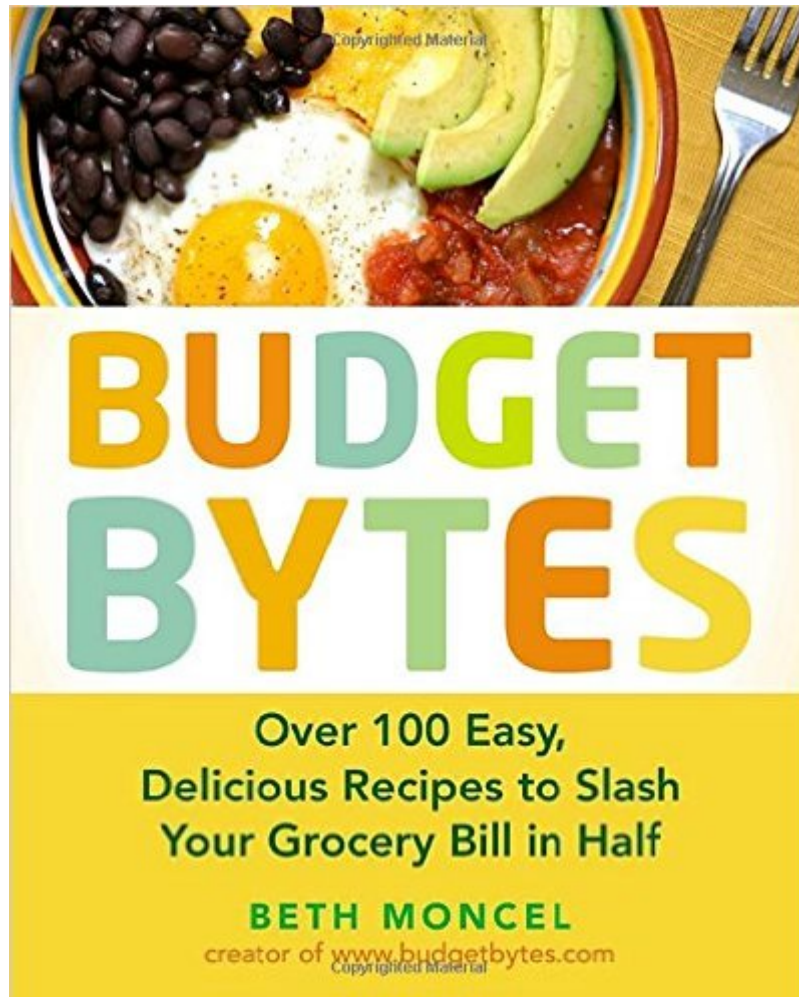


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# Budget Bytes: Over 100 Easy, Delicious Recipes To Slash Your Grocery Bill In Half



## Synopsis

The debut cookbook from the Internet expert on making eating cheap dependably delicious—As a college grad during the recent great recession, Beth Moncel found herself, like so many others, broke. Unwilling to sacrifice eating healthy and well—and armed with a degree in nutritional science—Beth began tracking her costs with obsessive precision, and soon cut her grocery bill in half. Eager to share her tips and recipes, she launched her blog, Budget Bytes. Soon the blog received millions of readers clamoring for more. Beth's eagerly awaited cookbook proves cutting back on cost does not mean cutting back on taste. Budget Bytes has more than 100 simple, healthy, and delicious recipes, including Greek Steak Tacos, Coconut Chicken Curry, Chorizo Sweet Potato Enchilada, and Teriyaki Salmon with Sriracha Mayonnaise, to name a few. It also contains expert principles for saving in the kitchen—including how to combine inexpensive ingredients with expensive to ensure that you can still have that steak you're craving, and information to help anyone get acquainted with his or her kitchen and get maximum use out of the freezer. Whether you're urban or rural, vegan or paleo, Budget Bytes is guaranteed to delight both the palate and the pocketbook.

