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family with the

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Meats...

In a medium  
bowl, whisk  
together the soy  
sauce, water,  
honey, hoisin  
sauce, garlic,  
ginger and red  
pepper chili  
flakes and pour  
over chicken.

Cover and cook

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on LOW for 2.5 -  
4 hours or HIGH  
for 1.5 - 3  
hours. (SEE  
NOTE) About 30  
minutes before  
serving, whisk  
together the  
cornstarch and  
water in a small  
bowl.

Skinny Slow  
Cooker Kung Pao

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Chicken | The  
Recipe Critic

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Chicken

Enchilada

Stuffed Sweet

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started.

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Slow-Cooker Thai  
Butternut Squash  
Peanut Soup.

This seemingly  
exotic dish is

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The bounty of  
peppers found at  
the local  
farmers market  
in the early  
fall, combined  
with... ..

90 Low Calorie

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Bolognese,

chilli, stews

and soups. Even

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pulled pork!

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risotto with

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and rocket .

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Food

With fall-apart  
beef, tomatoes  
and peppers in a  
creamy, rich  
stew, our slow-

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cooker goulash  
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7 hrs and 25  
mins . Easy .

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Slow cooker beef  
topside with red  
wine gravy. 7  
ratings 4.6 out  
of 5 star

rating. Use a  
slow cooker to  
make this beef

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topside for  
Sunday lunch -  
the whole family  
will love it.

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collection of  
summer slow  
cooker recipes  
are perfect for

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recipes are the  
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companion to  
keep your weight  
loss efforts on  
track whilst  
still making the  
best of the  
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Chicken. Of all

the recipes I  
make in my slow  
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chicken is my  
most treasured.

If you enjoy  
your barbecue  
sweet with a  
little spice,  
this will be

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you're here. I'm  
Star. Midwestern  
mama turned food

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blogger and professional dishwasher. My love for food and cooking runs crazy deep which is exactly why I take all my favorites and give'm a skinnyish twist!

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- The Skinnyish  
Dish

This skinny slow  
cooker recipe is  
so colorful and  
flavorful, you  
won't even miss  
the greasy fried  
tortilla bowl.

Start by  
spooning a slow-  
cooked, protein-  
packed mixture  
of beans, salsa,

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and lean ground  
beef or turkey  
(your choice)

over a bed of  
lettuce. Then  
customize your  
salad toppers:

We're fans of  
cherry tomatoes,  
corn, and creamy  
avocado.

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make an

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Meat ...

In a medium  
bowl, whisk  
together the soy  
sauce, water,  
honey, hoisin  
sauce, garlic,  
ginger and red  
pepper chili  
flakes and pour  
over chicken.

Cover and cook  
on LOW for 2.5 -

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4 hours or HIGH  
for 1.5 – 3

hours. (SEE

NOTE) About 30

minutes before

serving, whisk

together the

cornstarch and

water in a small

bowl.

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Cooker Kung Pao

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fall, combined  
with... ..

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and peppers in a  
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be easier or  
more comforting

7 hrs and 25  
mins • Easy •

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topside with red

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ratings 4.6 out  
of 5 star

rating. Use a  
slow cooker to  
make this beef  
topside for



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perfect

companion to

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loss efforts on

track whilst

still making the

best of the

summer.

The Skinny Slow

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Slow-Cooker BBQ  
Chicken. Of all  
the recipes I  
make in my slow  
cooker, this  
Crock-Pot bbq  
chicken is my  
most treasured.

If you enjoy  
your barbecue  
sweet with a  
little spice,  
this will be  
your new

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favorite, too.

—Yvonne McKim,  
Vancouver,  
Washington

300-400 And 500  
Calories Volume 1

35 Skinny Summer  
Slow Cooker

Recipes - Taste  
of Home

Hi! So glad  
you're here. I'm  
Star. Midwestern  
mama turned food  
blogger and

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professional  
dishwasher. My  
love for food  
and cooking runs  
crazy deep which  
is exactly why I  
take all my  
favorites and  
give'm a  
skinnyish twist!

Slow Cooker  
Recipes Archives  
- The Skinnyish

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Cooker Recipe  
Dish

This skinny slow cooker recipe is so colorful and flavorful, you won't even miss the greasy fried tortilla bowl.

Start by spooning a slow-cooked, protein-packed mixture of beans, salsa, and lean ground

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Cooker Recipe  
Book Delicious  
Recipes Under  
300 400 And 500  
Calories Volume 1  
Cooknation

beef or turkey  
(your choice)

over a bed of  
lettuce. Then

customize your  
salad toppers:

We're fans of  
cherry tomatoes,  
corn, and creamy  
avocado.

Healthy Slow  
Cooker Recipes  
That Get Dinner



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The Skinny Slow  
Cooker Recipe  
on The Table . . .

These easy slow  
cooker recipes  
are still mega  
impressive and  
delicious. Slow  
cooker

Bolognese. by  
Gennaro  
Contaldo.

Gennaro Contaldo  
proves you can  
make an  
authentic

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cooker recipe  
book - this  
collection of  
easy to prepare  
and delicious  
low-calorie  
recipes will  
help you make  
inexpensive,  
healthy meals  
for you and your  
family with the  
minimum of fuss.  
This No.

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