



Beef Dump Recipes: Easy, Time-Saving Meals

Sharla Kostelyk

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The dump recipes system allows you to make 10 meals in just one hour, rescuing your dinnertime and saving you time and money. Beef Dump Recipes includes 6 plans, each with printable shopping lists and printable labels. Most of the 31 recipes included can go from the freezer to the crock pot, saving you even more time. All the recipes include gluten free instructions. Start loving supper again!

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