

slow cooker set and forget recipe app

The Ultimate Guide to Slow Cooker Set and Forget Recipe Apps

slow cooker set and forget recipe app technology has revolutionized home cooking, transforming busy weeknights and weekend entertaining with unparalleled ease. These innovative applications offer a treasure trove of recipes designed for minimal intervention, allowing users to simply prepare ingredients, load them into their slow cooker, and let the magic happen. From savory stews and hearty chilis to tender roasts and even delectable desserts, the possibilities are virtually endless. This guide will delve deep into what makes these apps indispensable kitchen companions, exploring their core functionalities, the benefits they bring to everyday life, and how to select the perfect app to suit your culinary needs. Discover how these digital tools empower both novice cooks and seasoned chefs to achieve delicious, home-cooked meals with remarkable simplicity and efficiency.

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What is a Slow Cooker Set and Forget Recipe App?

A slow cooker set and forget recipe app is a digital application designed to provide users with a curated collection of recipes specifically optimized for slow cooker preparation. The "set and forget" aspect refers to the minimal effort required once the ingredients are in the pot. Users typically follow the app's instructions to prepare ingredients and then place them in the slow cooker, setting the

desired cooking time and temperature. The app then handles the rest, offering guidance throughout the cooking process, often including reminders for adding ingredients or checking readiness. This approach eliminates the need for constant monitoring, freeing up valuable time for other activities.

These apps go beyond mere recipe storage; they act as intelligent kitchen assistants. They often incorporate features like ingredient lists, step-by-step instructions, cooking time estimations, and even nutritional information. The core philosophy is to empower individuals to create delicious, home-cooked meals without spending hours in the kitchen actively cooking. This is particularly beneficial for busy professionals, parents, and anyone seeking to simplify their meal preparation routine while still enjoying wholesome and flavorful dishes.

Key Features of the Best Slow Cooker Set and Forget Apps

Extensive Recipe Libraries

The foundation of any great slow cooker set and forget recipe app lies in its recipe library. Top-tier applications boast thousands of recipes, catering to a wide array of dietary preferences, cuisines, and meal types. This includes vegetarian, vegan, gluten-free, low-carb, and dairy-free options, ensuring there's something for everyone. The recipes are meticulously tested and often come with high-quality images to inspire users and provide a visual representation of the expected outcome. A well-organized library allows for easy browsing and discovery of new favorites.

Advanced Search and Filtering Options

Navigating a large recipe database can be daunting without effective search capabilities. The best apps offer robust search functionality, allowing users to find recipes based on specific ingredients they

have on hand, desired cooking time, meal type (breakfast, lunch, dinner, dessert), dietary restrictions, or cuisine. Advanced filtering options further refine these searches, helping users pinpoint the perfect recipe quickly and efficiently. This feature is crucial for reducing food waste and making the most of available pantry staples.

Customization and Personalization Tools

Modern slow cooker set and forget recipe apps often allow for a degree of personalization. Users can usually save their favorite recipes, create custom meal plans, and even adjust ingredient quantities based on the number of servings needed. Some apps offer the ability to add personal notes to recipes, track cooking history, or even upload their own family favorites. This level of customization makes the app a truly personal culinary companion, adapting to individual tastes and cooking habits.

Integrated Timers and Notifications

One of the most "set and forget" aspects of these apps is their ability to integrate with device timers or send custom notifications. Some apps can directly control smart slow cookers, while others provide timely reminders for when to add ingredients, stir the pot, or check for doneness. This proactive guidance ensures that meals are cooked perfectly without constant supervision, minimizing the risk of overcooking or undercooking.

Nutritional Information and Ingredient Management

For health-conscious individuals, apps that provide detailed nutritional information per serving are invaluable. This allows users to make informed dietary choices and track their macronutrient intake. Furthermore, some apps offer ingredient management features, helping users create shopping lists based on selected recipes and even track pantry inventory to suggest recipes that utilize ingredients

nearing their expiration date.

Benefits of Using a Slow Cooker Set and Forget Recipe App

Time Savings and Convenience

The most significant benefit of using a slow cooker set and forget recipe app is the immense time savings it offers. By allowing ingredients to cook low and slow with minimal intervention, these apps free up valuable hours. You can prep your meal in the morning, head to work, and return to a fully cooked, aromatic dinner waiting for you. This convenience is a game-changer for busy individuals and families looking to reduce kitchen stress.

