



# **The Skinny One-Pot, Casseroles & Stews Recipe Book: Simple & Delicious, One-Pot Meals. All Under 300, 400 & 500 Calories**

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**#1 Best Selling Amazon Author**

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Simple & Delicious, One-Pot Meals. All Under 300, 400 & 500 Calories.**

In every country and culture around the world there is a variation of the one-pot meal. In Spain a paella, France a boeuf bourguignon, a Moroccan tagine, Italian risotto or a classic Irish stew. Whatever the geography, the concept of cooking delicious meals with minimal preparation, maximum flavour and less cleaning up is a winning combination. Add to this carefully selected low calorie ingredients, which ensure **each recipe falls below 300, 400 or 500 calories**, and you have the perfect calorie controlled meal to help you manage your weight.

Our one-pot dinners are much more than just meat and potatoes; our recipes are flavour packed, wholesome, nutritious and delicious meals that all the family can enjoy.

***Recipes include:***

Sweet Pork & Beans  
Family Chilli  
Northern Stew  
Barley & Beef One-pot  
Smoked Ham & Cream Cheese Risotto  
Honey Mustard Chicken  
Coconut Milk & Chicken Light Stew  
Creamy Butternut Squash Stew  
Stilton Puy Stew  
Sweet Potato & Green Bean Dhal  
Salted Cod & Cherry Tomato Stew  
Monkfish & Mushroom Stew  
Spanish Seafood Risotto  
And many more....

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