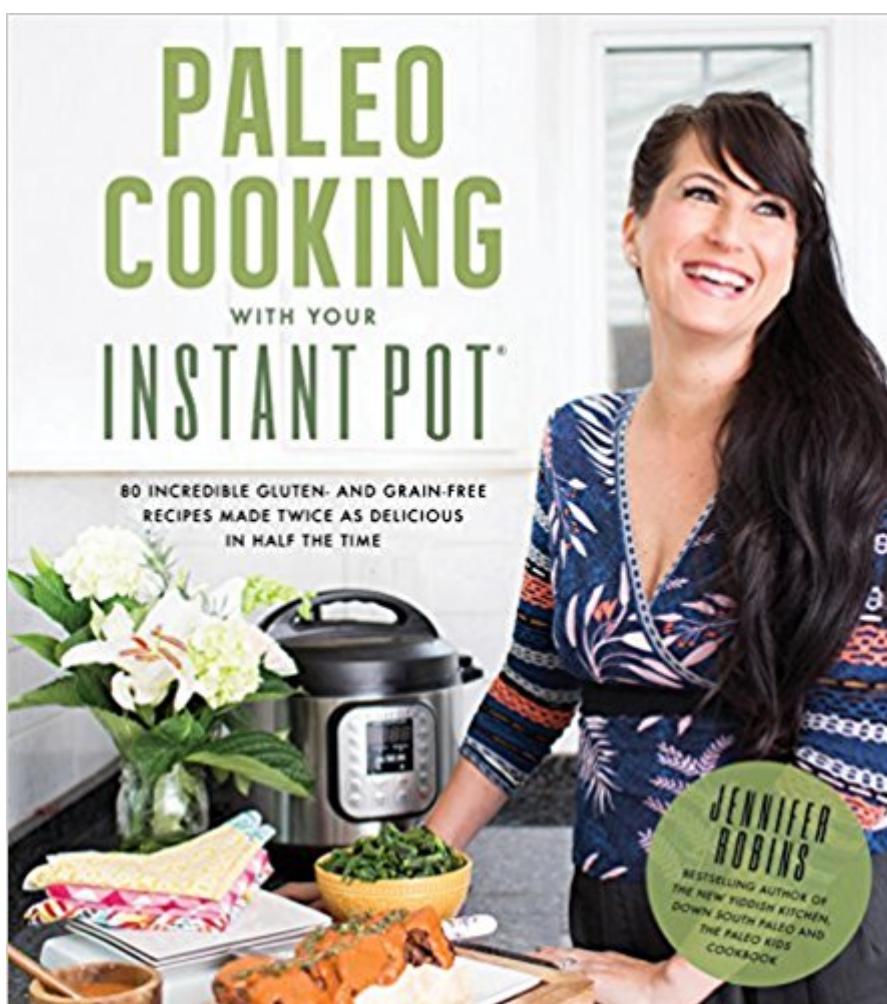


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# Paleo Cooking With Your Instant Pot: 80 Incredible Gluten- And Grain-Free Recipes Made Twice As Delicious In Half The Time



## Synopsis

In *Paleo Cooking With Your Instant Pot*, bestselling Paleo cookbook author Jennifer Robins teaches readers how to use her favorite tool and secret weapon, the Instant Pot, to cook amazing meals at home with ease. The Instant Pot is a wildly popular and ultra-handy kitchen tool that cooks many different methods using one pot— including pressure cooking, slow cooking, steaming and sautéing—and can be intimidating until now. Jennifer walks you through the settings and provides top-quality and foolproof recipes that show you everything this cooker is capable of. With the bulk of the work done by the Instant Pot and all in one pot, you spend less time cooking and washing dishes. Delicious, healthy meals made easy and quick? That's a win-win for any Paleo home cook! *Paleo Cooking With Your Instant Pot* features 80 delicious recipes, each accompanied by a full-page photo, such as Chinese 5 Spice Spare Ribs, Easy Grain-Free Meatballs, Mediterranean Steamed Fish, Stuffed Eggplant, Cream of Mushroom Soup, plus desserts like Pumpkin Panna Cotta and tasty seasonal beverages like Chai Tea. Readers can also make homemade staples like Chicken or Beef Stock, Marinara Sauce and breakfasts like Cinnamon Rolls and Omelets. This machine can do it all! Jennifer shows you how to have fun mastering your Instant Pot and get a delicious, healthy meal on the table for your family.

## Book Information

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