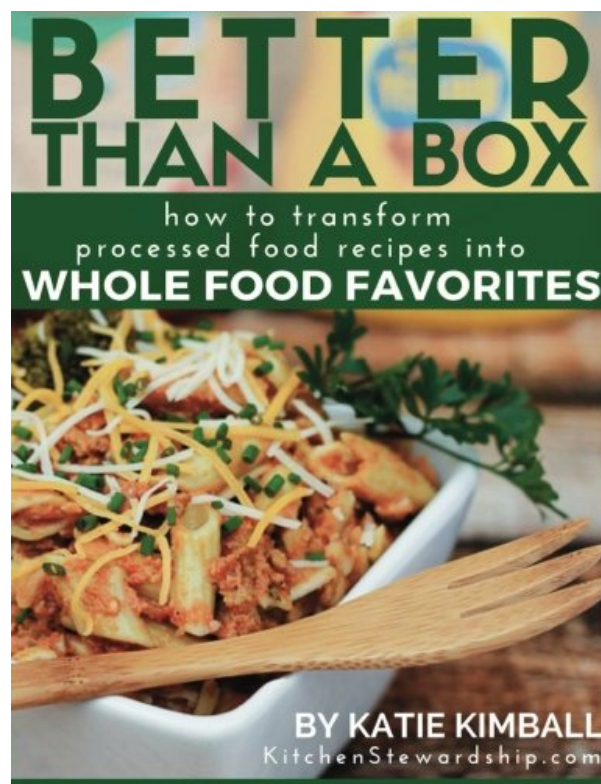
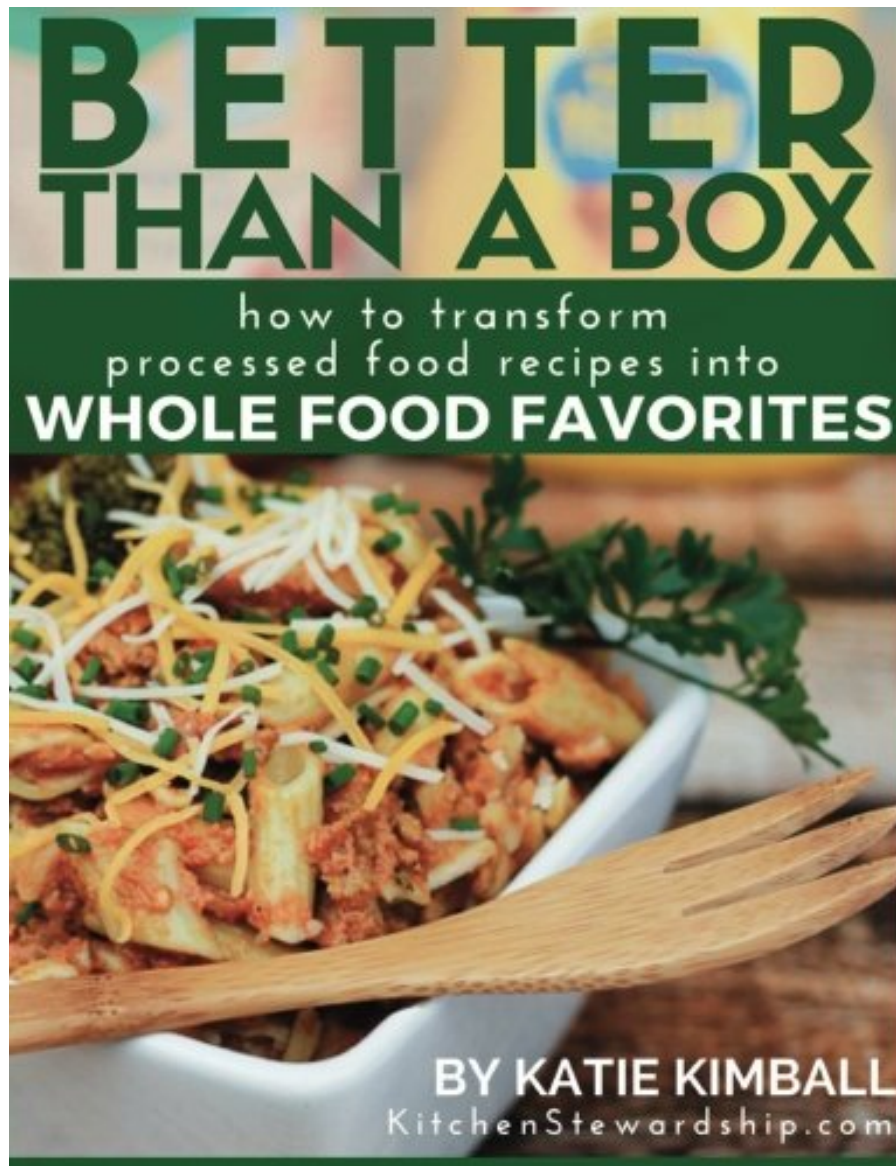


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TRANSFORM PROCESSED FOOD RECIPES  
INTO WHOLE FOODS FAVORITES BY  
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## Review

"Katie's how-to tips, one-pot meals, and make-ahead instructions simplify the Real Food cooking process so normal home-cooks like me don't feel so overwhelmed. ...a must-read for anyone interested in making Real Food meals for their family without spending all day in the kitchen."

