Potato Chowder Barley & Chestnut Mushroom Soup St Patrick's Day Soup Asian Hot Soup Zucchini Soup You may also enjoy other titles in the 'skinny' range. Just search 'CookNation'.

Chinese Takeaway Cookbook Kwoklyn Wan 2019-01-24 Chinese is the UK's favourite takeout food, and it's beloved all over the world - as with much Indian food, it's the nostalgic, comforting creations for western palates that really get people salivating. Now you can make your favourite Chinese restaurant classics at home with Kwoklyn Wan's fabulous Chinese Takeaway Cookbook. Kwoklyn is a third-generation Chinese chef: BBC (British-Born Chinese). He's also the brother of TV celebrity Gok Wan and both boys grew up working in their family's Cantonese Restaurant in Leicester in the 1970s. He has spent years perfecting recipes for Chinese dishes that taste like the ones from your local takeaway kitchen or restaurant. The book features 70 classic dishes, everything from sweet and sour chicken to char siu, prawn toast to chop suey, egg-fried rice to crispy seaweed - and most of them can be on the table in 20 minutes or less. Cook up a storm at home with Kwoklyn's fabulous take on food from the takeaway.

Fat-Free Indian Shehzad Husain 2018-04-20 Enjoy healthy versions of traditional Indian dishes, deliciously tasty with just a few simple changes.

Slow Cooker Vegetarian Katy Holder 2018-05-23 Whether you're vegetarian or simply looking for ideas for a few meat-free Mondays, Slow Cooker Vegetarian offers a whole new way to celebrate healthy hands-off cooking. Everyone's favourite set-and-forget device gets a modern makeover with 100 recipes for meat-free soups, pastas, salads, hearty comfort food and even desserts. Throw some fresh, whole foods into the slow cooker and walk away to do something exciting - very few nutrients are lost during the slow cooking process and you'll come back to a complete balanced one-pot meal, usually with no need for additional protein. Rediscover your slow cooker and reclaim your precious time.

The Skinny Steamer Recipe Book Cooknation 2014-10-08 The Skinny Steamer Recipe Book Delicious, Healthy, Low Calorie, Low Fat Steam Cooking Recipes Under 300, 400 & 500 Calories If you think your steamer is just for cooking vegetables think again! This brand new collection of delicious poultry, vegetarian, seafood & meat dishes are fast, fresh, fuss free, low fat and low calorie. Designed to help you make the most of your steamer, all our skinny steaming recipes fall below 300, 400 and 500 calories - which is perfect if you are following a calorie controlled diet or are keen to maintain and manage your weight! Every recipe serves two people and can be prepared in minutes. Versatile, simple & healthy.... there has never been a better time to start steaming. Includes over 60 recipes, cooking charts and tips. You may also enjoy other titles from the Skinny calorie counted series. Just search 'cooknation' on Amazon.

The New 5 Jacqueline Whitehart 2017-03-29 The 5:2 Diet has never been so easy! By cutting back to 800 calories for only two days a week you can lose weight and lower your risk of age-related illnesses. Jacqueline demystifies the latest research, giving you up-to-the-minute guidance to get the most from your 5:2 Diet. 800 calorie 'diet' days Overnight fasting New junk food rules Over 100 new and revised recipes 800 Calorie Meal Plans This essential and easy-to-follow guide is choc-full of advice and help to get you started with The New 5:2 Diet. Bestselling diet author Jacqueline Whitehart makes the 5:2 Diet easier than ever before.

Delia Smith's Complete Cookery Course Delia Smith 1992 Completely revised and updated, this cookery "bible" still contains all the established

favorites such as Flaky Fish Pie, Christmas Pudding, and the secret of Crunchy Roast Potatoes. Delia has also added some new recipes like Stir-Fried Mange Tout and Roast Stuffed Goose with Prunes and Armagnac. Clear and comprehensive, the recipes are suitable for beginners as well as more experienced cooks. Delia also gives advice on new and widely-available ingredients like easy-blend yeast, filo pastry, and fromage frais.

