



25 Cheap and Wholesome Family Meal Recipes for Ground/Mince Beef (Eating the Best for Less Cookbook Series)

C M Mitchell-Harris

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****Please note that this book does not contain images and is text only****

This book focuses on minced beef, which is also known as ground beef. It is 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, Spag Bowl, or Shepard's Pie, 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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