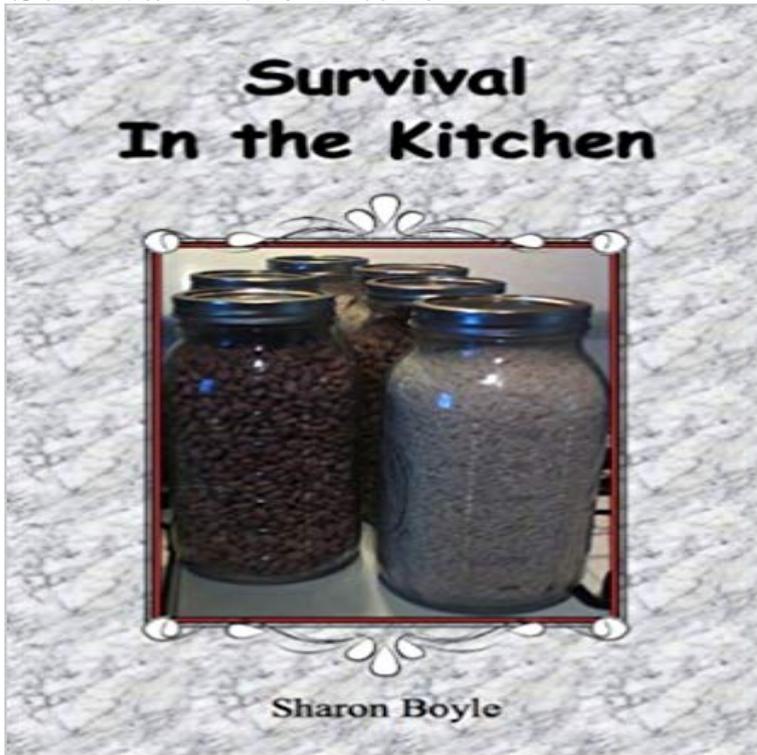


Survival In the Kitchen



This cookbook deals with simple ways of saving food, money, and time. Its about being self sufficient and not wasting food. Its about knowing that if something happens to prevent you from going to a grocery store, you can have enough dehydrated and canned food to hold you over. Its also about being able create simple meals from a few basic staples on hand without all the extras found in prepackaged food. Many times one simple recipe can be made into several different recipes. Sometimes keeping it simple is better.

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