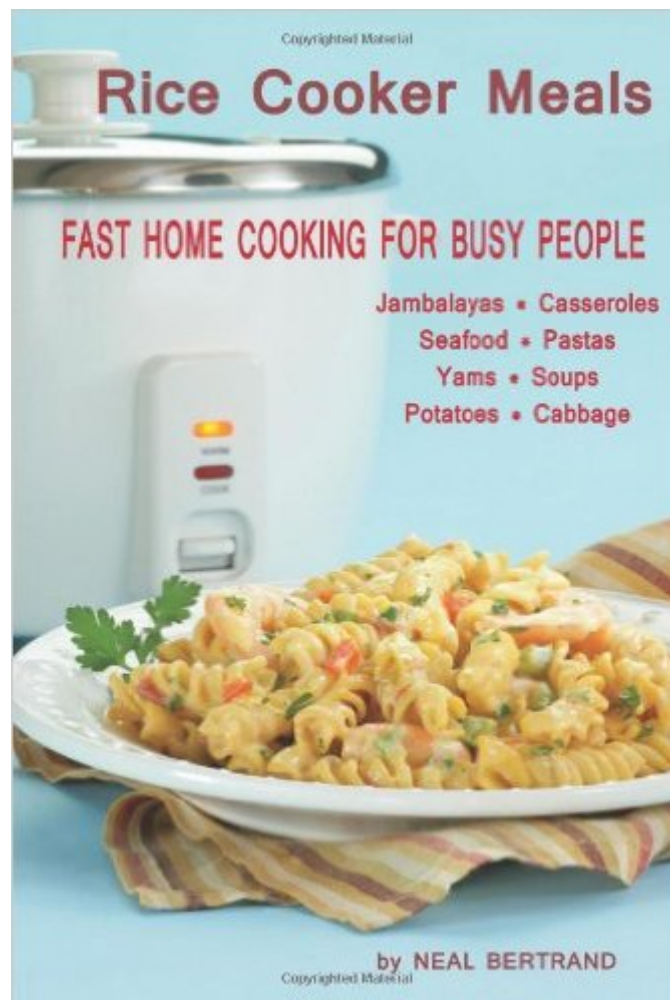


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# **Rice Cooker Meals: Fast Home Cooking For Busy People: How To Feed A Family Of Four Quickly And Easily For Under \$10 (with Leftovers!) And Have Less ... Up So You'll Be Out Of The Kitchen Quicker!**





## Synopsis

NOTE! NOW IN KINDLE AND PAPERBACK! **Â Â RICE COOKER MEALS: FAST HOME COOKING FOR BUSY PEOPLE**Â contains 60 quick, easy meals you can make in a rice cooker, most in 30 minutes or less. Enjoy delicious recipes that are less expensive and healthier than fast food. One-pot cooking meansÂ **LESS MESS TO CLEAN UP** so you'll beÂ out of the kitchen quicker! ~~  
**THE RICE COOKER IS NOT JUST FOR RICE ANYMORE!** ~~Â You may say, "But we are meat and potatoes people. We don't eat rice." Not a problem! Most of these recipes don't use rice, anyway, like our Chicken Fajita Stuffed Potato. Most people are astonished to learn how easy it is to cook nutritious meals in a simple rice cooker - meals such as Soups, Seafood, Casseroles, Pastas, Jambalayas, Potatoes & vegetables such as cabbage, yams, etc. "IN A RICE COOKER?"Â Yes, they're all cooked in a rice cooker. Here are a few recipes from the book:Â Easy Chili, Mexican Rice, Tex-Mex Pasta, Shrimp Jambalaya, Cabbage Casserole, Cajun Pepper Steak, Chicken Fried Rice, Rice & Shrimp Pilaf, Chicken & Sausage Gumbo, Black-eyed Pea & Sausage Soup, Candied Yams with Marshmallows, Easy Smothered Potatoes & Sausage, and everyone's favorite - Black-eyed Pea & Sausage Jambalaya. **RICE COOKER MEALS**Â offers a time-saving alternative to conventional cooking. With this cookbook you will feed a family of four for under \$10, and have leftovers! Or a college student can eat like a King (or Queen) for an entire week! Make mouth-watering feasts for your friends in just 30 minutes! Prepare inexpensive meals for a full week that you can store in your fridge. ~~ **A RICE COOKER AS A PORTABLE KITCHEN!** ~~ You can think of a rice cooker as a portable kitchen.Â All you need is this cookbook and an electrical outlet. This opens up a whole new way of thinking about cooking. Cook a meal practically anywhere! Bring it to work and set it up in the break room, on a spare desk, or the office kitchen. Bring it to the party, tailgating, church or social gathering you're going to and impress your friends with the tasty meal or appetizer you have prepared. Provides fast, healthy meals for college students living in dorms or apartments. Bring it along on RV or camping trips. Remodeling your kitchen? Just moved in? Kitchen appliances not working? Use a rice cooker! Power outage? A hurricane, blizzard or other calamity is messing up your day? Have a generator? Just plug in your rice cooker, eat and enjoy! Make this part of your Emergency Preparedness Plans. Inexpensive - the Blackeyed Pea & Sausage Jambalaya recipe uses inexpensive ingredients and makes a huge pot full! No need to heat up the kitchen with all the stove burners on. Just one rice pot plugged in, and it doesn't even have to be in the kitchen. Anywhere there is an electric outlet will do fine. Children are using our cookbook recipes to win 4-H cooking contests! It's great for retirees or empty-nesters who only want to cook a meal for two. It's spontaneous - if guests drop by unexpectedly, throw a meal together

quickly, so little or no planning necessary. No need to stock exotic ingredients. Use ingredients you already have in your pantry, cupboard, refrigerator or freezer. The cookbook also has two indexes so the recipes are easier to find: indexed by chapter and indexed in alphabetical order. It has numerous testimonials from good cooks affiliated with the LSU AgCenter Homemaker Clubs. They tested the recipes and gave their honest opinions. It includes short articles about time-saving tips on food preparation, how a rice cooker knows when the food is cooked, how to teach children to safely cook with a rice cooker, how to brown meat in a rice cooker, plus many more. **Â BUY NOW!**

