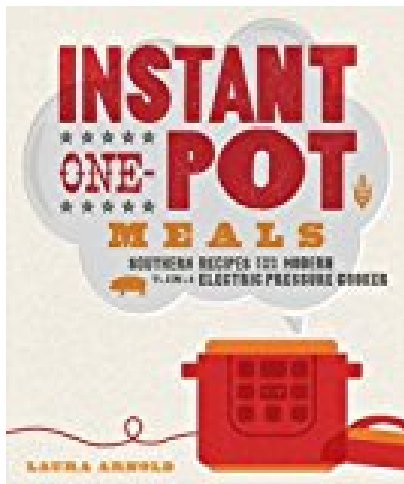


Instant One-Pot Meals Southern Recipes for the Modern 7-in-1 Electric Pressure Cooker



BOOK DETAILS

- Author : Laura Arnold
- Pages : 208 Pages
- Publisher : Countryman Press
- Language : English
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BOOK SYNOPSIS

Make Delicious Paleo Meals From Scratch in Half the Time Slow cook, steam, sauté and pressure cook all with one pot. Jennifer Robins, creator of Predominantly Paleo and bestselling author, will show you how to drastically cut cooking time for your Paleo dishes in your Instant Pot®. Recipes include Decked-Out Omelet, Legit Bread Under Pressure, Honey Sriracha Chicken Wings, Pressure-Cooked Sirloin Steak and Hidden Spinach Bundt Cakes. Whether you're new to the Instant Pot® or a seasoned pro, Paleo Cooking with Your Instant Pot® will show you everything this cooker is capable of and help you prepare healthy, delicious meals in no time.

INSTANT ONE-POT MEALS SOUTHERN RECIPES FOR THE MODERN 7-IN-1 ELECTRIC PRESSURE COOKER

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