Reduced Cooking Stress and Effort

Gone are the days of standing over a hot stove, constantly stirring and monitoring. The "set and forget" nature of these recipes significantly reduces the mental load and physical effort associated with cooking. This empowers even novice cooks to prepare impressive meals with confidence, knowing that the app is guiding them through the process and the slow cooker is doing the heavy lifting. It democratizes home cooking, making it accessible to more people.

Healthier Meal Options

Slow cooking often requires less added fat compared to other cooking methods, as the moist environment helps to tenderize meats and vegetables. Many recipes found in these apps focus on wholesome ingredients, lean proteins, and abundant vegetables, promoting healthier eating habits. The

ability to control ingredients also allows individuals to avoid excessive sodium or preservatives often found in pre-packaged meals. Many apps also highlight healthy recipes for those with specific dietary goals.

Cost-Effectiveness

Using a slow cooker can be more energy-efficient than a conventional oven or stovetop, especially for longer cooking times. Furthermore, slow cookers excel at tenderizing tougher, less expensive cuts of meat, making them a budget-friendly cooking solution. By utilizing ingredients that might otherwise go to waste, these apps also contribute to reducing food costs. Home-cooked meals are consistently more economical than dining out or relying on takeout.

Versatility and Variety

Slow cooker set and forget recipe apps open up a world of culinary possibilities. They showcase the incredible versatility of slow cookers, demonstrating their ability to prepare a vast range of dishes. Users can explore global cuisines, experiment with different flavor profiles, and discover new favorite meals without needing extensive culinary training. This constant stream of new ideas keeps home cooking exciting and prevents mealtime monotony.

Choosing the Right Slow Cooker Set and Forget Recipe App for You

Consider Your Dietary Needs and Preferences

Before downloading any app, critically assess your dietary requirements. If you follow a specific diet such as vegan, keto, paleo, or have allergies like gluten or dairy, ensure the app has a robust selection of recipes that cater to these needs. Look for apps that clearly label recipes or offer advanced filtering based on these restrictions. A comprehensive range of options will prevent you from feeling limited and ensure the app remains a useful tool long-term.

Evaluate the User Interface and Ease of Use

A well-designed user interface is paramount for a positive user experience. The app should be intuitive, easy to navigate, and visually appealing. Features like clear recipe formatting, large font options, and straightforward navigation will make your cooking journey smoother. If you're not tech-savvy, opt for an app known for its simplicity and user-friendliness. A clunky interface can be a significant deterrent to consistent use.

Check for Community Features and User Reviews

Many popular apps incorporate community features, allowing users to rate recipes, leave comments, and share tips. This can be an invaluable resource for understanding a recipe's success rate, finding variations, and getting cooking advice from other users. Reading user reviews is also crucial for gauging the overall satisfaction with the app's features, recipe quality, and customer support. Look for consistent positive feedback regarding recipe accuracy and helpfulness.

Assess the Frequency of Updates and New Content

A static recipe app can quickly become stale. Look for applications that are regularly updated with new recipes, features, and improvements. This indicates an active development team that is committed to providing a valuable and evolving service. Frequent additions of seasonal recipes or new culinary trends can keep your cooking fresh and exciting.

Determine the Cost and Subscription Model

While many excellent slow cooker set and forget recipe apps are available, they often come with a cost. Some are free with in-app advertisements, while others offer premium features through a one-time purchase or a recurring subscription. Carefully consider your budget and the value you expect to receive. Many apps offer free trials, allowing you to test their features before committing to a purchase. Compare the feature sets offered at different price points.

Popular Recipe Categories for Slow Cooker Set and Forget Apps

Hearty Soups and Stews

Slow cookers are undeniably legendary for their ability to transform simple ingredients into rich, comforting soups and stews. Apps often feature classics like beef stew, chicken noodle soup, lentil soup, and chili. These recipes benefit immensely from the low and slow cooking process, allowing flavors to meld and meats to become incredibly tender. You can find variations for nearly any dietary preference within this category.

Tender Braised Meats and Roasts

Achieving perfectly tender braised meats and roasts without constant attention is a hallmark of slow cooker cooking. Apps provide recipes for pulled pork, pot roast, lamb shanks, and whole chicken. These dishes often require minimal prep work, such as searing the meat, adding liquids and aromatics, and then letting the slow cooker do the work for several hours. The result is always fall-off-the-bone tender and packed with flavor.

