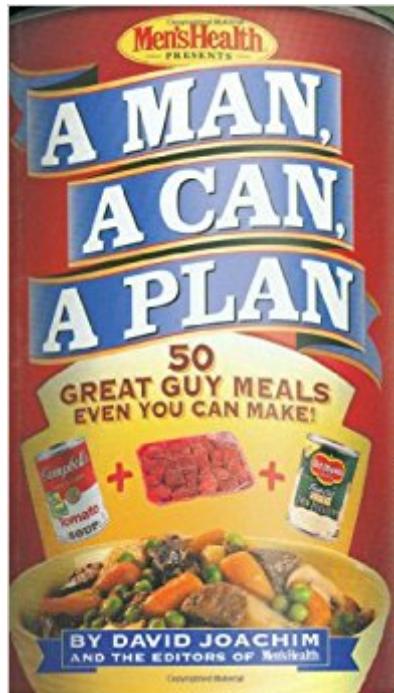




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# A Man, A Can, A Plan : 50 Great Guy Meals Even You Can Make



## Synopsis

A Man, a Can, a Plan: 50 Tasty Meals You Can Nuke in No Time by David Joachim and the Editors of Men's Health offers step-by-step recipes, including: '50s-Style Creamed Chicken How to make it: Cook the onion in the oil in a large skillet over medium heat, until tender. Dump in the chicken and stir. Cook for 1 minute. Stir in the soup and mushrooms. Simmer for 10 minutes. Stir in the sour cream over low heat. Heat through and serve over the cooked noodles. Makes 6 servings. Per serving: 354 calories, 5 g fat (12% of calories), 1 g saturated fat, 22 g protein, 54 g carbohydrates, 5 g fiber, 599 mg sodium. When it's not just you and the TV ... top with chopped fresh parsley. 10-oz can chunk chicken breast, drained and flaked 11-oz can reduced-fat cream of mushroom soup 6-oz can sliced mushrooms, drained 12-oz bag "no yolk" egg noodles, cooked according to the package directions Also: 1/2 cup chopped onion, 2 tsp olive oil, 1 cup fat-free sour cream Book Facts Serving Size: 50 recipes Main ingredients per recipe: About 5 Avg. prep time per recipe: 30 min. Breakfasts: 4 Sandwiches: 8 Munchies: 9 Dinners: 25 Desserts: 4 Special cooking and nutrition tips: 15 Easy-to-clean pages: 43

## Book Information

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## Customer Reviews

Step-by-Step Recipes! '50s-Style Creamed Chicken How to make it: Cook the onion in the oil in a large skillet over medium heat, until tender. Dump in the chicken and stir. Cook for 1 minute. Stir in the soup and mushrooms. Simmer for 10 minutes. Stir in the sour cream over low heat. Heat through and serve over the cooked noodles. Makes 6 servings. Per serving: 354 calories, 5 g fat

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David Joachim has edited, written, or contributed to 30 books on food, cooking, and related matters. He received the 2006 IACP Award for The Food Substitutions Bible.

I just ordered this book (got it next day (Sat) with prime membership though I did not pay for the faster shipping) as part of a useful gag gift for a really good friend. He is single, lives alone and does not know how to cook. He's over at my place for food all the time so I thought this would be a funny part of his gift this year. The book is great. It has large cardboard pages (like toddler books) and pictures of ingredients in a fashion of 'picture of can of soup' + 'picture of noodles' + 'picture of cheese' = 'picture of final product'. Then a few paragraphs of the steps with cooking instructions. Also some helpful blurbs tossed in like 'only you can prevent kitchen fires!' Its so basic and funny, it really is what the title describes. For the gift hes going to be getting cans of food and other nonperishable food items, all wrapped separately then I will give him the book last. :D

I bought this cook book and 2 others like it for my 20 something young sons for Christmas. They were constantly calling me asking for recipes and cooking advice so I thought I would give them some cookbooks. These covered board books spell out every recipe in language a clueless teenager should be able to understand. Plus they are easy to wipe clean. There a pictures of everything and a grocery shopping list to help. The recipes are simple, easy and seems like they would fill up a hungry college student. None of the recipes require weird spices, foods or utensils --they are all user/student friendly. My sons has successfully tried a few of the recipes and didn't burn anything down. I also bought a Man and A Tailgate plan for my sports nut.

I bought this for my gentleman friend (age 56) who cooks meat on the grill but not much else. He was ecstatic. I was afraid he might be offended/insulted by the toddler style cardboard pages, but he

was pleased that he could throw it (literally) in his truck and take it into the grocery store on his way home from work without destroying it. The food is surprisingly good and only requires the meat department and canned goods aisles, nothing else. Does not require any kitchen equipment other than pots and pans. Not exactly haute cuisine, but for someone who wants something other than drive through burgers and pizza delivery for dinner once in a while and doesn't want to spend forever trying to buy ingredients and spices and cook, this is an excellent book.

I bought this as a gift for my nephew and i'm glad i did. Its a great starter book for a young man that is new to cooking. The ingredients are simple, easy to find, and accessible to most. Its not a gourmet cook book by any means, but its a good book to help a young person get more comfortable with being in the kitchen and fending for themselves. I can see this book as being perfect for a teenager or a college kid making meals for themselves. I'm sure after mastering these recipes a person would probably graduate to more complicated and interesting dishes, and i think that this book provides that confidence and stepping stone to get there. Not that it ventures into that territory, but once a person gains that confidence that they can actually cook something other than a hot pocket that actually provides decent nutrition and sustenance such as the things in this book, they will be more willing to branch out to other great meals/recipes. Bottom line, this book is a great start for some one new to cooking, or looking for easy, less complicated meals that are simple to make. I also bought the "Second Helping" follow up to this book at the same time and HIGHLY recommend it. I'm not saying that this book is bad, but I think the recipes in the 2nd Helping book are allot better and a little more appealing to my tastes. I highly recommend buying them in a pair. That is what i did. These books are STURDY. They come with those THICK pages like you would find in a kids book. So i'm sure you can prevent ruining the book with accidental splashes and spills, which fits right in a beginner. I might buy another set for myself just to get quick and easy ideas for myself.

Bought this as an Christmas present for someone but was told they already had it. After receiving it and flipping through it last night I'm glad they already have it so I can keep this one! The recipes look tasty and super easy to make. This would make an excellent gift for anyone who is newly moved out of their parent's home or for those with little cooking skills. I'm adding it to my collection for those "whats easy to make because i don't want to cook" kind of nights.

The recipes are tasty, easy to fix and made from things you're likely to have in the pantry. I especially like the stiff pages that stay open while making the dish and are easily wiped clean. The

humorous notes are enjoyable.

The concept is great - simple, quick recipes, but the recipes were terrible. I tried 6 dishes figuring that at least a few might be duds, but the flavors and textures were disgusting.

I owned this book before but lost it. Will use it in teaching basic cooking to some of my clients.

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