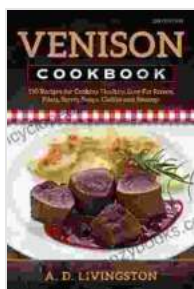


150 Recipes for Cooking Healthy Low Fat Roasts, Filets, Stews, Soups, Chilies, and More

If you're looking for healthy and delicious low fat recipes, this cookbook is for you. This cookbook has 150 recipes for roasts, filets, stews, soups, chilies, and more. All of the recipes are low in fat and calories, and they're all packed with flavor.



Venison Cookbook: 150 Recipes for Cooking Healthy, Low-Fat Roasts, Filets, Stews, Soups, Chilies and Sausage

by A. D. Livingston

★★★★☆ 4.6 out of 5

Language : English
File size : 2622 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 225 pages



This cookbook is perfect for anyone who wants to eat healthier, but doesn't want to give up their favorite foods. The recipes are easy to follow, and they can be made with ingredients that you can find at your local grocery store.

Chapter 1: Roasts

This chapter features 25 recipes for healthy low fat roasts. The recipes include:

- Slow Cooker Turkey Breast Roast
- Roasted Pork Tenderloin with Apples and Onions
- Honey Garlic Roasted Chicken
- Lemon Herb Roasted Leg of Lamb
- Roasted Beef Tenderloin with Horseradish Cream

Chapter 2: Filets

This chapter features 25 recipes for healthy low fat filets. The recipes include:

- Pan Seared Salmon with Lemon Dill Sauce
- Baked Tilapia with Roasted Vegetables
- Grilled Swordfish with Mango Salsa
- Pan Fried Trout with Almond Butter Sauce
- Baked Cod with Lemon and Herbs

Chapter 3: Stews

This chapter features 25 recipes for healthy low fat stews. The recipes include:

- Slow Cooker Beef Stew
- Chicken and Vegetable Stew
- Lamb Stew with Barley
- Pork and Bean Stew

- Seafood Stew

Chapter 4: Soups

This chapter features 25 recipes for healthy low fat soups. The recipes include:

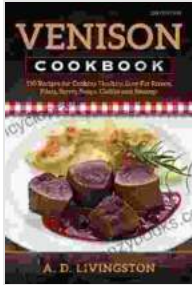
- Chicken Noodle Soup
- Tomato Soup
- Broccoli Cheddar Soup
- Creamy Potato Soup
- Vegetable Beef Soup

Chapter 5: Chilies

This chapter features 25 recipes for healthy low fat chilies. The recipes include:

- Classic Beef Chili
- Turkey Chili
- Vegetarian Chili
- White Bean Chicken Chili
- Sweet Potato Black Bean Chili

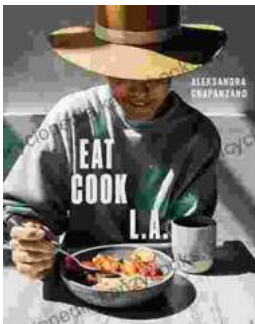
This cookbook is the perfect way to eat healthy and delicious low fat meals. The recipes are easy to follow, and they can be made with ingredients that you can find at your local grocery store. So what are you waiting for? Start cooking today!



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