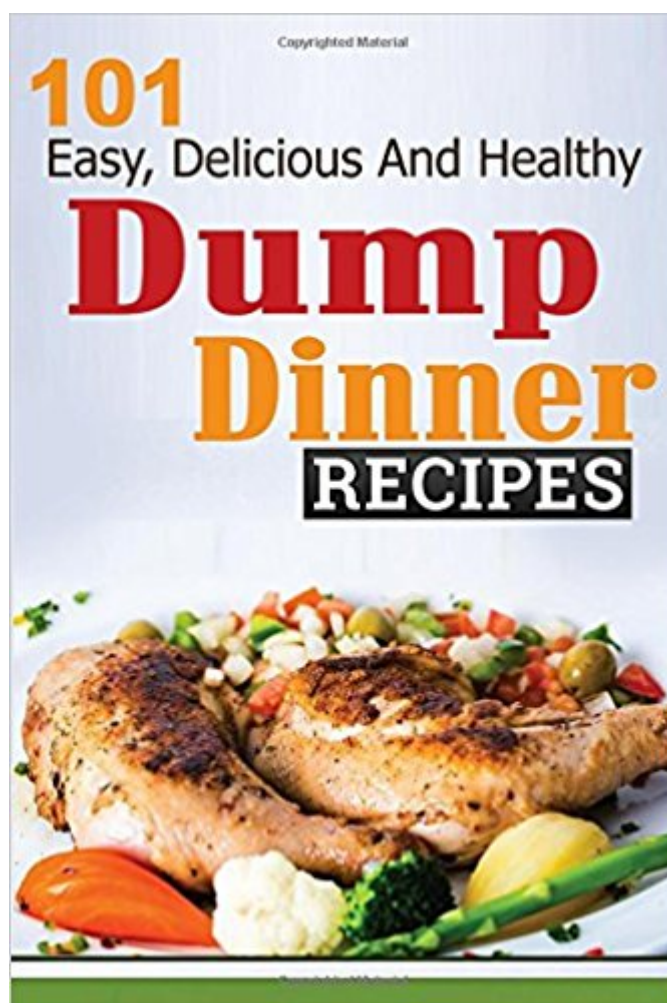


The book was found

Dump Dinners: 101 Easy, Delicious, And Healthy Meals Put Together In 30 Minutes Or Less! (dump Dinners, Dump Dinner Recipes, Crockpot Recipes, Dump ... Recipes, Healthy Recipes, Healthy Cooking)





Synopsis

Dump Dinners: 101 Easy, Delicious, and Healthy Meals Put Together in 30 Minutes or Less! Who Else Wants to Eat Quick, Easy and Healthy Meals That Will Make Your Family's Mouths Drool? Let's face it...Sometimes the long road to well-being seems exhausting and lonely. You know what you should eat, but you're not sure how to cook it in a delicious way. Now you don't have to sweat meal times ever again because Dump Dinners is the answer. This is the BEST Dump Dinners Recipe book for busy people -- hands down! With over 100 recipes, Dump Dinners: 101 Easy, Delicious, and Healthy Meals Put Together in 30 Minutes or Less! saves time and money week after week with easy meals that keep one eating well at home every day. From Monterey Jack Chicken and Rice Casserole to Pepperoncini Pot Roast, this cookbook contains recipes for everything from soups and roasts to cobblers and puddings, inspiring night after night of great meals. Simply prep a few ingredients, toss them in the pot, and cook 'em together to create a magically delicious meal. Your dinner will be a deeply flavored, great-smelling dinner for you and your family every night! It's not necessary for you to force your family to eat another disgusting fast food dinner ever again! I urge you to give Dump Dinners a try!

Book Information

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Customer Reviews

Too much processed food (canned soups, for instance) used in recipes. Yes, they are quick and easy but not very healthy. I would rather spend a bit more time in the kitchen and a lot less time being unhealthy:(

Author Ruth Ferguson has whipped up a pretty nifty cookbook filled with plenty of easy-to-fix recipes. Some of the recipes are what I would consider casseroles although the author has termed them dump recipes. Whatever the recipes are called they should be easy on the cook. Some of the recipes you'll find in her cookbook include: Creamy Peanut Chicken, Chicken Mushroom Casserole, Chili Pie, Easy Meatloaf, Tuna Noodle Casserole, Cheesy Pork Chops, Crock-Pot Eggplant, Mexican Dip. There is an interactive table of contents making navigation easy. Recommend.

