



# One Pot Meals: A One Pot Cookbook for the Busy Family

*Gordon Rock*

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## A One Pot Cookbook for the Busy Family

Always running short on time? Constantly falling back on fast food? Stop the unhealthy habit and get yourself a copy of One Pot Meals: One Pot Cookbook for the Busy Family.

One pot recipes for the skillet or Dutch oven, crockpot, and in casserole form are waiting to spice up all three meals of the day in a quick and easy format. Unlike fast food that's loaded with sodium and cholesterol, you control the health attributes of one pot meals; and, this one pot cookbook is full of delicious dishes you'll never miss the bad stuff.

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