



Freezer Meals Recipes

Louise Davidson

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Prep, Freeze, Dump, Let Cook and Enjoy! Easy and wholesome freezer Dump meal recipes the whole family will love.

We all live busy lives, and it seems that at times, life just keep getting busier and even more hectic, leaving little to no time for simple pleasures like making delicious, home cooked meals. Recently there have been a couple of culinary trends in defiance of these overburdened times. Those culinary trends include freezer cooking and dump cooking. Each technique is meant to bring a new level of simplicity to your daily life, allowing you to spend more time enjoying what is important to you. In this book, we take simplifying your life one step further by combining these two techniques into one in the collection of freezer dump meals.

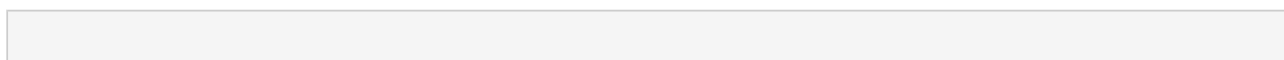
Each recipe has been created to provide ultimate flavor with minimal effort. Unhealthy prepackaged options are traded out for fresh ingredients, and true, home-cooked flavor comes through. Whatever your style of cooking and personal tastes, you will find many recipes in this collection that speak to your culinary heart. Put aside hours in the kitchen and embrace hours spent around the table with family and friends with these thoughtfully crafted, easy one-dish meals.

Inside find:

- The many advantages of freezer dump meals
- Tricks and tips to make freezer meals cooking work for you
- Luscious beef recipes like the Garlic and Rosemary Beef Stew
- Make again and again chicken recipes like the Maple Mustard Chicken
- Wholesome pork meals like the Jerk Pork Tenderloin
- Easy to prepare fish and seafood dishes like the Italian Seafood Stew
- Healthy and nutritious vegetarian recipes like the Heart Greens with Bean Medley or the Chinese Hot Pot
- Making me happy dessert recipes like the Salted Caramel Everything Bars

Let's get cooking!

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Ruby Harris:

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