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# Anti Inflammatory Cookbook - 50 Slow Cooker Recipes With Anti - Inflammatory Ingredients - (Great For Gout Relief!) Crockpot Recipes, Slow Cooker Recipes, (Low Cooker Cookbooks, Crockpot Cookbooks)



## ANTI - INFLAMMATORY COOKBOOK



**50** *Slow Cooker Recipes With  
Anti - Inflammatory  
Ingredients*

**GREAT FOR GOUT RELIEF!**





## Synopsis

THIS RECIPE BOOK IS PRINTED BOTH IN PAPERBACK AND EBOOK FORMATS FOR YOUR CONVENIENCE. KINDLE UNLIMITED SUBSCRIBERS CAN DOWNLOAD THE EBOOK VERSION OF THIS RECIPE BOOK FREE! Anti Inflammatory Slow Cooker Recipes! Kate has put together a nice collection of recipes that can hopefully aid a person in dealing with inflammation, and even gout. THESE RECIPES ARE NOT DESIGNED TO CURE ANYTHING, BUT TO BE USED AS A REFERENCE IN HELPING SOOTH INFLAMMATION BY WAY OF DIET. Check out some of the unique recipes we have for you today... Pulled Chicken Pumpkin Chicken Chili Cream Cheese Chicken Ratatouille with Chickpeas Slow Cooked Chicken Fajitas Wild Duck Breast Lâ™ Orange Slow Roasted Herb Potatoes Summer Squash Casserole Caribbean Sweet Potato Stew Slow Cooked Scalloped Potatoes Black Bean Soup Honey Sriracha Chicken Wings Corn and Potato Chowder Slow Cooked French Onion Soup Slow Cooker Roasted Vegetables Wild Duck Gumbo Buffalo Chicken Pasta Crock Pot Minestrone Soup Lentil Cauliflower Stew Crock Pot Lasagna Slow Cooked Spinach Manicotti Slow Cooked Mac and Cheese Italian Vegetable and Pasta Soup Pesto Chicken Sandwiches Mushroom Risotto with Peas Chicken Osso Buco Warm Eggplant and Kale Panzanella Slow Cooker Ribollita Italian Wedding Soup Penne with Tomato-Eggplant Sauce Beef and Carrot Ragù Italian Pork and Sweet Potatoes Spaghetti with Sauce Italiano Saucy Ravioli with Meatballs Caponata Sicilianata Italian Braised Chicken with Fennel and Cannellini Char Siu Pork Roast Mediterranean Roast Turkey Vegetable and Chickpea Curry Provençale Beef Daube Smoky Slow Cooker Chili Provençale Chicken Pesto Lasagna with Spinach and Mushrooms Curried Beef Short Ribs Barley Stuffed Cabbage Rolls Spinach Artichoke Dip Creole Red Beans and Rice White Bean Cassoulet Loaded Baked Potatoes Chicken with Carrots and Potatoes We hope that some of these recipes can be of help, while being delicious in the process! We welcome you into the Recipe Junkies family, and invite you to check out our FREE newsletter, where everything we do is recipes!

## Book Information

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## Customer Reviews

Don't just take anything out of the book. It markets itself as great for gout relief, but there's also a recipe with beef ribs and another which is based around chickpeas, two absolutely terrible things for anyone with gout. There are other good recipes in here, but still be careful.

Anti Inflammatory Cookbook - 50 Slow Cooker Recipes With Anti - Inflammatory Ingredients - (Great For Gout Relief!) Crockpot Recipes, Slow Cooker Recipes, (Low Cooker Cookbooks, Crockpot Cookbooks) by Author Kate Marsh and Recipe Junkies I really like cookbooks for a very good reason....I enjoy great food and the pleasure of experiencing different taste sensations. Another thing I like is art of combining healthy eating habits with recipes that offer a unique and delicious alternative to my everyday menu. This great recipe book does just that. Starting off with a recipe for Pulled Chicken and moving on to other delightful delicacies such as Cream Cheese Chicken, the author does a fine job of tempting the taste buds by encouraging people to try new and different ways to cook ordinary ingredients. The Nutritional Information provided at the end of each recipe is an added bonus and a health smart idea. There are many more recipes to follow in this Anti-Inflammatory Cookbook such as Summer Squash Casserole. It's the perfect time of the year to prepare this one as the crop of squash will soon be bountiful. Corn and Potato Chowder is one of my favorites. One recipe I will be trying shortly is Crock Pot Lasagna. I am a big fan of using this method of cooking. Bon appetit! Inspirational Author & Book Reviewer ~ Dolores Ayotte

Up The "Down" Ladder: Simple Ideas to Overcome Depression

My husband used to have regular gout attacks, and it's only by getting on top of the dietary issues that he's managed to reduce the frequency, so I'm always on the lookout for recipes that contribute to relieving the condition, which looks really painful. This is a great book with lots of ideas, and like the other Recipe Junkies books (I have several) all the ingredients are easy to source locally, and of course, being crockpot based, they're convenient for working families like ours. Thank You Kate Marshall for taking the trouble to put this collection together.

However, many of the recipes do not include how many portions you have in mind and then you provide nutritional info but we are left not knowing the quantity that info is for! I find this very unhelpful part of the book! Sorry!

My husband has gout so I bought this cookbook to help with meal planning. The recipes are simple and easy to follow. We both love the food and it doesn't use crazy ingredients that are hard to find. There are dishes that can be main meal or side dishes from the slow cooker.

I'm a strong believer in eating healthily and with this great cookbook, it's easy to do. I wish this cookbook had been on the market years ago, plus if you're out of the house during the day, a slow cooker is the answer to your problems. This is a book that's a must for people who care about their health!

I learnt to cook during my teen years living in the hotel my parents managed and the love of creating good food has stayed with me ever since. My work converted me into an inveterate traveller, an occupation I used to collect thousands of recipes from individuals I met during my travels. Kate Marshall's *Anti-Inflammatory Cookbook* is a superb addition to my cooking library. Since I acquired it just over a week ago, I've already tried out three of the 50 Slow Cooker recipes it contains with great results. The selection of recipes is excellent and the instructions easy to follow for cooks of all ability.

Another great purchase from the Recipe Junkies and Kate Marshall, this book offers up some delicious meal ideas that are easy to prepare and, better than that, healthy! I appreciated Marshall's attention to ingredients that cut down on inflammation, a problem that, as advertised on the book, many gout-sufferers are conscious of. I loved the easy-to-follow step-by-step instructions and healthful (and tasty!) ingredients; this is a great addition to my digital cookbook

collection and I'm looking forward to trying out all of the recipes.

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