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writing this book my
concern was “without
the timely effort these
recipes won’t taste
very good”. I couldn’t
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wrong. By using more
canned and packaged
products, Mary has
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hard or time
consuming. It can be
very cheap, quick and
satisfying, but you
need to be able to
design a meal that will
at least give you
enough calories and be
enjoyable to eat to
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Dr. McDougall's Health
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Box 14039 Santa Rosa,
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+1-616-874-8155.
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Process until fairly smooth, then pour into a saucepan. Mash the reserved beans slightly with a fork or bean/potato masher. Add to the saucepan with the remaining ingredients. Cook over medium heat for 10 minutes to blend flavors. Adjust seasoning to taste before serving.

**McDougal Made
Easy Recipes**

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It says "Quick and Easy Cookbook" in the title, which is accurate. Over time each recipe could be tweaked, and made more gourmet if desired. Also, curry powder does a lot to make cooked vegetables yummy. On the website if you click on the McDougall Newsletter and go to January 2008, it offers "McDougall Favorites".

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