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from Skinnytaste Fast and Slow: Knockout Quick-Fix and Slow Cooker Recipes  
Skinnytaste Fast and Slow by Gina Homolka and Heather K. Jones  
Categories: Quick / easy; Soups  
Ingredients: chicken thighs; ground cumin; scallions; garlic; tomatoes; baby red potatoes; red peppers; cilantro; chicken bouillon; bay leaves; corn; avocados

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Gina Homolka, founder of the widely adored blog Skinnytaste, shares 140 dishes that come together in a snap--whether in a slow cooker or in the oven or on the stovetop.

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Recipe. Season the chicken with the salt and pepper to taste. Heat a large nonstick skillet over medium-high heat. Coat with cooking spray, add the chicken, and cook until browned, 2 to 3 minutes per side. Transfer to a slow cooker. Reduce the heat under the skillet to medium and coat with more cooking spray.

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Add the garlic and onion and cook, stirring, until soft, 3 to 4 minutes. Transfer to the slow cooker and add the tomatoes, bell peppers, mushrooms, thyme, oregano, and bay leaf. Stir to combine. Cover and cook on high for 4 hours or on low for 8 hours. Discard the bay leaf and transfer the chicken to a large plate.

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Skinnytaste Fast and Slow; Knockout Quick-Fix and Slow Cooker Recipes. Available for order from these online sellers: Target | Amazon | Barnes & Noble | Indiebound. Since my first cookbook came out, I've gotten tons of requests for more slow cooker recipes and quick dishes that take 30 minutes or less from start to finish.

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For hearty one-bowl meals, there's quinoa with shrimp and artichokes along with assorted stews, chilis, and soups such as slow cooker butternut-apple soup. Fast and slow mains feature pasta sauces on "zoodles" (zucchini noodles) and "squashta" (squash pasta), assorted tacos, poultry and meat dishes, fish and seafood, and meatless meals.

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