

25 Cheap and Wholesome Family Meals for Beef (Eating the Best for Less Cookbook Series 4)

C M Mitchell-Harris

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This series of books cater to the average family eating on a budget, but with none of the fancy cooking we find in most cookbooks. After all most of us have neither the time, the inclination, nor the budget, to try and replicate the recipes we read in cookbooks now-a-days. Instead, the Eating the Best for Less series, offers 25 easy, cheap, tasty, and wholesome meals for families who are eating normal everyday foods.

This book focuses on beef, an ingredient that most of us eat at least once a week. However, sometimes we all become guilty of cooking the same ingredients in the same way, week in and week out. Therefore, roast beef with the trimmings, or beef casserole, although tasty and a family favorite, becomes a bore. By using the recipes included in this book you can open your family up to recipes from around the world, but you will be still buying the same everyday and cost effective food your purse can afford.



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