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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Save Money The Crock Pot Way

By Lisa Paterson

Saving money - is something we would all like to do. Whether you are struggling to manage day to day or earning a six figure salary, saving is something we all think about.

There is one thing we can all save on. The one thing we all do, every day, several times a day.

We all ... Eat.

And food these days can be so expensive. It is quite easy to go to the grocers and spend your entire weeks pay just on food. Meat especially can put a hole in anyone's budget.

After a long day at work, the last thing you want is to spend the rest of the day in the kitchen preparing dinner. So the quick option is often just to fry or grill up some steak. But this is expensive. And frying those cheaper cuts of meat - ugh!

You have heard the old saying `tough as old boots'.

They end up so tough, that even if you do manage to eat them; you will be lucky not to chip a tooth or dislocate a jaw; both of which cost even more.

How about if you could save money on your food bill and save hours in the kitchen at the same time?

Well the solution for you is . . . the Crock Pot.

It allows you to turn those cheap meat cuts into not only edible, but absolutely delicious meals. And, does it all, while you are at work.

This is not some new gimmicky thing you see in info-commercials on late night television. This is a real kitchen appliance that has been around since the early 1970's.

It uses low heat and a slow cooking method which tenderizes the meat.

Save Money The Crock Pot Way

Just put the vegetables and meat in the pot in the morning on the way to work and come home to the delightful aroma of dinner ready in the evening.

Save money – the cheapest meat cuts are the best ones to use, they are full of flavor and appreciate the long cooking time.

Happy Crock Cooking

Lisa - "The Crock Cook"

Lisa is the author of <http://www.a-crock-cook.com>, a unique site dedicated to Crock Pot Cooking. Her

and her husband Neil, share their own family

Crock Pot Recipes

with you. Each and every recipe has

been cooked by themselves, so you know each recipe will work.

****Webmasters Please Note – If you wish to use this article then the above static link to <http://www.a-crock-cook.com> must be included.****

Cut The Take Out

By Lisa Paterson

A long hard day at work. You get home and need dinner. Nothing in the fridge, nothing in the cupboard. Take-out again. The wallet just won't comply much longer.

Re-wind.

A long hard day at work (sorry can't help with that one). You get home and mmmm, what is that aroma? Dinner! Smells delicious, your mouth is watering.

And no you didn't go to the wrong home and no you are not dreaming. You arranged all this, in a few minutes this morning.

What I won the lotto and hired a personal chef?

Well no, not exactly - you got a Crock Pot. A Crock Pot? Yep, it's a cooker that cooks your food over a slow heat. Put it on in the morning and dinner is ready at night.

Don't think you've got time in the morning. Well you will be pleasantly surprised how quick it can be.

Save Money The Crock Pot Way

Chuck in some veggies (frozen or pre-cut if really short on time), throw some meat on top, pour in a sauce, put on the lid and turn it on low. That's it.

It truly is that easy. And the aroma of dinner when you walk in the door at night, it is sensational - better than any take out.

Happy Crock Cooking

Lisa - "The Crock Cook"

www.a-crock-cook.com

Crock Pot Recipes

and everything else Crock Pot

Find easy to follow

Crock Pot Recipes

, tips and advice by Lisa at www.a-crock-cook.com

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