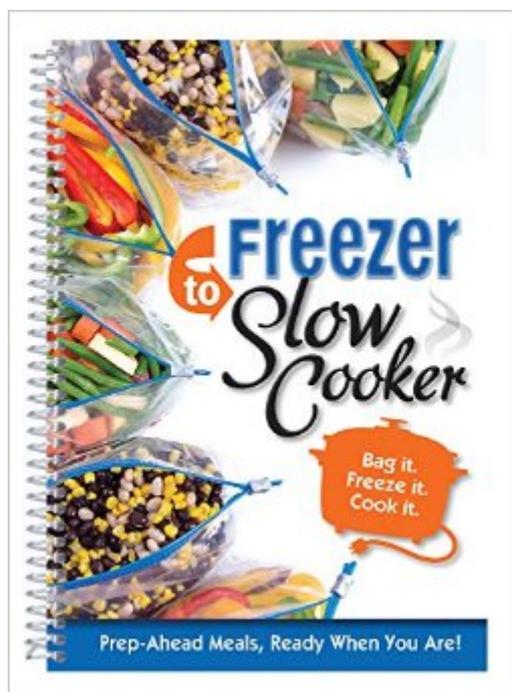


The book was found

Freezer To Slow Cooker



Synopsis

Crazy busy and tired of wondering what's for dinner? Take away all that decision-making and save yourself lots of time with these easy freezer meals! All of the prep is done ahead of time and in just an afternoon, you can put together an assortment of homemade meals to feed your hungry household for weeks. For those busy days, just thaw and pop one into your slow cooker and you'll come home to a made-from-scratch, ready-to-eat dinner. And all that time you gained? Spend it enjoying your family, then pat yourself on the back because the healthy, homemade meal you are about to put on the table took hardly any effort at all. From Shortcut Lasagna and Thai Lettuce Wraps to Apricot Chicken and Steak Fajitas, these dishes are deliciously simple and budget-friendly. Now that's smart cooking!

Book Information

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Customer Reviews

I've often read articles in magazines and online where they suggest ways to cook through a weekend to provide meals all week long. Sounds great, but I rarely have a whole day (never mind two) to devote to cooking. This book offers the first method that really works for us (I think we now have 3 slow cookers?). The basic idea is to compile ingredients in gallon-sized freezer bags for the week(s) ahead, and then dump them into our slow cooker whenever we like. Both steps are broken down to be easy and quick, yet turn out fresh-cooked meals when we're ready to eat them. My family enjoys the Cajun Combo, which includes chicken, shrimp, and sausage to make a delicious jambalaya we all love. We also like the sweet and sour flavors of the Apricot Chicken, which we

serve with microwaved frozen vegetables and rice from the rice cooker for a fast and easy meal. The Tomato Tortellini Soup or Manhattan Clam Chowder are family favorites on chilly days, too.

Freezer to Slow Cooker is a quick and easy way to get a batch of freezer meals ready for the freezer. The recipes allow you to prep the ingredients for later cooking in the slow cooker. My only quibble with the cookbook is the author suggested adding partially defrosted recipes to the slow cooker. The USDA does not recommend cooking frozen, and I presume partially frozen foodstuffs, in the slow cooker. It's best to thaw the recipe in the refrigerator and adding the thawed food to the slow cooker. Some of the recipes you'll find in this cookbook include: BBQ Ribs & Taters Nacho Tater Tot Bake Honey Chicken Strips Shortcut Lasagna Recommend.

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