Flavorful Curries and Global Dishes

The slow cooker is surprisingly adept at handling complex flavors found in global cuisines. Many apps feature recipes for creamy chicken tikka masala, spicy Thai green curry, and Mexican shredded chicken. These dishes often involve layering spices and aromatics, allowing the slow cooker to infuse them deeply into the ingredients, creating authentic and delicious results with minimal hands-on time.

Simple Pasta Dishes and Casseroles

Beyond meats, slow cookers can also prepare comforting pasta dishes and hearty casseroles. Recipes for lasagna, baked ziti, and various casseroles are common. These dishes often involve layering ingredients and sauces, which then cook together to create a cohesive and flavorful meal. It's a convenient way to prepare a crowd-pleasing dish with very little fuss.

Sweet Treats and Desserts

Don't underestimate the slow cooker's ability to create delightful desserts. Apps often include recipes for slow cooker cheesecakes, molten lava cakes, apple crisps, and fruit cobblers. The gentle,

consistent heat is perfect for baking and creating rich, decadent desserts with minimal effort. These are perfect for satisfying a sweet tooth after a long day.

Tips for Maximizing Your Slow Cooker Set and Forget Recipe App Experience

Read the Entire Recipe Before Starting

While these apps are designed for simplicity, it's always wise to read the full recipe and instructions before you begin. This ensures you have all the necessary ingredients, understand the timing for adding certain components, and are aware of any specific techniques required. Catching any potential issues upfront can save you from last-minute problems and ensure a successful meal.

Invest in Quality Ingredients

Even the most basic ingredients can be elevated by the slow cooking process. Using fresh, high-quality ingredients will naturally result in a more flavorful and satisfying dish. This applies to your produce, meats, and even your spices. When the cooking time is extended, the quality of your raw materials becomes even more apparent in the final product.

Don't Overfill Your Slow Cooker

Most slow cooker recipes are designed to work best when the cooker is between one-half and two-thirds full. Overfilling can lead to uneven cooking, increased cooking times, and potential overflow.

Conversely, underfilling can result in dry, overcooked food. Pay attention to the recipe's recommended capacity and adjust as needed for your specific appliance.

Experiment with Flavor Enhancements

While the app provides a recipe, don't be afraid to personalize it further. Consider adding a splash of your favorite hot sauce, a dollop of sour cream, or a sprinkle of fresh herbs at the end of cooking. Adjusting seasonings to your taste preferences is a simple way to make any recipe uniquely yours. Small adjustments can make a big difference in the final flavor profile.

Properly Store Leftovers

Slow cooker meals often yield generous portions, making them ideal for meal prepping and enjoying leftovers. Ensure you properly cool and store any leftovers in airtight containers in the refrigerator. Most slow cooker meals reheat beautifully, providing convenient lunches or quick dinners for the days following the initial preparation. Understanding best practices for food safety is essential.

FAQ

Q: Are slow cooker set and forget recipe apps truly hands-off?

A: While the "set and forget" moniker implies minimal effort, most recipes still require some initial preparation, such as chopping vegetables, browning meat, or combining ingredients before placing them in the slow cooker. However, once those steps are completed, the hands-off cooking time is significant, freeing you from constant kitchen duty.

Q: Can I use any slow cooker with a set and forget recipe app?

A: Most set and forget recipe apps are designed to be universally compatible with standard electric slow cookers. However, if you have a smart slow cooker with Wi-Fi connectivity, some apps may offer enhanced features like remote control and monitoring, but these are not typically required for basic recipe execution.

Q: What if I don't have a specific ingredient called for in a recipe?

A: Many slow cooker set and forget recipe apps offer ingredient substitution suggestions within the recipe details or have community forums where users share tips. Generally, common substitutions can be made, but it's advisable to stick as closely as possible to the original recipe for the best results, especially when you are first trying it.

Q: How do I ensure my slow cooker recipe doesn't turn out bland?

A: Flavor is key! Many apps include tips for enhancing flavor, such as searing meats before adding them, using a good quality broth, and adding fresh herbs or a squeeze of citrus at the end of cooking. Don't shy away from experimenting with your favorite spices and seasonings to personalize the taste.

