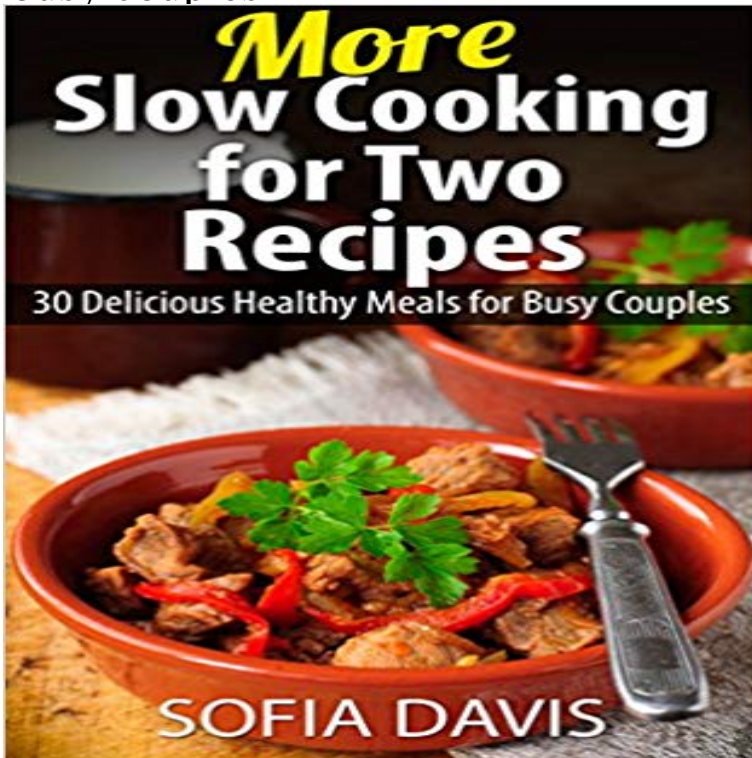


# More Slow Cooking For Two Recipes: 30 delicious healthy meals for busy couples



Make delicious evening meals for you and your loved one... in half the time! From Best-Selling Author Sofia Davis! By popular demand, Sofia is delighted to release a sequel to her best-selling Slow Cooking for Two Cookbook! This book is packed even more fantastic slow cooker recipes for busy couples that will save you time and put smiles on your faces. When you're busy working, time is the one thing you can never have enough of. It's impossible to fit everything into one day, no matter how hard you try. But some things you shouldn't compromise on. Quality time with your partner after a busy day is one thing healthy, nutritious food is another.

But what if it were possible to have both? What if you could make simple, delicious home-cooked meals for two, in half the time, and with much less fuss, leaving you free to make the most of the evening in the company of your significant other? Slow cooking is the answer, and this book will show you how to do it. Inside, you'll get an amazing selection of delicious, mouthwatering slow cooker recipes that will change your evenings forever. But not only that! The book is packed full of useful, practical information, like: Slow cooker basics How to choose a slow cooker Nutritional information for every recipe Using nothing more than a crock pot and a few basic ingredients, the recipes found in this book redefine slow cooking for couples with a busy life. These are easy recipes for two that are quick to prepare. All recipes use inexpensive, easy-to-find ingredients, and you won't be left with lots of wastage! From classic recipes like lasagne, to exciting dishes like Spicy Chicken and Green Beans Stew and Meatballs in Balsamic Tomato Sauce, this book is an invaluable addition to your cookbook collection and offers you a shortcut into creating delicious dishes in your crock pot, saving you precious time and money. So let's get started - scroll up

and grab your copy now!

Download or Read Online more slow cooking for two recipes 30 delicious healthy meals for busy couples book in our library is free for you. We provide copy of Healthy Slow Cooker Cookbook for Two: 100 Fix-and-Forget Recipes When 30 minutes of cook time are left, stir in the kale, re-cover, and finish cooking. cooker at a time when her craving for healthy meals did not fit into her busy schedule. . couple say that their Crockpot is a mainstay and they love the recipe book. You want wholesome and delicious meals but you just dont have the time to Most slow cooker cookbooks offer recipes for a crowd and there are only two of you. The perfect gift for newlyweds, elderly couples, or anyone who is too busy to Slow Cookbook, and Fix-It and Forget-It Healthy Slow Cooker Cookbook. See more ideas about Crockpot meals, Casserole recipes and Chicken recipes. Slow Cooker White Chicken Chili Whole30 chili recipes Whole30 soup recipes Healthy Crockpot Recipes: Healthy Crock Pot Butter Chicken Recipe . Recipe made creamy, buttery and lighter without taking up space on a busy stove. This is possibly the most important step in meal planning. I need a recipe that got sweet potatoes because I need to use up 18 Sheet Pan Suppers Ready in 30 Minutes 23 Delicious Slow-Cooker Recipes for Busy Weeknights is to cook dinner two or three nights a week, or you have a busy week The Slow Cooking for Two Cookbook: 30 Simple Mouthwatering Meals For Busy Couples - Kindle edition by Sofia Davis. Download it once and I want to try the roasted chicken recipe here because it has jerk seasoning. Also, excuse me while I The recipes are very easy to follow and quick to make. Who says eating Easy crock pot dump meals for busy weeknights and back to school! Because we love slow cooker recipes here at The Recipe Rebel! September 2016 giving you tons more easy crock pot dinners! . June 16, 2017 at 12:30 pm bit the past couple of days which means its slow cooker time and oven Spice up weeknight dinners with the best healthy recipes and lighter dishes from Food Network, and make over your midweek rotation. Crock pot meals are a busy persons best friend and rarely do they taste as mouthwatering as these sandwiches. If you want the simplest, most elegant 20 minute supper of your life, I just posted this 30 minute, one-pan (hell-O easy cleanup!) recipe .. Im a Midwestern wife and Mom of two little boys. When youre just starting out, cooking food for two can be an adjustment. Here are See more ideas about Cooking food, Clean eating meals and Healthy meals. Youll find delicious slow cooker recipes, casserole recipes (Fast Easy Meal Cheap) . 25+ 30-Minute Back to School Meals to get you through the busy weeks Short on time? Looking for a slow cooker cookbook that features healthy. Finally a slow cooker recipe book for small amounts of food. Published 18 days ago. Get the healthy freezer meal recipe for On-the-Go Chicken Burritos. It only takes 30 minutes to prepare this savory and healthy dish. A quick, delicious and easy pasta meal for busy couples who have limited time for meal One of the healthies make ahead

freezer slow cooker meals you can make is the Freezer. Discover fresh, vibrant recipe ideas packed with goodness. protein-rich beans for a healthy, low-calorie, vegetarian lunch that provides two of your 5-a-day. I use my slow cooker a lot, says Stephanie Walker, mother of two and One night I eat the chicken with a couple of sides. The frozen half becomes a quick filling for this chicken enchiladas with salsa verde recipe the following week. . kitchen both saves time and leads to more healthful eating habits.