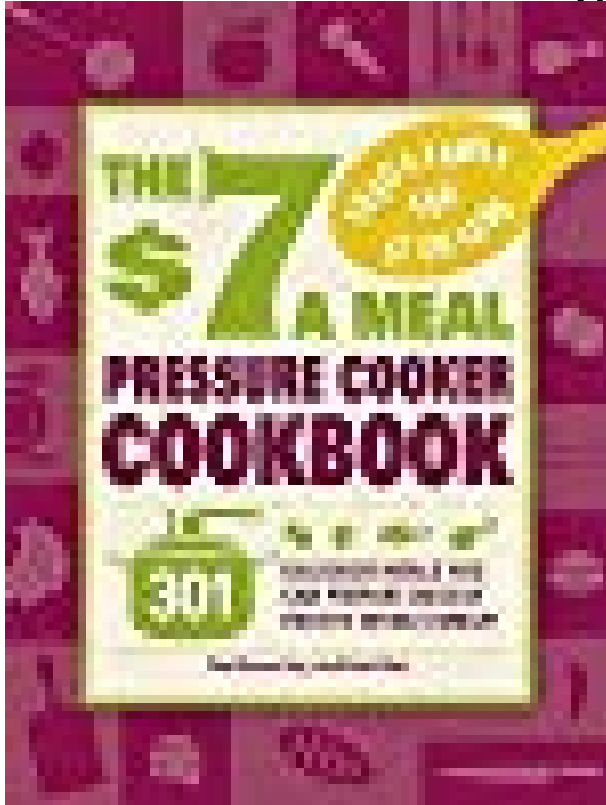


# The \$7 a Meal Pressure Cooker Cookbook: 301 Delicious Meals You Can Prepare Quickly for the Whole Family

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Today's new pressure cookers are the modern cook's ultimate time-saver--and now you can slash cooking time 70 percent and cut costs at the same time! In this one-of-a-kind collection, you'll find hundreds of delicious, nutritious recipes that won't break the bank, including: Rosemary Pork Shoulders with Apples, Chicken Bordeaux, Catfish in Creole Sauce, Swiss Chard and Vegetables in Parmesan Sauce, and Molten Fudge Pudding Cake! For that slow-cooked taste in far time, this cookbook is the perfect solution for busy cooks on a budget!