## **Book Information**

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## **Customer Reviews**

If you like "Cajun Cooking", you will like the recipes in this cookbook ... please note the recipes are developed using the "old style" rice cooker ... the ones I have tried in the "new style" (Sanyo) rice cooker did not turn out well ... less water is required when using the "new style" rice cooker ... I'm still working on a conversion ... the recipes I have tried using the "old style" rice cooker turned out great and were very good ... but the recipes are great even if you decide to cook them in a standard pot using the stove top ... RPH

Most of the dishes call for either sausage or cheese. "1 stick of butter" is also a common ingredient. So if you are watching your weight, you would not add these meals into your regular rotation.

My latest "kick" is rice cookers. I learned you can make entire delicious meals in them, not just cook

rice. This cookbook makes rice cooking/entire meals easy. It's mostly a Cajun cookbook but you'll find many delicious other recipes too. I had a question, emailed the author, and he actually emailed me back with the answer!! Recipes are for 8 to 10 cup On/Off/Warm rice cookers, not for fuzzy logic cookers. Rice cooker recipes can be made in the fuzzy logic cookers but adjustments would have to be made. I'm also experimenting using olive oil instead of butter and the author has been helpful with that. I HIGHLY recommend this rice cooker cookbook for On/Off/Warm rice cookers.

I wasn't sure I'd be able to get the hang of using rice cooker for anything but rice. But as soon as this book arrived I read it from cover to cover and could hardly wait to try his recipes. This book is a little gem. With a little imagination you can easily adjust ingredients to make your recipes more spicy, less spicy, beef instead of chicken, broth instead of canned tomatoes with chiles, less butter, etc. etc. This is a no brainer. To some people it might look too plain but that's fine with me. It's just a good, easy to follow, minimum preparation, delicious collection of recipes, some of which are typical of Louisiana cooking....which is what the author himself did not dispute. I have never used as many recipes out of any cookbook I own..and I own a lot!!! I'm currently going through all the recipes but so far my favorites are Shrimp Jambalaya, Black Eyed Peas & Sausage Jambalaya, Tex-Mex Pasta, Chicken fried rice, and Mexican Rice. There are also soup recipes, yams, potato and cabbage recipes but haven't tried these yet. Mr Bertrand I'm anxiously waiting for your next cookbook, if there is one, but in the meantime thanks for this one!

This is a great cookbook for those who like easy, inexpensive ethnic meals in their rice cooker. The book is almost entirely recipes, easy to read, with common, easy to find ingredients as well as recipe suggestions by readers on each recipe for adjustments or substitutions. For those who don't like spicy, just buy the tomato products without chilies, and as for the book not being low fat-it never stated it was a low cal cookbook!! If you're looking for more recipes for your rice cooker, this book is a bargain at \$10. Recommended-4 stars.

I hesitated before buying this, because I don't really need yet ANOTHER cookbook. But I caved in and purchased it in Kindle format. Of the three recipes I've tried so far, two are definitely keepers (Red Beans & Rice and Cheesy Noodle Goulash). The third might be salvagable (for my tastes) if I leave out the potatoes. The recipes call for readily available ingredients from the cupboard or grocery store (OK, maybe NOT roux mix....I'll have to special order that from ). I do wish that the prepared meals were smaller, since I cook for one and don't want to eat the same thing for a week. I

think the target audience will be singles or couples that work long hours and don't want to mess with deciding on dinner every night. The recipes, so far, are very easy to put together (although, I don't quite understand cooking spaghetti & meatballs in the cooker when I can cook it faster on the stovetop.) The Kindle format for this is what I've come to expect for cookbooks: the pictures are bad on my Kindle but show up very well on my computer. There is a good reference section that you can skip back and forth between the table of contents and individual recipes (you don't have to flip thru the whole cook book to find a particular recipe). All in all, I would recommend this cookbook in general and the Kindle format in particular

I purchased a rice cooker several years ago while visiting the Konriko Country Store in New Iberia, LA. I used it a few times, then put it away and pretty much forgot about it. This past weekend I was back in New Iberia and saw this cookbook and was intrigued with the idea of using the cooker for something besides rice. After reading a little of the book in the store I purchased it and read all the recipes through. I couldn't wait to get home to try it. The next day after arriving home, I made the Red Beans and Rice dish, and loved it. The following day I made the Ball Park Casserole for a neighborhood gathering. Needless to say, there was none left. I'm looking forward to trying all the different recipes, and I also intend to buy Neal Bertrand's stainless steel cooker, as I believe the stainless steel is safer to cook with than aluminum. For anyone who loves spicy food, as I do, you can't go wrong with this book. If you don't own a rice cooker, you could make the recipes in a pot the traditional way.

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