



Paleolithic Slow Cooker Soups & Stews

Amelia Simons

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This gluten-free soup and stew cookbook containing 40 delicious recipes will:

- 1.) Give you step-by-step instructions on how to cook really tasty quick breads in your crock pot so you don't have to heat up your kitchen
- 2.) Instruct you on how to convert your favorite soups and stews to slow cooker recipes
- 3.) Give you recipes for soups and stews featuring beef, chicken, pork, seafood, and vegetables
- 4.) Allow you to make recipes that feed 6 or more people
- 5.) Give you gluten-free and grain free recipes that are tasty and healthy and will have your family and loved ones asking for seconds

Paleolithic Slow Cooker Soups & Stews Details

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From Reader Review Paleolithic Slow Cooker Soups & Stews for online ebook

Ashley says

2.5 stars. Background information seemed thorough, just not a lot of vegetarian friendly recipes. Wasn't for me.

Eileen Mackin says

Okay recipes.