Q: Can I adjust the cooking time for a recipe in a set and forget app?

A: Yes, most slow cooker recipes can be adjusted. If your slow cooker runs hotter or cooler than average, or if you need to shorten or extend the cooking time, you can typically do so. However, be mindful that significantly altering cooking times can affect the texture and tenderness of ingredients, especially meats.

Q: Are there any specific benefits for beginners using these apps?

A: Absolutely. For beginners, these apps demystify slow cooker cooking by providing clear, step-by-

step instructions, estimated cooking times, and ingredient lists. This reduces the intimidation factor and builds confidence in the kitchen, allowing them to produce delicious meals with minimal prior experience.

Q: Do these apps offer recipes for special occasions?

A: Many slow cooker set and forget recipe apps include a variety of recipes suitable for holidays and special occasions. You can often find recipes for festive roasts, holiday-themed chilis, and even decadent desserts that can be prepared with less stress, allowing you to enjoy gatherings more fully.

[Slow Cooker Set And Forget Recipe App](#)

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slow cooker set and forget recipe app: The Complete Slow Cooker America's Test Kitchen, 2017-10-31 The Complete Slow Cooker is America's Test Kitchen's definitive guide to how to cook using a slow cooker. It builds on the success the test kitchen has had from years of testing and retesting slow cooker recipes and pushing the limits of what a slow cooker can do. Packed with 450 recipes, this blockbuster collection is for both new and experienced slow cooker cooks. The Complete Slow Cooker is a comprehensive collection of recipes for everything from Appetizers to Desserts. The 450 recipes include the stellar must-have recipes from our previous books as well as 80 all-new recipes. They cover an amazing range of food, from the expected, pasta sauce and beef stew, to the unexpected, wheat berry salad and crème brûlée. This new cookbook continues to raise the bar for slow cooker food with sophisticated foolproof recipes as only America's Test Kitchen can provide. ATK's test cooks continue to develop recipes that explore new ground; exciting new recipes include tuna braised in olive oil, brown bread, and granola.

slow cooker set and forget recipe app: Preppy Kitchen Super Easy John Kanell, 2024-08-20 "A go-to for busy home cooks looking to spice up their repertoire." —Publishers Weekly (starred review) The New York Times bestselling author and beloved social media star @PreppyKitchen delivers simple, everyday recipes that anyone can cook regardless of cooking level or busy schedule that is sure to delight the whole family. John Kanell is beloved for his aspirational lifestyle and food recipes that feed the eye first. As his kids get older and life gets busier, John recognizes the need that all busy families have for food that is at once practical to prepare and delicious. Preppy Kitchen Super Easy was born of that need. He's created a cookbook of simple dishes that feel special. With particular attention to variations for nearly every recipe, John makes it easy to prepare any dish at any time. Ran out of mayo? Use sour cream in the Ranch and Feta Dip. Need to use up those tomatoes and peppers before they go to waste? Swap 'em for the cukes in the Wild Rice Salad. In

each recipe, John breaks down instructions with simple steps, streamlines ingredient lists, and gives dozens of ideas for riffs and make-aheads. John explains how easy it is to vary vessels with a single recipe: a quick bread or cake can bake in a muffin tin, a baking dish, or a cake pan; pancake batter is good for a waffle maker or a griddle. He leans into a small cache of hands-off appliances such as the Instant Pot™ and air fryer. And, best of all, he's developed recipes you can make once and eat all week, along with dressings and spreads that morph from snack-time dip to salad accompaniment to just-add-a-protein main dish. Recipes include: -Breakfast: Breakfast in a Cup, Breakfast Burritos, "Ice Cream" Overnight Oats -Main dishes with hands-off cook time: Skillet Steak with Garlic-Herb Butter, Cream Cheese and Caraway-Stuffed Salmon, and Crispy Orange-Glazed Chicken Strips -Easy sides to elevate the simplest of main dishes: Browned Butter and Garlic Mashed Potatoes -Favorite snacks and small bites for grazing throughout the day: Bruschetta Dip, Grape and Tarragon Chicken Salad, Mango and Radish Shrimp Ceviche -Quick and easy delicious desserts: Brian's Favorite Chocolate Cake, Slice and Bake Shortbread Cookies, and Chocolate Chunk Pecan Pie Bars Regardless of your skill level or busy schedule, you will find these recipes quick and easy to make any time of day.

