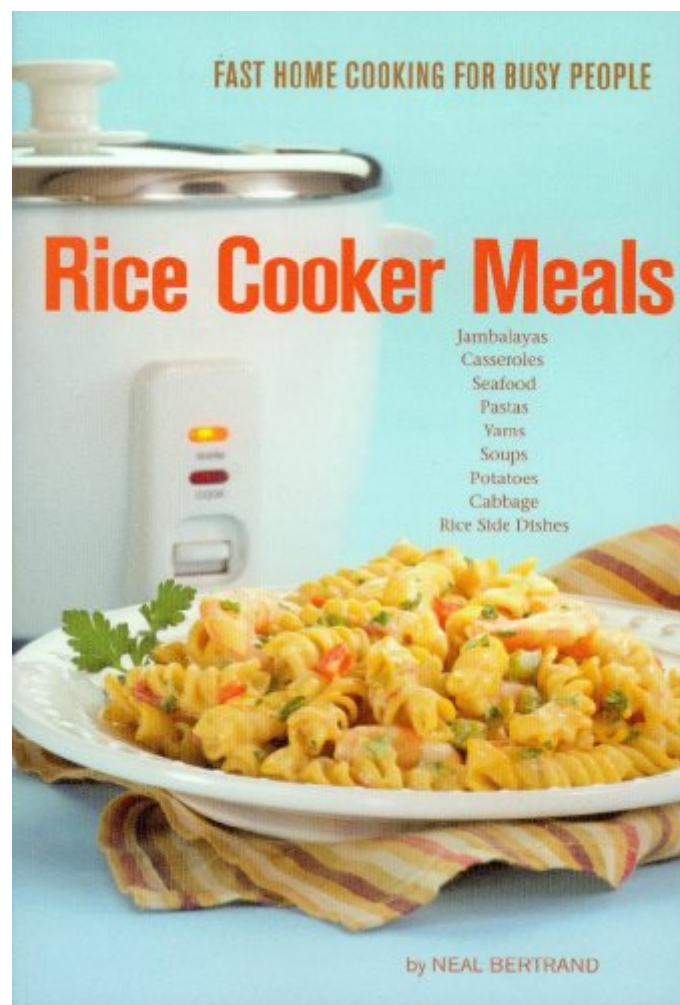




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# **Rice Cooker Meals: Fast Home Cooking For Busy People: , Or Feed A Family Quickly For Under \$10, With Less Mess To Clean & Get Out The Kitchen Quicker!**





## Synopsis

Rice Cooker Meals: Fast Home Cooking for Busy People contains 60 quick and easy meals you can make in a rice cooker, most in 30 minutes or less. Enjoy delicious, multicultural recipes that are less expensive and healthier than fast food. Includes Mexican, Italian, Tex-Mex and Cajun recipes! And one-pot cooking means less mess to clean up! You'll see how easy it is to cook jambalayas, seafood dishes, pastas, "casseroles", soups, rice side dishes, and various vegetable recipes including potatoes, cabbage, and sweet potatoes. "IN A RICE COOKER?" Yes, they're all cooked in a rice cooker. Here are a few recipes from the book: Easy Chili, Mexican Rice, Tex-Mex Pasta, Shrimp Jambalaya, Cabbage Casserole, Cajun Pepper Steak, Chicken Fried Rice, Rice & Shrimp Pilaf, Chicken & Sausage Gumbo, Chicken Fajita Stuffed Potato, Black-eyed Pea & Sausage Soup, Candied Yams with Marshmallows, Easy Smothered Potatoes & Sausage, and Black-eyed Pea & Sausage Jambalaya. The cookbook also has two indexes so the recipes are easier to find: indexed by chapter and indexed in alphabetical order. It has numerous testimonials from good cooks affiliated with the LSU AgCenter Homemaker Clubs. They tested the recipes and gave their honest opinions. It includes short articles about time-saving tips on food preparation, how a rice cooker knows when the food is cooked, how to teach children to safely cook with a rice cooker, how to brown meat in a rice cooker, plus many more. Fast, easy meals you can cook in a rice cooker; most have a 30-minute cook time. Convenient one-pot cooking means less mess to clean, easier to have good home cooking; less expensive and healthier than "fast-food". Great for busy people, college students, tailgating parties, campers/RVers, etc. Has 60 recipes to cook delicious pastas, seafood, soups, potatoes, cabbage, sweet potatoes, jambalayas and rice side dishes. Includes Mexican, Italian, Tex-Mex and Cajun recipes.---

The following is directly from the introduction for the book ---Whether you're a busy mom, a single dad, a college student, an RV enthusiast, a tailgating-before-the-game partier, a senior citizen, or just someone who wants to cook a quick and easy meal that doesn't heat up your whole kitchen or use all your pots, Rice Cooker Meals: Fast Home Cooking for Busy People is FOR YOU!Cooking healthy, nutritious, home-cooked meals in our fast-paced society is becoming harder and harder to do. This book can put an end to your household's "fast-food-itis" problem. Rice Cooker Meals will quickly become the book that stays on the kitchen counter, not filed away on a shelf.You'll stay as cool as your kitchen does when you use these recipes. You're not firing up your stove or oven. You're not dirtying multiple pots and pans. You're just cooking worry-free, quick meals in record speed! A traditional home-cooked meal is all in one rice cooker.Get ready for a Kitchen Revolution!

