



Making the most of your slow cooker is **simple, easy and FAST!**

WELCOME HOME! Let the savory aroma of a hot meal fill your house even on your busiest nights. For years family cooks relied on their slow cookers to do just that, but now *Taste of Home Simple, Easy, Fast Slow Cooker* cookbook makes it even easier to whip up those simmering specialties.

Like no other slow-cooker book, this collection of 390 recipes offers quick prep times, speedy cook times and short ingredient lists to help you set hearty meals on the table...regardless of your schedule!

See the icons at right to find the fastest and easiest recipes this book has to offer. Don't miss the two bonus chapters that round out slow-cooked entrees perfectly, and visit the Cook Time Index on page 255 for effortless menu planning. Then dish out the goodness with *Simple, Easy, Fast Slow Cooker!*

At-a-Glance Icons

READY IN 4

These recipes are ready, start to finish, in just **4 hours** or less!

5 INGREDIENTS

Not including water, salt, pepper and oil, these dishes need only **five items**.

EXPRESS PREP

You only need **10 minutes of preparation time** for these delicious family favorites.

ADVANTAGES OF SLOW COOKING

CONVENIENCE. Slow cookers provide families the ease of safely preparing meals while away from home. With this book, they can create those meals in 2, 4 or 8 hours!

HEALTH. As more people turn to nutritious food choices to improve health, slow cooking has gained popularity. Low-temperature cooking retains more vitamins in foods, and leaner cuts of meat become tender in the slow cooker without added fats. Lower-sodium and lower-fat versions of many canned goods are available, which can help you create even lighter, healthier meals.

And, for many family cooks, knowing that a healthy meal is waiting at home helps them avoid the temptation of the drive-thru after work.

FINANCIAL SAVINGS.

A slow cooker uses very little electricity because of its low wattage. Also, slow cookers do not heat up the kitchen like ovens do, which saves on summertime cooling costs. In addition, many slow-cooked entrees freeze well. See the freezer directions at the end of particular recipes and save money by serving comfort favorites stashed away in the freezer for particularly busy evenings.

TIPS FOR TASTY OUTCOMES

- Be sure the lid is well-placed over the ceramic insert, not tilted or askew. The steam during cooking creates a seal.
- Refrain from lifting the lid while using the slow cooker, unless the recipe instructs you to stir or add ingredients. The loss of steam each time you lift the lid can mean an extra 20 to 30 minutes of cooking time.
- Remember that slow cooking may take longer at higher altitudes.
- When food is finished cooking, remove it from the slow cooker within an hour. Promptly refrigerate any leftovers.
- Use a slow cooker on a buffet table to keep soup, stew, savory dips or mashed potatoes hot.
- Heat cooked food on the stovetop or in the microwave and then put it into a slow cooker to keep it hot for serving. Reheating food in a slow cooker isn't recommended.
- Don't forget your slow cooker when you go camping, if electricity will be available. When space is limited and you want effortless meals, the slow cooker is a handy appliance.



MAPLE-WALNUT
SWEET POTATOES, 54

Taste of Home

Things That Go Yum in the Night!

Bring your bag of spooks and scares this Halloween and whip up a frightful feast for all to share. *Taste of Home Holidays: Happy Halloween!* is the answer for hauntingly delicious recipes that will put a spell on adults and kids alike.

Keep your guests on the edge of their seats from appetizers to dessert with this collection of fall favorites infused with a ghostly twist. Between bobbing for apples and telling ghost stories, gather the group for a supper of enchanting entrees and spooky sides. With six chapters of Halloween-inspired recipes, your house will be the place for all things creepy, crawly and delicious.

Or perhaps you're looking for a sweet alternative to candy for this year's trick-or-treaters? This book has a variety of ghastly-good cookies, bars and desserts guaranteed to bring little mummies and witches knocking on your door for more.

With every recipe tested and approved by the *Taste of Home* Test Kitchen and home cooks across the country, you have every reason to fill this haunted holiday with tasty tricks and treats. The jack-o'-lanterns are lit and the ghouls are stirring...it's time for a Halloween feast!

