

**One-Pot Cookbook: Family-Friendly
Everyday Soup, Casserole, Slow Cooker
and Skillet Recipes for Busy People on a
Budget (Free: Ridiculously Easy Jam and
Jelly Recipes) (Healthy Cookbook Series
18)**



Synopsis

Top 70+ No-Stress One-Pot Dinners - Spend More Time Enjoying Your Meal And Less Time Cleaning Up

From the author of several bestselling cookbooks, Vesela Tabakova, comes a great new collection of delicious, easy to make family recipes. This time she offers us 70+ comforting and enjoyable one-pot dishes full of your favorite vegetables, meats and legumes, that are simple and easy to cook whether you need a quick weeknight supper or a delicious weekend dinner.

One-Pot Cookbook: Family-Friendly Everyday Soup, Casserole, Slow Cooker and Skillet Recipes for Busy People on a Budget is an invaluable and delicious collection of healthy one-pot recipes that will please everyone at the table and become all time favorites. If you're looking for easy delicious everyday recipes to help satisfy your family and your budget, this cookbook is for you.

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Look inside the book

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Delicious One-Pot Meals to Please Everyone

In a world where food is full of frightening artificial additives and flavorings, there is one simple and easy way to adopt a

healthier lifestyle - the more unprocessed and real food you eat, the better. While it may look and sound difficult to cook real food at home you will soon realize you can throw together a healthy one-pot family dinner in the same amount of time you'd need to order a takeout. Homemade one-pot cooking is the easiest and stress-free way of preparing fast, yet healthy dinners for the family. When time is short and all you want is to spend more time with your family, one-pot soups, stews, casseroles and chillis are just the thing to cook. All you need to do is cut up your favorite vegetables, meats and legumes, throw them together with your favorite spices in a single pot, skillet or slow cooker and you will have a quick weeknight supper or a delicious weekend dinner - it doesn't get any easier than that! At the end of a busy day one-pot cooking is just what you need to prepare delicious family dinners which are sure to please everyone at the table and to become all time favorites.

Mediterranean Chicken Soup
Serves 5-6
Ingredients: 1.5 lb chicken breasts, 3-4 carrots, chopped, 1 celery rib, chopped, 1 red onion, chopped, 1/3 cup rice, rinsed, 8 cups water, 10 black olives, pitted and halved, 1/2 tsp salt, ground black pepper, to taste, lemon juice, to serve, 1/2 cup fresh parsley or coriander, finely cut, to serve
Directions: Place chicken breasts in a soup pot. Add in onion, carrots, celery, salt, pepper and water. Stir well and bring to a boil. Add in rice and olives. Stir and reduce heat. Simmer for 30-40 minutes. Remove chicken from the pot and let it cool. Shred it and return it back to the pot. Serve soup with lemon juice and sprinkled with fresh parsley or coriander.

Moroccan Chicken and Butternut Squash Soup
Serves 5-6
Ingredients: 3 skinless, boneless chicken thighs (about 14 oz), cut into bite-sized pieces, 1 large onion, chopped, 1 zucchini, quartered lengthwise and sliced into 1/2-inch pieces, 3 cups peeled butternut squash, cut in 1/2-inch pieces, 2 tbsp tomato paste, 4 cups chicken broth, 1/3 cup uncooked couscous, 3 tbsp olive oil, 1/2 tsp ground cumin, 1/4 tsp cinnamon, 1 tsp paprika, 2 tbsp fresh basil leaves, chopped, 1 tbsp grated orange rind
Directions: Heat a soup pot over medium heat. Gently sauté onion, stirring occasionally. Add in chicken pieces and cook for 3-4 minutes until chicken is brown on all sides. Add cumin, cinnamon and paprika and stir well. Add butternut squash and tomato paste; stir again. Add chicken broth and bring to a boil then reduce heat and simmer for ten minutes. Stir in couscous, salt and zucchini pieces and cook until squash is tender. Remove pot from heat. Season with salt and pepper to taste. Stir in chopped basil and orange rind and serve.

Chicken and Ricotta Meatball Soup
Serves 4-5
Ingredients: 1 lb ground chicken meat, 1 egg, lightly whisked, 1 cup whole milk ricotta, 1 cup grated Parmesan cheese, 1-2 tbsp flour, 1/2 onion, chopped, 4 cups chicken broth, 2 cups baby spinach, 1/2 tsp dried oregano, 3 tbsp olive oil, 1/2 tsp black pepper
Directions: Place ground chicken, Ricotta, Parmesan, egg and black pepper in a bowl. Combine well with hands and roll teaspoonfuls of the mixture into balls. Roll each meatball in the flour then set aside on a large plate. In a deep soup pot, heat olive oil and gently sauté onion until transparent. Add in oregano and chicken broth and bring to a boil. Add meatballs, reduce heat, and simmer, uncovered, for 15 minutes. Add baby spinach leaves and simmer for 2 more minutes until it wilts.

