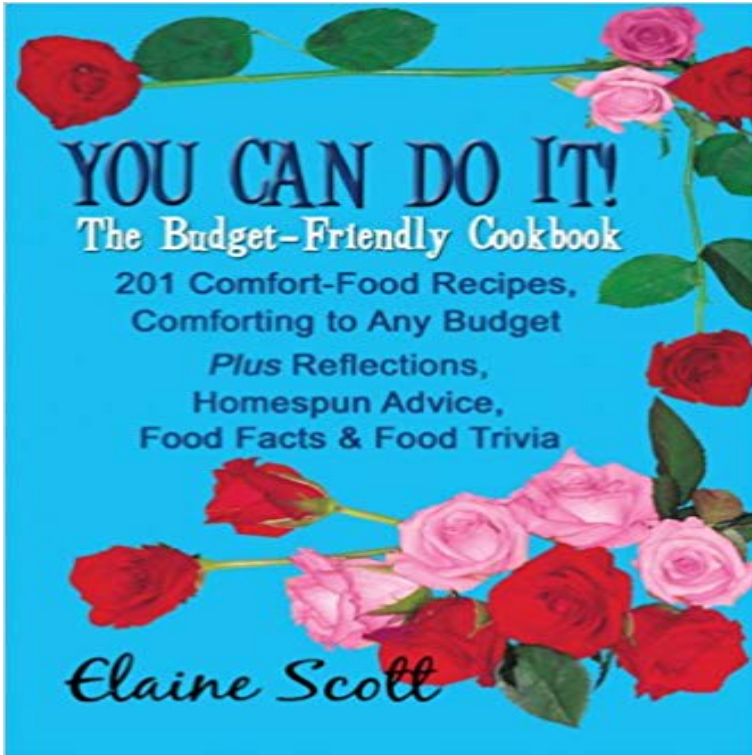


You Can Do It! The Budget-Friendly Cookbook: 201 Comfort-Food Recipes, Comforting to Any Budget Plus Reflections, Homespun Advice, Food Facts & Food Trivia



In this time of ever-soaring inflation, the largest segment of our population, the middle class, is struggling to make ends meet. Yet most cookbooks available on the market today contain recipes using high-priced ingredients, unaffordable to people who must live on a budget. As everyone deserves to eat well, not just those with unlimited means, You Can Do It! was written to show how it can be done. There are no expensive ingredients contained in this cookbook no goat cheese no gourmet pasta no top of the line meats no organically grown vegetables no anything with a pricey sticker. All of the recipes use just common ingredients for an uncommonly good taste. This is a cookbook actually for everyone, rich, poor, and in between, who loves to eat delicious old-time food. Saving money and beating the system are extra bonuses.

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