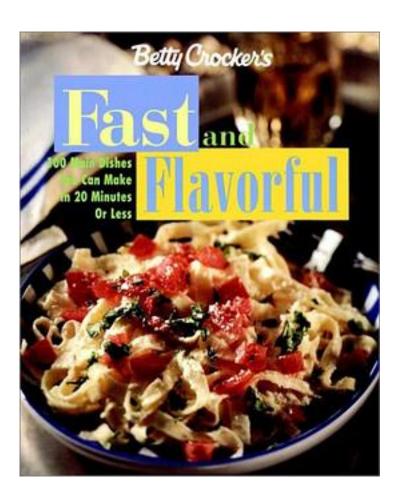
Betty Crockers Fast and Flavorful



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出版者:

出版时间:2002-4

装帧:

isbn:9780764564895

Beat the boring dinner blues with Betty Crocker's Fast and Flavorful! Turn to Betty Crocker for simple solutions--America's favorite cook is at your side. With Betty Crocker's Fast and Flavorful, you'll find all the answers to meetyour quick cooking needs. Each of the 100 recipes here can be prepared in 20 minutes or less--start to

finish. The recipes are limited to three concise, easy-to-follow instructions, so you won't find any elaborate or complicated techniques to follow. Check out the "Have a Minute?" and "Come and Eat!" tips with each recipe for ideas on how to make meal planning easy and fun. Of course, the most rewarding part about cooking with Betty Crocker's Fastand Flavorful is the delicious taste! Even though these recipes cheat on time, they make up for it with big flavor.
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