Bean, Chicken and Sausage Soup
Serves 4-5
Ingredients: 10.5 oz Italian sausage, 2 bacon strips, diced, 1 cup chicken, cooked and diced, 1 cup canned kidney beans, rinsed and drained, 1 onion, chopped, 2 garlic cloves, crushed, 4 cups

water 1 cup canned tomatoes, diced, undrained 1 bay leaf 1 tsp dried thyme 1 tsp savory 1/2 tsp dried basil salt and pepper, to taste

Directions: In a deep soup pot, cook the sausage, onion and bacon over medium heat until the sausage is no longer pink. Drain off the fat. Add in the garlic and cook for a minute until just fragrant. Add water, tomatoes and seasonings and bring to a boil. Cover, reduce heat, and simmer for 30 minutes. Add chicken and beans. Simmer for five minutes and serve.

Slow Cooker Chicken Broccoli Soup Serves 6-7

Ingredients: 2 lb boneless chicken thighs, cut in bite sized pieces 1 small onion, chopped 1 fresh garlic clove 6-7 fresh or frozen broccoli florets 4 cups chicken broth 2 potatoes, peeled and cubed 3 tbsp olive oil 1 tsp garlic powder 1 tsp dried oregano 1 tsp salt black pepper, to taste 12 oz cheddar cheese, to serve

Directions: In a skillet, sauté onion and garlic with olive oil until onion is translucent. Season the chicken well with salt, black pepper, garlic powder and oregano. Place it in slow cooker with the onion mixture and all remaining ingredients. Cover and cook on low for 8-10 hours or on high for 4-5 hours. Serve topped with cheddar cheese.

Lentil and Ground Beef Soup Serves 4-5

Ingredients: 1 lb ground beef 1 cup brown lentils 2 carrots, chopped 1 onion, chopped 1 potato, peeled and diced 4 garlic cloves, chopped 2 tomatoes, grated or pureed 5 cups water 1 tsp summer savory 1 tsp paprika 2 tbsp olive oil 1 tsp salt ground black pepper, to taste

Directions: Heat olive oil in a large soup pot. Brown the ground beef, breaking it up with a spoon. Add in paprika and garlic and stir. Add lentils, remaining vegetables, water and spice. Bring the soup to a boil. Reduce heat to low and simmer, covered, for about an hour, or until the lentils are tender. Stir occasionally.

Italian Meatball Soup Serves 4-5

Ingredients: 1 lb ground beef 1 small onion, grated 1 onion, chopped 2 garlic cloves, crushed 1 zucchini, diced 1/2 cup green beans, trimmed, halved 1/2 cup breadcrumbs 3-4 basil leaves, finely chopped 1/3 cup Parmesan cheese, grated 1 egg, lightly beaten 2 cups tomato sauce 3 cups water 1/2 cup small pasta 2 tbsp olive oil salt and black pepper, to taste

Directions: Combine the ground beef with grated onion, garlic, breadcrumbs, basil, Parmesan and an egg in a large bowl. Season with salt and pepper. Mix well with hands and roll tablespoonfuls of the mixture into balls. Place on a plate. Heat olive oil into a large deep soup pot and sauté onion and garlic until transparent. Add in tomato sauce and water, and bring to a boil over high heat. Add the meatballs, reduce heat to medium-low and simmer, uncovered, for 15 minutes. Add in pasta and cook for 5 more minutes. Add the zucchini and green beans. Cook until pasta and vegetables are tender. Serve sprinkled with Parmesan cheese.

