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Well Fed, Flat Broke: Recipes for Modest Budgets and Messy Kitchens

Emily Wight

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A down-to-earth cookbook that proves you don't need a lot of money to create nutritious, beautiful meals at home.

In this winsome cookbook, blogger Emily Wight offers fantastic recipes, ideas, and advice on how to prepare imaginative, nutritious, and delectable meals without breaking the bank. Perfect for students, families, and anyone on a budget. *Well-Fed, Flat Broke* proves that while you may occasionally be flat broke, you can always be well fed.

This collection of 120 recipes ranges from the simple (perfect scrambled eggs, rice and lentils) to the sublime (Orecchiette with White Beans and Sausage, Mustard-fried Chicken). Chapters are organized by ingredient so that you can easily build a meal from what you have on hand. *Well Fed, Flat Broke* has flavours to please every palette including Thai, Dutch, Indonesian, and Latin American-inspired recipes such as Kimchi Pancakes, Salvadoran Roast Chicken, and Pantry Kedgeree, reflecting a diverse array of affordable ingredients and products in grocery stores, markets, and delis.

Emily is a working mother and wife who lives with a picky toddler in one of Canada's most expensive cities. She offers readers real-talk about food, strategic shopping tips, sound advice for picky eaters, and suggestions on how to build a well-stocked, yet inexpensive pantry. Cooking every night can be challenging for busy families who are short on time and lean in budget; Emily includes plenty of one-pot dishes to keep everyone healthy, full, and happy.

With friendly charm and practical advice, *Well Fed, Flat Broke* will have you eating like a millionaire without having to spend like one.

Emily Wight is a writer and home cook who's been blogging about food for the past six years.

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