



The Prepper's Cookbook: 300 Recipes to Turn Your Emergency Food into Nutritious, Delicious, Life-Saving Meals (Preppers)

Tess Pennington

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The Prepper's Cookbook is an excellent resource and foundation that covers many topics of preparation. Especially helpful for the seeker and the new-to-prepping, however, there are great ideas for even the seasoned prepper.

—*Real Food Living*

It's more than a cookbook. It's also a handy guide for beginning preppers who have wondered, "So what do I actually *do* with all this extra food I'm buying?"

—*The Survival Mom*

STOCK YOUR PANTRY TO SURVIVE ANY DISASTER

When a catastrophic collapse cripples society, grocery store shelves will empty within days. But if you follow this book's plan for stocking, organizing and maintaining a proper emergency food supply, your family will have plenty to eat for weeks, months or even years, with meals such as:

- **French Toast**
- **Black Bean Soup**
- **Chicken Pot Pie**
- **Beef Stroganoff**
- **Fish Tacos**
- **Potatoes Croquette**
- **Asian Ramen Salad**
- **Quinoa Tabouli**
- **Rice Pilaf**
- **Buttermilk Biscuits**
- **Peach Cobbler**

Packed with tips for off-grid cooking, canning charts for over 20 fruits and vegetables, and checklists for the best emergency pantry items, *The Prepper's Cookbook* will have you turning shelf-stable, freeze-dried and dehydrated foods into delicious, nutritious dishes your family will love eating.

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