I was raised on recipes that used Campbell's Cream of Chicken and Cream of Mushroom Condensed Soups as main ingredients, so when I saw similar recipes under the heading 'Dump Dinners' that my Mom used in the 60's, I just had to laugh. Everything old becomes new again. It was a good thing it was FREE. I still have copies of most of these that Mom gave me when I moved out. If you aren't old enough to be raised on casseroles and crockpots, and you need to feed a family with a one dish recipe, these will fit the bill. I want to make one thing perfectly clear, a casserole is not a gourmet feast. You may even equate them with Velveeta and indigestion. Not to worry, for a family meal, there are some good ones here. The recipes are arranged by type: Chicken, Beef, Pork / Turkey, Vegetarian, Desserts. Early last century Dump Cakes were popular, as you mixed everything together and dumped it into a pan, often over fruit pie filling. Old cookbooks contain many different recipes for dumping. Now we have Dump Dinners, which is just a mashup of half of a century old name with fifty year old recipes. If you weren't force fed a steady diet of these, give 'em a shot, but make sure to alternate with pizza, or something else, otherwise your kids will rebel.

These dishes rely heavily on canned or already prepared food, and are far from healthy, for the most part. There is nothing innovative or especially helpful about them. In fact, many of them are decidedly unhealthy. I got this book mostly because the table of contents indicated there are "Vegetarian Dinners and Sides". Yay! Well, no. Boo! In the first few "vegetarian recipes," one called for chicken broth and one called for cream of chicken soup. The last time I checked, chicken was not a vegetable. And then there was the recipe for cheese pizza, which called for refrigerated pizza crust, pizza sauce, pizza cheese mix, and Parmesan cheese. Really - someone needs a recipe to assemble pre-made pizza ingredients into a pizza? Many of the other recipes weren't much better. Some, like the lentil soup, which includes quite a few ingredients but really is a "dump" kind of recipe, sound decent, but given how awful some of them sound, and given the author's inability to

understand what "vegetarian" means, I am not willing to possibly waste food by giving them a try. If I remember correctly, I got this cookbook free for Kindle. The price was too high.

Definitely for working people like us, we do find hard time in coping up home task most especially in cooking dinner because whole family seems busy. That is why in preparing our food, we opted to buy fast food so not to spend time in cooking. But since I have this dump dinner book, I won't make it a problem anymore on what to eat since this book has 101 amazing dinner recipes that are delicious, healthy, simple ingredients and easy to prepare at about 30 minutes cooking or less. Also, this cookbook contains recipes that all we wanted ranging from soups, roast to cobblers and puddings that provides wholesome, and inspiring dinner night after night without recipe repetitions. There's no better option than this if you really longed for a food that delicious and healthy. I find it really a one of a kind cookbook that deserves for a try. Recommend this busy people and non people out there.

I spend a lot of time in the kitchen preparing and cooking food that sometimes it compromises some other important chores that I have, which does not really benefit me because it is making my day less-productive and I want to be productive daily as much as possible. I haven't heard and tried dump dinners but when I learned that it's one quick method of cooking, I did not hesitate to read what's inside this book. "Dump Dinners" book contains delicious and healthy recipes with easy-to-follow instructions as well as easy-to-find ingredients. This book also provided tips and tricks on how to start prepping and organizing the things that you need for this cooking method. The author did not focus too much on explaining what dump dinner is but did provide adequate number of recipes to choose from. The author did a good job on categorizing the meals and putting links for each recipe, for that reason it made it easier for me to find the recipe I am looking for. This book is well-written and organized. A must have for busy individuals!

Dump dinners are an unbelievably clever name, and it's also true to its word. Crock-pot meals, casseroles, and stews are only some of the dishes you can cook in a breeze, and I'm really excited to find new and more creative quick recipes in this book. I've now got more than twenty more ways to cook my chicken and beef that I'm sure my family will love. This is a great idea for busybodies who often have busy nights, but it's also for those who just want the spare time to engage in other activities. I highly recommend this one.

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