



Paleo Slow Cooker: Soups & Stews For People Who Love To Eat

Elizabeth Vine

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Soups and stews are most often thought of as comfort foods. Regardless of diet – there's a soup version that can be incorporated into your routine! But how about the favourites? Grandma's Chicken Noodle. Italian Minestrone. Spicy Thai Coconut. Mexican Meatball. Irish Guinness Stew. Why sacrifice flavour when you're eating healthy and clean? With this guide you won't need to! Soups and stews are some of the best ways to get daily nutrients and vegetable servings all in one serving. They should be a regular part of your weekly meal routine! To make it easy for you - we've put together 17 of the Ultimate Soup and Stew Recipes to satisfy traditional husbands, picky kids, classic flavour enthusiasts and added a few new concoctions for daring palettes. And the best part? They're all 100%: Paleo Gluten-Free Dairy-Free Sugar-Free Grain-Free So you can feel 100% Great about serving them on the dinner table! Get your Copy Now and make Soups & Stews a part of your cooking routine!



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