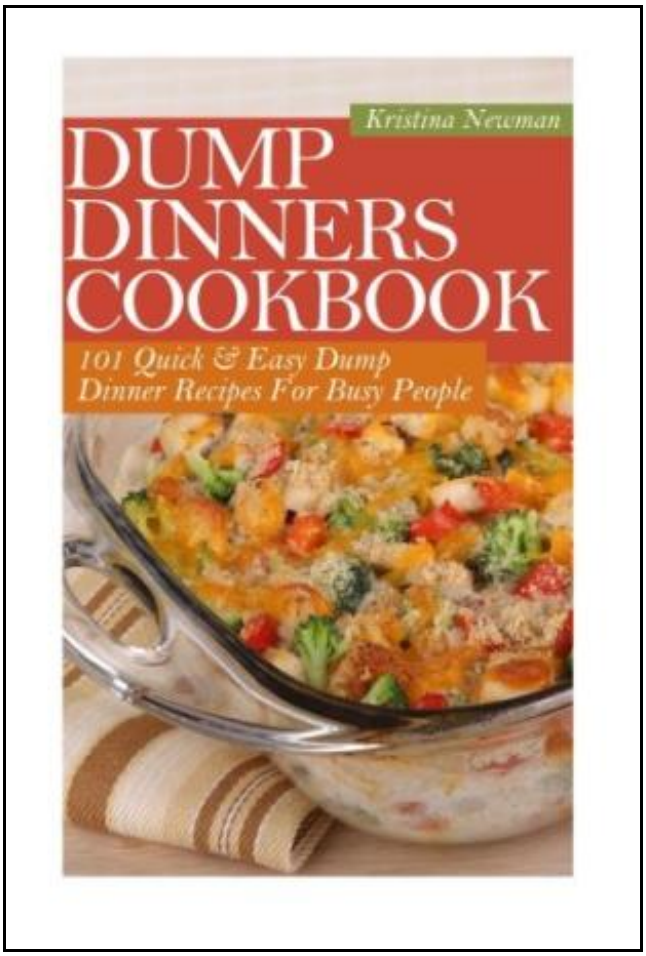
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Reviews

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Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Each recipe can be prepared and cooked with very little time and effort on your part which makes them all perfect for people who hate working over a stove all day. When you think about the phrase dump dinner, there are a few things that might come to mind. The theory behind this phenomenon is ease and speed: people who are low on time and energy, yet want to create delicious meals for their families, are sometimes unable to accomplish their culinary desires. Due to their busy schedules, they resort to something quick and easy, perhaps even take-out. This can get costly, however, and in the end is not the best option in keeping the family healthy. Dump dinners are the solution to that problem, and in this book you will have the opportunity to select from 101 different dump dinner recipes. Dump dinners have a few things in common: to start, all of the ingredients are put in crock pot or in a slow cooker - this is where the idea of dumping comes into play. Then all you have to do is heat the ingredients according to your device, and walk away. That s it! When you come back, you have a healthy, flavor-packed meal that your family is certain to fall in love with. This saves you time, money, and you and your family can choose in advance the meals you d like to prepare during the week. You can be sure that within just a few days of using this book, you and your loved ones will have picked out some recipes that will become family favorites in no time!.

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