slow cooker set and forget recipe app: The Simplified 30-Minute Good Energy Cookbook , □□□Bonus Recipe Book Included□□□ Are you ready to unlock boundless energy and vitality in just 30 minutes a day? The Simplified 30-Minute Good Energy Cookbook makes it easy to transform your health with quick, nutritious meals designed to supercharge your metabolism and boost your well-being—all based on the expert guidance of Dr. Casey Means. Imagine savoring over 260 nutrient-packed, flavor-rich recipes that require minimal time yet deliver maximum impact. This cookbook is more than just a recipe collection; it's a complete wellness toolkit featuring a food list, a 365-day meal plan, and a special 100-page Bonus Recipe book. Each meal is crafted to nourish and energize, making healthy eating easy, enjoyable, and accessible—even on the busiest days. Experience the difference that smart, science-backed nutrition can make in your life. With recipes tailored to elevate your mood, support your metabolism, and provide sustainable energy, this cookbook empowers you to feel your best every single day. It's more than food—it's a path to a healthier, more vibrant you. Don't wait another day to start living your healthiest life. Grab your copy of The Simplified 30-Minute Good Energy Cookbook now, and step into a future filled with energy, vitality, and the radiant health you deserve. Order your copy today and enjoy the thrill of delicious meals that support your journey to vibrant health!

slow cooker set and forget recipe app: The Good Bite's High Protein Meal Prep Manual Niall Kirkland, The Good Bite, 2023-12-28 THE INSTANT SUNDAY TIMES BESTSELLER Order your copy of The Good Bite's High Protein, Meal Prep Manual now, for food as tasty as it is good for you. Niall Kirkland, founder of The Good Bite, is on a mission to bridge the gap between healthy and delicious. In this book, he shares 80 calorie-counted, meal-prep, air fryer and slow cooker recipes - with a photo for every one - that will help you fill your fridge with mouth-watering, high-protein dishes that take the stress out of mealtimes. PB&J Protein French Toast Peri-peri Rice Bake with Grilled Corn Sticky Korean Popcorn Chicken Slow Cooker Sweet Potato Shepherd's Pie Creamy Peanut Noodles with Prawns Hot Honey Halloumi Pittas with Harissa-Lime Mayo Creamy Tuscan Butter Beans Cookie Dough Bites With chapters covering breakfast, lunch, dinner, desserts and snacks - as well as essential advice on calculating your ideal protein intake, full nutritional breakdowns and barcodes that feed directly into your food-tracking app for each recipe - this is the ultimate resource for anyone looking to harness the power of protein. Inside you'll find delicious, nourishing meals packed with flavour, to keep you eating strong all week long.

slow cooker set and forget recipe app: *The Ultimate Guide to Healthy Eating for Busy People* Ahmed Musa , 2024-12-21 The Ultimate Guide to Healthy Eating for Busy People Struggling to balance a hectic schedule while trying to eat healthier? You're not alone. In today's fast-paced world, finding the time, energy, and know-how to prioritize nutrition can feel impossible. But what if you had a roadmap to make healthy eating simple, enjoyable, and most importantly—doable? In The Ultimate Guide to Healthy Eating for Busy People, discover the secrets to transforming your diet

without overhauling your life. Packed with practical strategies, time-saving tips, and quick yet nourishing recipes, this book is your blueprint to eating well, even on the busiest days. □ **Master Meal Planning in Minutes:** Learn the hacks to prep like a pro and have wholesome meals ready in no time. □ **Eat Healthy on the Go:** Smart solutions for dining out, traveling, or surviving back-to-back meetings. □ **Bust Nutrition Myths:** Get clear, science-backed answers to confusing diet trends. □ **Fuel Your Body and Mind:** Feel energized, focused, and productive with the right foods. □ **No More Guilt:** Find balance between indulgence and discipline with practical guidance. Whether you're a corporate professional, a parent juggling endless responsibilities, or just someone who's tired of feeling stuck in a cycle of unhealthy choices, this book was written for you. It's time to take back control of your health—without the stress. Start your journey to a healthier, happier you today!

