



Slow Cooking Guide for Beginners & The Best Prepared Mason Jar Meals

Claire Daniels

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Slow Cooking Guide for Beginners: The Top Essential Slow Cooking Tips & Recipes for Beginners! + The Best Prepared Mason Jar Meals: The Easiest Beginner's Guide to Preparing Simple, Healthy, And Grab N' Go Meals in Mason Jars Slow Cooking

We live in a fast paced world. We want everything easy and quick especially in preparing delicious meals for our family. But sometimes, going slow can be quite advantageous.

Slow cooking is a cooking method that utilizes low heat for an extended period of time. The food prepared using this method will become oh-so-tender and more flavourful. In the past, slow cooking involves putting a pot in the stove over a low fire for several hours.

Unfortunately, this leaves room for the homemaker to do anything else since the flame needs constant supervision. If not, the pot may over boil, dry out, and cause a fire if left on for too long even on low. Fortunately, this won't be an issue anymore since the slow cooker has already been invented.

The Slow Cooker:

The slow cooker, also known as a crockpot, is a special electric pot with a glass lid and inset ceramic bowl. It typically has two temperature settings such as low (180°F to 200°F) and high (280°F to 300°F). It uses indirect heat to cook food in a steady and moderated temperature that doesn't result in food, or worse, house burning even when left on for most of the day.

You can turn it on it on the morning before you leave for work and come home to a warm and perfectly cooked dish. You may also turn it on before sleeping at night so you'll get to enjoy a delicious meal as soon as you wake up!

Great Topics Covered:

- Slow Cooking and Slow Cookers
- Dips and Sauces Recipes
- Meat Dish Recipes
- Seafood & Vegetable Dish Recipes
- Poultry Dish Recipes
- Dessert & Snack Recipes
- Much, much more!

Mason Jars

Always wanted to know what Mason Jars are?

Why is this process becoming so popular in everyday households?

Want the advantages to knowing how to preserve and save food long-term? While enjoying the what your preserving without losing those flavours and most importantly nutrients we need and planned for when we originally made our meal!

Need guidance, step by step to exactly begin making your own mason jar recipes? Meals?

This is the book for you! Recipes, meals for every part of the day!

This is what you get....

- Mason Jars Overview
- Breakfast Meals
- Lunch Meals
- Dinner Meals
- Desserts
- Children's Meals

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Todd Crain:

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