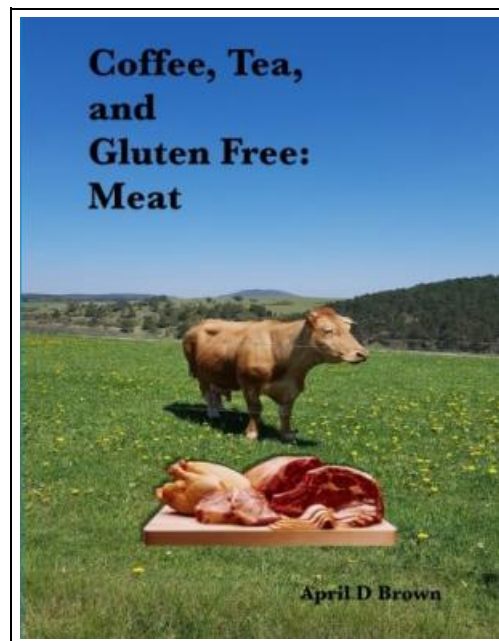


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Createspace Independent Publishing Platform, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Meat is naturally gluten free, and usually, naturally allergen free. This 75 recipe cookbook contains delicious and affordable beef, pork, poultry, and seafood dishes. Most contain directions for complimentary vegetables, whether baking, boiling, or grilling! Coffee, Tea, and Gluten Free: Meat combines simple ingredients you can find at any local store for the same price as gluten filled items. The key is preventing people from adding gluten, usually in the form of breading to fry, or thickening in soups. Enjoy these simple homemade dishes again without worrying about allergens. This cookbook includes as many people as possible. There are directions for low vision cooks, and those with limited dexterity. Many basic cooking instructions are covered at the beginning. If you don t need those, simply skip to the main meals. Meats - 362 pages Available recipes include: Beef: Baked Steak, Baked Mini Steak, Baked Roast, Stuffed Roast, Mushroom Smothered Steak, Beef Stew, Beef Stir Fry. Beef Pasta or Grain Dishes: Ground Beef Burger and Noodles, Steak Beef and Noodles, Meatloaf, Spaghetti, Spaghetti and Veggies, Tacos. Beef Breakfast: Beef and Egg Scramble, Beef and Egg Scramble with Mushrooms and Onions, Beef and Egg Scramble with Ham, Beef and Egg Scramble with Sausage and Onions, Beef Bits, Egg, Mushrooms and Onions Scramble. Burger Dishes (Beef or Turkey): Chili - Beef and Chicken, Chili - Tomato, Baked Hamburgers, Grilled Hamburgers, Shepherd s Pie, Sloppy Joes, Stir Fry - Ground Beef, Vegetable Beef Soup. Chicken: Whole Chicken, Chicken Casserole, Baked Chicken Thighs and Vegetables, Barbecue Chicken Legs and Vegetables, Chicken Chili, Chicken Salad, Grilled Chicken, Mushroom Chicken Breasts and Vegetables. Chicken and Grain: Chicken and Dumplings, Chicken and Noodles, Chicken and Rice Stir Fry. Pork:...



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