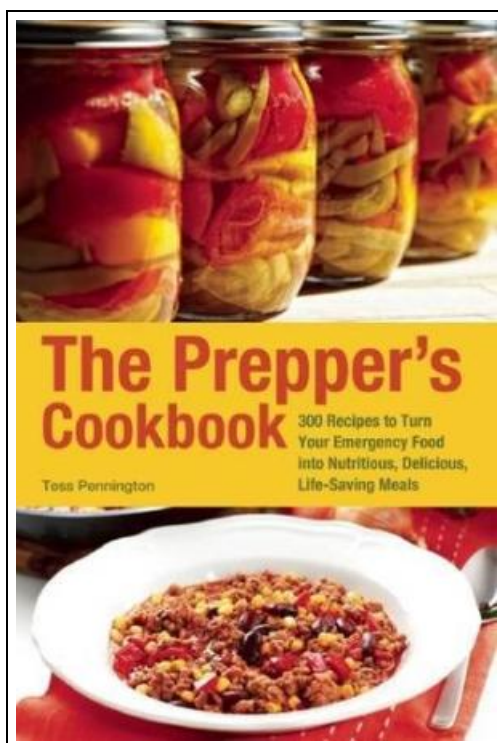


The Prepper s Cookbook: 300 Recipes to Turn Your Emergency Food into Nutritious, Delicious, Life-Saving Meals (Paperback)



Filesize: 3.7 MB



Reviews

This ebook is definitely not straightforward to start on looking at but really enjoyable to learn. It usually will not charge excessive. It is extremely difficult to leave it before concluding, once you begin to read the book.
(Karianne Deckow)

THE PREPPER'S COOKBOOK: 300 RECIPES TO TURN YOUR EMERGENCY FOOD INTO NUTRITIOUS, DELICIOUS, LIFE-SAVING MEALS (PAPERBACK)



Ulysses Press, United States, 2013. Paperback. Condition: New. Language: English . Brand New Book. The Prepper's Cookbook is an excellent resource and foundation that covers many topics of preparation. Especially helpful for the seeker and the new-to-prepping, however, there are great ideas for even the seasoned prepper. -Real Food Living It's more than a cookbook. It's also a handy guide for beginning preppers who have wondered, So what do I actually do with all this extra food I'm buying? -The Survival Mom STOCK YOUR PANTRY TO SURVIVE ANY DISASTER When a catastrophic collapse cripples society, grocery store shelves will empty within days. But if you follow this book's plan for stocking, organizing and maintaining a proper emergency food supply, your family will have plenty to eat for weeks, months or even years, with meals such as: * French Toast * Black Bean Soup * Chicken Pot Pie * Beef Stroganoff * Fish Tacos * Potatoes Croquette * Asian Ramen Salad * Quinoa Tabouli * Rice Pilaf * Buttermilk Biscuits * Peach Cobbler Packed with tips for off-grid cooking, canning charts for over 20 fruits and vegetables, and checklists for the best emergency pantry items, The Prepper's Cookbook will have you turning shelf-stable, freeze-dried and dehydrated foods into delicious, nutritious dishes your family will love eating.

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