



[*Better Homes and Gardens Fast or Slow: Delicious Meals for Slow Cookers, Pressure Cookers, or Multi Cookers*](#) © 2018 by Meredith Corporation. Photography © 2018 by Meredith Corporation. Published by Houghton Mifflin Harcourt.

Our Summary:

Who doesn't have a slow cooker or a pressure cooker? Maybe, you have an insta pot or multi-cooker? These iconic counter-top convenience appliances have changed home cooking. While they deliver up the convenience promised, you need a separate library of recipes for each. Like a slow cooker recipe? Good luck making it in your insta pot. Enter [*Better Homes & Gardens Fast or Slow*](#). This book is for everyone who wants the convenience of preparing home-cooked meals on their time schedule. Have time in the

morning? Prep your meal in the slow cooker and have it waiting for you when you return home. Running late? No problem. Make that same meal at the end of your day, in about 30 minutes. Nice!

What you need to know:

Get it: [*Better Homes and Gardens Fast or Slow: Delicious Meals for Slow Cookers, Pressure Cookers, or Multi Cookers*](#) © 2018 by Meredith Corporation. Photography © 2018 by Meredith Corporation. Published by Houghton Mifflin Harcourt August 21, 2018, Paperback \$19.99 ([Amazon \\$19.99](#); [Kindle \\$9.99](#))

See it: 304 pages divided between brightly colored chapter dividers that take you from breakfast through lunch and dinner, and everything for entertaining, including desserts. Recipes are not listed at chapter headings or table of contents, but can be found in the index under the referenced chapter heading. The index is also broken out by ingredients and recipe names.

Make it: 100 recipes for the insta pot, multi cooker, or stove top pressure cooker and slow cooker; each recipe appears along-side a full-page color photo of the finished dish.

Our Review:

In the last few years home-cooks have welcomed back the pressure cooker into their kitchens. Redesigned, easier to use, and marketed as the popular [Insta-pot](#), pressure cooking is once again the darling of counter-top convenience putting food on your table in as little as about 30 minutes. But, wait! [Slow cookers](#) have long been favored for counter-top convenience too. We all know the "fix-it-and-forget-it" mantra. When the two married, the [multi-cooker](#) was born. And, while each sets you up for kitchen convenience, you've needed separate recipe collections for each. Until now. [*Better Homes & Gardens Fast or Slow*](#) combines these iconic appliances in one go-to collection: same recipe but written twice to match your appliance and your schedule.



In the classic *Better Home & Gardens* style everything in [Fast or Slow](#) is geared toward family-oriented meals. Updated, modern, and with cultural twists to satisfy even the most contemporary of users, [Fast or Slow](#) gives you options for each recipe: One for fast cooking in your insta pot, multi-cooker or on your [stove top pressure cooker/canner](#), and one for slow cooking in your slow cooker - with the exception of a chapter on quick delicious sides and salads, of course.

The introductory pages, 4 total, are a quick read and provide you the essentials for modern day pressure cooking, be it with an insta pot, multi-cooker or stove top pressure cooker, and slow cooker basics. Plus, the 1 page guide to using [Fast or Slow](#) helps you navigate meal planning with options for *weeknight*, *vegetarian*, the nutritional information for every recipe, recipes labeled *healthy*, and options worthy of guests.

There are plenty of recipes to choose from in [Fast or Slow](#), too. Regardless of your dietary preference or schedule, you'll find plenty here. From the *Warm Roasted Barley, Kale, and Apple Salad* for vegetarians, to the healthy *Ham and Mixed Bean Soup with Kale* and *Balsamic Roasted Brussels Sprouts with Bacon*, to the *Red Wine Pot Roast* or the *Lemony Mussels with Cherry Tomatoes and Potatoes* suitable for weeknights or company. You'll also be pleased knowing that you can switch back and forth between a “fix-it-and-forget-it” approach or a “must-get-dinner-on-the-table-quick” approach. Who doesn't want those kinds of options?

And, if you're in need of cultural variety, [Fast or Slow](#) gives you *Loaded Italian Grinder Sandwiches*, the *Simplified Chicken Korma* or *Chicken and Sausage Gumbo*. You can choose from *Chilaquiles*, *Medjool Date, Pancetta, and Blue Cheese Melt*, *Hoisin Beef Stew*, or *Indian Chickpea and Vegetable Curry*, and so much more. These recipes are straight-forward (no more than a few paragraphs long) and will make you shine like the superstar cook you are, even though you've spent a busy full day away from the home.

With chapters dedicated to everything you need from breakfast to dessert, and everything in between, the [Fast or Slow](#) approach to the one pot meal makes you want to roll up your sleeves and dive in. Because you actually *have* the time, and because the *Better Homes & Gardens* brand gives you the confidence to cook from its collection.

Recipes to cook from [Better Homes and Gardens Fast or Slow](#) © 2018 by Meredith Corporation. Photography © 2018 by Meredith Corporation. Reproduced by permission of Houghton Mifflin Harcourt. All rights reserved.

[Beer Soaked Brisket Sandwiches*](#)

[Ham and Mixed Bean Soup with Kale](#)

[Indian Chickpea and Vegetable Curry*](#)

*[Now That's A Mouthful](#) uses and recommends [The Spice and Tea Exchange®](#) spices and seasonings in all of its recipes.