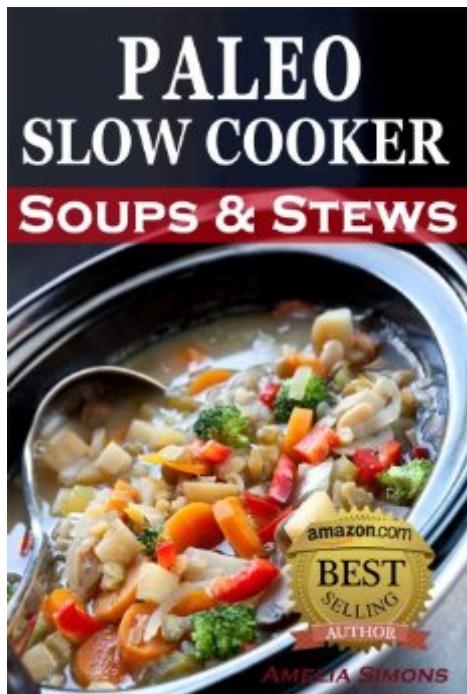


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# Paleo Slow Cooker Soups And Stews: Healthy Family Gluten-Free Recipes



## **Synopsis**

Do you want an easy way to cook soups and stews that are grain free AND gluten-free? Then Amelia Simons' 2nd cookbook in her Paleolithic Slow Cooker series is just what you are looking for! While a paleolithic diet has been shown to be a very effective low carb way for losing weight, spending time in the kitchen can be a challenge. That's why Paleolithic Slow Cooker Soups and Stews: Healthy Family Gluten-Free Recipes will give you slow cooker recipes to satisfy your hungry family while making your kitchen smell divine in the process. This gluten-free soup and stew cookbook containing 40 delicious recipes will: Give you step-by-step instructions on how to cook really tasty quick breads in your crock pot so you don't have to heat up your kitchen! Instruct you on how to convert your favorite soups and stews to slow cooker recipes! Give you recipes for soups and stews featuring beef, chicken, pork, seafood, and vegetables! Allow you to make recipes that feed 6 or more people! Give you gluten-free and grain free recipes that are tasty and healthy and will have your family and loved ones asking for seconds! So, if you answered yes to wanting an easy way to cook soups and stews for a grain free and gluten-free diet, then don't miss out on this cookbook full of healthy and delicious slow cooker recipes. PLEASE NOTE: This cookbook and my other cookbook in this series called, Paleolithic Slow Cooker: Simple and Healthy Gluten-Free Recipes, are created with families in mind. A 6-quart slow cooker is used for all the recipes; however, if you want to make smaller portions, just use a 4-quart sized crockpot and cut the ingredient amounts in half. OR even better, do like so many of us do that enjoy the Paleolithic Diet--make a big batch and have enough for another meal that requires NO COOKING!

## **Book Information**

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## **Customer Reviews**

The first thing I like about "Paleo Slow Cooker Soups and Stews" by Amelia Simons is a brief summary about what exactly Paleo is: "a diet consisting of high-protein, moderate-fat foods that are not processed, modified, or tampered with...lifestyle of eating foods that are low in carbohydrates." The author explains why a diet like this is much healthier and how our diets have changed since the days of hunter-and-gathers. (I think we all know the current situation of our population's obesity and over-weight health problems, almost all of which can be avoided with a healthy diet and lifestyle.) Next the author gives us a plethora of delicious recipes using meat, chicken, pork, seafood, and for vegetarians. There are also recipes for breads and muffins using our slow cooker too. Having an in-depth culinary background working in 4 star restaurants, I'm pleased to tell you that the recipes are very good. A nice variety of herbs and spices are used in most (if not all) of the recipes, which we know takes the dish to the next level. This is a great book to have, and certainly gift to our family and friends.

I am really excited about this book. I have just started a Paleo diet and it is definitely working for me - losing weight and feeling really healthy. However, I was running out of great recipe ideas; especially ones I can use for the whole family. Amelia Simon's book delivers great recipes using a variety of ingredients and all suitable for the slow cooker. I love my slow cooker because it means that I can quickly get it all together at night, put it on in the morning and come home to a brilliant dinner that makes the house smell fantastic. The other wonderful characteristic of the recipes provided is that they are really economical because you can make such a big quantity - and the left overs are always brilliant the next day. My kids are getting older now and I often have 2 or 3 unplanned extra's arriving for dinner. With these recipes you are never scrounging around working out what to feed everyone! I have certainly learned some great new information and tips reading this book. It was clearly set out providing the right amount of information to explain the concepts without information overload. Amelia also shows you how to easily change or substitute ingredients if you don't have everything on the ingredient list. Thank you Amelia - my family thank you too!!

I have enjoyed the recipes in this book. I have down loaded other recipe books but the recipes don't turn out. I have come to trust this book and the measurements of ingredients it calls for. I have been baking the breads in the oven. I tried it once in the crock pot, but just decided I didn't want to wait that long.

I first encountered the 'Paleo Diet' when my husband could not take another salad or glycemic diet staple--chicken breast. He was a carnivore to his toes, and delighted in the early Paleo recommendations: bacon fried with carrots, all the butter you want, and steak, steak, and more steak. He died 12 years ago, not because of his meat eating habits, but because he could never really adhere to doctors' recommendations more than a few months. When I saw this offering, I thought, "This might be good, but I hope it's about more than meat and butter and the 'fat tooth.' (Don't ask!) So I got it, and checked it out and found it to be quite nice. I'm a fan of soups, so this was right up my alley. These days, more and more I find myself wanting less white foods (flours and rices). This book helps me with that. I recommend it.

I doubt I will make the majority of the recipes in here but I am happy to have some at my finger tips. I am looking forward to the Jambalaya recipe as that is a dish I enjoy making and am glad I found the paleo version.

This is a great companion book for those looking to remove the many "toxins" from their diet. These Gluten-Free recipes are of course already gluten-free and as necessary can be modified to be egg and lactose free. Since these are "from scratch" recipes, it is easy to avoid high fructose corn syrup, sugar, dyes, "added flavors and colors," and other food hazards. I highly recommend this book for anyone cooking for a "sensitive" person or who just wants to live a healthier, happier life.

Have ever had a cookbook that had great sounding food but impossible to find ingredients? So frustrating. Luckily this book is very practical and I had most everything I would need. We have used many of the recipes and enjoyed them all. Better than going out to eat. Really!

Thank you kindly Amelia. I had been looking for a great Paleolithic slow cooker recipe book. I immediately ran to the store as soon as I saw your chicken and broccoli soup recipe. I thought to myself, "what a great recipe, simple and easy". I encourage all to purchase this book. It is amazing

and the ingredients are easy to find. It completely takes the frustration out of eating Paleo style. Well done sister, WELL DONE! Oh and the soup was Delicious!

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