slow cooker set and forget recipe app: Total Body Diet For Dummies Victoria Shanta Retelny, Academy of Nutrition & Dietetics, 2016-01-26 Develop your own personal weight loss plan based on sound expert advice Total Body Diet for Dummies is your expert-led guide to losing weight — and keeping it off — the healthy way. It's easy to fall into the trap of fad diets with their promises of fast results and little effort, but fad diets are often ineffective at best, or downright dangerous at worst. This book gives you the benefit of expertise instead, putting Academy of Nutrition and Dietetics guidelines right at your fingertips. You'll learn why physical activity, calorie counting, and psychological support are the cornerstones of successful and lasting weight loss, and why you should track your food intake, exercise, and sleep. You'll learn all about the various tools that can help you reach your goals, including mindful eating, wearable technology and mobile apps, and how to choose the right ones for you. Written by a registered dietitian nutritionist, these easy-to-follow and simple-to-apply tips will help you develop a customized weight loss plan without upending your day-to-day life or breaking your budget. Conflicting guidance and questionable sources can make it that much harder to lose weight successfully without the help of a knowledgeable professional. This book cuts through the noise to bring you real guidance based on real research, with true expert advice to help you: Lose weight for good in a mindful way Become lean, strong, and healthy Stay on track with wearable tech Feel better and get energized Losing weight is not about 'magical' foods or self-deprivation. It's about your overall pattern of food intake, and most foods can fit into a healthy pattern in moderation. You just need to learn how to do it mindfully. Total Body Diet for Dummies is the supportive, informative guide you need to get right on track to a healthier you.

slow cooker set and forget recipe app: *What to Expect: Eating Well When You're Expecting 2nd Edition* Heidi Murkoff, 2021-01-21 Eating Well When You're Expecting provides mums-to-be with a realistic approach to navigating healthily and deliciously through the nine months of pregnancy - at home, in the office, at Christmas, in restaurants. Thorough chapters are devoted to nutrition, weight gain, food safety, the postpartum diet, and how to eat when trying to conceive again. And the book comes with 150 contemporary, tasty and healthy recipes that feed mum and baby well, take little time to prepare and are gentle on queasy tummies. At the heart of the book are hundreds of pressing questions every mother-to-be has: Is it true I shouldn't eat any food cooked with alcohol? Will the caffeine in coffee cross into my baby's bloodstream? I'm entering my second trimester, and I'm losing weight, not gaining - help! Is all sushi off limits? How do I get enough calcium if I'm lactose intolerant? I keep dreaming about a hot fudge sundae - can I indulge? (The answer is yes!)

slow cooker set and forget recipe app: **The Healthy Electric Smoker Cookbook** Robyn Lindars, 2019-05-07 Authentic smoked flavor for those who don't prefer to spend hours monitoring their low-and-slow barbecue. With The Healthy Electric Smoker Cookbook, you can confidently smoke just about anything, offering many advantages over traditional smoking methods. - More convenient - Precise temperature control means you don't need to spend hours tweaking temperature, adding wood, and tending to the smoker. - Less cost - Conventional smokers require a significant amount of wood to produce consistent smoke and heat over long periods of time, but electric smokers use a very small amount of wood, which is used for flavoring and not as the energy source. - Smaller footprint - Electric smokers take up significantly less space and produce much less

ash than traditional smokers. From happy hour, to entrée, to dessert, use any brand of electric smoker to wow your family and neighbors without building a smokehouse in your backyard. Plus, no unnecessary carbs and processed ingredients needed. Smoke your own skinny jalapeño margaritas, chipotle sriracha wings, cilantro lime beef satay, or dark chocolate brownies with bourbon whipped cream. Sure, you can loiter and watch your ribs slowly tenderize if you want, but you can also go do your yard work while your electric appliance turns out the most perfectly smoked and traditionally flavored barbecue you've ever created.