Fresh from the Vegan Slow Cooker Robin Robertson 2012-10-02 Expand your vegan repertoire and get the maximum value from your slow cooker with these 200 delicious vegan slower-cooker recipes. In *Fresh from the Vegan Slow Cooker*, best-selling vegan and vegetarian cookbook author Robin Robertson unites her expertise on the creative use of slow cookers, her ingenuity in the kitchen, and talent for working with enticing ingredients and flavors. She provides practical guidance on how to work with different models of slow cookers, taking into account the sizes of various machines, the variety of settings they offer, and the quirks and personalities of each device. Robin addresses any lingering skepticism you may have about whether slow cookers can have delicious, meat-free applications, and she shows how to take into account the water content of vegetables and the absorptive qualities of grains when vegan slow-cooking. *Fresh from the Vegan Slow-Cooker* includes eleven recipe chapters, four of which focus on main courses. Including many soy-free and gluten-free recipes, you will find: ·Homey and comforting foods in the American and European style, such as a Rustic Pot Pie Topped with Chive Biscuits and a Ziti with Mushroom and Bell Pepper Ragu ·East Asian, South and Southeast Asian, and Mexican/Latin dishes ·Appealing bean dishes such as a Crockery Cassoulet and a Greek-Style Beans with Tomatoes and Spinach ·Eighteen robust chilis and stews, including a warming Chipotle Black Bean Chili with Winter Squash and a surprising but yummy Seitan Stroganoff ·Snacks and appetizers, desserts, breads and breakfasts, and even drinks Combining the convenience of the slow cooker with the health and environmental benefits of vegan eating, *Fresh from the Vegan Slow Cooker* is a must-have resource, whether you live a completely vegan lifestyle or are looking to incorporate more meatless meals into your busy life.

Healthy Slow Cooker Nicola Graimes 2022-01-11 Discover the convenience and versatility of your slow cooker with over 60 inspired, tried-and-tested and nourishing recipes. For anyone who loves good food but has little time to spend cooking, an electric slow cooker can fit perfectly into a busy lifestyle. They can be used day or night, and you don't have to stay at home to keep an eye on your cooking while you produce hearty, healthy food for all the family to enjoy. The recipes in this book mainly use sustaining grains, beans and pulses, along with vegetable ingredients and lean high protein foods, including fish, poultry and meat. The addition of fresh herbs and spices with known health-giving qualities, such as turmeric and ginger, adds flavour as well as packing an extra nutritional punch.

The Curry Guy Thai Dan Toombs 2021-04-15 The Curry Guy aka Dan Toombs is back, and this time he is taking on Thai takeaway and restaurant favourites. Dan has spent over two decades working with chefs and eateries to research and create recipes that taste just like the takeaway. Thai cuisine is known for its light dishes that are packed with diverse flavours and textures, and which make the most of a fine balance of sour, sweet and salt. In *The Curry Guy Thai*, Dan offers up his own versions of those much-loved dishes, including beef massaman curry, red duck curry, pad Thai, fishcakes and summer rolls. With over over 100 recipes, beautiful colour photography throughout, plus store cupboard tips and advice, you'll learn how to create your own classic dishes at home.

The Curry Guy Veggie Dan Toombs 2019-04-04 Vegetarian food is popular all over India, and people are growing to love the fresh, spicy and sweet flavours of authentic Indian cooking. Dan Toombs, *The Curry Guy*, has been on a quest to learn and develop the most celebrated meat-free Indian recipes, and in *The Curry Guy Veggie* he presents over 100 recipes that focus on taste and simplicity. Much vegetarian food at curry houses is unappealing and unimaginative. *The Curry Guy Veggie* showcases how exciting Indian vegetarian food can be with mouth-watering starters, classic curries, idlis, dosas and fried breads, as well as the delicious side dishes that we all know and love. All of the ingredients are accessible and easy to

find in supermarkets, Asian grocers and online - and with Dan's detailed step-by-step instructions, you'll be making your own vegetarian curry feasts in no time at all.

American Heart Association Low-Fat, Low-Cholesterol Cookbook 2005-09-13 A third edition of the popular healthy recipe primer features fifty new dishes, including Smoked Salmon Dip with Cucumber and Herbs and Key Lime Tart with Tropical Fruit, in a guide that shares the most recent scientific guidelines for promoting heart health through diet. Reprint. 30,000 first printing.

