



One Pot Meals: A One Pot Cookbook for the Busy Family

Gordon Rock

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One pot recipes for the skillet or Dutch oven, crockpot, and in casserole form are waiting to spice up all three meals of the day in a quick and easy format. Unlike fast food that's loaded with sodium and cholesterol, you control the health attributes of one pot meals; and, this one pot cookbook is full of delicious dishes you'll never miss the bad stuff.

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