



**The Everything Healthy Pressure Cooker
Cookbook: Includes Eggplant Caponata, Butternut
Squash and Ginger Soup, Italian Herb and Lemon
Chicken, Tomato Risotto, ... hundreds more!
(Everything (Cooking))**

Laura Pazzaglia

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Enjoy quick, easy, and wholesome meals every day!

The pressure cooker makes crafting healthy and delicious meals for the entire family seem effortless! It not only reduces cooking times by 60% to 90%, but it will also help you save money and preserve the essential vitamins in your food, so you can eat healthier without spending all day in the kitchen.

Inside this cookbook, you'll find 300 quick and flavorful recipes, including:

- Baba Ganoush
- Pasta and Chickpea Minestrone
- Lentil and Black Bean Chili
- Spicy Ginger Chicken
- Cranberry and Walnut Braised Turkey Wings
- Beef and Guinness Stew
- Maple-Glazed Ham with Raisins
- Coconut Fish Curry
- Jambalaya with Chicken, Sausage, and Shrimp
- Lemon Pot de Creme
- Molten Chocolate Mug Cake
- And hundreds more!

With *The Everything Healthy Pressure Cooker Cookbook*, you'll create hearty meals with fresh vegetables, lean meats, whole grains, and fiber-rich legumes. It's time to make your everyday cooking easier and more nutritious!

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