



The Big Book of Paleo Slow Cooking: 200 Nourishing Recipes That Cook Carefree, for Everyday Dinners and Weekend Feasts

Natalie Perry

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Paleo goes slow in this cookbook inspired by global cuisine.

In *The Big Book of Paleo Slow Cooking*, well-respected and widely read paleo blogger Natalie Perry focuses mostly on main courses for dinner, but there are breakfast, lunch, snack, and sweets/desserts ideas as well. The more than 200 recipes in the book include appetizers and snacks, soups and chilis, poultry, beef, pork and lamb, fish and seafood, vegetable sides, desserts, and pantry basics. The recipes are creative and new incorporating global flavors with roots in Asian, Latin, and Middle Eastern cuisines. Most of these recipes have never before appeared in print.

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