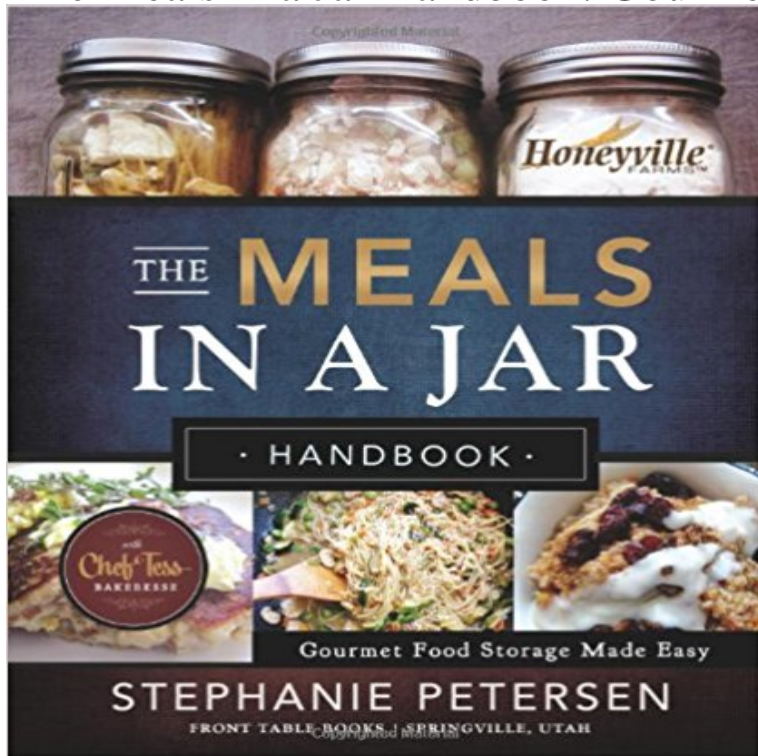


# The Meals in a Jar Handbook: Gourmet Food Storage Made Easy



Meals as easy as 1--2--3! Just add water and dinner is done. Using Chef Tess's tried and tested dry--packing method, learn how to make meals that are not only delicious and family--friendly, but also shelf--stable for an average of 5-10 years. Enjoy recipes like Broccoli Cheese and Rice Casserole, Chunky Italian Spaghetti, and Spicy Chicken in Peanut Sauce, all from a jar!

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