



# **Dump Dinners: Family-Friendly Soup, Casserole, Slow Cooker and Skillet Recipes Inspired by The Mediterranean Diet (Family Health and Fitness Series Book 1)**

*Vesela Tabakova*

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From the author of several bestselling cookbooks, Vesela Tabakova, comes a great new collection of delicious, easy to make family dinner recipes. This time she offers us 50+ comforting and enjoyable dump dinners inspired by the Mediterranean diet and full of your favorite vegetables, meats and legumes that are simple and easy to cook whether you need a quick weeknight supper or a delicious weekend dinner.

**Dump Dinners: Family-Friendly Soup, Casserole, Slow Cooker and Skillet Recipes Inspired by The Mediterranean Diet** is an invaluable and delicious collection of healthy dump dinner recipes that will please everyone at the table and become all time favorites.

If you're looking for delicious everyday recipes that are not too complicated and are budget-friendly - this cookbook is for you.

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