

# The Skinny Slow Cooker Vegetarian Recipe 40 Meat Free Recipes Under 200 300 And 400 Calories

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### [The Skinny Slow Cooker Vegetarian](#)

#### 21 HEALTHY SLOW COOKER RECIPES 1. SLOW ROASTED ...

In a slow cooker, combine the first nine ingredients Cook, covered, on low 6-8 hours or until meat is tender Stir in cilantro Freeze option: Freeze cooled chili in freezer containers To use, partially thaw in refrigerator overnight Heat through in a saucepan, stirring occasionally and adding a little broth or water if

#### Quick, Pressure Cooker, Slow Cooker, Vegetarian, Gluten ...

Skinnytaste Fast and Slow is like having at hand a home-cooks everyday eating manual With 140 dishes that are about as basic as it gets, this book spins that everyday hum-drum into quick or slow cooker, vegetarian, gluten-free or dairy-free options Portion control wins the day over flavor here, but that's not to say these recipes lack appeal

#### skinnytaste | Cookbook Index

Slow Cooker Italian Pulled Pork (Slow Cooker) Skinnytaste Meal Prep Beef, Pork, & Lamb 272 5 5 5 Soy Dipping Sauce Skinnytaste Meal Prep Sauces 285 3 3 3 Spicy Salmon Poke Bowls Skinnytaste Meal Prep Fish 268 8 13 4 Spicy Veggie Wontons Skinnytaste Meal Prep Meatless Main 284 7 7 7 Turkey Cranberry Salad Skinnytaste Meal Prep Salad 263 2 4 2

**skinnytaste | Cookbook Index**

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**Slow-Cooker Apple & Oat Goodness Recipe - Hungry-Girl**

1/2 cup all-natural light whipped topping (like Skinny TruWhip or So Delicious Dairy Free CocoWhip! Light) Directions Place apples in a slow cooker sprayed with nonstick spray Add lemon juice and toss to coat Add brown sugar, cornstarch, cinnamon, and salt Toss to coat Evenly top apples with oats

**Scoopable Slow-Cooker Apple Pie Recipe - Hungry-Girl**

Place apples in a slow cooker sprayed with nonstick spray In a medium bowl, combine cornstarch with 3/4 cup water Whisk to dissolve Add all remaining ingredients Whisk well Pour cornstarch mixture over apples, and stir to coat Cover and cook on high for 1 1/2 hours, or ...

**Skinnytaste One & Done: 140 No -Fuss Dinners for your ...**

slow cooker, air fryer, anyone? - and we've got the recipe to eat healthier and cook at home, but spend less time in the kitchen doing it With the one-pot meal concept behind best-selling author Gina Homolka's Skinnytaste One & Done, if we have fewer dishes to clean up, so much the better Homolka's Skinnytaste brand for healthy,

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