



Electric Pressure Cooker Cookbook: 100 Quick, Easy, and Healthy Pressure Cooker Recipes for Electric Pressure Cookers (Pressure Cooker Cookbook, Pressure Cooker Recipes, Pressure Cooker) (Volume 2)

Vanessa Olsen

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Are you always too busy to cook healthy meals? Do you frequently have to resort to take-out or overdone recipes just because they're easy and fast? If so, pressure cooking is going to solve all your problems – and this book is the perfect place to begin! Introducing the Electric Pressure Cooker Cookbook: 100 Quick, Easy, and Healthy Recipes for Electric Pressure Cookers The pressure cooker has been around for centuries, but it wasn't until just recently that the electric pressure cooker revolutionized the way we cook. Pressure cooking will help you transform cheap, chewy cuts of meat into unbelievably tender masterpieces, and prepare grains, veggies, and fruit faster than ever before. Healthy pressure cooker recipes make getting all your nutrients fast, easy, and delicious, meaning that you'll never have to order in pizza after a long day at work ever again! This pressure cooker cookbook includes all of the important introductory information needed to feel comfortable and confident with an electric pressure cooker, even if it's your first time using one. In just the first few chapters, you'll learn everything there is to know about... • The history of pressure cooking • How to properly work an electric pressure cooker • Safely preparing pressure cooker recipes • Why electric pressure cookers are better than stove top ones • How to choose an electric pressure cooker that's right for you • And how to keep your pressure cooker in tip-top shape for years to come After learning the basics, you'll find 100 electric pressure cooker recipes, including breakfast, lunch, dinner, and even dessert. And for all you animal lovers, I've dedicated two whole chapters solely to vegetarian and vegan pressure cooking. Have a gluten allergy? Don't worry – there are plenty of gluten free recipes throughout the pages as well. To sum it up, here's a taste of what you can expect from this pressure cooking cookbook: • Classic grits • French onion soup • Apples & onions pork tenderloin • Sweet potato jackfruit enchiladas • Molten lava cake I've been passionate about healthy cooking for years, and electric pressure cooking only further sparked my passion. The information provided in this book is clear, concise, and detailed to ensure your best pressure cooking experience and some truly amazing meals that the whole family will love. It's the kind of dedication you'll only find in the book of a person who loves their job and what they do. If you can't find a recipe you absolutely love, then you probably don't love food.

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