



Whole Food Slow Cooked: 100 Recipes for the Slow Cooker or Stovetop

Olivia Andrews

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An easy way to cook and eat that checks all the right boxes: healthy, wholesome, comforting, and convenient.

Whole Food Slow Cooked is the solution to nourishing friends and family with ease and style. Each recipe offers cooking methods for both slow cooker and stovetop and is designed to fit in around a busy schedule. And, because slow cooking means you can make the most of cheaper cuts of meat by braising them to melting tenderness, it's economical, too. Just fire up the slow cooker in the morning and come home to a kitchen filled with the aroma of caramel pork belly, pea and ham soup, or the ultimate bolognese ready to toss into a pan of pasta. With curries, seafood, lazy weekend fare, and plenty of meat-free options, you'll never be short of ideas to keep everyone happy and well-fed. Healthy and convenient don't usually go together, but now you can really have the best of both worlds!

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Shane McKeel:

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