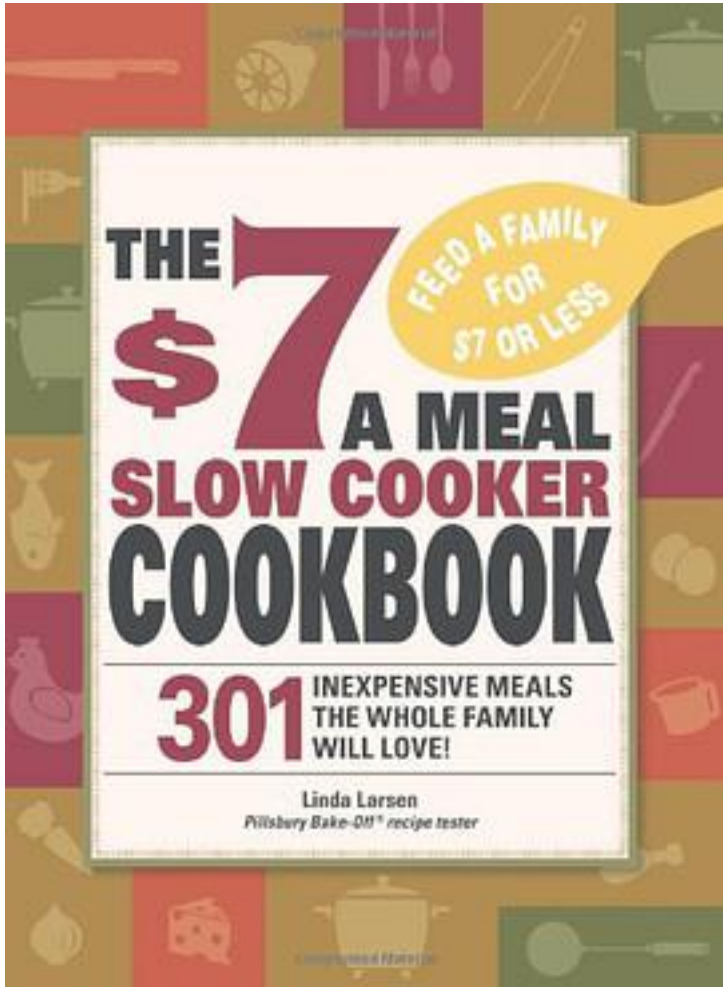


The \$7 a Meal Slow Cooker Cookbook \$7 a Meal Slow Cooker Cookbook



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Gone are the days of TV trays and microwaveable meals as more and more families choose to return to the dinner table. Yet as food costs continue to rise, and parents are always strapped for time, they need new ways to cook easy and affordable meals for their kids - and fast. With this cookbook, families will find 301 great recipes that almost cook themselves, including: Spicy Turkey Meatballs; Hearty Root Vegetable Soup; Pizza Fondue; Crock-Pot Fajitas; Black Bean Lasagna; and more. This comprehensive, all-purpose cookbook is packed with simple instructions, nutritional information, and the amount of money needed for each recipe and makes preparing delicious, healthy, and cheap meals easier than ever before.

作者介绍:

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