

Healthy Clean Eating Recipes: Grassfed Beef: Discover the Secrets of Cooking Healthy Beef

Deeter Annie

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This book will give you the information you need to understand what grassfed beef really means and why that's important. It includes an in-depth discussion of the important methods and practices necessary to cook grassfed beef successfully. Next are ten detailed recipes with step-by-step pictures and instructions making it easy for anyone to create delicious tender grassfed beef dishes. Use it to start your journey into cooking grass finished pastured beef and to develop your skill until you can call yourself a master of real meat. The detailed pictures and guides will give you all the information and coaching you need to go from grassfed beef novice to confident cook before you know it. Once you master the skills taught in this book, there is no limit to what you will be capable of creating in a kitchen with a nice piece of real, pastured beef.



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