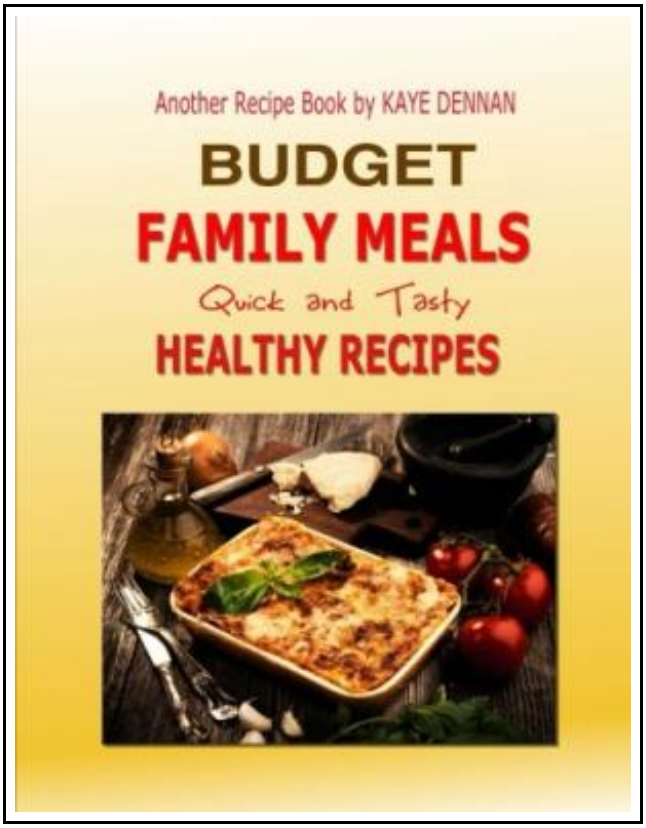
Budget Family Meals: Quick and Tasty Healthy Recipes



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(Mrs. Jacquelyn Gutmann)

BUDGET FAMILY MEALS: QUICK AND TASTY HEALTHY RECIPES

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Createspace, United States, 2015. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.FULL COLOR and Easy to Read recipe book for home cooks. A whole heap of family favorites! Budget Family Meals recipe book has been specifically written for: * new home cooks * people who need to be able to cook quick healthy tasty meals * budget minded cooks To help making cooking a breeze this book inlcudes: * temperature conversion chart * measurement chart * weight conversion chart * tips for beating the budget * preparing vegetables * pantry list And recipes such as: * fluffy omelet * curried eggs * basic white sauce * stacked beef enchiladas * green curry chicken and sweet potato * pan fried fish * pancakes - savory and sweet * pavolva * apple sturdel And lots, and lots more! All these recipes have been cooked in my family whilst the children were growing up and have proven to be a success over the years. Each recipe has detailed instructions to ensure that you end up with a delicious meal. Not only that, I have added many suggestions for variety as well. You just can t go wrong! Cook and enjoy!.

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