



Cookin Good in the Dutch Oven: Msg-Free Recipes (Paperback)

By Barbara Anne Morey

Createspace, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. This is not your usual add a can of soup and a package of onion soup mix cookbook. If you are sensitive to monosodium glutamate (MSG), now you can enjoy your favorite recipes headache-free because the author-herself sensitive to the chemical-has researched and recommended ingredients that are free of MSG and MSG-like ingredients. The second cookbook in a series, Cookin Good in the Dutch Oven features recipes collected by the author or shared by relatives, friends, neighbors, and other army wives. Includes recipes for homemade ingredients you can substitute for commercial products: ranch seasoning mix, taco seasoning mix, Thai peanut sauce, and others. This edition highlights recipes from different regions in the United States as well as favorites from China, France, Germany, India, Ireland, Italy, Morocco, and Spain. Barbara A. Morey, who is a Kansas native, has worked as a corporate writer/editor. A former army wife and avid cook, she is happily married and lives in Florida with her husband and two Siamese cats.

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