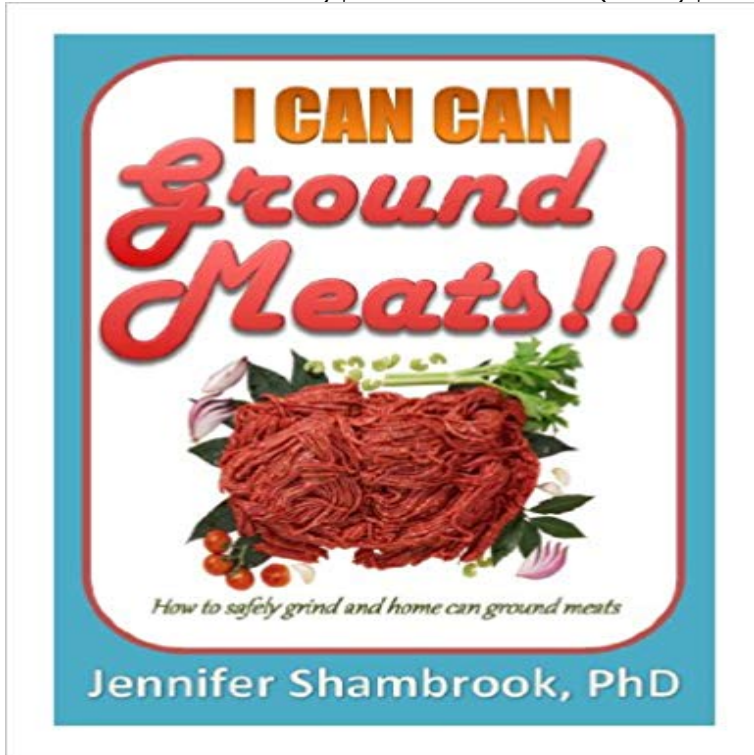


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I Can Can Ground Meats!! is just what you need to learn to safely home can ground meats and stock your pantry with shelf stable ground meat, meatballs, meat loaves, and even gyro meat! Just imagine how easy it will be to prepare a hardy nutritious meal for your family when you don't have to thaw anything or make a special trip to the store to get dinner to the table. You will not only learn to safely home can meats, but how to grind your own meats! Take complete control of your family's foods through the methods taught in I Can Can Ground Meats!! You determine how much salt, how much seasoning, and how much fat goes into your family's ground meats. As always, Dr. Jennifer Shambrook seasons her family recipes with humorous and heartfelt family stories that makes the book an enjoyable read even without the cooking techniques and recipes. Save money, increase your family's food quality, and know the satisfaction of self sufficiency through the well described, step-by-step methods in I Can Can Ground Meats!! Scroll to the top of the page to buy now!

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