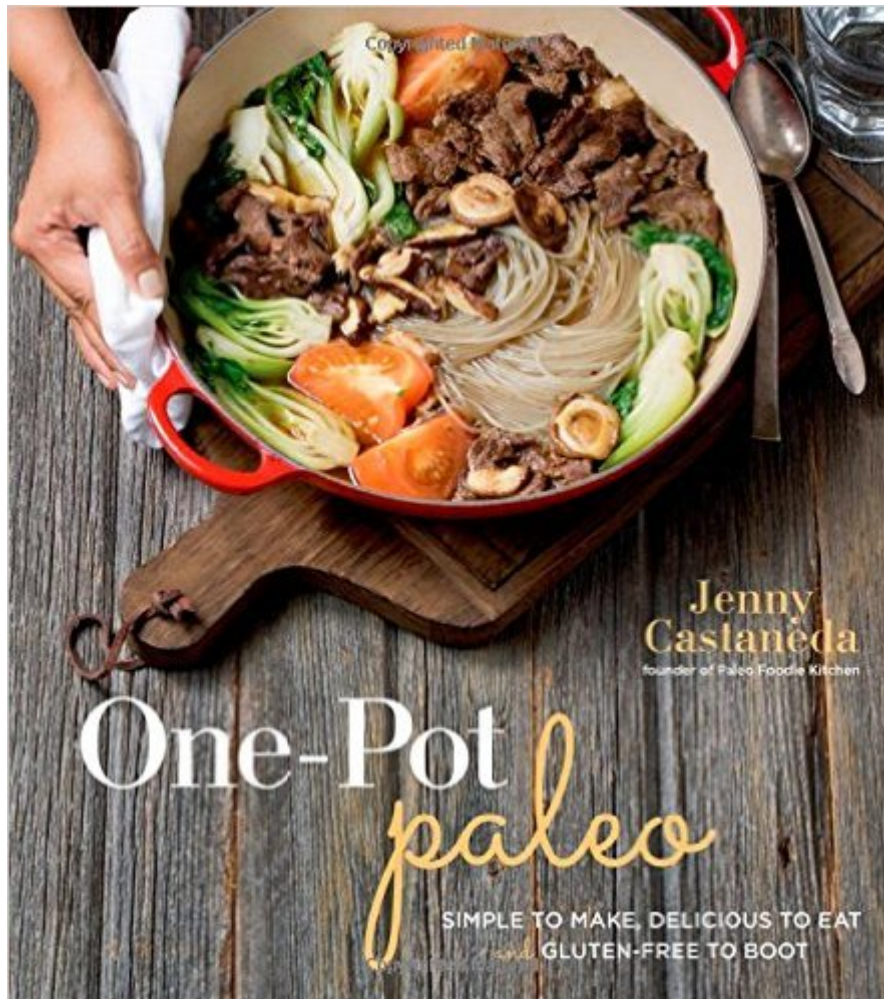


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One-Pot Paleo: Simple To Make, Delicious To Eat And Gluten-free To Boot



Synopsis

Healthy, Hearty Paleo Meals Without the Dishes, Mess or Stress Paleo cooking has never been so easy! In One-Pot Paleo, Jenny Castaneda shares delicious recipes for enticing Paleo meals that only require one pot, pan or bowl. That means tasty, filling Paleo meals without the mess. You'll spend less time cooking and cleaning and more time enjoying your meals. One-Pot Paleo's casseroles, stir fries, bakes, broils, soups and stews are a mix of Paleo essentials like Pan Seared Steak, Portobello Sandwiches, Chicken Pesto Zucchini and Plantain Pizza, as well as dishes Jenny has gathered from around the globe, like Loaded Spanish Tortillas, Hawaiian Meatballs and Austrian Pancake Bites. One-Pot Paleo is all about convenience, and Jenny makes it easy for readers to determine which recipes contain potential allergens and how to swap ingredients to tailor meals to individual dietary restrictions and preferences. She'll also help you prep a week's worth of meals on the weekend to save you even more time. Let One-Pot Paleo simplify your life and spice up your Paleo diet in the process!

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Customer Reviews

This debut cookbook from Jenny Castaneda has exactly what I'm looking for in a Paleo cookbook today - a wide variety of no-fuss recipes that are smart, delicious, and weeknight-friendly. Although the book has just shy of 100 total recipes, I found myself earmarking over half of them for future weeknight meals (that's a LOT when compared to my typical Paleo cookbook experience). I'm really excited to see some internationally inspired dishes like Pancit and Filipino Chicken BBQ, both staples of the author's upbringing in a traditional Filipino home; but all the same, there are some

really great Western staples like Hamburger Steak and Breakfast Pizza Quiche which really hit the spot. The chapters are arranged by technique instead of cuisine, which makes it very easy to plan your meals. The chapters include Sizzling Cast Iron, Comforting Casseroles, Scrumptious Stir-Fries, Bake, Broil or Grill, Warming Soups and Stews, and Sensational Salads. Flavors from all over the world are well represented, without relying too much on exotic ingredients - I'd say 90% of these dishes can be made using everyday ingredients and your typical Paleo pantry items like coconut aminos, kelp noodles, or ghee. Jenny is also thoughtful in including some ingredients that flex the Paleo template, like butter and white rice, for those who tolerate it well (and substitutions for everyone else). For example, there are recipes like Chicken Biryani and Chicken and Rice Porridge, both purely authentic, and Sukiyaki made with sweet potato noodles. The recipes in general are really flavor-focused (and nutrient-dense), including seafood dishes like Crab and Shrimp-Topped Salmon (seafood x3!).

I am an experienced home cook (and baker) who has gone Paleo and grain-free per doctor's order (due to food intolerances for 2.5 years, hormone imbalance, and the latest: pre-diabetes). To date I've cooked five dinners from this cookbook and what my family loves the best is the great flavor and the new-to-us meals. I was tired of the same old-same old meals I make and was bad about planning, so have been planning dinners from One Pot Paleo, making a weekly shopping list and getting all I needed for the week on Sunday. It's been a blessing. I have a few complaints which justifies the ranking of 4 stars = I Like It instead of a 5 star rating. First off, the serving size and portions. Some recipes are for 2 servings and some are 4 so pay attention! I am cooking for two adults and one teen boy. I no longer eat large quantities so I am pretty much okay with eating just what the author recommends (she does not recommend adding one more vegetable serving or a salad on the side). My husband claims he's starving after one or two portions. My teen being a picky eater either eats mainly the meat portion then is still hungry (his fault I know). Basically to ensure the three of us get enough to eat we need to make more food. Herein lies the problem with one pot cooking. In some cases you cannot just add more veggies as only so much fits in the cast iron pan, for example. We have started making a second veggie side dish which uses another "pot" so there goes the whole idea of washing less. Also if I use a big bowl to mix ground beef, a food processor to chop up mushrooms then a cast iron pot that is a lot of washing so again it's not one pot to wash. But let's not quibble. This is not a strict Paleo ingredient cookbook.

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