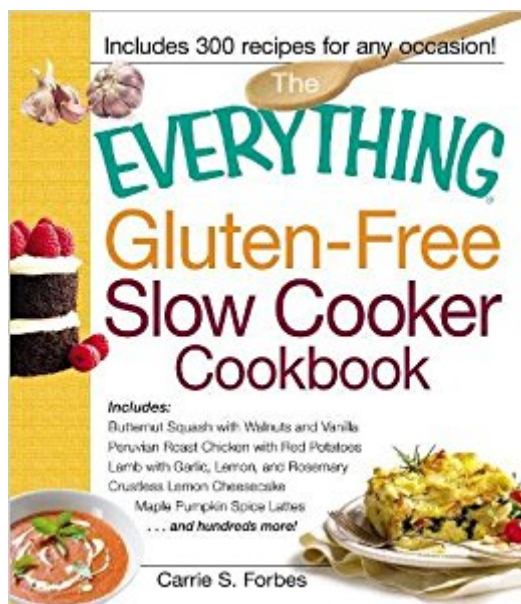


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# The Everything Gluten-Free Slow Cooker Cookbook: Includes Butternut Squash With Walnuts And Vanilla, Peruvian Roast Chicken With Red Potatoes, Lamb ... Pumpkin Spice Lattes...and Hundreds More!



## Synopsis

All you need to make simple, delicious, and naturally gluten-free meals. Slow cookers are lifesavers for busy cooks. But if you follow a gluten-free diet - due to celiac disease, gluten intolerance, wheat allergies, or simply for health reasons - slow cooking can be a challenge. That's because many recipes don't thicken properly without flour, noodles, or some other wheat-containing derivative. Enter: *The Everything Gluten-Free Slow Cooker Cookbook*. Inside, you'll find delicious gluten-free recipes such as: Pull-Apart Cinnamon Raisin Biscuits, Breakfast Risotto, Pineapple Teriyaki Drumsticks, Bacon Corn Chowder, Spicy Vegetarian Chili, Chicken Alfredo Pasta, Sausage and Shrimp Jambalaya, Curried Coconut Chicken, Barbecue Western Ribs, Blueberry Cobbler, Right-Side-Up Pineapple Cake. Complete with an array of gluten-free options, specialized slow-cooking tips, and advice on eliminating wheat derivatives, this fun and fresh cookbook has everything you need to create healthy, delicious meals - without spending all day in the kitchen!

## Book Information

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## Customer Reviews

"The clear-as-a bell first chapter is one of the best primers around. In it you'll find advice on setting up a gluten-free pantry, avoiding cross-contamination, and lots more." --Milwaukee-Wisconsin Journal Sentinel  
"Carrie Forbes' *The Everything Gluten-Free Slow Cooker Cookbook* brings easy-to-make comfort food into the heart of the gluten-free kitchen. With the help of the slow cooker, she teaches you to create tasty and nutritious recipes every day without sacrificing flavor. Branching out beyond soups and stews, the book also offers creative ways to prepare slow-cooked side

dishes, gluten-free breads and desserts, holiday favorites, kid-friendly meals, and even beverages. If you're read to diet off your slow cooker and dive into delicious gluten-free comfort food, start here." --Simply Gluten-Free Magazine, November & December 2012 Premier Issue

Carrie S. Forbes created GingerLemonGirl.com, a popular gluten-free food blog. Her recipes have been featured in Taste of Home Healthy Cooking, Roanoke Times, Foodbuzz.com, and Blogger.com. Forbes is the founder and leader of her local gluten-free support group. She lives in Stantonsburg, NC.

This book is a fun and fresh approach to meal preparation. I don't always have time to cook, but still want to enjoy healthy, home cooked meals. This cookbook provided mealtime solutions made in the slow cooker, where one-pot meals come together with minimal effort. Slow cooking can be a challenge for those who eat gluten free since many thickeners are off-limits, but this cookbook offers tips and recipes to make slow cooking accessible once again. This book takes slow cooking beyond dinner with a variety of recipes for every meal of the day. Appetizers, side dishes, and five ingredient recipes add versatility to the everyday menu. Kid-friendly meals, holiday recipes, and breads and desserts take slow cooking to a new level with approachable yet innovative recipes for the traditional slow cooker. With two chapters of advice for adjusting to a gluten free lifestyle and techniques for successful slow cooking, there's something here for cooks of all levels of expertise. Here are a couple of other good books I can recommend if you're trying to do gluten free: Gluten-Free on a Shoestring: 125 Easy Recipes for Eating Well on the Cheap Wheat Free Cookbook: 100 Delicious Gluten Free and Wheat Free Recipes to Boost your Health and Energy My FAVORITE Recipes!: White Bean Cassoulet (pg. #103) Tex-Mex Pork (pg. #230) Ground Turkey Joes (pg. #169) Spiced Winter Fruit Compote (pg. #265) Slow-Cooked Collard Greens (pg. #97) Slow Cooker Stuffing (pg. #216) Wild Rice Pilaf (pg. #89) Mushroom and White Wine Sauce (pg. #165) Salsa Chicken (pg. #250) Salted Caramel Mocha Lattes (pg. 280)

