

# 99 Cent A Meal Cookbook By Bill Kaysing

**By Bill Kaysing**

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Mar 29, 2008 the always-interesting kottke.org pointed to a couple of pieces on 99-cent fine The 99 Only Stores Cookbook. ways to cut the grocery bill.

Swamp Gas. with Jeremiah Murphy America s Thirty Billion Dollar Swindle by Bill Kaysing and Randy Reid. such as Eat Well for 99 Cent a Meal.

The 99 cents A Meal Cookbook is one I've cooked from for last 15 years or so. From it comes the much loved Spanish Rice Pot, lentil nut loaf, the handy for potlucks

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