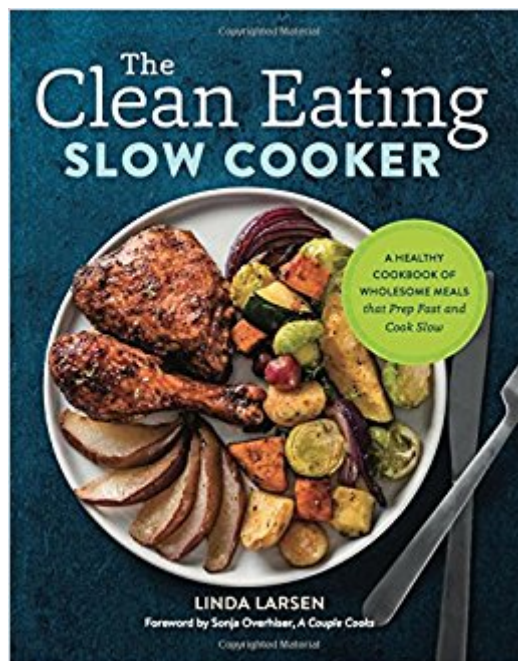




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The Clean Eating Slow Cooker: A Healthy Cookbook Of Wholesome Meals That Prep Fast & Cook Slow



Synopsis

130 Slow Cooker Recipes to Help You Get a Quick Start on Clean Eating Whether you're looking to slim down, gain energy, save money, or just feel healthier there are numerous benefits to following a clean eating lifestyle. And despite what you might think, beginning a clean eating diet can be easy and hassle-free...with the help of your trusty slow cooker! If there's one thing that slow cooking expert Linda Larsen knows about (other than slow cooking, that is) it's clean eating. A lifelong lover of all things sugary and sweet, Linda never expected that she would one day make the transition to clean eating. And she certainly didn't expect that clean eating would not only be deliciously satisfying, but surprisingly easy as well. In *The Clean Eating Slow Cooker*, Linda combines her two great loves and shares with you how simple it is to cook clean, whole-food meals at home. With *The Clean Eating Slow Cooker* you'll enjoy: 130 clean eating recipes that take no more than 20 minutes to prepare and include complete nutrition info A comprehensive guide to clean eating specifically for slow cookers, including the best ways to preserve nutrients and the best clean ingredients for slow cooking Modified recipe callouts that offer compatibility with nut-free, vegan, vegetarian, and gluten-free diets Clean eating doesn't have to mean stress in the kitchen and expensive grocery bills. With *The Clean Eating Slow Cooker* you'll discover just how easy and affordable it can be to start eating cleaner and living healthier today.

Book Information

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Customer Reviews

LINDA LARSEN began following a clean eating lifestyle in 2010. She is the author of 33 cookbooks including *The Complete Slow Cooking for Two*, *The Ultimate Vegetarian Slow Cooker Cookbook*,

and Eating Clean for Dummies, among others. Linda is the Busy Cooks Expert for About.com, and specializes in quick-cooking, healthy, and slow cooker cookbook recipes.

This book has some helpful information for anyone trying to eat less processed junk and more "real" foods. Most recipes are simple enough and ones that I can even get my kids interested in. The only downfall is the lack of photos. It's personal preference, but I like to see visuals of what I'm making before I make it.

This is an awesome cookbook - it combines healthy and easy! I love to cook and I try hard to make my meals healthy and still have my family want to eat them. And as much as I love to cook I do not usually have a lot of time. I have found a lot of recipes in this book I want to try - and I also had my kids look through and let me know which they want me to try. So far we have tried 3 recipes - the Lemon-Garlic Pork Chops (but I did not use their chicken stock), BBQ Chicken and Apple-Peach Crumble (I substituted brown sugar for coconut sugar). All recipes were enjoyed but a little more salt was added by some to the main dishes. The Apple-Peach Crumble was delicious as it was - but next time I will see how much coconut sugar costs and use it. In browsing through the recipes - the seasonings (other than the coconut sugar) all appear to be ones I currently have or have had in the past, should be easy to find and be reasonably priced. The same applies to the main ingredients. There are still a lot of recipes left I look forward to trying. The cookbook itself is a softcover and has a velvety matte finish - it feels very nice. There are 10 chapters and some more useful information at the end. Chapter 1 is named Clean and Slow - it talks about: Why we should eat clean (did you know the average american eats 7 pounds of food additives per year?!); The 5 Pillars of Clean Eating - these help guide your choices as you shop and cook; Foods to avoid while eating clean; What is considered clean; Information about slow cooking - how low temperature cooking is a healthy way to cook; Foods well suited to slow cooking; the Slow Cooker Household; How to adjust recipe quantities according to the size of your slow cooker; Slow Cooker Tips ; & information about the recipes. Now for the recipes, I first want to explain how they lay out the recipes so they are easy to read and all the information they include. There is a color picture of a recipe at the beginning of each chapter along with a list of the name of each recipe in the chapter and what page it is on. The recipe name is in big print in all caps at the top of the page with information below stating how much the recipe makes or serves, Prep Time & Cook Time. Next there is a short paragraph describing the recipe and maybe a hint, tip, or suggestion regarding the recipe. The ingredients are listed on the left side in a green type with enough space between each to make it easy to read. Beneath the