The Simple 5 Ingredient Skinny Slow Cooker Cooknation 2017-10-27 Our recipes are no fuss, low calorie and really do only need 5 ingredients to deliver a delicious, nutritious slow cooker meal that will allow you stay on track with your weight loss efforts.

The Curry Guy Light Dan Toombs 2020-03-05 In *The Curry Guy Light*, Dan Toombs, aka the Curry Guy, showcases over 100 recipes that are: Lower in carbs and calories than most other Indian recipes Lower in fat and salt without lacking flavour Delicious and fresh-tasting Dan has spent many years researching the food of Kerala and Goa, as well as learning the secrets of Indian restaurants. In *The Curry Guy Light* he shows that you can make your favourite curry house meals but at the same time know that it's really good for you - you'd never know it when the food works its magic! He's developed a new, lighter version of his classic base sauce, and created lower-cal versions of curry house classics, including starters like onion bhajis and spicy hot chicken wings, indulgent Goan prawn curry, chicken tikka masala and saag paneer, your favourite sides such as tarka dhal and coconut rice, plus chutneys and snacks. All the recipes have clear, step-by-step instructions, and are guaranteed 100% delectable. It's the curry cookbook you've been waiting for!

The Healthy Slow Cooker Cookbook Sarah Flower 2019-09-05 This book is for those who want to cook at home more; to save money by using cheaper cuts of meat; and to save time preparing a meal after the working day. You can literally fill your slow cooker with your chosen ingredients, turn it on, and walk away for the day, returning to a flavour-filled dish. It's as simple as that. But as well as saving time and money you also want to make sure you eat healthily. In this book nutritionist Sarah Flower takes her favourite, tastiest, slow-cooker recipes and gives them a healthy twist. You can now create thrifty, delicious and wholesome meals with the minimum of effort - and lead a healthier lifestyle, too.

Vegetarian Slow Cooker Recipe Book Maria Holmes 2013-12 Get best selling author Maria Holmes' 30 favorite vegetarian slow cooker recipes! *Vegetarian Slow Cooker Recipe Book: 30 Easy Set It & Forget It Meals* is the first book written by Maria Holmes, a home cook with a passion for preparing simple and delicious meals for her family and friends. Over the past few months, Maria's family has been trying to convince her to share her love for, and knowledge of, cooking. After much persuasion, Maria decided to write her first cookbook. This brand new best selling vegetarian slow cooker recipe book is a compilation of 30 delicious, healthy and easy to prepare meat-free crockpot meals. Each of these recipes have been prepared by Ms. Holmes herself and tested on not only her family, but countless food connoisseurs who gave these meals two thumbs up for pleasant flavors, fragrant aromas, great textures and amazing colors. The book has a great introduction to vegetarian slow cooking and the recipes are divided into six chapters. In the introduction, readers will learn the benefits of slow cooking and the keys to preparing successful slow-cooker meals. You will also discover useful guidelines to help you adapt your favorite slow cooker recipes to meet your own individual tastes. Other useful advice includes how to choose the perfect slow cooker recipes and how to add the ingredients into the slow cooker to ensure that your recipes come out picture-perfect and delicious every time. The last part of the introduction includes clear, step-by-step instructions and helpful tips for cooking dried beans in a slow cooker. But Chapter 1 through Chapter 6 is where you will find all the delectably tasty and healthy vegetarian slow cooker recipes. Even if you are not a vegetarian, you will find that these delicious recipes can please everyone's palates. So, here is the list of those vegetarian slow cooker recipes that are waiting for you to enjoy: - Chapter 1: Soups - Chapter 2: Beans - Chapter 3: Chilies - Chapter 4: Potatoes - Chapter 5: Rices - Chapter

6: Desserts In conclusion, *Vegetarian Slow Cooker Recipe Book: 30 Easy Set it & Forget It Meals* by Maria Holmes is the ultimate choice for anyone who wishes to prepare easy set it and forget vegetarian slow cooker meals.

