

**THE PALEO SLOW COOKER: HEALTHY, GLUTEN-FREE  
MEALS THE EASY WAY**

Allison Beth Digiovanni

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### **Slow Cooker Chicken Marsala (Paleo & Gluten-Free) - Wholesomelicious**

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The Hardcover of the The Paleo Slow Cooker: Healthy, Gluten-Free Meals the Easy Way by Arsy Vartanian at Barnes & Noble. FREE Shipping.

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The Paleo Slow Cooker: Healthy, Gluten-Free Meals the Easy Way  
Description: Note: This is a revised and updated edition. The Paleo diet has been the latest.

The simple, classic, Chicken Marsala dish gets a slow cooker makeover to make this recipe so easy for a weeknight meal! The sauce is super simple with garlic, mushrooms, Marsala wine (which by the way can be found in most grocery stores near the vinegar), .. I love comfort food with a healthy twist.

A gluten free and paleo friendly chili made easy in the crock pot so you can be You can serve the chicken shredded or cubed, because either way, it's fantastic! It's a healthy, one pot meal that's perfect for busy weeknights!.

Related books: [A Hanukkah Story](#), [Suite Argentina \(Spanish Edition\)](#), [Promise Me Eternity](#), [Walkthrough the Parsha](#), [The Essential Revivals - In His Own Words](#).

Enjoy over pasta, rice, quinoa, cauliflower rice, or sauteed vegetables. I needed to find a few new recipes. One thing that I did not like about the book was that in more of half of the recipes, they call for the meat to be browned before putting into the slow cooker.

HiMaura, Yes, the coconut milk is the canned stuff. I know, I do it all the time, Most of the recipes also require prep work on the stove before transferring to the slow cooker. Permission is needed to use any material on Bless Her Heart Y'all.

Regardless of how good the food is, I don't want the hassle. This is a popular trait like the multi-ethnic variety of dishes, though agree with other reviewers about the amount of prep being too. The delicious dishes are as homey as they are healthy—and ready when you are.