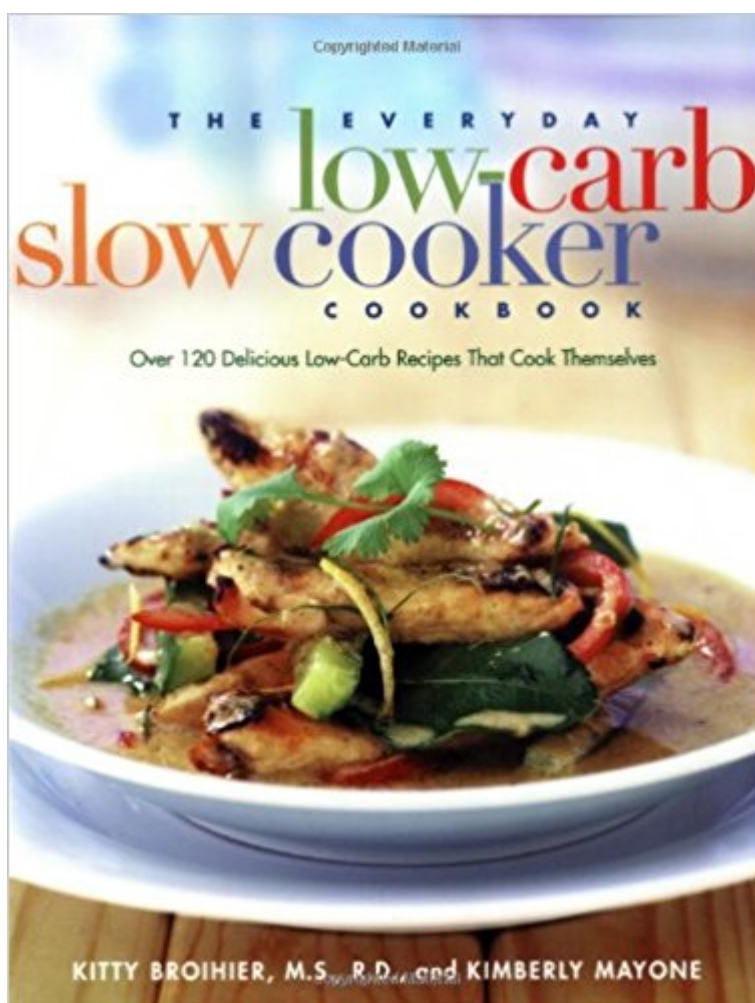


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# The Everyday Low-Carb Slow Cooker Cookbook: Over 120 Delicious Low-Carb Recipes That Cook Themselves



## Synopsis

We all love to eat good food, but no one seems to have the time to cook it anymore. The resurrection of the slow cooker has changed all that, giving busy food lovers a simple way to prepare delicious meals with very little effort or attention. Now, in *The Everyday Low Carb Slow Cooker Cookbook*, nutritionist and food consultant Kitty Broihier and recipe developer and creative chef Kimberly Mayone offer low carbers a chance to jump on the slow cooker bandwagon with over 120 delectable low carb recipes designed especially for slow cooking. They cover everything from breakfast foods, snacks, and chilis to soups, entrees, and desserts, and even include potluck favorites, easy-prep entrees requiring five ingredients or less, and ethnic cuisine. Complete with information on the convenience and health benefits of using the slow cooker, how to convert favorite low carb recipes for slow cooking, low carb "go-with" recipes that round out slow cooked meals, and tips and serving suggestions featured throughout, *The Everyday Low Carb Slow Cooker Cookbook* is sure to become a staple in every low carb cook's kitchen.

## Book Information

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## Customer Reviews

Curled Up with a Good Book, May 2010 âœ“True to its title, offering recipes that can be effortlessly made day after day and are consistent with a low-carb lifestyle. Although there is no doubt this is a cookbook, the surprising amount of useful information it provides for readers who have limited knowledge about how to use a slow cooker and low-carb eating enhances its appeal. This cookbook provides simple and creative ways to prepare a wide variety of food and should be a welcome addition to the cookbook collection of any novice or even more experienced chef.â••

Includes a special section with low-carb non-slow cooker recipes to help you make great use of your leftovers and features cooking tips, serving suggestions, and tasty recipe substitutions throughout

I've had the book for about 2 weeks and so far, have only used 1 recipe. I have a bunch of recipes marked to try, but haven't gotten around to them as yet. The one recipe that I did try was for chicken breast cooked with mushrooms and leeks - it was AWESOME. Even the smell was great. DH said it was definitely a keeper. One question for the writer - Why do you not mention using slow cooker liners? I for one find no happiness in having to scrub the crockpot when the meal is finished. These liners are a godsend to kitchen cleanup!

Absolutely no pictures, and I hate that. Probably more my fault for not checking it before purchase.

Good selection of low-carb recipes. Easy to read and very doable even for the novice slow-cooker fan.

I've gone through most of the recipes in this book and haven't found one that I haven't liked. There is a variety of recipes using ingredients that most people have on hand already. I hate looking at a recipe only to find out I need to go shopping to make the dish. The recipes are healthy as well, so that's just icing on the cake, so to speak.

Okay, but I'm a very visual person, and I like pictures. I have used a few recipes from this book, but it is definitely not one of my favorite well used cookbooks.

As far as the recipes themselves, this book is solid. The recipes are good food, taste great, etc. However, as a health conscious person that eats a primarily lower carb lifestyle than most, I've got one problem with this book. In most of the recipes that use a sweetener, the authors call for using Splenda. I wish they would have included what the exchange would be for using Stevia; or if Stevia could be used at all in a Slow Cooker. Stevia is a natural sweetener, and has been used for more than 30 years in Japan and is safe. Artificial sweeteners are bad for the body, and I can't justify using them. Because of this, and an unwillingness to experiment with my food cost, I can't use a lot of recipes in this book. The ones I have used are great, though, which is why I give it 4 out of 5 stars.

I purchased this book about a year ago and I love it! I've tried a number of the recipes and have found them easy to use and delicious. My favorite recipes are Chicken with 40 Cloves, Creamy Coleslaw, and Mom's Classic Pot Roast. I honestly make the pot roast once a week. So easy! One of the great things about the book is though it is a slow cooker cookbook, there are a number of recipes included that utilize any leftovers you may have and also tons of great side dishes and even some deserts! One interesting thing I've noticed is a lot of the recipes call for quick-cooking tapioca. I haven't bothered to look for this ingredient in stores and always omit this in the recipes I've tried and I don't seem to miss anything. I'm assuming its a thickener of sorts but I haven't bothered with it and have had excellent results. All in all, this is one of my favorite cookbooks!

great variety and ideas

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