Fish and Noodle Soup Serves 4-5

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OlivesRice and Tomato StewOkra and Tomato CasseroleSpinach with EggsMish-MashVegetable Quinoa PilafSpinach, Lentil and Quinoa CasseroleRich Vegetable One-Pot PastaOne-Pot Broccoli PastaFREE BONUS RECIPES: 10 Ridiculously Easy Jam and Jelly Recipes Anyone Can MakeDelicious One-Pot Meals to Please EveryoneIn a world where food is full of frightening artificial additives and flavorings, there is one simple and easy way to adopt a healthier lifestyle - the more unprocessed and real food you eat, the better.While it may look and sound difficult to cook real food at home you will soon realize you can throw together a healthy one-pot family dinner in the same amount of time you'd need to order a takeout. Homemade one-pot cooking is the easiest and stress-free way of preparing fast, yet healthy dinners for the family. When time is short and all you want is to spend more time with your family,one-pot soups, stews, casseroles and chillis are just the thing to cook. All you need to do is cut up your favorite vegetables, meats and legumes, throw them together with your favorite spices in a single pot, skillet or slow cooker and you will have a quick weeknight supper or a delicious weekend dinner - it doesn't get any easier than that!At the end of a busy day one-pot cooking is just what you need to prepare delicious family dinners which are sure to please everyone at the table and to become all time favorites.Delicious One-Pot Meals to Please EveryoneIn a world where food is full of frightening artificial additives and flavorings, there is one simple and easy way to adopt a healthier lifestyle - the more unprocessed and real food you eat, the better.While it may look and sound difficult to cook real food at home you will soon realize you can throw together a healthy one-pot family dinner in the same amount of time you'd need to order a takeout. Homemade one-pot cooking is the easiest and stress-free way of preparing fast, yet healthy dinners for the family. When time is short and all you want is to spend more time with your family,one-pot soups, stews, casseroles and chillis are just the thing to cook. All you need to do is cut up your favorite vegetables, meats and legumes, throw them together with your favorite spices in a single pot, skillet or slow cooker and you will have a quick weeknight supper or a delicious weekend dinner - it doesn't get any easier than that!At the end of a busy day one-pot cooking is just what you need to prepare delicious family dinners which are sure to please everyone at the table and to become all time favorites.Delicious One-Pot Meals to Please EveryoneIn a world where food is full of frightening artificial additives and flavorings, there is one simple and easy way to adopt a healthier lifestyle - the more unprocessed and real food you eat, the better.While it may look and sound difficult to cook real food at home you will soon realize you can throw together a healthy one-pot family dinner in the same amount of time you'd need to order a takeout. Homemade one-pot cooking is the easiest and stress-free way of preparing fast, yet healthy dinners for the family. When time is short and all you want is to spend more time with your family,one-pot soups, stews, casseroles and chillis are just the thing to cook. All you need to do is cut up your favorite vegetables, meats and legumes, throw them together with your favorite spices in a single pot, skillet or slow cooker and you will have a quick weeknight supper or a delicious weekend dinner - it doesn't get any easier than that!At the end of a busy day one-pot cooking is just what you need to prepare delicious family dinners which are sure to please everyone at the table and to

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Mediterranean Chicken Soup Serves 5-6
Ingredients: 1.5 lb chicken breasts, 3-4 carrots, chopped, 1 celery rib, chopped, 1 red onion, chopped, 1/3 cup rice, rinsed, 8 cups water, 10 black olives, pitted and halved, 1/2 tsp salt, ground black pepper, to taste, lemon juice, to serve, 1/2 cup fresh parsley or coriander, finely cut, to serve
Directions: Place chicken breasts in a soup pot. Add in onion, carrots, celery, salt, pepper and water. Stir well and bring to a boil. Add in rice and olives. Stir and reduce heat. Simmer for 30-40 minutes. Remove chicken from the pot and let it cool. Shred it and return it back to the pot. Serve soup with lemon juice and sprinkled with fresh parsley or coriander.

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Moroccan Chicken and Butternut Squash Soup

Serves 5-6

Ingredients: 3 skinless, boneless chicken thighs (about 14 oz), cut into bite-sized pieces 1 large onion, chopped 1 zucchini, quartered lengthwise and sliced into 1/2-inch pieces 3 cups peeled butternut squash, cut in 1/2-inch pieces 2 tbsp tomato paste 4 cups chicken broth 1/3 cup uncooked couscous 3 tbsp olive oil 1/2 tsp ground cumin 1/4 tsp cinnamon 1 tsp paprika 2 tbsp fresh basil leaves, chopped 1 tbsp grated orange rind

Directions: Heat a soup pot over medium heat. Gently sauté onion, stirring occasionally. Add in chicken pieces and cook for 3-4 minutes until chicken is brown on all sides. Add cumin, cinnamon and paprika and stir well. Add butternut squash and tomato paste; stir again. Add chicken broth and bring to a boil then reduce heat and simmer for ten minutes. Stir in couscous, salt and zucchini pieces and cook until squash is tender. Remove pot from heat. Season with salt and pepper to taste. Stir in chopped basil and orange rind and serve.

