



The Broke-Ass Cookbook: Simple, Quick, AFFORDABLE Meals to Feed a Family without Breaking the Bank (Living well on Next to Nothing)

Kimberly Foster

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NEW Updated 2nd Edition

Simple, Quick and Most Importantly, AFFORDABLE Meals

Learn how to feed a family on the tightest of budgets. The key to getting through these rotten times is knowing you're not alone. You may be new to the world of paycheck-to-paycheck broke-ass living but it's a very big community, populated with every kind of ethnicity, nationality, religion and class. How we get through is with a little help from our friends and that's what this book is about. You can not only survive but thrive with a bit of planning and some strategic shopping. This book contains recipes, shopping lists and more than a few laughs to get you through the less than amusing task of trying to figure out what to feed your family.

Learn to Make Great Family Meals out of Almost Nothing

How we make great family dinners work with little to nothing is what this book is about. They're not fancy, gourmet or exotic. They are designed to be simple, "Why didn't I think of that?" recipes. Most importantly, the book works with what you have on-hand or at least with very little grocery shopping required. The book is part anecdotal memoir as the author shares stories of how these recipes were created and how her family developed the methods described to survive on a single mother's income.

Quick Recipes, Simple Ingredients, Room for Your Creativity

The recipes in this book are designed to be quick, weeknight meals, i.e. "We've got 20 minutes, what can I make?" The recipes are no frills, basic but tasty as written. Cooking should be fun even on a budget, so we leave room for your creative ingenuity. The possibilities are truly endless. The recipes began using creative ingenuity, there's no reason why your creative powers can't make them even better.

Kid-Pleasers!

How many cookbooks have you read and said, “My kid is NEVER going to eat that!” Cooking for children can be daunting for the most accomplished of chefs, let alone a hard working mom or dad. Cooking for children requires recipes that are fun, fast, and delicious. The recipes in the Broke-Ass cookbook are that and more. The book encourages your child's participation in the preparation which makes it much easier to coax the reluctant eater. You'll find recipes for the most finicky of finicky eaters and not have to take a second mortgage to prepare them.

Shopping Guides

The Broke-Ass Cookbook is more than just recipes. It's a plan of how to survive and thrive in difficult times. The shopping guides advise you on the affordable items to keep on hand as staples so you are able to prepare the cookbook recipes, but also to keep your budget in balance. All the recipes are designed to use these items you'll always have on hand so you can prepare whatever you're in the mood for without having to run to the store. You can, of course, get creative and add to your list or ensure you stay on budget by sticking to it.

About The Author

Kimberly Foster was born and lives in her beloved Chicago, IL. No stranger to hard times, Kimberly survived homelessness and abject poverty to live in relative comfort with her two dogs. In The Broke-Ass Cookbook she relates much of her own personal story of growing up in a single-parent household in the seventies. The book comes directly from those times and shares what her family had to do to survive on a meager income. Kimberly's larger goal in writing the Broke-Ass series is to give help and hope to those who struggle to make ends meet. Kimberly believes firmly that those who apply these methods can not only survive but thrive in difficult times.

Because this book is for hard working struggling families a portion of the proceeds of the sale of this book go to families in need.

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Rebecca Walton:

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Michael Vines:

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