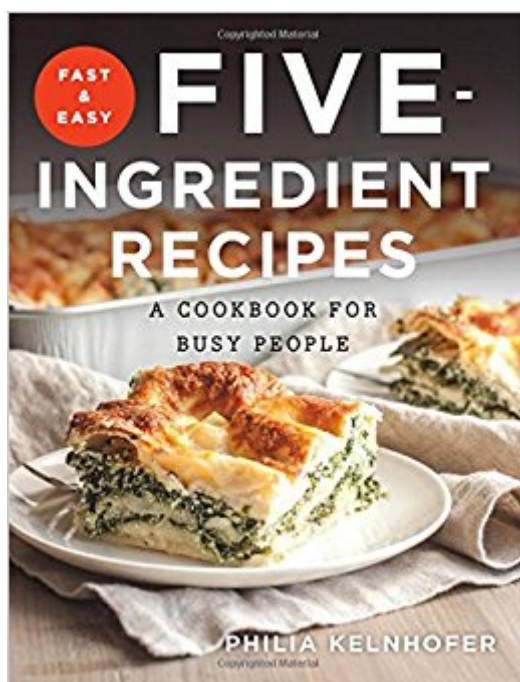


The book was found

# Fast And Easy Five-Ingredient Recipes: A Cookbook For Busy People



## Synopsis

When you're short on time, you'll love these big-on-flavor, crazy easy meals. Cooking can sometimes involve mile-long ingredient lists and require more time than one cares to spend in the kitchen after a busy day. With *Fast and Easy Five Ingredient Recipes* you'll find over 100 recipes that only require five ingredients (or less) and use simple ingredients in unique ways. Recipes include: Southern Style Chicken Sliders, Spinach Alfredo Lasagna, Pulled Pork Carnita Tacos, Homemade Pizza Pockets, Peanut Butter Sea Salt Cookies. Whether for weeknight meals or last minute dinner parties, these five-ingredient recipes will save you time and money and they're delicious too! 95 color photographs

## Book Information

Paperback: 240 pages

Publisher: Countryman Press; 1 edition (July 19, 2016)

Language: English

ISBN-10: 1581573995

ISBN-13: 978-1581573992

Product Dimensions: 7 x 0.8 x 9 inches

Shipping Weight: 1.2 pounds (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars 35 customer reviews

Best Sellers Rank: #151,280 in Books (See Top 100 in Books) #92 in Books > Cookbooks, Food & Wine > Cooking Methods > Budget #608 in Books > Cookbooks, Food & Wine > Cooking Methods > Quick & Easy

## Customer Reviews

Philia Kelnhofer (aka Phi) started her food blog [sweetphi.com](http://sweetphi.com) as a place to share her favorite recipes with friends and family. After getting numerous requests for more of her five-ingredient meals, she introduced Five Ingredient Fridays with the simple belief that "five ingredients is all it takes to create fantastic dishes." A native of Chicago, Phi attended graduate school at Cornell University in New York, has lived in North Carolina, and now calls Milwaukee, WI home where she lives with her husband and their dog. Although she works full time, her passion is cooking and showing people that delicious food doesn't have to have a bazillion ingredients or be intimidating to make. She knows the true meaning of being busy yet still wanting to make a delicious meal.

We've all had those nights when we come home from a rough day at the cubicle farm only to find the kids are screaming and jumping on the furniture chanting "I WANNA EAT!" over and over and over again. Your droopy eyes lock on to your spouse, the love of your life, who looks back at you with a frazzled countenance and mutters through gritted teeth, "I've had enough, you deal with it." Now it's on you to do something and do it fast. What better way to quickly regain a small sense of normalcy in your life than to whip up a quick meal? Ms. Kelnhofers book, "Fast & Easy Five-Ingredient Recipes" has you covered on Page 83 with a quick and tasty stove-top mac and cheese the kids will love as they shovel it quietly into their tiny little cake holes. What do you do on those cold, blustery, frustrating Sunday afternoons while you watch your fantasy league defense get shredded by a running back who's the second coming of Walter Payton? Shred yourself some cheese and try the delicious the Cheesy Leek Dip on Page 58 as a quick pick-me-up. This recipe was one of my personal favorites. I know that some of you reading this probably get dogged by your family for not being as dependable as your Cousin Steve and now it's 10 minutes before you have to leave for your nephews graduation party and you just remembered you promised your Aunt Helen that you'd bring an appetizer. Well, Cousin Steve can suck it because as fast as you can dice a tomato and a slice a green onion you can get yourself back in the familys good graces with another favorite of mine, the tasty Mediterranean dip on Page 62. Like many of you, I consider the joining of peanut butter to chocolate to be a sacred gift from God and I will straight-up murder anybody who attempts to rob me of that gift. But now I never have to worry about state-sponsored incarceration as long as I can quickly whip up the delicious brownie bites on page 161 and marry them in a divine union to the peanut butter sea salt cookies on page 169. Thank you for my freedom, Ms. Kelnhofer. A lot of cookbooks provide recipes and instructions for combining lists of ingredients, but with no pictures you're left to wonder if the charred mess that you just attempted was what the author really intended. Wonder no more because "Fast & Easy Five-Ingredient Recipes" has beautiful, high quality pictures of every recipe so you'll know exactly what you should be eating. Whether you're tired and hungry from a long day at work, need a quick ego boost, repairing family bonds, fixated on a flavor orgasm or just want to whip up a quick and tasty meal for you and the family, you'll find (as I have) some great, fast and easy recipes in this book.

