



# **The Healthy Slow Cooker Cookbook: Learn to Make More Than Pulled Pork in The Slow Cooker - Enjoy Cooking Light in Your Slow Cooker**

*Martha Stephenson*

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Using what we call a “slow cooker” or a crockpot to cook seems to be something that sort of lost prominence over the years, but now that people are becoming more aware of the importance of healthy cooking, so the slow cooker method has regained popularity. How can slow cooking really benefit you? We will give you plenty of reasons in this book.

We will also present you with a variety of flavorful and easy recipes that you can cook using this very handy device. That’s right, 25 recipes are included in this Healthy Slow Cooker Cookbook. Don’t worry, we will place emphasis on finding some new and refreshing recipes, so that you can continue cooking the ones your grandmother taught you, but also impress your family with some new ones.

One of my all-time favorites is probably the Pulled Pork Slow Cooker type of recipe. It’s pretty hard to perfectly cook pulled pork any other way, and don’t we all love those yummy BBQ pulled pork sandwiches anytime of the week? Cooking Light Slow Cooker will be our mission in this book and I promise we will not disappoint you. Stay tuned, we are also going to share a few tricks to make your life in the kitchen much easier.

So, if you have not equipped yourself with a crockpot or a slow cooker yet, do not wait any longer. Do not get confused between a pressure cooker and a slow cooker, as they work differently. A pressure cooker uses steam heat and pressure to cook your food. When you cook with a crockpot, you can easily walk away from the device for hours while it’s cooking—with the lid on of course. When it’s time to choose a slow cooker model, the size will be one of the criteria at which to look, and also the type of settings the different brands and models offer. I highly suggest purchasing a model that has an integrated time and a warming option. You can pay anywhere between \$25 USD and \$200 USD for a slow cooker. So, let’s learn more about this time-saving and healthy-cooking device and start cooking.



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