## Book Information

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## Customer Reviews

While I'm a fairly experienced cook, I find myself running into the problem of not knowing what to make for dinner after work that is good, isn't something I've already made a ton of times and am getting tired of, and doesn't take a lot of time to prepare. I also try to be frugal while also liking to

experiment with different flavors and cuisines - I don't enjoy feeling limited by the frugality. I've known about the Budget Bytes blog for a while and have enjoyed Beth's recipes so much that I ordered this book the day it came out. Now that I have it and am looking through it, I'm excited to find that not only are there a bunch of recipes that aren't already on the blog, but so many of them sound tasty, easy, and generally healthy (though there are some not-so-healthy recipes for when you feel like being not-so-healthy) - while also being reasonably priced, as per the theme of the book and blog. I already picked out three recipes I'm going to try over the next few days: lemon-parmesan pasta with peas, hearty vegetable & barley soup, and one-skillet lasagna. And it isn't just recipes; there is a lot of other helpful info included. While some of these recipes dip into Asian/Mediterranean/Mexican-style flavors, there isn't anything in here you can't pick up at the average American supermarket. And while a lot of the recipes are simple, they often use ingredients in ways I hadn't considered. There are also some more time-consuming recipes for when you're in the mood to chop a lot of vegetables and so on. But I appreciate that they didn't include "prep time" in the book, because in my experience the prep time listed is never accurate! I think it's safe to say that if you like the blog, you'll like this book. Even if you've never heard of the blog, there's a good chance you'll like this book if you're looking for some cooking inspiration. UPDATE 2/17/2014: In the last week or so, I've made a bunch of recipes from this book (including the one for dinner rolls, the first time in my life I've made anything using yeast) and like it even more now. I am so glad I bought it. Great cookbook!

I'm a single parent of a small child. Sometime last year, a friend who's a mother of eight sent me a link to a recipe on the Budget Bytes blog. I was hooked. Beth tells you how much each recipe is going to cost you, how much each serving will cost in the end, how long it's going to take to cook, and she gives you pictures of every single step of each recipe (on the website, not in the book). She also teaches you how to stock your pantry, how to shop for big-dollar ingredients when they're on sale, and how to use your freezer (hint: fill it with meat bought on sale and homemade stock!). Budget Bytes completely changed how I shop and cook. I never come home anymore and wonder what we're going to have for dinner. I don't buy pre-packaged anything - it's all made from scratch, for a fraction of the cost. It has a ton of recipes that AREN'T on the website, and gives shopping or cooking tips appropriate for each one. The only thing I don't like about the cookbook is that the prep/cooking time isn't listed for each recipe. If you think you don't have time to cook, or if you don't know HOW to cook, this cookbook is for you. I'll be buying a dozen or so copies to give as birthday and Xmas gifts this year.

I found Beth's blog quite by accident, and I immediately felt that this is the type of cooking I like. Fast, easy, delicious, and budget friendly. I tried a couple of her recipes and knew that I had found what I was looking for. I like to support entrepreneurs who generously share their talents for free on the internet by purchasing items that they have for sale, so I bought Beth's book and am glad I did. She shares her secrets for cutting your grocery bills and provides great recipes that use items most of us have on hand. After reading some of the reviews, I am surprised that people complained that there are not more of the recipes that are on her blog. Why would you want to pay for those recipes that she's already given to you for free? I look forward to making many of the recipes in her book. I own many cookbooks, including those from Culinary Institute of America and America's Test Kitchen, which are terrific, but I think Budget Bytes will get much more use in my kitchen. Okay, I've now read this book from cover to cover, and here are a few additional comments: The book is divided into sections including Kitchen Basics; Breakfast; Bread; Dressings, Dips and Sauces; Salads; Pasta; Soups; Meat, Poultry & Seafood; Rice, Beans & Lentils; Vegetables; and Desserts. There are sample menus and a separate appendix with vegetarian and vegan recipes. Another appendix for volume conversions is very handy. There are Budget Bytes (money saving ideas) and Chef's Tips (general cooking knowledge) at the end of many recipes. Quite a few of the recipes are Asian or Southwest inspired, and some call for specialty spices. I like that most of her recipes use dried spices which are readily available and on hand in most kitchens, as opposed to special fresh herbs. This book will give you ideas and inspiration to start experimenting with food so that you can change a boring meal into something special and delicious with minimal time, effort and money. Highly recommended for new chefs, singles, busy moms and dads, and anyone who likes to eat well.

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