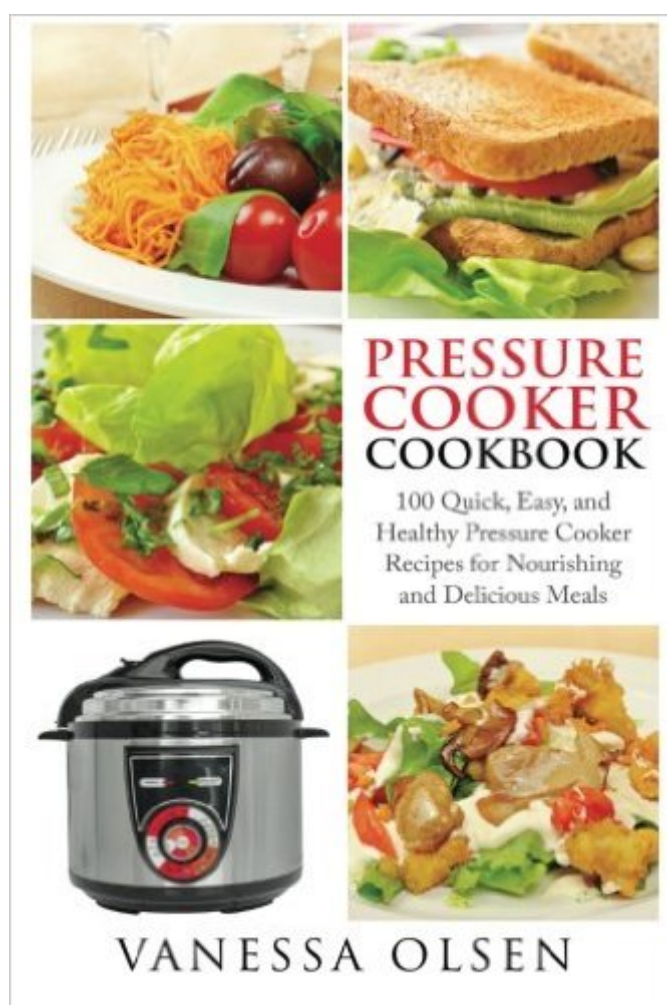


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# Pressure Cooker Cookbook: 100 Quick, Easy, And Healthy Pressure Cooker Recipes For Nourishing And Delicious Meals (Pressure Cooker Recipes, Pressure Cooker) (Volume 1)



## Synopsis

Did you know that the healthiest way to prepare meals is also the quickest? *Pressure Cooker Cookbook - 100 Quick, Easy, and Healthy Pressure Cooker Recipes for Nourishing and Delicious Meals* provides all the information you need to use a pressure cooker, along with 100 delicious recipes just waiting to be tried out. This pressure cooking cookbook will absolutely transform your usual kitchen routine – and for the better! With a long list of delicious and healthy pressure cooker recipes, you’ll be able to put together dishes like fall-off-the-bone ribs with a third of the time and effort it would normally take. Not to mention, pressure cooking is one of the most advanced ways to preserve nutrients contained in food, so you’ll feel some amazing health benefits as well! Making this quick purchase will give you all the in-depth information needed to ensure a lifetime of effortless, delicious, and healthy food! Some of the things you’ll learn are…

- Whether an electric pressure cooker or stove top pressure cooker is right for you
- The amazing health benefits that come with the pressure cooking lifestyle
- Tips and tricks for safe use
- How to speed up slow cooker recipes with the use of a pressure cooker

Amidst all the life-changing information you will also find a stove top and electric pressure cooker cookbook, containing 100 mouthwatering stove top and electric pressure cooker recipes. That’s breakfast, lunch, dinner, side dishes, snacks, and even desserts! Some of my favorites include:

- Spicy honey-sriracha chicken thighs
- Cheesy broccoli soup
- Savory salmon
- Stuffed acorn squash
- Cool and refreshing key lime pie
- Plus tons of recipes for all you vegans, vegetarians, and gluten free eaters out there!

In fact, this book even dedicates an entire section to vegan pressure cooking and pressure cooking for allergies. I understand how difficult it is for some people to find food which caters to them and their lifestyles, so I have decided that an entire section on vegan pressure cooking and pressure cooking for allergies should be provided at no extra cost. Since this book is loaded with tons of great information, you’ll also find two indexes at the very back to help you find what you need to know in a convenient and timely matter. Whether it has to do with time conversions or canning your delicious meals, the information will be at your fingertips within a matter of seconds. With all this being said, I’m excited to bring you into the world of pressure cooking in a way which is both informative and entertaining. Whether already familiar with pressure cooking or you’ve never even laid eyes on a pressure cooker before, I’m sure this book will bring tons of new and exciting cooking adventures into your life. You might even start to wonder how you ever got by without having it at-hand before!

