



# **Soup Recipes for Everyday: 50 Delicious Recipes You Can Cook in Your Slow Cooker (Paleo & Farmhouse Food)**

*Josephine Ortiz*

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Soup is a wonderful meal for many reasons. It warms you on the chilly nights of fall and winter. It makes you feel better when you are under the weather. (Chicken soup qualifies as medicine in many cultures.) A number of studies have found that soup can help you lose and maintain your weight all without making you feel deprived during the process. Is it any wonder that most people have at least one, amazing soup recipe that they fall back on time and time again?

The magic power of soup is combined here with the equally magical appliance known as the slow cooker or crock pot. If you don't have at least one of these in your kitchen this book will make you run out and grab one, I promise you of that. From traditional soup recipes to the souped-up version of favorite meals, this book is packed with recipes that are simple to throw together and then cook themselves while you are off at work or running errands. All that will be left for you is to grab a bowl, some crusty bread or crackers and get to work on the deliciousness.

This book will show you all the tips and tricks to getting the most delicious results from every recipe all without having to slave over a hot stove for hours on end. You get the same simmered all day taste with only a fraction of the work.

## **You will also learn:**

- Why the slow cooker is the working person's best friend, year round.
- How to adapt nearly any soup recipe to slow cooking perfection.
- 50 recipes to start your own collection. You will quickly find a family favorite that gets requested over and over.
- Spicy soup recipes that are sure to get your metabolism revved and rolling.
- How to turn a favorite meal into a delicious soup.

This book also includes a number of chilies, stews, and thicker soup options as well. Grab your spoon and your favorite soup bowl and dive right into the delicious and super simple tastes.

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