ingredients are icons that state if the recipe is Gluten Free, Dairy Free, Nut Free, Vegetarian, &/or Vegan. Along with Nutrition Information - Calories, Carbohydrates, Sugar, Fiber, Fat, Saturated Fat, Protein, & Sodium. On the right side are the directions with each step numbered so it isn't easy to lose your place. Beneath the directions in a grey box is either an Ingredient Tip, Cooking Tip, Recipe Tip, Variation Tip, or a Substitution Tip. There is only one recipe per page. Now for the rest of the chapters in the book. Chapter 2 - Stocks, Broths & Sauces - 8 recipes; Chapter 3 - Beans & Grains - 10 recipes; Chapter 4 - Breakfast & Brunch - 16 recipes; Chapter 5 - Sides - 16 recipes; Chapter 6 - Soups & Stews - 16 recipes; Chapter 7 - Vegetables & More Vegetables - 18 recipes; Chapter 8 - Seafood & Poultry - 16 recipes; Chapter 9 - Pork & Beef - 16 recipes; & Chapter 10 - Apps & Sweets - 14 recipes. After all the recipes is a page that lets you know what is considered the Dirty Dozen and the Clean 15; Measurement Conversions; Resources; Recipe Index & a regular index that you can look up a main ingredient and see which recipes it is used in - which is very handy if you have something you need to use before it goes bad. I hope this information was helpful. Personally I am very happy with this cookbook. :-)

I was super disappointed that on the website it says there is a 3-week meal planning guide in book. This is false. I just got this book today so I haven't tried any recipes yet. The recipes look good though and fairly simple.

This cookbook is great for those wanting to eat clean using their slow cooker. Recipes are intended to be used with a 6-quart slow cooker, but there are suggestions on scaling up or down. Most recipes don't require many ingredients and they are readily available at most supermarkets. Each recipe has either a substitution or variation tip too. Recipes are labeled with a few defining terms to quickly steer the reader if these are important or necessary to them: Dairy-Free, Gluten-Free, Nut-Free, and Vegetarian/Vegan. Each recipe also has the requisite nutritional information you're accustomed to seeing in most cookbooks, including sodium. Enthusiasts of slow cookers enjoy the simplicity of minor prep work and the recipes here are in concert with that philosophy "peeling and chopping are the mainstays of preparation in this cookbook. The recipes themselves are not very complex, but are very good foundational recipes. The breakfast and brunch chapter is the only one that gives me pause. Maybe it would have been better to call it breakfast for dinner, as I don't see myself prepping before going to bed. Other than that, there's no shortage of good, healthy eats here. Definitely try the Mushroom Risotto and Yellow Vegetable Curry - very tasty. The Roasted Chicken with Squash is also simple

but delicious.

very good cookbook

If you are wanting to eat clean and have the convenience of doing it while using your slow cooker, this is the cookbook for you! I love that there are options for dairy free, nut free, gluten free and vegetarian/vegan. All recipes don't require many ingredients and seem simple enough to throw together. Healthy mushroom risotto is a must try!

The dishes are nutrition-conscious and very tasty! I'm enjoying the recipes so far. Understand that there is real cooking involved here: slicing, chopping, sauteing, browning, etc., not just tossing everything into a crock. But the results are worth it. My biggest problem is that the recipes tend to have high yields, serving 6 to 8. I'm primarily cooking for a family of 4 but that leaves me with meals to freeze for later. I would have liked to have seen some smaller dishes, without having to risk halving a recipe and taking a chance on the results. I would recommend this book as an addition to your slow cooker library. I don't believe this should be your first cookbook, or your only cookbook, but it's a very nice cookbook!

A really great book with all the information you need to eat "clean". There is a lot of really nice information and a large number of really tasty recipes. This is a keeper!

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