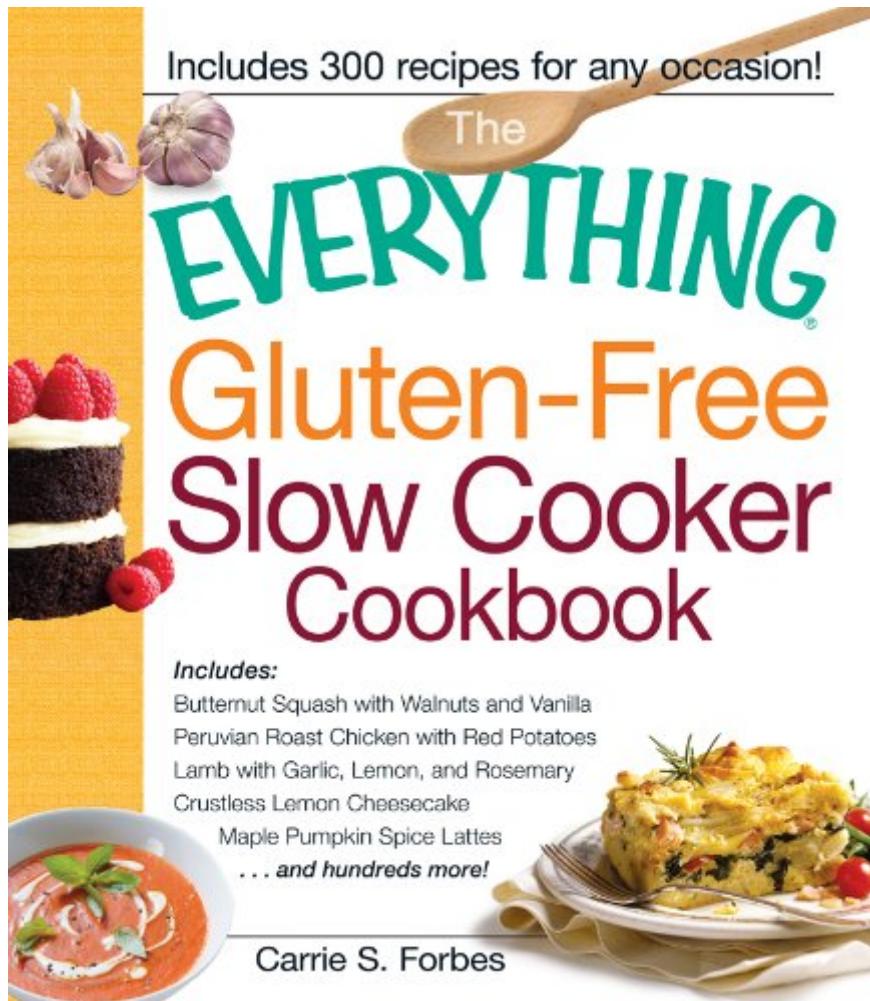


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# The Everything Gluten-Free Slow Cooker Cookbook: Includes Butternut Squash With Walnuts And Vanilla, Peruvian Roast Chicken With Red Potatoes, Lamb With ... Lattes...and Hundreds More! (Everything®)





## **Synopsis**

All you need to make simple, delicious, and naturally gluten-free meals Slow cookers are lifesavers for busy cooks. But if you follow a gluten-free diet - due to celiac disease, gluten intolerance, wheat allergies, or simply for health reasons - slow cooking can be a challenge. That's because many recipes don't thicken properly without flour, noodles, or some other wheat-containing derivative. Enter: The Everything Gluten-Free Slow Cooker Cookbook. Inside, you'll find delicious gluten-free recipes such as: Pull-Apart Cinnamon Raisin Biscuits Breakfast Risotto Pineapple Teriyaki Drumsticks Bacon Corn Chowder Spicy Vegetarian Chili Chicken Alfredo Pasta Sausage and Shrimp Jambalaya Curried Coconut Chicken Barbecue Western Ribs Blueberry Cobbler Right-Side-Up Pineapple Cake Complete with an array of gluten-free options, specialized slow-cooking tips, and advice on eliminating wheat derivatives, this fun and fresh cookbook has everything you need to create healthy, delicious meals - without spending all day in the kitchen!

