



How to Feed Yourself: 100 Fast, Cheap, and Reliable Recipes for Cooking When You Don't Know What You're Doing

Spoon University

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There's a time in life when you wake up and realize you're on your own: if you don't feed yourself, it's buttered noodles for the rest of your days.

HOW TO FEED YOURSELF gives you exactly what you need to take control of your tiny kitchen and feed yourself depending on what's in your fridge, what you're craving, and what's happening in your life. The goal isn't to be perfect, but to finally cook like a real adult. No special equipment or skills or ingredients or magic required.

These recipes are based on the foods you probably have lying around--eggs, chicken, pasta, fish, potatoes, toast, grains, greens, and bananas. Once you've got those basics down, you'll learn how to make them anything but basic with dishes like Really Legit Breakfast Tacos, Leftover Vodka Pasta Sauce, and Empty Peanut Butter Jar Noodles. Next, you'll discover new flavor variations, including cinnamon toast three ways, how to make chicken not bland, and a complete theory of the seven best ways to stir fry.

The real world of feeding yourself is actually pretty great. Welcome. Go forth and cook like a real person.

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Ellen says

Very useful for my teenagers, who are going to take on more responsibility for mealtime. It's basic and precise...how to cook an egg, how to make vegetables taste great. For our purposes, it's exactly what we were looking for.

Lauren Paletta says

Could Possibly use some of these, will think about getting again.

Nadina says

I never really learned to cook much, so I really liked how this gave instructions for some basic things like cooking eggs and basic pasta sauces, as well as ways to cook vegetables. It then took these simple things further by giving recipes to make with them.

It was simple, well written and not too complicated, and many of the meals had pictures.

I definitely want to buy this book now, not just borrow it from the library, and work on improving my cooking.

Aseela says

Nice