## Book Information

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## Customer Reviews

I was hoping that this book would have "from scratch" recipes. Instead, it uses so many canned and packaged mixes that the food becomes more of a chemical cocktail than a meal.

If you like "Cajun Cooking", you will like the recipes in this cookbook ... please note the recipes are developed using the "old style" rice cooker ... the ones I have tried in the "new style" (Sanyo) rice cooker did not turn out well ... less water is required when using the "new style" rice cooker ... I'm still working on a conversion ... the recipes I have tried using the "old style" rice cooker turned out great and were very good ... but the recipes are great even if you decide to cook them in a standard pot using the stove top ... RPH

If you like Cajun food this is the book for you! The sauce piquant recipes and crawfish and shrimp recipes are amazing!! Cabbage rolls used to take all day to make and now I use the cabbage

casserole recipe to make it easier. This is the only recipe book where I have actually made and loved 75% of the recipes. And they all use simple ingredients that I keep in stock already. Nothing fancy I have to buy!! I know it sounds weird to use a rice cooker for meals but this is like a crockpot that cooks in 45min or less. If you have a fancy rice cooker you need to use the rice setting, not slow cook. And if it says to cook for a certain time then I set my timer and stop the rice cooker after that so the shrimp are not overdone. My family likes meals with substance and not just rice. This book also has a lot of recipes with potatoes instead of rice. The fajita chicken stuffed baked potato recipe is great! And it just uses frozen French fries for the potato part. It doesn't get much easier than that!! This is the perfect book for someone who loves to crockpot but wants their meal done in 45 min or less! I wish I was paid or given some compensation for this review, but sadly not. My aunt gave it to me years ago and my friends are always asking where to buy it.

I was so excited to get this book since i work 50 hours a week on top of being a single mom. I use my rice cooker alot and was hoping for some simple quick and cheap meals. When it arrive i was extremely disappointed at the effort and expense you have to put into each meal. I feel this book was misleading as it has very little meals for under 10 dollars and take over an hour for most recipes without alot of variety except cajun style meals. I will not be using it...

I wasn't sure I'd be able to get the hang of using rice cooker for anything but rice. But as soon as this book arrived I read it from cover to cover and could hardly wait to try his recipes. This book is a little gem. With a little imagination you can easily adjust ingredients to make your recipes more spicy, less spicy, beef instead of chicken, broth instead of canned tomatoes with chiles, less butter, etc. etc. This is a no brainer. To some people it might look too plain but that's fine with me. It's just a good, easy to follow, minimum preparation, delicious collection of recipes, some of which are typical of louisiana cooking....which is what the author himself did not dispute. I have never used as many recipes out of any cookbook I own..and I own a lot!!! I'm currently going through all the recipes but so far my favorites are Shrimp Jambalaya, Black Eyed Peas & Sausage Jambalaya, Tex-Mex Pasta, Chicken fried rice, and Mexican Rice. There are also soup recipes, yams, potato and cabbage recipes but haven't tried these yet. Mr Bertrand I'm anxiously waiting for your next cookbook, if there is one, but in the meantime thanks for this one!

Gave this to my son-in-law to go with new rice cooker I gave my daughter - they share meal cooking tasks. He thinks it will be very useful.

My latest "kick" is rice cookers. I learned you can make entire delicious meals in them, not just cook rice. This cookbook makes rice cooking/entire meals easy. It's mostly a Cajun cookbook but you'll find many delicious other recipes too. I had a question, emailed the author, and he actually emailed me back with the answer!! Recipes are for 8 to 10 cup On/Off/Warm rice cookers, not for fuzzy logic cookers. Rice cooker recipes can be made in the fuzzy logic cookers but adjustments would have to be made. I'm also experimenting using olive oil instead of butter and the author has been helpful with that. I HIGHLY recommend this rice cooker cookbook for On/Off/Warm rice cookers.

It was handy to tell me the different types of rice and how they are cooked but that was where the helpfulness ended. The meals seemed quite involved for a book that states "Fast home cooking for busy people" and it just wasn't that helpful. I guess some people might find it useful but to me I had to do too many adaptations to find it necessary.

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