The Great Cholesterol Myth Cookbook Jonny Bowden 2013-11-15 Argues that low-cholesterol fat may actually help in the fight against heart disease and organizes detailed meal plans and recipes that prevent and reverse heart disease.

30 Minute Mowgli Nisha Katona 2021-11-09 Spice-packed, punchy, and fresh Indian-inspired dishes to get on the table in 30 minutes or less from the creator of Mowgli Indian restaurants These punchy and delicious Indian-style recipes will take you from couch to curry in 30 minutes or less. These recipes are big in flavor but also light, healthy and made from accessible ingredients, often just using what's already in your cupboard or fridge. Tantalize your tastebuds with such recipes as "Quick Angry Tandoori," "Yogurt Coriander Turkey", "Back of the Fridge Curry" or "Million Dollar Green Dahl." For super usability, the chapters are themed around ingredients: • Poultry • Meat • Fish • Vegetables • Desserts • "Ma, Look Away!" (for Nisha's favorite pasta dishes) The recipes range from light lunches to substantial dinners and are all tasty and nutritious meals to whip up without fuss.

Fresh from the Vegetarian Slow Cooker Robin Robertson 2010 Discover the amazing versatility of the slow cooker! If you're a vegetarian who thought slow cookers were just for meat-eaters, *Fresh from the Vegetarian Slow Cooker* will introduce you to the wonders of slow cooking. And if you're already a slow cooker enthusiast, here's a whole new array of healthy, delicious recipes for a favorite appliance. Slow cookers can be used for a lot more than just tough, inexpensive cuts of meat. They're perfect for vegetarian and healthy cooking because slow cooking is a foolproof way to make beans, grains, numerous vegetables, and much, much more. "Until now most slow cooker cookbooks have been heavily meat oriented, leaning mightily on processed, preservative-heavy ingredients. *Fresh from the Vegetarian Slow Cooker* changes that. What a good idea! Here, every ingredient is fresh and real, and there's not a single pot roast with dehydrated onion soup to be found! Hooray for this cookbook's ease, innovation, delicious-sounding variety, bright ingredients, and fine results. Not just vegetarians, but anyone who needs cooking ease but doesn't want to sacrifice full flavor or health, will rejoice in this inviting book." - Crescent Dragonwagon, James Beard Award-winning author of *Passionate Vegetarian*

Superfood Soups Julie Morris 2016 Soup's on--and these mouthwatering recipes brim with goodness. Acclaimed superfood chef Julie Morris has chosen 100 favorites packed with nutrient-dense and plant-based whole foods and boosted with such scientifically lauded superfoods as chia, medicinal mushrooms, turmeric, and kale. From a comforting Smoky Pumpkin Soup with Candied Seed Clusters, to an irresistibly inventive Watermelon Goji Gazpacho, to Cacao Black Bean Soup, every health-giving bowl delivers deeply nourishing and satisfying deliciousness.

The Easy 5-Ingredient Slow Cooker Cookbook Karen Bellessa Petersen 2017-09-26 Making delicious home-cooked meals is a snap with this slow-cooker cookbook. Deciding what's for dinner doesn't have to be a panic-filled, last-minute decision. *The Easy 5-Ingredient Slow Cooker Cookbook* is designed to make things deliciously fast and easy for busy home cooks—with no-fuss meals that anyone can make. From Apple-Cinnamon Oatmeal and Mexican Corn Chowder to Beer Brisket and Banana Bread, this slow cooker cookbook is filled with savory, limited-ingredient recipes. Take just a few minutes to prep and set in the morning and unveil a complete, mouthwatering meal in time for dinner. *The Easy 5-Ingredient Slow Cooker Cookbook* includes: 100 effortless recipes—Breakfasts, stews, desserts, and more...choose from loads of 5-ingredient, slow cooker recipes that take 15-minutes or less to prep. Great tastes that are good for you—Whole food recipes—complete with detailed nutrition info—help you keep home cooking healthy. One-pot meals—You won't need sides thanks to this slow cooker cookbook—recipes are complete, delicious, and satisfying meals all on their own. Discover how simple home-cooked dinners can be with *The Easy 5-Ingredient Slow Cooker Cookbook*.

