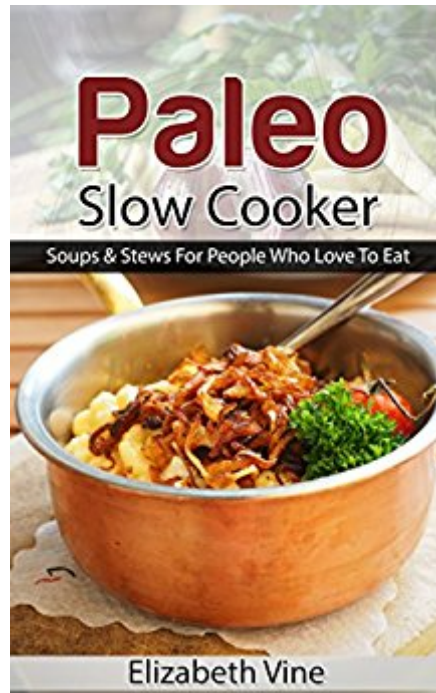


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# Paleo Slow Cooker: Soups & Stews For People Who Love To



## Synopsis

Soups and Stews #1 Bestseller on SALESoups and stews are most often thought of as comfort foods. Regardless of diet there's a soup version that can be incorporated into your routine! But how about the favourites? Grandma's Chicken Noodle. Italian Minestrone. Spicy Thai Coconut. Mexican Meatball. Irish Guinness Stew. Why sacrifice flavour when you're eating healthy and clean? With this guide you won't need to! Soups and stews are some of the best ways to get daily nutrients and vegetable servings all in one serving. They should be a regular part of your weekly meal routine! To make it easy for you - we've put together 17 of the Ultimate Soup and Stew Recipes to satisfy traditional husbands, picky kids, classic flavour enthusiasts and added a few new concoctions for daring palettes. And the best part? They're all 100% Paleo Gluten-Free Dairy-Free Sugar-Free Grain-Free So you can feel 100% Great about serving them on the dinner table! Get your Copy Now and make Soups & Stews a part of your cooking routine!

## Book Information

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## Customer Reviews

If you love hearty soups and are committed to a Paleo diet, this cookbook is for you. The cookbook contains 17 soup recipes, including such varied offerings as Mushroom Bacon Soup, Turkey Chili, Mexican Meatball Soup, Thai Butternut Squash Soup, Sweet Potato Coconut Curry, Paleo Minestrone, Cauliflower Leek Soup, Irish Guinness Lamb Stew, and Beef & Broccoli Stew, among others. All soups are 100% gluten-free, sugar-free, and fat free. Each recipe provides the following information: Number of servings, prep time, and cooking time. With a couple exceptions, the soups take a half hour or less to cook. (Only one requires a cooking time of more than an hour.) The ingredients can be found in just about any supermarket. The directions are straightforward, and almost all the soups are easy to put together.

There are tons of great Paleo friendly soups in this book but I tried my first one and it was Out of This World! The Spicy Pumpkin Chorizo Stew has just the right mix of sweet and spicy and the chorizo gives it some incredible flavor. If any of the other soups are half as good as this one then we're in for treat after treat!

I want to eat Paleo because I know the ideology behind it is great, but I wouldn't call myself a fanatic. But, this little guide makes it way easier for me to start eating the Paleo way. Turkey chili is amazing (and pretty easy to do well!). I can't wait to try the Irish Guinness Lamb Stew!

Being a paleo "eater" for quite some time, I often neglected soup consumption so I was looking for a guide that would help me with preparing paleo soups. Anyway, the book is great and it has a lot of tasty and healthy recipes. Highly recommended for anyone pursuing similar goals !

I am starting to wonder if there is some type of cultural disconnect going on here. This is the second book by this author with "slow cooker" in the title that had nothing to do with a slow cooker. I am not sure if the author is foreign born- the measurements are all in grams and kilos- so maybe slow cooker is the correct term in the author's country. The recipes are probably fine but are definitely not in the "set and forget" genre of cooking. Prep time and effort is significant for all of these recipes.

Picked this one up yesterday and tried out the Mexican meatball! It was quite good and I'm excited to try a few more of the recipes. I have a couple of Jessica's other books and enjoy using those recipes, and I'm sure there are up to the same standard!

This book has some wonderful soup recipes like Minestrone Thai, Butternut Squash, Irish Guinness Stew, Fish Stew, Mexican Meatball, and many more. A beauty of the book is that the author cooks with herbs and spices like turmeric, oregano, cilantro, bay leaf and ginger. This book is perfect for dieters and health buffs because most of these recipes have classic dieter choices. This reviewer would make a single substitute; namely, cook with quinoa instead of gluten for people who have issues with too much gluten in the diet. Otherwise, this book is good to go.

I usually find it hard sticking to the paleo diet, but this book makes it a whole lot easier! The recipes are simple to make and taste awesome. I'd recommend this book to anyone that finds it difficult and bland sticking to the paleo diet.

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