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one dish vegetarian meals 150 easy wholesome and - *one dish vegetarian meals 150 easy wholesome and delicious soups stews casseroles stir fries pastas rice dishes chilis and more paperback october 3 2007*, **the food timeline popular american decade foods menus** - *the 1940s were all about rationing protein stretching substitutions rediscovering grandmas foods and making do with less home cooks made sugarless cookies eggless cakes and meatless meals cookbooks magazines government pamphlets and food company brochures were full of creative ideas for stretching food supplies*, **igourmet com full product catalog igourmet com** - *gourmet product list beans pasta and grains 16 multi grain rice and bean mix jyu rokkoku gohan by hakubaku 16 grain rice and bean mix jyu rokkoku gohan by hakubaku*

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