



The Skinny Slow Cooker Vegetarian Recipe Book: Meat Free Recipes Under 200, 300 And 400 Calories (Cooknation)

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Whether you are a vegetarian or just love vegetables, this collection of easy to prepare and delicious low-calorie vegetarian recipes will help you make inexpensive, healthy, meat free meals for you and your family with the minimum of fuss.

The recipes are simple and easy to follow with fresh and seasonal ingredients and are packed full of flavour and goodness so you can enjoy maximum taste but with minimum calories.

Here are just some of the delicious meat free recipes included:?

Nightshade Thai Curry

Capsicum Mexican Chilli

Slow Spanish Tombet

Boston Bean Dream

Caribbean Spiced Sweet Potatoes

Shepherd-less Lentil Pie

Sloppy Joes

Chickpea Cattia

Baked Potatoes & Butternut Squash

Lean Green Risotto

Hand To Mouth Tex Mex Tacos

Pomodoro Pasta Sauce

Risi e Bisi

Bean, Potato & Cheese Stew

Berber Rice Baked Peppers

Corn & Potato Chowder

Barley & Chestnut Mushroom Soup

St Patrick's Day Soup

Asian Hot Soup

Zucchini Soup

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From reader reviews:

Michael Cooke:

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Peter Clark:

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Christopher Henricks:

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Mattie Regan:

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