

Healthy Recipes: Slow Cooker, Dutch Oven, Casserole, Lasagna, Braised, Gourmet Recipes



This book contains 30 healthy recipes in six different categories, plus bonus recipes. Most of these recipes would be also appropriate for paleolithic diet. Table of Contents: Slow Cooker Recipes Slow-Cooked Beef Ribs No-Bean Chili Slow Cooked Turkey Breast with Rosemary Swiss Steak Beef Daube Dutch Oven Recipes OssoBuco Lasagna Soup Pot Roast with Vegetables Spiced Turkey Soup Italian-style Chicken and Vegetable soup Casserole Recipes Chicken Divan Squash Casserole Cheesy Broccoli Casserole Chicken Florentine Asparagus Casserole Egg Casserole Lasagna Recipes Spinach Lasagna Zucchini Lasagna Veggie and Cheese Lasagna Celeriac Lasagna Veggie Lovers Lasagna Braised Recipes Braised Beef Pot Roast Braised Beef Stew Provencal Halibut Braised Belgian Endives Braised Lamb Shoulder Gourmet Recipes Herb-Braised Artichokes Haroseth-stuffed and Spiced Cornish Hens French-Style Meatloaf Anchovy-Rosemary Lamb Roast Herby Pork Loin Roast BONUS RECIPES Home-made Worcestershire Sauce Breadcrumbs - Bread Alternative Home-Made Yogurt Homemade Mayonnaise Sour Cream Alternative Mushroom Soup Alternative Cream Cheese Alternative Homemade Ricotta Cheese

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