

Download Mediterranean Slow Cooker Cookbook Recipes Ebook

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Savor the unforgettable flavors of the Mediterranean using a slow cooker! These 80 recipes are devoted to such iconic dishes as Beef in Barolo from Italy, Braised Basque Chicken from Spain, Bouillabaisse from France, and Spicy Tagines from Morocco.

The Mediterranean Slow Cooker Cookbook: A Mediterranean Cookbook with 101 Easy Slow Cooker Recipes by Salinas Press. Read online, or download in secure ePub (digitally watermarked) format

With The Mediterranean Slow Cooker Cookbook, you'll enjoy healthy vegetables, fruits, legumes, fish, and whole grains from the most delicious region on earth. Mediterranean food draws much of its flavor from heart-healthy fats such as olive oil and nuts. By using a slow cooker, you can maximize the taste of your Mediterranean dishes and save time in the kitchen. With a bit of advanced preparation, you can come home to a healthy, slow-cooked Mediterranean meal, even on a busy weeknight.

Everyday Vegan Mediterranean Slow Cooker Cookbook utilizes the ways in which the Mediterranean culture fuels themselves with the appropriate richness of unsaturated olive oil, grains, fiber-rich vegetables, and the occasional fruits. The cookbook combines these Mediterranean food values with a clean vegan lifestyle.

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Slow-cooking techniques for delicious dishes from the Mediterranean region, from a New York Times–bestselling cookbook author! With the combination of tradition, innovation, and ease that have made her recipes so popular, Michele Scicolone gathers intriguing dishes from every corner of the Mediterranean and streamlines them for the slow cooker.

Enjoy classic Mediterranean cookbook recipes straight from your slow cooker with The Mediterranean Slow Cooker Cookbook. This delectable Mediterranean cookbook gives you over 100 simple and filling meals packed with the fresh vegetables, fruits, fish, whole grains and heart-healthy fats traditional to Greece, Italy, and Spain.

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