I have been searching for a cookbook with easy meals that actually have ingredients I can afford. Most of these recipes look good too. The ones I have made so far have been excellent.

I love, love, love this cookbook! What a bargain. Some of my favorites: Crispy bacon & Brussels sprouts salad, Sunrise salmon, & Brat & caramelized onion pizza just to name a few. Lots of beautiful pictures that will have you salivating before you even start cooking. Would make great holiday presents, a real bargain. Also has menus & shopping lists along with other helpful info. It was more than I expected. I will be using this a lot.

Awesome book! As a full-time working mom of two, this makes menu planning much easier!

This is absolutely one of my favorite cookbooks. Easy ingredients with well-written instructions. Many "5 ingredients or less" cookbooks do not include staples in the 5 or less calculation-this does.

Love this book. Truly great recipes with five basic ingredients. Tried the spinach lasagna and it came out picture perfect. I have lots of other recipes marked with post-its that I want to try soon. If you are a practical and budget-minded, not gourmet cook, you won't regret this purchase.

Great addition to my ever expanding cookbook shelves. Plus, I've given this cookbook as a gift at least 6 times. It's full of easy, delicious recipes!

Bought for a friend and she loves it. She's a busy mom and need help coming up with quick recipes. Great balanced recipes that her little one will enjoy, a lot of veges..

[Download to continue reading...](#)

Fast and Easy Five-Ingredient Recipes: A Cookbook for Busy People Easy Asian Cookbook Box Set: Easy Korean Cookbook, Easy Filipino Cookbook, Easy Thai Cookbook, Easy Indonesian Cookbook, Easy Vietnamese Cookbook (Korean ... Recipes, Asian Recipes, Asian Cookbook 1) Easy European Cookbook Box Set: Easy English Cookbook, Easy Greek Cookbook, Easy French Cookbook, Easy Irish Cookbook, Easy German Cookbook, Easy Portuguese ... Portuguese Recipes, Irish Recipes 1) Daniel Fast: 50 Plant Based, Whole Foods Daniel Fast Recipes+Daniel Fast Food List And Breakthrough Secrets (Daniel Fast, Daniel Plan, Daniel Plan Cookbook, Whole Foods, Daniel Fast Cookbook) 5 Ingredient Slow Cooker Cookbook: Quick and Easy 5 Ingredient Crock Pot Recipes The 5-Ingredient Or Less Instant Pot Cookbook: Top 100 Quick, Easy & Delicious Electric Pressure Cooker Recipes for Busy People Mug Recipes Cookbook : 50 Most Delicious of Mug Recipes (Mug Recipes, Mug Recipes Cookbook, Mug Cookbook, Mug Cakes,

Mug Cakes Cookbook, Mug Meals, Mug Cookbook) (Easy Recipes Cookbook 1) Easy for Busy Box Set (6 in 1): Freezer, 5-Ingredient, Cast Iron, Bone Broth, Ketogenic and Vegan Meals for People on the Go (Dump Recipes Book 2) The 6 Ingredient Instant Pot Cookbook: 105 Quick & Easy, Family Pleasing Pressure Cooker Recipes for the Busy Home David Tanis Market Cooking: Recipes and Revelations, Ingredient by Ingredient Cooking for Two: 365 Days of Fast, Easy, Delicious Recipes for Busy People (Cooking for Two Cookbook, Slow Cooking for Two, Cooking for 2 Recipes) Easy Korean Cookbook: 50 Unique and Authentic Korean Recipes (Korean Cookbook, Korean Recipes, Korean Food, Korean Cooking, Easy Korean Cookbook, Easy Korean Recipes, Easy Korean Cooking Book 1) Dump Dinners: 365 Days of Quick And Easy Dump Dinners Recipes Cookbook For Busy People (Dump Cakes and Dump Dinners, Dump Dinners Cookbook, Quick Easy Meals) Cast Iron Recipes Cookbook: 50 Most Delicious of Cast Iron Recipes (Cast Iron Recipes, Cast Iron Cookbook, Cast Iron Cooking, Cast Iron Cooking Recipes): ... Recipes (Easy Recipes Cookbook Book 2) CROCK POT: Delicious Freezer Meal and Dump Meal Recipes for Busy People (Crock Pot, Crock Pot Cookbook, Crock Pot Recipes Cookbook, Crockpot Cookbook, ... Dump Meals, Crock Pot Freezer Meals Book 1) The Easy Gluten-Free Cookbook: Fast and Fuss-Free Recipes for Busy People on a Gluten-Free Diet Instant Pot Recipes Cookbook: 300 Healthy Mouth-Watering Instant Pot Recipes, Quick & Easy Prepare Recipes For Professional Busy Working People and Your Family! Less Time To Cook! More Time To Enjoy! Easy Vietnamese Cookbook: 50 Authentic Vietnamese Recipes (Vietnamese Recipes, Vietnamese Cookbook, Vietnamese Cooking, Easy Vietnamese Cookbook, Easy Vietnamese Recipes, Vietnamese Food Book 1) Easy Spring Roll Cookbook: 50 Delicious Spring Roll and Egg Roll Recipes (Spring Roll Recipes, Spring Roll Cookbook, Egg Roll Recipes, Egg Roll Cookbook, Asian Recipes, Asian Cookbook Book 1) Busy People Cleaning And Organizing: A Collection Of Guides For Busy People To Organize And Get Stress Free By Getting Rid Of Clutter

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)