



## Ground Beef: Recipes for an American Staple

*Deanna May Spangle The Starving Artist Project, Marilyn Ingram, Kc Spangle, Jennifer Spangle, Janet Gibson, Janet May*

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Ground beef has long been an American staple in the creation of food. That being said, it often gets a bad rap when it comes to anything other than burgers. There are many amazing foods that use ground beef as the meat of choice such as lasagna, shepherd's pie, meatloaf, and nachos, just to name a few. We wanted not only to bring you great recipes, but also, creative expression, fun stories, and entertainment. Cooking is an art and as such should be enjoyed from the creation or modification of a dish to the beautiful way it is plated and served.

Our desire is to personalize the cooking process through great recipes that include the personal stories that are a part of their creation. We also want to demonstrate that recipes are designed to be changed to suit personal tastes, and we offer up many ways to change or "tweak" our recipes to make them your own.

While we are enjoying the process, and the amazing recipes, you are helping people. You see, eighty per cent of the proceeds of the sale of this book is used to help alleviate hunger. We are fighting hunger not only by providing food to those who have run into some difficulty, but also by educating people how to shop for quality food on a budget.

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