



Mediterranean Slow Cooker Cookbook For Two Or One (For The 1.5-2 Quart Slow Cooker). Top 20 Easy & Delivious Mediterranean Slow Cooker Recipes: (mediterranean cookbook, mediterranean diet cookbook)

Sofia Smith

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Mediterranean Slow Cooker Cookbook For The 1.5-2 Quart Slow Cooker (FREE Bonus Included)

Top 20 Easy & Delivious Mediterranean Slow Cooker Recipes For Two Or One

Traditionally, Mediterranean foods have employed the slow-cooker. A method by which food is gently heated and cooked over long periods of time that will cure spices and flavor into the food, as well as evenly spread the characteristics of the dish to a palatable sensation that tastes wonderful.

The only problem that most people have with slow cookers is that they end up making too much! It's very easy to over-portion and end up eating nothing but beef stroganoff for five days!

This is terrible because either you end up over-eating or you end up having to throw food away; and no good home-maker is tolerant of waste.

So what this book is going to focus on is the sensible recipes that only call for how much you need to make according to who you're cooking for! This way the wonderful seasonings and dressings will be right and on-the-mark with measurements, but the entree of the meal can be portioned to your liking!

This book showcases 20 Mediterranean Slow Cooker recipes if you are looking for smaller-portioned Mediterranean meals or have a small family, Mediterranean Slow Cooking for Two or Just for You is the perfect resource for you. Featuring recipes geared specifically for use with a 1.5 - to 2-quart slow cooker and you'll find here a great meal ideas that you can make with minimal effort and maximum taste! Just prepare the night before and come home to a hot! You're now able to plug in the crockpot and toss a few ingredients that will cook into an awesome dinner for you and your loved ones. The little Slow Cooker is very easy to use so it makes cooking everyday a snap, and you are able to have a healthy variety of foods at a fraction of the cost of eating out.

In this book, you will find the following:

Chapter 1 – Picking a slow-cooker; is slow-cooking for you?

Chapter 2 – Mediterranean recipes

- Mediterranean slow-cooked pork
- Meat sauce with pasta
- Mediterranean roast turkey
- Vegetable and Chickpea Curry
- Healthy Mediterranean chicken supper
- Mediterranean-style meatballs
- Mediterranean lemon-spiced chicken
- Mediterranean-style vegetarian stew
- Spanish slow-cooked pork
- Lean salmon stew
- Smoked trout dip sauce

Chapter 3 – Deserts from around the world

- Tiramisu Bread Pudding
- Overnight apple butter
- Tangy cranberry sauce
- Slow-cooker Cheesecake
- Sweet potato paste with lime

Chapter 4 – Simple Vegetarian recipes

- Slow cooked cabbage
- Spinach sesame pasta
- Slow cooked eggplant stew
- Hummus

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