



200 recetas para ollas de cocción lenta (Spanish Edition)

By Sara Lewis

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The books in this series each feature 200 recipes that use readily accessible ingredients and feature techniques well within the ability of any cook, regardless of skill level. Full-color photographs walk readers through creating a variety of healthy, delicious, stylish dishes that pamper the palate and are perfect for any occasion.

Cada libro de esta colección incluye 200 recetas que utilizan ingredientes fáciles de encontrar y procedimientos muy asequibles para cualquier cocinero, sea cual sea su nivel. Fotografías a todo color ayudan a los lectores a crear platos saludables, sabrosos y con estilo que miman el paladar y son perfectos para cualquier ocasión.

Demonstrating that delicious home-cooked meals needn't take hours to prepare, this cooking manual shows how to get the most out of a slow cooker, whether it be making breakfast and appetizers, meat dishes, vegetarian meals, fish and seafood courses, or desserts.

Demostrando que deliciosas comidas caseras no tienen que tardar horas en cocinarse, este manual culinario enseña cómo sacarle el mayor provecho a la olla de cocción lenta, ya sea preparando desayunos y entrantes, platos de carne, comidas vegetarianas, platos de pescado y de mariscos o postres.

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Editorial Review

About the Author

Sara Lewis is a home economist, food writer, and the former cookery editor for *Practical Parenting* magazine. She is the author of *200 Make Ahead Dishes* and *Slow Cooker*.

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