One word: YUM. I rediscovered slow cooking last fall and fell in love with it over the winter. I got a Proctor-Silex 33043 4-Quart Slow Cooker (\$15!!) in late fall and it got me back into it. Later I got a 360 Cookware Gourmet Slow Cooker to review. It's nice but not \$200+ nicer than the Proctor Silex. I think some recipes tasted a tiny bit better in the expensive one but I'd recommend saving that money for excellent ingredients. But that's background. Pardon my digression and back to the cook book!! I got the Everything Gluten-Free Slow Cooker Cookbook because I'm living

gluten-free (mostly) and the leg of lamb and the lamb with garlic, lemon and rosemary sounded great. But there is so much more. Next I went with the Yankee Pot Roast, then the BBQ Western Ribs and Mexican Port Roast... And that's just the beef lamb and pork chapters. You don't have to be living gluten-free to find a lot to like in this cookbook! For anyone living gluten-free it's a recipe treasure trove. In the last year I've tried way less than half the recipes. Not all of the recipes appeal to me which isn't surprising. It's nice that so many DO. There is a lot in this cookbook with enough variety for almost anyone. Best of all it's a great starting point to experiment. Many other slow cooker cookbooks target 6 quart big family slow cookers. I like how book's recipes are mostly sized for a 4 quart like mine or smaller. This is great for folks living alone, couples or small families. Bigger isn't always better! Here in New England slow cooking is more of a winter thing for me. Thinking about it there is a lot to like with slow cooking in the summer too. After all, what could be better for a care-free summer than care-free slow cooking while you are having fun outside? The Everything Gluten-Free Slow Cooker Cookbook helped me rediscover the joy of slow cooking and get out of a culinary rut. For that and some very tasty recipes I'm giving it 5 stars. I hope this helps someone! UPDATE Mar 16, 2017: It's been about 2 years since I got the Everything Gluten-Free Slow Cooker Cookbook. I tried most of the appealing recipes and not been once disappointed. It's been fun to experiment too - for me recipes, after the first successful meal, become more a starting point for experimentation and embellishment. It's been fun but there is a possible downside: I've gone up a good dress size since I got this cook book. Depending on your point of view that could be either an endorsement or a warning! But seriously... I've been very pleased and during the winters this is my most used cookbook. If you are gluten-free and an avid slow-cooker this a good purchase.

I am really liking this cookbook. On the first day of owning it, I made the Roast Chicken, the Beef Broth, the Swedish Meatballs, the Hearty Bolognese Sauce and the Steamed Spaghetti Squash. I am one who makes things ahead and either has them for the week, or freezes them to use at a later date. I hope to test out the majority of the recipes included in this book in the future. I'm very happy that I purchased it. The chicken fell off that bone which is what I wanted. Don't expect a whole chicken cooked in a slow cooker to look elegant on a platter served at the dining room table. The meat was tender, juicy and fully cooked. The Beef Broth is low fat and flavorful. It did not make 4 cups as stated, but still worth making. The Swedish Meatballs are to die for. Enough said. :) The Hearty Bolognese sauce is still in the cooker so I don't have an opinion on that yet, but it looks and smells good. Lastly the Steamed Spaghetti Squash was easy and of course not watery at all.

I bought this as a gift for my mother who needs new recipes for her gluten free diet. The recipes in it are simple, easy to make, and look like things you would actually like to eat. The ingredients are mostly things that you can find at your local grocery store. I think this is a great book for people who don't have a lot of time or desire to cook but still like to eat things that have flavor and are healthy,

I have a 6 quart slow cooker, and many of these recipes are designed for 2.5 and 4 quarter slow cookers. These recipes sound so good that I'm going to head to the store and get a smaller slow cooker today. I love that there's such a variety of dishes. Already, I'm planning on making spiral glazed ham, curried lentils, lamb tagine, chocolate cobbler, Tuscan potato, kale and sausage soup, eggs florentine, crustless quiche lorraine... the list goes on.

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