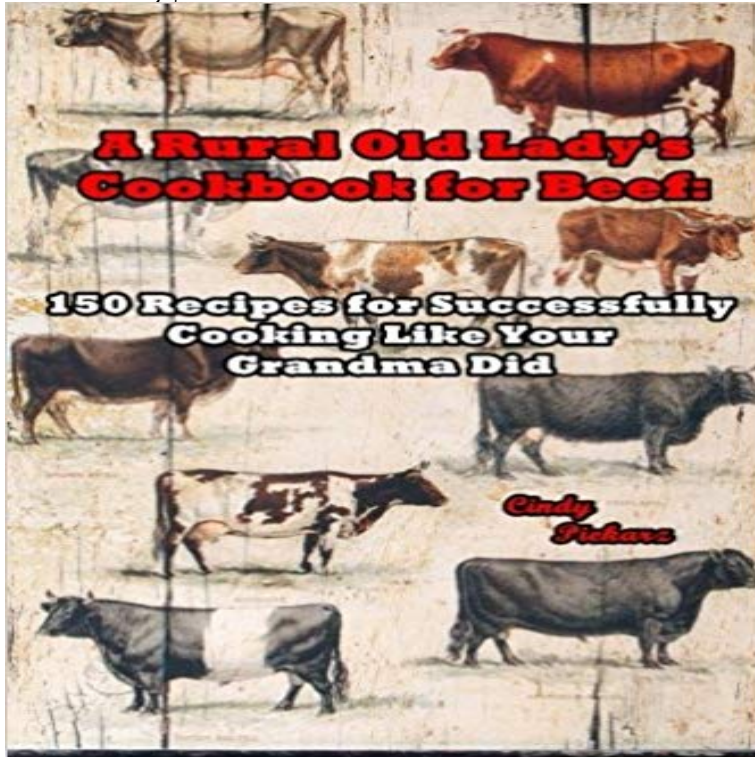


## A Rural Old Ladys Cookbook for Beef: 150 Recipes for Successfully Cooking Like Your Grandma Did



Some experts say you shouldn't eat anything that your grandparents wouldn't recognize as food. This cookbook will help you achieve that goal. Included within are one hundred and fifty recipes which are beef based contributed from personal recipes. All are from rural areas, mainly Midwestern though women from all over have happily added their versions of these traditional and not-so-traditional recipes. This book is dedicated to all those old ladies out there who contributed to this book. Willingly or otherwise and whether they know it or not. Recipes for ground beef, steaks, roasts, even tongue, heart and liver.

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