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25 Crockpot Meals with Meat (Beef and Pork): Delicious, Easy, Healthy Crockpot Meals in 3 Steps or Less (Includes No. of Servings and Nutritional Data) (Paperback)

By Julie A Anderson

Createspace, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Are you a busy mom who wants to provide healthy meals for your family? Hi there! This book, 25 Crock Pot Meals with MEAT: Delicious, easy, healthy Crockpot Meals in 3 steps or less, contains 25 healthy and delicious recipes that can be prepared and cooked in 3 steps or less. It is actually divided into 2 main parts. The first part contains 13 various slow cooker beef recipes while the other half contains 12 different slow cooker pork dishes from all over the world. These recipes are diverse enough that you could use your crock pot every day. How is this book different from all the other hundred crock pot books out in the market? Well, for one, the recipes here are well researched and the ingredients are delicately chosen. We make sure that we give you nothing but the best of the best recipes. Furthermore, at the end of each recipe there is a listing of the number of servings and a nutritional information chart. This is really helpful especially if you want to watch your calorie and sodium intake. If...



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