



300 Low-Carb Slow Cooker Recipes: Healthy Dinners that are Ready When You Are

Dana Carpender

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Ah, the wonders of a slow cooker. After a long, hard day you can walk in the door and the aroma of a hot, home-cooked meal fills the air. You don't have to do that fast tango from fridge to pantry to stove and back again. It's nearly as good as having a personal chef!

But for the low-carb dieter, traditional slow cooker recipes can be a problem. Many of them depend on potatoes, noodles, rice, and starchy canned soups. And if you've tried to make up your own slow cooker recipes, you may have found the results less than compelling—too often the food can be mushy, waterlogged, and bland.

Fortunately, with *300 Low-Carb Slow Cooker Recipes*, you can use your slow cooker and follow your low-carb diet, too! This new, expanded version contains 100 new recipes from Dana's healthy and delicious kitchen.

Come home to:

Tuscan Chicken

Kashmiri Lamb Shanks

Teriyaki-Tangerine Ribs

Chicken Minestrone

Orange Rosemary Pork

Chipotle Brisket

Firehouse Chili

Thai Chicken Bowls

Braised Pork with Fennel

Pizza Stew

Morty's Mixed Meat Loaf

Low-Carb Slow Cooker Paella

But that's not all! The gentle, even heat of a slow cooker makes it the perfect way to cook many different kinds of foods. You'll make low-carb party treats like Hot Crab Dip and Glazed Chicken Wings, and snacks like Smokin' Chili Peanuts and Curried Pecans. It's the superior way to cook incredible sugar-free desserts like Mochaccino Cheesecake and Maple-Pumpkin Custard. And you've never had moister, more tender seafood than my Lime-Basted Scallops or Lemon-Mustard Salmon Steaks. Plus, every recipe lists the

calories, protein, fiber, and usable carbs per serving, so you'll not only be in control of your life and your time, you'll be in control of your diet as well.

So go ahead, plug in your slow cooker, and look forward to coming home to a fabulous low-carb supper tonight with Dana Carpender's new and expanded *300 Low-Carb Slow Cooker Recipes!*

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