



# Poor Jonny's Cookbook

*Suellen Ocean*

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## **Poor Jonny's Cookbook** Suellen Ocean

Suellen Ocean ... “was intent on living in a one-room cabin ... dining on nothing but nuts and berries,” the Chicago Tribune says about the author of Poor Jonny's Cookbook. She's "a veritable Betty Crocker of the woodland ...” Biography Magazine says. Bountiful Gardens says, "Ocean ... is an excellent vegetarian cook.”

With vegetarian recipes that strengthen your spirit and save your soul, Suellen Ocean's talking cooking when the cupboard's bare! This stir-crazy countrywoman's got the slap-happiest way to bake a pie and even shows you how to cook with acorns and wild rose hips. Poor Jonny's Cookbook is for pioneers, rich people, poor people, writers, frugal people, busy people, city people, country people, newlyweds, survivalists, seniors, starving artists and students!

## **Poor Jonny's Cookbook Details**

Date : Published May 14th 2013 by Ocean-Hose (first published 1994)

ISBN :

Author : Suellen Ocean

Format : Paperback 118 pages

Genre : Holiday, Christmas, Food and Drink, Cookbooks, Cooking

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## Sarah says

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This vegetarian cookbook is exactly as promised- all the way from the cute cover to the promise of Christmas gravy!

It's organized by:

Salads

Soups

Breads

Salsa, Sauces, Gravies and Salad Dressings

Tacos and Tortillas

Vegetable, Bean and Grain Dishes

Beverages- Vegan Milks, Herbal Cocktails

Juices and Jelly

Desserts

I am proud to say that I can now make my own tahini sauce and the cilantro salsa is so simple it will curl your toes. By the time I got to Poor Jonny's Infatuation Tacos (TACOS!) I was hooked. This book is loaded with enough tips and tricks and tasty treats to make it a real kitchen treasure.

Next up: rice milk- no more of that supermarket nonsense- I can make my own! And you can bet your fall harvest that next year I'll be leaching a batch or two of acorns- the snow hit us early this year, or I'd be digging in already.

I received this book from Goodreads in exchange for an honest review. And honestly, it was easy to love!

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