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Createspace Independent Publishing Platform, United States, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.No matter how busy or hectic your daily life is, a satisfying and nourishing home cooked meal is not only possible and super fast with the electric Instant Pot pressure cooker but will please the pickiest eaters! There is a new kitchen appliance that is taking culinary adventures everywhere to an entirely new level. The appliance I am speaking of is the Instant Pot and similar style multi-cookers. This incredible device, capable of a multitude of functions, is making it possible to sit down at the end of the day and enjoy a nutritious, home-cooked meal. As a pressure cooker, the Instant Pot exceeds expectations in quality and ease of use. All you really need to get started is some culinary ingenuity or a collection of great recipes to ignite your passion. This collection of Instant Pot pressure cooker recipes will do just that! Each recipe in this collection has been created to offer you the maximum in flavor and nutrition while keeping meal prep incredibly simple. If you have been hesitating to use your multi-cooker, or you haven't found the right recipes to satisfy your cravings, this book will start you on your way. The only thing you need to be mindful of is that cooking with the Instant Pot can quickly become an obsession, especially with meals as delicious as these. Inside, you'll find: Introduction to and tips for using your Instant Pot pressure cooker or any multi-cooker Satisfying soup, stew and chili recipes like the Sauerkrauts Brisket Soup and the Curried Lentil and Apple Stew Wholesome chicken recipes like the Chicken Cacciatore and the Mole Chicken Tenders Delicious seafood recipes such as the Mediterranean Whitefish...

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