



# **The Skinny Slow Cooker Recipe Book: Delicious Recipes Under 300, 400 And 500 Calories (Cooknation) (Volume 1)**

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**#1 Best Selling Amazon Author**

**The Skinny Slow Cooker Recipe Book: Delicious Recipes Under 300, 400 And 500 Calories**

The original 'Skinny' slow cooker recipe book - this collection of easy to prepare and delicious low-calorie recipes will help you make inexpensive, healthy meals for you and your family with the minimum of fuss.

This No.1 bestselling collection of tasty recipes uses simple and inexpensive fresh ingredients, are packed full of flavour & goodness and proves that *Skinny* can still mean *Delicious!*

**Recipes include:**

- **Rustic Chicken Stew (Cacciatore)**
- **Zingy Lime Chicken**
- **Sweet Asian Chicken**
- **Italian Meatballs**
- **Scottish Stovies**
- **Budapest's Best Beef Goulash**
- **Enchilada El Salvador**
- **Aromatic Kicking Pork Ribs**
- **Sweet & Sour Pineapple Pork**
- **Cowboy Casserole**
- **Marrakesh Lamb**
- **Green Thai Fish Curry**
- **Tuna & Noodle Cattia**
- **Pomodoro Pasta Sauce**
- **St Patrick's Day Soup**
- **Breakfasts, Snacks**

& Many More.....

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