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Chicken and Ricotta Meatball Soup Serves 4-5

Ingredients: 1 lb ground chicken meat 1 egg, lightly whisked 1 cup whole milk ricotta 1 cup grated Parmesan cheese 1-2 tbsp flour 1/2 onion, chopped 4 cups chicken broth 2 cups baby spinach 1/2 tsp dried oregano 3 tbsp olive oil 1/2 tsp black pepper

Directions: Place ground chicken, Ricotta, Parmesan, egg and black pepper in a bowl. Combine well with hands and roll teaspoonfuls of the mixture into balls. Roll each meatball in the flour then set aside on a large plate. In a deep soup pot, heat olive oil and gently sauté onion until transparent. Add in oregano and chicken broth and bring to a boil. Add meatballs, reduce heat, and simmer, uncovered, for 15 minutes. Add baby spinach leaves and simmer for 2 more minutes until it wilts.

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Bean, Chicken and Sausage Soup
Serves 4-5
Ingredients: 10.5 oz Italian sausage, 2 bacon strips, diced, 1 cup chicken, cooked and diced, 1 cup canned kidney beans, rinsed and drained, 1 onion, chopped, 2 garlic cloves, crushed, 4 cups water, 1 cup canned tomatoes, diced, undrained, 1 bay leaf, 1 tsp dried thyme, 1 tsp savory, 1/2 tsp dried basil, salt and pepper, to taste
Directions: In a deep soup pot, cook the sausage, onion and bacon over medium heat until the sausage is no longer pink. Drain off the fat. Add in the garlic and cook for a minute until just fragrant. Add water, tomatoes and seasonings and bring to a boil. Cover, reduce heat, and simmer for 30 minutes. Add chicken and beans. Simmer for five minutes and serve.

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Slow Cooker Chicken Broccoli Soup
Serves 6-7
Ingredients: 2 lb boneless chicken thighs, cut in bite sized pieces, 1 small onion, chopped, 1 fresh garlic clove, 6-7 fresh or frozen broccoli florets, 4 cups chicken broth, 2 potatoes, peeled and cubed, 3 tbsp olive oil, 1 tsp garlic powder, 1 tsp dried oregano, 1 tsp salt, black pepper, to taste, 12 oz cheddar cheese, to serve
Directions: In a skillet, sauté onion and garlic with olive oil until onion is translucent. Season the chicken well with salt, black pepper, garlic powder and oregano. Place it in slow cooker with the onion mixture and all remaining ingredients. Cover and cook on low for 8-10 hours or on high

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Lentil and Ground Beef Soup
Serves 4-5
Ingredients: 1 lb ground beef
1 cup brown lentils
2 carrots, chopped
1 onion, chopped
1 potato, peeled and diced
4 garlic cloves, chopped
2 tomatoes, grated or pureed
5 cups water
1 tsp summer savory
1 tsp paprika
2 tbsp olive oil
1 tsp salt
ground black pepper, to taste
Directions: Heat olive oil in a large soup pot. Brown the ground beef, breaking it up with a spoon. Add in paprika and garlic and stir. Add lentils, remaining vegetables, water and spice. Bring the soup to a boil. Reduce heat to low and simmer, covered, for about an hour, or until the lentils are tender. Stir occasionally.

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Fish and Noodle SoupServes 4-5Fish and Noodle SoupServes 4-5Fish and Noodle SoupServes 4-5Fish and Noodle SoupServes 4-5

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One-Pot Cookbook: Family-Friendly Everyday Soup, Casserole, Slow Cooker and Skillet Recipes for Busy People on a Budget: Dump Dinners and One-Pot Meals (Healthy Cooking and

Cookbooks Book 1)

What people say about this book

Pamela Cornes, "Nice Recipes!. This cookbook has some really good recipes that I would consider making. I love cooking that's a "one stop shop." I would definitely recommend this book."

Tecolote, "Was a Gift!! Was a Gift hope it was OK..."

Jbarr5, "1 pot nutritional meals. One-Pot Cookbook: Family-Friendly Everyday Soup, Casserole, Slow Cooker and Skillet Recipes for Busy People on a Budget (Free Gift): Dump Dinners and One-Pot Meals (Healthy Cooking and Cookbooks) KindleMediterranean style soups, stews, stir fry and other dishes. Easy to make and very nutritional although there is no nutritional information but fresh vegetables and spices are used. There are no pictures and my favorite would be the beef stew A KEEPER!"

G&S, "This cook book has a lot of very good recipes, I've found it to be a good This cook book has a lot of very good recipes , I've found it to be a good guide and I can add or take away to my liking."

