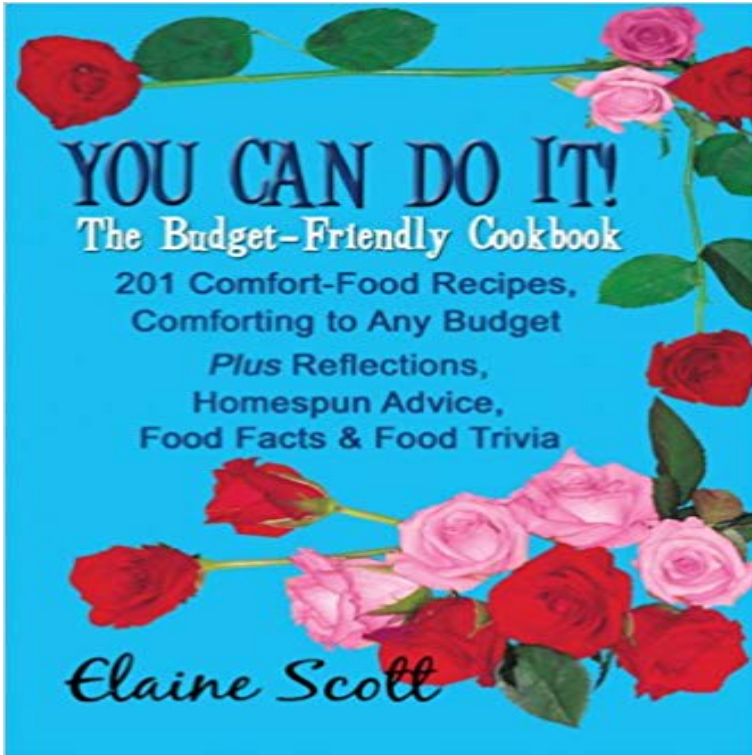


# You Can Do It! The Budget-Friendly Cookbook: 201 Comfort-Food Recipes, Comforting to Any Budget Plus Reflections, Homespun Advice, Food Facts & Food Trivia



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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