## **Book Information**

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## **Customer Reviews**

This book is a fun and fresh approach to meal preparation. I don't always have time to cook, but still want to enjoy healthy, home cooked meals. This cookbook provided mealtime solutions made in the

slow cooker, where one-pot meals come together with minimal effort. Slow cooking can be a challenge for those who eat gluten free since many thickeners are off-limits, but this cookbook offers tips and recipes to make slow cooking accessible once again. This book takes slow cooking beyond dinner with a variety of recipes for every meal of the day. Appetizers, side dishes, and five ingredient recipes add versatility to the everyday menu. Kid-friendly meals, holiday recipes, and breads and desserts take slow cooking to a new level with approachable yet innovative recipes for the traditional slow cooker. With two chapters of advice for adjusting to a gluten free lifestyle and techniques for successful slow cooking, there's something here for cooks of all levels of expertise. Here are a couple of other good books I can recommend if you're trying to do gluten free: *Gluten-Free on a Shoestring: 125 Easy Recipes for Eating Well on the Cheap* *Wheat Free Cookbook: 100 Delicious Gluten Free and Wheat Free Recipes to Boost your Health and Energy* *My FAVORITE Recipes!* *White Bean Cassoulet* (pg. #103) *Tex-Mex Pork* (pg. #230) *Ground Turkey Joes* (pg. #169) *Spiced Winter Fruit Compote* (pg. #265) *Slow-Cooked Collard Greens* (pg. #97) *Slow Cooker Stuffing* (pg. #216) *Wild Rice Pilaf* (pg. #89) *Mushroom and White Wine Sauce* (pg. #165) *Salsa Chicken* (pg. #250) *Salted Caramel Mocha Lattes* (pg. 280)

Who knew? The first thing that struck me about this book was how comprehensive it is. Carrie Forbes covers what to look for in a slow cooker, recommended sizes, suggestions for care, a wide variety of strategies, and also just about every food I could think of to put in one, plus a few more. Oh! and they're all gluten-free! I've been a fan of the slow cooker for as long as I can remember. I use them year-round and own several. Still, I'd never thought of salmon fillets or blackberry preserves as options for my trusty Crock Pot. For all these years, the only thing I have really done with mine, aside from hot cider in fall, is long, slow cooking. And I must confess, my favorite recipe in this book so far, *Dijon Beef Roast*, is one of those longer-cooking recipes. What can I say? I just love recipes like this with moist, tender meat and the possibility of leftovers for lunch the next day. Still, I have had such fun playing with Ms. Forbes' recipes that take only two hours. I have never done that before. It's created a whole new way of looking at these little machines. Now I want all sizes. I think I may have to order more. Of course, many of us for whom gluten-free is crucial, are really in for another treat. It's so nice to have all these options, breakfasts, desserts, breads, and main dishes of all sorts, that are safe for us and won't cost a week's wages.

I have always been a fan of my slow cooker. As a business owner and mother of two, it comes in handy more than I even thought it would. But this new book has blown my mind! I have used my

slow cooker in ways I never imagined... desserts for family gatherings, breakfasts to get my husband through the week, even drink recipes! I honestly had never thought to use a slow cooker other than the usual dinner prep. What I love even more about this book is that it's perfect for ANYONE! Whether you need to be gluten-free or not (which we are, so added bonus!) the book is an amazing tool! The ingredients are not things that are difficult to find, which is often the case with gluten-free replacements. If you are not gluten-free, it's easy enough to use regular pasta, flour or bread and have an amazing dish. Whether you know how to cook or are just starting, this book is perfect! I highly recommend it and plan on buying copies for friends and family. Thank you, Carrie, for such a fun and useful kitchen tool!

I have a 6 quart slow cooker, and many of these recipes are designed for 2.5 and 4 quart slow cookers. These recipes sound so good that I'm going to head to the store and get a smaller slow cooker today. I love that there's such a variety of dishes. Already, I'm planning on making spiral glazed ham, curried lentils, lamb tagine, chocolate cobbler, Tuscan potato, kale and sausage soup, eggs florentine, crustless quiche lorraine... the list goes on.

I have so many cookbooks, each with "sections" I like and am always searching for a cookbook that I love. I love to use my slow cooker, it's quick, easy and in the winter a wonderful way to cut down on time. This cookbook is wonderful and just what I have been looking for. From easy 5 ingredient or less meals, yummy maple pumpkin spice lattes and wonderful stews...it is everything we needed. Every mom is busy, but wants to get a good meal for her family and thankfully this cookbook aids in that. Many in our family also have a dairy sensitivity and I was overjoyed to see easy tips at the bottom to make these recipes GFDF also. I really hope Carrie Forbes makes another simple, easy to follow gluten free cookbook here soon.

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