



**Paleo Crockpot Cookbook: Illustrated Paleo Crock  
Pot Recipes with Delicious Slow Cooker Soups,  
Stews, Dinners, Sides and Desserts (Paleo Recipes:  
Paleo ... Dinner & Desserts Recipe Book Book 4)**

*Jane Burton*

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# **Paleo Crockpot Cookbook: Illustrated Paleo Crock Pot Recipes with Delicious Slow Cooker Soups, Stews, Dinners, Sides and Desserts (Paleo Recipes: Paleo ... Dinner & Desserts Recipe Book Book 4)**

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## **Paleo Crockpot Cookbook: Illustrated Paleo Crock Pot Recipes with Delicious Slow Cooker Soups, Stews, Dinners, Sides and Desserts (Paleo Recipes: Paleo ... Dinner & Desserts Recipe Book Book 4)**

Jane Burton

This illustrated Paleo crockpot cookbook is in imperial and metric measurements for quick and easy cooking. These are many of my favorite everyday crock pot recipes suitable for you and your family. For added convenience, all recipe quantities are in cups, Tbsp, tsp, the meats are in pounds and also metric. There is also a conversion chart if you get stuck. I have only used natural ingredients suitable for the Paleo diet and foods that are easy to source at your local supermarket or store. The mouth watering pictures will help you decide what you want to make for dinner tonight...I love having pictures in a cookbook! Discover a variety of delicious slow cooker beef recipes, slow cooker chicken recipes, pork and lamb, all accompanied by pictures of the finished recipe. Soups and stews are always a favorite, but there are some desserts and Paleo side dishes thrown in too.

If you're a fan of one pot cooking, then this book will give you a variety of meals that you can cook easily for brunch, sides, lunch, dinner and desserts. Commonly some traditional ingredients will be substituted for more Paleo friendly things. A few examples are Paleo vegetables, coconut milk, coconut and almond flour, olive and coconut oil and of course apple cider. You'll discover new delicious slow cooker meals that will stimulate your appetite while still making it easy to stay on your Paleo diet.

You will also be guided through tips and the basics of getting started with crock pot cooking, even if you have never done it before. Slow cookers have stayed in style because of their convenience and ability to produce healthy nutritious meals quickly and easily with minimal cleanup. Most of us are very short on time and don't have hours to spend in the kitchen every day, especially when we get home from work or having a busy day. All you need to do is prepare the food, set it and then forget it until you return home for dinner. And remember if you're looking for something fast, then the HIGH level setting allows you to cook foods more quickly.

You will find some traditional Paleo crock pot classics as well as some dishes with a distinctly modern Paleo twist. I hope you enjoy the recipes as much as I do!

- Introduction to Slow Cooking
- Slow Cooker Basics
- Food Preparation Tips
- Measurement Conversion Chart
- Tasty Lamb Shanks in Sauce
- Lamb in Moroccan Sauce
- Lamb and Eggplant Stew
- Marinated Indian Style Lamb
- Easy Leg of Lamb with Rosemary & Garlic
- Spicy Lamb Rogan Josh Curry

- Classic Beef Bourguignon
- Paleo Beef Strog
- Slow Cooker Chili Beef
- Classic Beef Stew with Spinach
- Heritage Beef in Red Wine Gravy
- Spiced Beef & Porcini Mushroom Stew
- Tomato & Mushroom Meatballs
- Slow Cooker Beef Pot Roast
- Homemade Stock Recipe for Soups
- Curried Broccoli Soup
- Kale Vegetable Soup
- Creamy Pumpkin & Cauliflower Soup
- Chicken & Vegetable Soup
- Herbed Vegetables
- Sweet Orange Glazed Carrots
- Stuffed Zucchini Boats
- Mustard & Balsamic Beets
- Curried Pumpkin Cubes
- My Ginger & Tomato Chicken Curry
- Chicken with Creamy Mustard Sauce
- Chicken & Bacon Casserole
- Healthy Chicken & Kale Stew
- Gingered Hawaiian Chicken & Almonds
- Spicy Plummed Pork Tenderloin
- Rosemary Pork Roast
- Pork in Pear Sauce
- Classic Hearty Pork Stew
- Easy Sweet & Spicy Pork Ribs
- Hungarian Style Pork Roast
- Feisty Roast Ham
- Roast Pork in Spicy Tomato Soup
- Pork Chops with Ginger & Apple
- Baked Apples with Cinnamon & Nutmeg
- Brandied Dried Fruit Delight
- Poached Pears in Rum
- Spicy Apple Cider & Cinnamon Drink

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