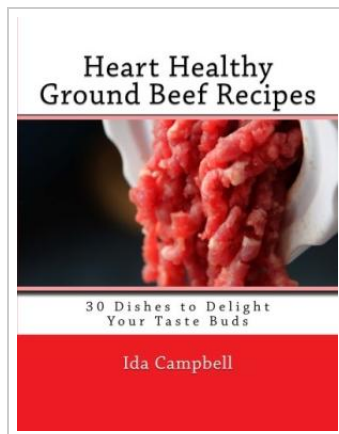




## Heart Healthy Ground Beef Recipes: 30 Dishes to Delight Your Taste Buds

By Ida Campbell

Createspace, United States, 2015. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.The American Heart Association(r) now certifies that Extra Lean Ground Beef (at least 96 lean, 4 fat) meets their requirements for a heart-healthy food. Delight your taste buds with these ground beef meals that are not only delicious but also good for your heart. Get 30 dishes that are quick and easy to prepare and so satisfying your whole family will enjoy them.



**READ ONLINE**  
[ 8.93 MB ]

### Reviews

*This created publication is wonderful. This can be for those who statte that there had not been a worth looking at. Your lifestyle period will probably be transform when you comprehensive looking at this book.*

-- **Chelsey Nicolas**

*Comprehensive information! Its this sort of excellent read. I could possibly comprehended every little thing out of this published e pdf. You wont sense monotony at at any moment of your time (that's what catalogs are for about when you ask me).*

-- **Prof. Maurício Howe III**