Good Food: Slow Cooker Favourites Good Food Guides 2011-08-25 For those of us with busy lifestyles and little time to spare, slow cookers are a

priceless helping hand in the kitchen - with as little as 10 minutes spent preparing a dish at the beginning of the day, you can enjoy delicious food a few hours later without slaving away at a hot stove. That's why the trusted experts at Good Food magazine, the UK's best-selling cookery magazine, have put together this essential guide to making the most of your slow cooker. With recipes for comfort food favourites like curries, chillis, soups and puddings, through to fresh ideas for meaty stews, braised fish and melt-in-the-mouth vegetarian meals, there is a slow-cooked meal to suit every taste and occasion. Accompanied throughout with full-colour photographs and a nutritional breakdown of every recipe, this collection of Good Food's favourite triple-tested slow cooker recipes will work first time, every time. A blend of timeless classics, clever twists and irresistible flavours, Slow Cooker Favourites is packed with recipe ideas for a whole host of mouth-watering treats.

The Skinny Slow Cooker Soup Recipe Book Cooknation 2014-02 The Skinny Slow Cooker Soup Recipe Book Simple, Healthy & Delicious Low Calorie Soup Recipes For Your Slow Cooker. All Under 100, 200 & 300 Calories. Slow cookers are one of the most versatile appliances in the kitchen. They allow us to cook almost anything but perhaps one of the most rewarding, healthy and simplest of dishes that the slow cooker can create is soup. The Skinny Slow Cooker Soup Recipe Book is packed with 70 simple, tasty, low calorie recipes for your slow cooker. Offering tips and inspiration, the book guides you through a range of delicious soup ideas for your slow cooker. From traditional family favourites to new and interesting ideas which will change the way you think about soup..... and all under 100, 200 or 300 calories. Focusing on healthy fresh ingredients our skinny soups are perfect as part of a balanced diet and can be instrumental in helping you lose weight or maintain your figure without compromising on flavour, taste or leaving you feeling hungry. Making them the perfect partner to any calorie controlled diet. If you are looking for some new ideas for soup making to help you lose weight, control your diet or to serve up a healthy balanced dish for your family then you will find inspiration here. Recipes include: Three Bean Soup Simple Lentil Soup Sweet Potato & Orange Soup Honey & Carrot Soup Easy Cauliflower Cheese Soup Watercress & Blue Cheese Soup Celeriac Soup Creamy Mushroom Soup Classic Chicken Soup Chicken & Leek Soup Chicken & Sweetcorn Soup Chicken, Basil & Pepper Soup Oriental Chicken & Rice Soup Vegetable & Chicken Broth Creamy Chicken & Sweetcorn Soup Spicy Beef Soup Pea & Ham Soup Oriental Pork Soup Barley, Lamb & Vegetable Broth Creamy Crab & Rice Soup Smoked Haddock Soup Hot & Sour King Prawn Soup Porcini Noodle Soup Prawn & Coconut Cream Soup Pork & Beansprout Noodle Soup

The Spice Tree Nisha Katona 2017-06-15 All the secrets to cook authentic family-style and takeaway favourite curries at home from Mowgli founder and curry evangelist Nisha Katona. 'Nisha's book is brilliant - stunning recipes' -- Tom Kerridge Beautiful, tasty, delicious food that I could eat every day. - Simon Rimmer Nisha's food is good for the soul - bowls of comfort and platefuls of joy. Her recipes are simple and utterly delicious -- Lorraine Kelly 'This is simply one of the best books on Indian food I've come across' -- ***** Reader review 'By far the best cookery book I've ever bought' -- ***** Reader review 'Every recipe has been a hit!' -- ***** Reader review

***** Mowgli founder and 'curry evangelist' Nisha Katona shares all the secrets from her Indian family kitchen, passed down through the generations, so you can cook your favourite curries at home. Introducing her concept of the 'spice tree' - a simple infographic formula to show you which spices and ingredients go best together - Nisha will demonstrate how to get that authentic curry flavour every time. Discover new and inventive recipes that showcase the perfect flavour pairings of the Indian kitchen, including: *Steamed Bengali Trout *Salmon and Cauliflower Curry *Mackerel with Nigella and Tomato *Goan Fish Curry *Butter Chicken *Quail Masala *Railway Goat Curry *Spiced Ginger Lamb Raan *Green Dahl with Rhubarb and Ginger *Puy Lentils with Cardamom and Garam Masala *Peanut and Potato Powa With stunning photography, easy to follow recipes and accessible explanations of flavour pairings, this will change the way you approach Indian cuisine!

