



Slow Cooking Just for Yourself

Catherine Atkinson

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Cooking is usually the last thing you want to do when you get home. So a quick take-away or ready-made meal becomes the unhealthy habit. Here is your solution. You can now return to a ready-made, flavour-packed meal of your choice. Italian, Chinese, Indian, French - whatever. Your slow cooker will improve your lifestyle. If you are interested in food but can't be bothered then this is the perfect answer. Minimal effort. No fuss. Prepare a few choice ingredients, leave them cooking in your pot and come home to a delicious meal.

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