



## Slow Cooker 30 Minute Meals

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By Donna K Stevens

Createspace, United States, 2014. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.The Slow Cooker Taste under 30 Minutes In this book you will find some of the most exquisite tastes in chicken, beef, lamb, seafood, and vegetables that can be prepared at home. Reading this book will let you experience the taste of slow cooker breakfast, lunch, dinner and desserts under just 30 minutes. Not only will you find some exotic dishes to try, you can also discover their nutritional facts here and choose one that suits your diet. Slow cooker food is known because of the rich flavor in every bite, and our list of recipes provides more than just that. Our list of recipes retain the nutrients that are lost in slow cookers as all the recipes you will find here are prepared under 30 minutes. This helps in restoring vital nutrients like proteins, vitamins, dietary fibers, and iron to name a few. One thing to note is that in all the recipes listed in this book, you will have to prepare the chicken, beef, lamb, seafood, and vegetables before you start following the instructions. Based on...



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