100 Under 500 Calorie Vegetarian Recipes Beth Christian 2013-09-07 A collection of 100 easy-to-make, nutrient-rich, delicious, calorie-counted, vegetarian and vegan recipes which can be mixed and matched to give you a satisfying meal of 500 calories or less. 100 Under 500 Calorie Vegetarian Meals is perfect for anyone embarking on a weight-loss plan, calorie-counted diet or those just looking to eat more healthily while cutting down on animal products. Each recipe is calorie-counted, so it is easy to keep track of calories and to combine recipes (starters and entrees, entrees and desserts) for the perfect main meal. 100 Under 500 Calorie Vegetarian Meals includes: Starters Soups Salads Pasta and Noodles Rice, Grain and Beans Meatless Makeovers Ways with Eggs Pizzas and Sandwiches and Vegan Desserts These recipes will help support you with your weight-loss goals and help you follow a healthy eating plan without compromising on taste and variety.

The Indian Slow Cooker Anupy Singla 2010-09-01 This unique guide to preparing Indian food using classic slow-cooker techniques features more than 50 recipes, beautifully illustrated with full-color photography throughout. These great recipes take advantage of the slow cooker's ability to keep food moist through its long cooking cycle, letting readers create dishes with far less oil and saturated fat than in traditional recipes. Anupy Singla shows the busy, harried family that cooking healthy is simple and that cooking Indian is just a matter of understanding a few key spices. Her "Indian Spices 101" chapter introduces readers to the mainstay spices of an Indian kitchen, as well as how to store, prepare, and combine them in different ways. Among her 50 recipes are all the classics — specialties like dal, palak paneer, and gobi aloo — and also dishes like butter chicken, keema, and much more. The result is a terrific introduction to making healthful, flavorful Indian food using the simplicity and convenience of the slow cooker.

Vegan Cooking Eva Batt 2002 New jacket for this classic vegan cookbook published in association with The Vegan Society. Eva Batt was a vegan cookery pioneer and her book is much revered by the Vegan Society. It's a classic introduction to vegan cooking, and is recommended for those who are new to meat and dairy free recipes. The book: -explains the sorts of staples you'll need in the kitchen. -provides recipes that are extremely straightforward to prepare. -offers a complete nutritional guide to vegan food so the reader can be assured that they understand their protein requirements, and do get the right mix of vitamins, minerals and food groups. -explains the different protein supplements - such as tofu, soya, t.v.p. Recipes cover a wide range of dishes and meal types from breakfasts to snacks, lunches, dinner and entertaining. The recipes themselves are excellent and very much from a British tradition of 'good old fashioned' cooking. As well as the basic cooking instructions, the text is full of Eva Batt's useful tips and asides for new cooks.

The Easy Indian Slow Cooker Cookbook Hari Ghotra 2017-09-26 "It's tempting to reach for the take-out menu when you think about how long it can take to make your favorite Indian dishes at home. But you don't have to spend your day in the kitchen to enjoy a home-cooked, traditional curry or masala. The Easy Indian Slow Cooker Cookbook gives you quick prep recipes for your slow cooker so that you can enjoy all of the spices that Indian food has to offer without wasting any time. Fire up your taste buds, not your stove, with the speedy and spicy recipes in this Indian cookbook." -- Amazon.com

50 Simple Soups for the Slow Cooker Lynn Alley 2011-09-27 The author of *The Gourmet Vegetarian Slow Cooker* presents dozens of easy, flavorful soup recipes that can be made in a countertop slow cooker, from Ribollita and French Onion to Swedish Rhubarb Raspberry Soup and Garnet Yam Soup with Coconut Cream.

