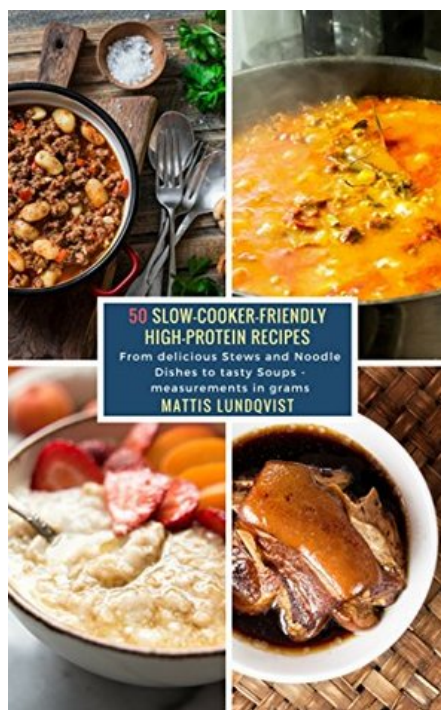




50 Slow-Cooker-Friendly High-Protein Recipes: From delicious Stews and Noodle Dishes to tasty Soups - measurements in grams

Mattis Lundqvist

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Recipes:

Black Beans and Mushroom Chili Split Pea Soup Pumpkin Goulash Beef Rolls Spinach-Mushroom-Quiche Chile Verde Lasagna Eggplant Sauce Beef Tacos Chili Slow Cooker Style Chicken Enchilada Slow Cooker Style Overnight Oatmeal Sauerkraut Soup Sausage with Celery and Chicken Cabbage Rolls Sweet and Sour Chicken Chickpea Curry Roast Turkey Potato Soup Vegetarian Chili Spinach Sauce Slow Cooker Style Vegetarian Minestrone Chickpea-Squash-Lentil-Stew Chickpea-Eggplant-Stew Bean-Barley-Soup Squash Quinoa Casserole Pinto Bean Mix Spicy Thai Soup Lentil-Mushroom-Stew Mexican Spaghetti with Sauce Chicken Soup Slow Cooked Macaroni with Cheese Turkey Stew Chilies Crock Beans Vegetable-Cheese-Soup Vegetable-Bean-Soup Bowtie Pasta with Sauce Rice Casserole Creamy Potato Soup Slow Cooker Cassoulet Risotto with Fennel and Barley Slow Cooker Beans Onion Soup Zucchini Soup Lentil Soup Veggy Taco Soup Cabbage Soup Corn Chowder Tofu Curry Lima Bean Soup Vegetarian Soup

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