slow cooker set and forget recipe app: Danielle Walker's Healthy in a Hurry Danielle Walker, 2022-09-06 NEW YORK TIMES BESTSELLER • 150+ quick and easy recipes to get healthy gluten-free, grain-free, and dairy-free food on the table fast—from no-cook lunches to one-pot dinners and simple desserts—from the New York Times bestselling author of the Against All Grain series. “Healthy in a Hurry helps busy, working moms (like me) get delicious meals on the table fast with tried-and-true recipes that are full of comfort, flavor, and easy variety.”—Melissa Urban, co-founder and CEO of Whole30 Beloved author Danielle Walker proves that healthy cooking is both doable and oh-so-satisfying. In *Healthy in a Hurry*, Danielle presents more than 150 paleo recipes inspired by her sunny California lifestyle and diverse cuisines from around the world, including: • No-cook lunches: Pesto Chicken, Nectarine & Avocado Salad; Thai-Style Shrimp Salad; Steak Lettuce Wraps with Horseradish Cream Sauce • Freezer-friendly meals: Pork Ragu over Creamy Polenta; Turkey Chili Verde; Baked Pepperoni Pizza Spaghetti with Ranch • Delicious pasta dishes: Curry Noodles with Shrimp; Mac & Cheese; Creamy Roasted Garlic, Chicken Sausage & Arugula Pasta • Sheet pan dinners: Mediterranean Salmon with Artichokes & Peppers; Lemongrass-Ginger Pork Chops with Crunchy Jicama & Mint Salad; Peruvian Steak & French Fries • Easy grills: Skirt Steak Tacos with Sriracha Aioli; Hawaiian BBQ Chicken with Grilled Bok Choy & Pineapple; Chipotle Cranberry-Sweet Potato Turkey Burgers Each recipe is shaped by Danielle's capable hands to be free of gluten, grains, and dairy—and most have just ten ingredients or fewer. And if that weren't good enough, every recipe is photographed and all are fast to make, giving busy people with dietary restrictions lots of ways to eat well on a tight schedule. With prep times and cook times, dietary guidelines, a pantry of sauces and spice mixes, and six weeks of meal planning charts, *Healthy in a Hurry* will help you become the calm, organized cook you've always aspired to be.

slow cooker set and forget recipe app: Low Sodium Slow Cooker Cookbook Shannon Epstein, 2018-05-15 The Low-Sodium Slow Cooker Cookbook puts flavor back into your slow cooker with tasty, heart-healthy recipes. From Cheese Grits to Turkey Chili to Mongolian Beef—you can use the convenience of your slow cooker to spice up your low-sodium diet. The Low-Sodium Slow Cooker Cookbook makes it easy to enjoy time-saving meals that are high on flavor but low in sodium. With 100 recipes that require only 30 minutes or less to prep, The Low-Sodium Slow Cooker Cookbook is your best reference to prep, set, and forget about bland recipes on a low-sodium diet. This low-sodium cookbook will keep your taste-buds and your heart happy with: Less Salt, and More Flavorful Recipes that use salt-free alternatives to keep the taste of your favorite familiar recipes, plus a guide on how to create your own seasonings Fast Prep that requires no additional steps and takes only 30 minutes or less to prepare for your slow cooker Over 100 Low-Sodium Cookbook Recipes accompanied by a sodium scale to help you manage how much sodium you consume on a daily basis Lose salt, not flavor with convenient slow cooker recipes from this low-sodium cookbook.

slow cooker set and forget recipe app: Eat Your Vegetables Joe Yonan, 2013-08-06 A collection of eclectic vegetarian and vegan recipes for singles as well as lone vegetarians in meat-eating households, from the beloved James Beard award-winning Washington Post editor and author of *Serve Yourself*. Whether you're a single vegetarian, an omnivore who's looking to incorporate more vegetables in your life, or a lone vegetarian in a meat-eating household, you know the frustrations of trying to shop, plan, and cook for one. With *Eat Your Vegetables*, award-winning food editor of The Washington Post and author of the popular column *Cooking for One*, Joe Yonan serves up a tasty book about the joys of solo vegetarian cooking. With 80 satisfying and globally-inspired vegetarian, vegan, and flexitarian recipes such as Spinach Enchiladas, Spicy Basil

Tofu Fried Rice, and One-Peach Crisp with Cardamom and Honey, Yonan arms single vegetarians with easy and tasty meal options that get beyond the expected. In addition to Yonan's fail-proof recipes, *Eat Your Vegetables* offers practical information on shopping for, storing, and reusing ingredients, as well as essays on a multitude of meatless topics, including moving beyond mock meat and the evolution of vegetarian restaurants. The perfect book for anyone looking to expand their vegetarian and produce-based repertoire, Yonan's charming, personable voice and unfussy cooking style encourage home cooks—both new and experienced—to take control in the kitchen and craft delicious veggie-centric meals for one.

slow cooker set and forget recipe app: *The Anti-Conformist Diet: Weight Liberation Guide for the Time & Attention Challenged* ,

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