

Download One Pot Meals For People With Diabetes

Author: wowketodiet . Hello! This is Keto One Pot Meals Recipes By wowketodiet. We love to read books and my job is to analyze daily all the novelties in the world of ebooks. Author: wowketodiet . Hello! This is Keto One Pot By wowketodiet. We love to read books and my job is to analyze daily all the novelties in the world of ebooks. I love one-pot meals, and Greek cuisine has plenty of them. All the popular vegetable casseroles are basically one pot meals. Pick a vegetable, add onions, tomato sauce and olive oil and you are done. Occasionally there is a bit of meat to be added, mostly chicken, like this combo: chicken and peas ... This was an interesting change from traditional spaghetti. We liked the idea of adding carrots--makes it seem a bit healthier. I made it using Italian turkey sausage instead of ground beef, I omitted the salt, I used grated parmesan instead of shaved because I didn't have any shaved on hand, and I doubled the red pepper flakes because we like things on the spicy side.