The Vegetarian Slow Cooker Judith Finlayson 2010 All the advantages of eating more vegetables and grains and the convenience of a slow cooker.

The Skinny Indian Takeaway Recipe Book Cooknation 2013-06 The secret to cooking your favourite Indian takeaway meal isn't a secret anymore and even better, all our recipes are low calorie so you don't have to feel guilty about it ever again! This recipe book is packed full of the UK's best loved British Indian Restaurant Takeaway meals which we have turned into 'skinny' versions with our Secret Super Simple Skinny Curry Base Mix.

This means you can still enjoy your Friday night takeaway without piling on the pounds or compromising on the takeaway flavour we all love so much. So EASY even a BEGINNER can master in minutes the simple secret behind low calorie Madras, Tikka Masala, Korma, Rogan Josh, Vindaloo, Bhuna & many more. Plus you'll be doing it the 'skinny' way without the gut-busting calories.

The Skinny Slow Cooker Curry Recipe Book Cooknation 2014-03 *The Skinny Slow Cooker Curry Recipe Book*. Delicious & Simple Low Calorie Curries From Around The World Under 200, 300 & 400 Calories. Perfect For Your Diet Fast Days. Curry has become one of the most loved dishes in the world. Hot, mild, fragrant, sweet or nutty, the choices are endless. The slow cooking process tenderises meat to make it melt in the mouth and the exotic mix of ingredients gives maximum flavour, filling your home with the incredible aroma of a Delhi spice market. Inspiration for the curries in this book comes from around the world. They are all easy to prepare, delicious low calorie recipes under 200, 300 & 400 calories which will help you make healthy meals with the minimum of fuss and are the ideal companion to any calorie counted diet. Using simple and inexpensive fresh ingredients, these recipes are packed full of flavour & goodness and prove that Skinny can still mean Delicious With over 70 recipes there is a curry to suit every taste, from the super-fiery to the family-friendly including, meat, seafood and vegetable dishes. "Recipes include: " Lamb Jalfrezi Thai Basil Curry Moroccan Lamb & Apricot Curry Hot Spiced Creamy Beef Curry Caribbean Beef Curry Korean Beef & Potato Curry Lemongrass & Pork Coconut Curry Beef & Red Pepper Kofta Curry Marrakesh Lime & Lamb Curry St. Barts Pork Curry Hot Bamboo Shoot Beef Curry Beef Madras Chicken Korma Chicken & Soy Curry Sweet Potato & Chicken Curry Chicken Keema Chicken & Mango Curry Fresh Tomato & Basil Chicken Curry 'Butter' Chicken Chicken Bhuna Dhansak Chicken Pasanda King Prawn & Fresh Pea Curry Thai Fish Curry Ginger & Fresh Tomato Prawns Mackerel Curry Coconut Milk & Fish Curry Pineapple & Prawn Curry Aloo Gobi Spinach & Paneer Cumin & Spinach Potatoes Onion & Egg Masala Garlic Curry Gobhi Coconut Curry

The 400-Calorie Mediterranean Diet Cookbook Peter Minaki 2021-09-14 Enjoy the amazing flavors and health benefits of the Mediterranean diet while effectively managing your weight with 100 recipes—all 400 calories or less. Doctors, nutritionists, and health experts all agree that the Mediterranean diet is the healthiest way to eat. The Mediterranean diet not only reduces inflammation but also protects against chronic disease, lowers cholesterol, and can aid in weight loss making it one of the most popular diets out there. In *The 400-Calorie Mediterranean Diet Cookbook* you can enjoy all the benefits of the Mediterranean diet without sacrificing the delicious flavors that you love. These 100 healthy recipes are all under 400 calories so you can lose weight while enjoying satisfying portion sizes. With photos throughout and recipes for breakfast, lunch, and dinner, plus good-for-you snacks and low-calorie desserts, you will find everything you need to manage your calorie intake while enjoying fresh fruits and vegetables, whole grains, olive oil, seafood, and lean meats and nuts. This healthy cookbook makes losing weight and improving your health easier and quicker than ever!

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