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# Dump Dinners: The Absolute Best Dump Dinners Cookbook with 75 Amazingly Easy Recipes

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**Dump Dinners: The Absolute Best Dump Dinners Cookbook with 75 Amazingly Easy Recipes** By Rockridge Press

**Home cooked meals have never been easier!**

Dump dinners are super-easy, tasty meals for fast-paced families?all you do is "dump" a few readymade ingredients together, and voila, dinner is served. Getting a home-cooked meal on the table during a busy weeknight can be challenging, but *The Absolute Best Dump Dinners Cookbook* will show you how to make the most of pantry staples, pre-prepped fresh vegetables, and hidden gems in the frozen aisle to create comforting, delicious meals the whole family will love. Inside you'll find:

- 75 incredibly flavorful recipes, including One-Pot Tomato-Basil Pasta, Chicken Enchilada Skillet, and Bacon, Potato, and Cheddar Frittata
- Handy tips for prepping meals in advance and freezing so you can prep once and eat all week
- Recommended ingredients to always keep on hand for when you need to toss something together quickly
- 10 stunning salad recipes for when you're craving something fresh



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**Dump Dinners: The Absolute Best Dump Dinners Cookbook with 75 Amazingly Easy Recipes** By Rockridge Press Bibliography

- Sales Rank: #228959 in Books
- Published on: 2015-05-01
- Original language: English
- Number of items: 1
- Dimensions: 9.00" h x .38" w x 6.00" l, .58 pounds
- Binding: Paperback
- 140 pages

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### Editorial Review

About the Author

**ROCKRIDGE PRESS** is a trusted voice in health and diet publishing a wide variety of lifestyle guides and cookbooks, including *The New York Times* best seller *Paleo for Beginners*, *The Wicked Good Ketogenic Diet Cookbook*, *The Mediterranean Diet Plan* and the *Instant Pot Electric Pressure Cooker Cookbook*. Our authors take pride in publishing thoughtful, well-researched books that help readers make positive lifestyle changes and build permanent healthy habits. Headquartered in Berkeley, California, Rockridge Press is situated in the heart of one of the healthiest regions in the world, the San Francisco Bay Area.

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