



Myers Family Cookbook: Frugal Foods

Margaret Mary Myers

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Cook frugal foods from scratch, use a few convenience foods when you're rushed, or make a nice dinner so you don't have to go out. Whatever your dining choices, here are well over 50 recipes, and lots of suggestions. From Meatless Split Pea Soup to frugal ideas for eating out, from Turkey Gravy to travel foods, from Special Birthday Lasagna to an "emergency preparedness menu plan for a week", this book covers several decades of family eating, as we share with you what we have learned and enjoyed. Join us in this 90 page book of recipes and recollections.

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