

# introduction

**For delicious make-ahead meals, nothing beats a slow cooker.** Perfect for hectic weeknights, it's the only tool you'll need to transform simple ingredients and lean cuts of meat into filling, flavorful meals—so you can serve your family slow-simmered goodness without spending hours over the cooktop.

**Here, we've compiled 140 of our all-time favorite recipes for the ultimate slow-cooker collection.** Try **Company Pot Roast** (page 56) for a comforting classic, or **Chicken and Shrimp Jambalaya** (page 149) for a zesty crowd-pleaser with a Cajun kick. You'll also find fresh flavors and vegetarian options to shake up your dinnertime routine, such as **Thyme-Scented White Bean Cassoulet** (page 171) or **Curried Squash and Apple Soup** (page 197). Even better, this book can take you beyond the slow-cooker standbys with recipes like refreshing **Berry-Lemonade Tea** (page 27) or irresistibly gooey **Brownie Pudding Cake** (page 263).

**But because you want more than just a collection of recipes,** we've also included a **Cooking Class** (page 8) with the most valuable information about this handy appliance. Brimming with our best techniques and tips, it will guide you through every step of the process, from finding the right slow cooker to simplifying cleanup.

**With *Cooking Light Slow Cooker Tonight!*, our dedicated staff of culinary professionals and registered dietitians** gives you all the tools and recipes at your fingertips to prepare healthful, satisfying slow-cooker meals any night of the week. Let these kitchen-tested recipes breathe new life into your slow cooker—tonight!

The *Cooking Light* Editors