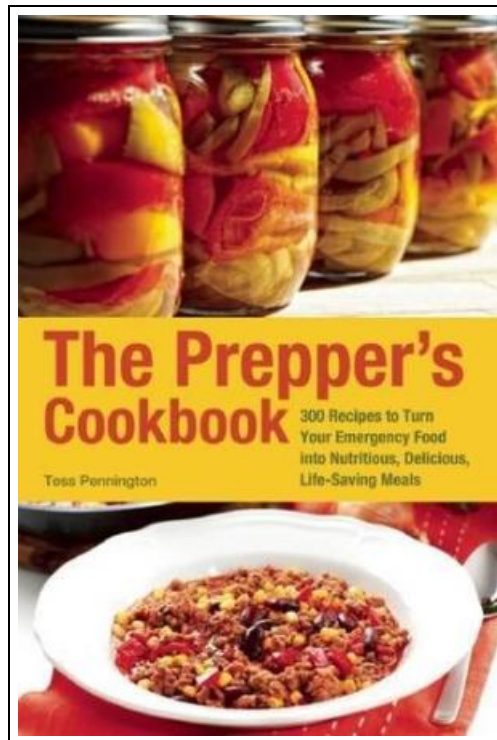


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Ulysses Press, United States, 2013. Paperback. Condition: New. Language: English . Brand New Book. The Prepper s Cookbook is an excellent resource and foundation that covers many topics of preparation. Especially helpful for the seeker and the new-to-prepping, however, there are great ideas for even the seasoned prepper. -Real Food Living It s more than a cookbook. It s also a handy guide for beginning preppers who have wondered, So what do I actually do with all this extra food I m buying? -The Survival Mom STOCK YOUR PANTRY TO SURVIVE ANY DISASTER When a catastrophic collapse cripples society, grocery store shelves will empty within days. But if you follow this book s plan for stocking, organizing and maintaining a proper emergency food supply, your family will have plenty to eat for weeks, months or even years, with meals such as: * French Toast * Black Bean Soup * Chicken Pot Pie * Beef Stroganoff * Fish Tacos * Potatoes Croquette * Asian Ramen Salad * Quinoa Tabouli * Rice Pilaf * Buttermilk Biscuits * Peach Cobbler Packed with tips for off-grid cooking, canning charts for over 20 fruits and vegetables, and checklists for the best emergency pantry items, The Prepper s Cookbook will have you turning shelf-stable, freeze-dried and dehydrated foods into delicious, nutritious dishes your family will love eating.

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