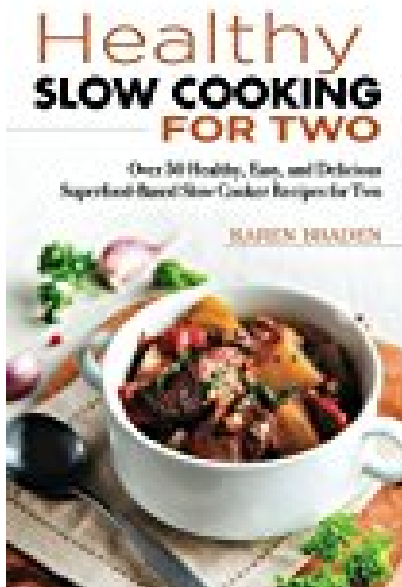


# Slow Cooking for Two Over 50 Healthy Easy and Delicious Superfood-Based Slow Cooker Recipes for Two

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## BOOK DETAILS

- Author : Karen Braden
- Pages : 132 Pages
- Publisher : CreateSpace Independent Publishing Platform
- Language : English
- ISBN : 1544196199

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## BOOK SYNOPSIS

This unique guide to preparing Indian food using classic slow-cooker techniques features more than 50 recipes, beautifully illustrated with full-color photography throughout. These great recipes take advantage of the slow cookers ability to keep food moist through its long cooking cycle, letting readers create dishes with far less oil and saturated fat than in traditional recipes. Anupy Singla shows the busy, harried family that cooking healthy is simple and that cooking Indian is just a matter of understanding a few key spices. Her "Indian Spices 101" chapter introduces readers to the mainstay spices of an Indian kitchen, as well as how to store, prepare, and combine them in different ways. Among her 50 recipes are all the classics — specialties like dal, palak paneer, and gobi aloo — and also dishes like butter chicken, keema, and much more. The result is a terrific introduction to making healthful, flavorful Indian food using the simplicity and convenience of the slow cooker.

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