



The Skinny Slow Cooker Vegetarian Recipe Book: Meat Free Recipes Under 200,300 And 400 Calories (Paperback)

By Cooknation

Caton Books, United Kingdom, 2013. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.#1 Best Selling Amazon Author The Skinny Slow Cooker Vegetarian Recipe Book 40 Meat Free Recipes Under 200, 300 And 400 Calories Whether you are a vegetarian or just love vegetables, this collection of easy to prepare and delicious low-calorie vegetarian recipes will help you make inexpensive, healthy, meat free meals for you and your family with the minimum of fuss. The recipes are simple and easy to follow with fresh and seasonal ingredients and are packed full of flavour and goodness so you can enjoy maximum taste but with minimum calories. Here are just some of the delicious meat free recipes included: Nightshade Thai Curry Capsicum Mexican Chilli Slow Spanish Tombet Boston Bean Dream Caribbean Spiced Sweet Potatoes Shepherd-less Lentil Pie Sloppy Joes Chickpea Cattia Baked Potatoes Butternut Squash Lean Green Risotto Hand To Mouth Tex Mex Tacos Pomodoro Pasta Sauce Risi e Bisi Bean, Potato Cheese Stew Berber Rice Baked Peppers Corn Potato Chowder Barley Chestnut Mushroom Soup St Patrick s Day Soup Asian Hot Soup Zucchini Soup You may also enjoy other titles in the skinny range. Just search...

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