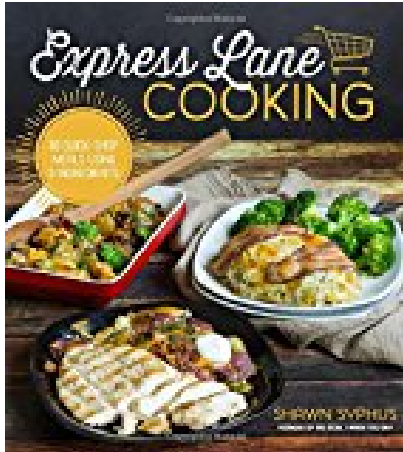


Express Lane Cooking 80 Quick-Shop Meals Using 5 Ingredients



BOOK DETAILS

- Author : Shawn Syphus
- Pages : 192 Pages
- Publisher : Page Street Publishing
- Language : English
- ISBN : 1624141145

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BOOK SYNOPSIS

3 Delicious Spins on 5-Ingredient Meals, to Save You Time in the Kitchen AND the Grocery Store Express Lane Cooking will get you in and out of the grocery store fast and save you from prepping complicated, time-consuming meals when you get home. You'll grab just 5 key ingredients and then choose from 3 delicious recipes to bake, grill, roast or simmer those ingredients into mouthwatering meals the whole family will love. No other book offers this kind of variety from one express lane checkout. Turn chicken, black beans, salsa, cheese and rice into Fiesta Stuffed Chicken, Chicken and Black Bean Burgers or Slow Cooker Salsa Chicken Rice Bowls. Grab ground beef, bow tie pasta, ricotta cheese, parmesan cheese and pasta sauce, and whip up Polka Dot Lasagna Skillet, Slow Cooker Ricotta Stuffed Meatballs or Pasta Balls with Meat Sauce. Cut down your grocery list and expand your meal selection the easy way so you have time to enjoy your food and your family.

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