## Book Information

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## Customer Reviews

This cookbook has a nice variety of recipes. It contains recipes from breakfasts to desserts. The beginning of the book gives information to familiarize the reader with pressure cookers and gives information on how to convert a recipe for use in a pressure cooker. Depending on your altitude, you may have to increase or decrease the given cooking times. I live at sea level, so food cooks faster than at my mom's in Denver. An example is that steel cut oats only take 3 minutes at my house instead of the 10 minutes this book calls for. I have an electric pressure cooker and love the time it saves in the kitchen.

I own the kindle version of this cookbook. I like how the book is set up. It tells you about the pressure cooker, so if you do not know a lot about it, this chapter will help you understand a little more about what a pressure cooker is and where it came from. Of course there are chapters on why a pressure cooker benefits you and how to choose the best pressure cooker for you. Lots of tips on how to use, clean, safety, etc, etc. Then there are all the recipes. There is a conversion chart to help you out as well. Everything in this cookbook is easy to understand. The way the cook book is set up, helps you find exactly what you are looking for with ease. I have tried a few recipes; all have come out great with no issues at all. I look forward to trying out more recipes. My mother is even wanting to borrow this from me. I received a free copy in exchange for an honest review

This is a very good pressure cooker cookbook, in this book you will learn everything you need to know about pressure cooker. The author provides a lot of healthy recipes that are very easy to

make. I really love reading books like this because it teaches me new healthy recipes that I could make for my family. I would like to say kudos to Vanessa for writing a very informative book.

I don't own a pressure cooker yet but have been thinking about getting one, so this book was good for me to look and see what all I could make with one. This cookbook has 100 easy recipes to choose from. There are 15 chapters in this book. I have the kindle version. The Chapters are The history and science of the pressure cooker, so if you don't know a lot about it this will help you understand it. Chapter 2 is the health benefits of pressure cooking. Chapter 3 is choosing a pressure cooker glad I got this first before getting one. Chapter 4 how to use and clean a pressure cooker. Chapter 5 is converting recipes to a pressure cooker, Chapter 6 is a few more tips. Chapter 7 is breakfast recipes, Chapter 8 is Chicken entrees, Chapter 9 is Beef entrees, Chapter 10 is seafood Entrees, Chapter 11 is Soups , Chapter 12 is Vegan Entrees, Chapter 13 is Side Dishes and Chapter 14 is Snack foods and Chapter 15 is Desserts. I like how each category is listed separately and makes it easy to find what you are looking for. Each recipe has the Cooking time and serving sizes and also the nutrition facts which is good because if you want to eat healthy you can see how much of everything is listed in the recipe. The recipes are easy to understand and read.

Cookbooks are one of my prized books to be cherished, tried, and look at over and over in times again. to be loved and cooked from. Pressure cooker food- delicious and easy-to-make food. At looks of this book, it provides not only delicious meals, but knowledge and so-needed tips for the quick assess to your best pressure cooker pot. Looking through the book, it screamed one thing to me - Don't let the other thoughts about next meal to pressure you, Vik, to go out and eat premade meals , but grab a book and head to the kitchen right now. I love the sections about History, Benefits, yet my mouth waters from reading the recipes 100 delicious meals to try. But what surprised me is the section about pressure cooker and canning foods. Love the book. I was actually looking for new healthy recipes after my diet, and this book is an unexpected, yet wanted gift.

A wonderful recipe book for using a pressure cooker. This cookbook is essential for those who want to learn to cook great meals with a pressure cooker, some simple steps and many easy and delicious recipes. They are written in manner which allows you to loose weight while enjoying great food. I recommend this for someone who isn't quite used to pressure cooking yet. And the author has also included vegan recipes. What more can you ask for? Delicious.

This book does so many things right in explaining everything you need to know to get started with pressure cooking right away. The first thing is that it explores the history of pressure cookers. It then hits a lot of the points that other books don't hit. Things that include how to clean your pressure cooker and how exactly it works. Understanding this makes the experience so much better. It is also much easier to ensure that over time your pressure cooker keeps working properly for you. The final thing is the large number of recipes that are delicious and help you make the most out of your pressure cooker!

The book is packed with the recipes that can be prepared in a quick and efficient way but my major concern is on the handling and proper management of the Pressure cooker and how to clean and giving me a good detail on its features that will help me in having a good meal in a reasonably shorter time.

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