



# Anti Inflammation Recipes - 101 Slow Cooker Recipes

*Mandy Stone, Adam Burns*

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**101 Anti Inflammation Recipes cooked with ease in a slow cooker!**

**Check out some of the delicious recipes we have in store for you today...**

**Pulled Chicken Pumpkin Chicken Chili Cream Cheese Chicken Ratatouille with Chickpeas Slow Cooked Chicken Fajitas Wild Duck Breast L'Orange Slow Roasted Herb Potatoes Summer Squash Casserole Caribbean Sweet Potato Stew Slow Cooked Scalloped Potatoes Black Bean Soup Honey Sriracha Chicken Wings Corn and Potato Chowder Slow Cooked French Onion Soup Slow Cooker Roasted Vegetables Wild Duck Gumbo Buffalo Chicken Pasta Crock Pot Minestrone Soup Lentil Cauliflower Stew Crock Pot Lasagna Slow Cooked Spinach Manicotti Slow Cooked Mac and Cheese Italian Vegetable and Pasta Soup Pesto Chicken Sandwiches Mushroom Risotto with Peas Chicken Osso Buco Warm Eggplant and Kale Panzanella Slow Cooker Ribollita Italian Wedding Soup Penne with Tomato-Eggplant Sauce Beef and Carrot Ragu Italian Pork and Sweet Potatoes Spaghetti with Sauce Italiano Saucy Ravioli with Meatballs Caponata Sicilianata Italian Braised Chicken with Fennel and Cannellini Char Siu Pork Roast Mediterranean Roast Turkey Vegetable and Chickpea Curry Provençal Beef Daube Smoky Slow Cooker Chili Provençale Chicken Pesto Lasagna with Spinach and Mushrooms Curried Beef Short Ribs Barley Stuffed Cabbage Rolls Spinach Artichoke Dip Creole Red Beans and Rice White Bean Cassoulet Loaded Baked Potatoes Chicken with Carrots and Potatoes Tomato Pot Roast High Protein Bean and Sirloin Tip Chili Beef Stew and Orange with Cloves Corned Beef with Cabbage Loaded Sloppy Joes with a Kick Vegetable Loaded Beef and Barley Soup Beef and Butternut Squash with Cherries Simplest High Fiber Beef Tacos Rich Beef Biryani Slow Cooked Meatloaf Ground Sirloin Borscht Moroccan Braised Lamb with Fresh Tomatoes and Wine Beanie Shepherd's Pie Lamb Indian Style High Fiber Mulligatawny Lamb Stew Lean Lamb Chops BBQ Chicken Thighs Chunky German Sausage with Sauerkraut Stew Lean Artichoke Chicken Peanuttty Thai Chicken Lean Apricot Chicken with Wild Rice Soup Asian Sweet Chicken Chili Vegetable Rich Asian Chicken Stew Low Calorie Fiesta Mexican Chicken Fiber Full Moroccan Chicken Lean Lemon**

and Apricot Chicken Protein Pesto Chicken with Mushrooms Free Radical Combating Kalamata Chicken Basil, Spinach, and Feta Stuffed Chicken Rolls with Pignoli Savory Cooker Tender Turkey Drums Flavanol Rich Cocoa Chicken Mole Jamaican Jerked Turkey Low Calorie Tropical Turkey Turkey with Fruit Cranberry Sauce Lean Green Stuffed Peppers Easy and Lean Taco Salad Loaded Sweet Potato and Split Pea Soup Buster Sweet Potato Apple Soup Pepper Pineapple Chili Mighty Minestrone Green Lean Curried Tofu Low Calorie Caribbean Black Bean Soup Seeded and Stuffed Squash Liver Root and Cabbage Stew 3-Pepper and Bean Chili Rich with Vitamin C White Italian Bean Soup Piquant Hot Cannellini and Tuna Stew Tangy Tomato Salmon Patties and Pineapple with Miso Light Lemon Garlic Tilapia and Roasted Shiitakes Dilled Salmon Dijon Curried Chicken with Barley and Vegetables

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**While we are not attempting to have the end all be all cure for inflammation, we most certainly do hope that some of these unique recipes can be of help in assisting in relief. This is all we want, is to help people with options in the kitchen!**

*Cheers!*

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