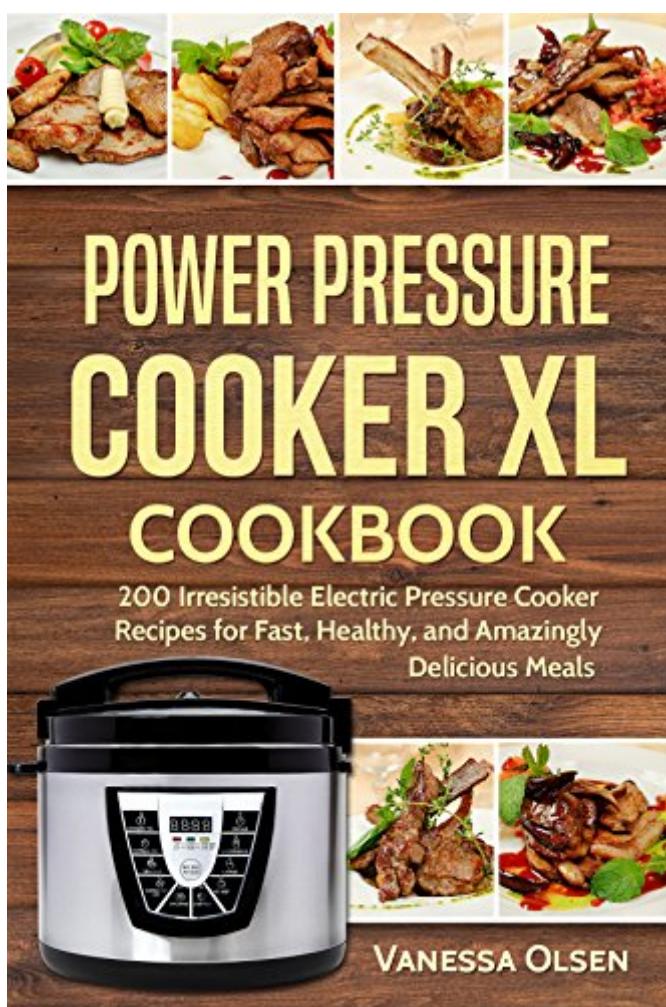


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# **Power Pressure Cooker XL Cookbook: 200 Irresistible Electric Pressure Cooker Recipes For Fast, Healthy, And Amazingly Delicious Meals**





## Synopsis

FREE BONUS INSIDE! Subscribe to my newsletter and receive 4 amazing eBooks on the Paleo diet, clean eating, smoothie recipes, and gluten free as a welcome gift! Does healthy cooking stress you out? Pressure cooking can change that. You know that cooking healthy and nutritious meals in your own kitchen is important, but it can be expensive, take a lot of time and effort, and be a pretty stressful experience overall. If you've been avoiding cooking at home, pressure cooking can transform how you see food and the cooking process once and for all. Electric pressure cookers like the Power Pressure Cooker XL are safer and more effective than ever. They are a far cry from the first pressure cookers, which were invented in the 17th century, and are seeing a resurgence in popularity as more people become interested in healthy home cooking. This book will walk you through everything you need to know about the benefits of pressure cooking, and how to safely operate one from getting it out of the box to cleaning it. You'll find diagrams and descriptions of every button, so you'll feel more than ready. It's easy to cook any meal in your pressure cooker, whether it's breakfast, dessert, or bone broth, with just the one pot. No more baby-sitting the oven or skillet, and no more long wait times before your meal is ready. The pressure cooker is the fastest cooking method there is thanks to the airtight seal that raises the boiling point of water, so even foods that normally take a long time (like stews and BBQ) will be significantly speedier. What other kind of food can you make in an electric pressure cooker? *The Power Pressure Cooker XL Cookbook: 200 Delicious Electric Pressure Cooker Recipes for Fast, Healthy, and Amazingly Tasty Meals* • includes recipes like: Banana French toast, Stuffed turkey breast, Beef taco pie, Baby back pork ribs, Shrimp fried rice, Scalloped potatoes, Paleo buffalo wings, Vegan vegetable pot pies, Cheesecake, Banana bread. If you've been seeing how popular electric pressure cookers are, but have been hesitant to invest in one, now is the time! With your new pressure cooker and this book in hand, you'll be prepared to start cooking great meals right away; the pressure cooker will not become a purchase that just sits at the back of your cupboard. Healthy cooking and eating can be free from stress - you'll see results very soon!

## Book Information

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## Customer Reviews

This new cookbook by Vanessa Olsen, is about the joy and ease of cooking great meal with an electric pressure cooker. I have an electric pressure cooker, so I intrigued by this cookbook. This is the first cookbook that I have bought in a few years, since the days of Pinterest I haven't bought one. I have to say that is cookbook wasn't great, yes it has a variety of recipes but it nothing you can't find one the internet. There was also one thing one thing I was very disappointed on, there are no pictures!! What!! I know I would love to see what the meal looks like before I try to make it. On the other hand if you don't want to search all over the internet looking for different recipes, in all the meat and dessert genre then you may like this cookbook. This cookbook also has all the tip for learning about electric pressure cookers and how to convert traditional recipes. One recipe to try this the shrimp fried rice. I would give this cookbook 2 and 1/2 stars.

While Vanessa's book includes meat, I found several recipes that were vegetarian or that I could adapt to vegan. They look wonderful. I have been working on changing recipes to fit my needs for a while. The potato soup (w/o meat) is absolutely fabulous. What Vanessa calls "sides" in Chapter 12, I have turned into meals. I love pressure cooking, don't you? I am continuing to experiment...it's just so much fun! There is something I particularly want to say and I know many people will know what I'm talking about. I have found Vanessa's book a joy to work with simply because of her organization. I don't have to look and look and look for the number of people served by the recipe,

the time it takes to prepare (broken down into prep, cook and pressure release, the nutritional information (you know, those pesky calories). Another thing I am enjoying is having someone tell me which button to push (i.e. chicken/meat or rice/risotto). Since I am relatively new at pressure cooking, I really appreciate that! Everything is laid out beautifully, cleanly and clearly. There are no doubts about what you should do. The recipes are presented elegantly. Thank you, Vanessa!

Exciting recipes! This is a good book for everyone looking to start with the power pressure cooker xl. This book will guide you through your first use and will ensure you getting good recipes. Try all recipes from this book because they are easy to prepare and they all have good healthy ingredients. Really worth recommending!

Great cookbook! Cooking is an impresssive thing on the off chance that you can utilize the innovation of a pressure cooker in it. It will help you to spare a great deal of time and furthermore cookt asty and healthy formulas inside a brief timeframe. This book has the best rule for power pressure cooker users and it will help them to comprehend this appliance effortlessly. The rule is splendidly depicted and straightforward. It's awesone for the newbies. Recommended.

The ribs recipe. I turned my nose up at ribs in the power pressure cooker. Boy, was I wrong. Pressure cooker and finished on the grill.. can't beat it. A lot of interesting recipes to try. The soups are next on my list.

A must if you own an electric pressure cooker. Easier to understand the directions after using my cooker for awhile. A little of everything and they look fairly easy to prepare.

I have only tried a few recipes but so far all have been really good. There are more than I could ask for.

Bought this to see if I want to buy a electric pressure cooker . Still working on that .

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