Dena, "Different recipes. This book has recipes that were new to me with easy to find ingredients and understandable instructions. One pot simplicity will be a go-to book for busy days and pot luck get-togethers in my future."

Leyla, "Okay. No photographs of the dishes. I like to see what a meal is supposed to look like. Otherwise quite okay"

Suze, "Slow cooker heaven!. This book is essential if like me you have a slow cooker. Get it out from the back of the cupboard and put it to use with the recipes in this book. You won't regret it."

Ebook Library Reader, "Just Throw it in the Pot!. Somehow I'd always associated one-pot cooking with comfort food in winter, but this very sensible and imaginative collection of recipes has shown me that there are lots of excellent spring/summer dishes which can be cooked quickly and easily in one pot. There are some lovely familiar combinations, such as Spinach with Eggs and Ratatouille, as well as some interesting new ones which I'm looking forward to trying out, such as Rice with Leeks and Olives. It'll be fun to try this out - and spend less time cooking, but still making delicious food."

sue mccabe, "Good food. Easy to understand direction, can easily be down sized or doubled for smaller or larger helpings and a really good combination of ingrediesnts. I would definitely recommend."

brian nicholls, "great item. really good read"

The book has a rating of 5 out of 4.3. 294 people have provided feedback.

Delicious One - Pot Meals to Please Everyone Mediterranean Chicken Soup Moroccan Chicken and Butternut Squash Soup Chicken and Ricotta Meatball Soup Bean , Chicken and Sausage Soup Slow Cooker Chicken Broccoli Soup Lentil and Ground Beef Soup Italian Meatball Soup Fish and Noodle Soup Lentil , Barley and Kale Soup Spinach and Mushroom Soup Broccoli and Potato Soup Moroccan Lentil Soup Beetroot and Carrot Soup Celery , Apple and Carrot Soup Pumpkin and Bell Pepper Soup Creamy Potato Soup Wild Mushroom Soup Spinach , Leek and Quinoa Soup Vegetable Quinoa Soup Slow Cooker Tuscan - style Soup Lamb and Potato Casserole Mediterranean Baked Fish Mediterranean Chicken Casserole Chicken and Potato Casserole Mediterranean Chicken Drumstick Casserole Greek Chicken Casserole Chicken with Almonds and Prunes Chicken and Rice Casserole Easy Chicken Paella Chicken and Artichoke Rice Easy Chicken Parmigiana One - Pot Chicken Dijonnaise Sweet and Sour Sicilian Chicken Lemon Rosemary Chicken Chicken and Bacon Frittata Chicken and Zucchini Frittata Beef and Pumpkin Stew Beef and Onion Stew Beef Stew with Green Peas Beef and Spinach Stew Mediterranean Beef Casserole Beef and Broccoli Stir Fry Beef Stew with Quince Spanish Beef Stew Ground Beef and Chickpea Casserole Spinach with Ground Beef Delicious One - Pot Ground Beef Pasta Sausage and Beans Mediterranean Pork Casserole Pork and Rice Casserole Pork Roast and Cabbage Orange Pork Chops Pork and Mushroom Crock Pot Bacon and Mushroom Frittata Brussels Sprouts with Bacon and Onion Zucchini Bake Baked Cauliflower Potato and Zucchini Bake Artichoke and Onion Frittata Green Pea and Mushroom Stew Tomato and Leek Stew Potato and Leek Stew Baked Beans and Rice Casserole Creamy Green Pea and Rice Casserole Zucchini and Rice Stew Spinach with Rice Eggplant Casserole Serves 4 Ingredients : 2 medium eggplants , peeled and diced 1 cup canned tomatoes , drained and diced 1 zucchini , peeled and diced 9 - 10 black olives , pitted 1 onion , chopped 4 garlic cloves , chopped Eggplant and Chickpea Casserole Ratatouille Rice Stuffed Bell Peppers Green Bean and Potato Stew Cabbage and Rice Stew Rice with Leeks and Olives Rice and Tomato Stew Okra and Tomato Casserole Spinach with Eggs Mish - Mash Vegetable Quinoa Pilaf Spinach , Lentil and Quinoa Casserole Rich Vegetable One - Pot Pasta One - Pot Broccoli Pasta FREE BONUS RECIPES : 10 Ridiculously Easy Jam and Jelly Recipes Anyone Can Make A Different Strawberry Jam Raspberry Jam Raspberry - Peach Jam Blueberry Jam Triple Berry Jam Red Currant Jelly White Cherry Jam Cherry Jam Oven Baked Ripe Figs Jam Quince Jam

About the Author

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