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## About the Author

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Amazon's Best Book of the Month with over 8500 Copies Sold!

Stop Making Dinner From a Box. Start Making Those Same Family-Favorite Meals Healthier and Homemade With 100% Whole Foods.

\*Are there favorites in your recipe card box collecting dust because the processed ingredients make you squirm?

\*Do you miss comfort food casseroles that use "cream of" soups because you refuse to buy those cans anymore?

>> Over 6,000 readers are transforming their kitchen life with Better Than a Box - you can too!

This 220-page tutorial will help you gain confidence and courage in the kitchen, establish habits and routines to make sure you always have certain things on hand, and learn to save on dishes as you cook up a storm. Learn "recipes" you can book by heart and gain self-confidence to toss in a little of this and a little of that, even if you've always been a "measure to the correct 1/8 teaspoon" sort of chef before. Better Than a Box will teach you to reverse engineer recipes, create delicious real food renditions and help you have the real food lifestyle you want without compromising on the food your family loves.

Better Than a Box is so much more than a recipe book; it's a way of cooking. Find lessons on:

- \*Adding Nutrition to a Recipe
- \*Making any Casserole a One-Pot Meal
- \*Designing Your Own Recipes
- \*Herbs & Spices Basics
- \*How to Make Healthy Baking Recipes

Reverse engineer one of your own recipes from processed to 100% whole foods instantly with 35 recipes teaching you to make pantry staples from scratch, including:

- \*Homemade Chicken Stock
- \*Homemade White Sauce (i.e. Cream of Whatever Soup)
- \*Cream of Potato Vegetable Soup
- \*Bouillon Cube Substitute
- \*Dry Onion Soup Mix
- \*Cheesy Grain-free Biscuits
- \*Mom's Whole Wheat Biscuits
- \*Bisquick Substitute
- \*Grandma's Pie Crust
- \*Homestyle Cornbread

- \*Gluten-free Cornbread
- \*Homemade Whole Wheat Tortillas
- \*Favorite Homemade Rolls
- \*Homemade Wheat Thin Style Crackers
- \*Homemade Bread Crumbs
- \*Stovetop Stuffing Substitute
- \*Homemade Sausage Seasoning
- \*Basic Meat Marinade Framework
- \*Bonus: Mexican Beef Fajitas
- \*Roasted Shredded Chicken
- \*Freezer Meatballs (& Meatloaf)
- \*Not-so-Tough Beef Jerky
- \*Macaroni and Cheese
- \*Velveeta Cheese Substitute/Creamy Cheese Sauce
- \*Homemade Mayonnaise
- \*Homemade Caesar Dressing
- \*Homemade Italian Dressing
- \*Homemade Asian Toasted Sesame Salad Dressing
- \*Tangy Greek Salad Dressing with Feta
- \*Homemade Ranch Dressing
- \*Ranch Dressing Mix
- \*Seasoned Salt and Dip Blends
- \*Homemade Barbecue Sauce
- \*Italian Diced Tomatoes
- \*Fake Whipped Topping
- \*Instant Pudding

Don't want to do the mental work, but still crave familiar comfort food?

Find 25 ready-to-go recipes in the thorough, no-stone-left-unturned style of Kitchen Stewardship, including:

- \*Katie's Spicy Meat Chili
- \*Basic Pepper Steak
- \*Dad's Cheeseburger Helper
- \*Homestyle Beef and Potato Casserole
- \*Honey Dijon Chicken Casserole
- \*Easy Chicken and Biscuits
- \*Chicken Rice-a-Roni Substitute
- \*Mexican Beans and Rice
- \*Cheesy Beef and Mac
- \*Grandma's Tuna Noodle Casserole
- \*Creamy Chicken Enchiladas
- \*Chicken Pot Pie and Not Pie
- \*Chicken with Rice and Green Beans
- \*Homestyle Crunchy Topped Chicken Casserole
- \*Real Food Beef Stroganoff
- \*Simple Onion Pot Roast
- \*Spicy Cheesy Chicken Dip
- \*Homemade French Onion Dip
- \*Sausage Spinach Pasta Toss

- \*Homemade Chicken Nuggets
- \*One-Bowl Pumpkin Muffins
- \*Real Hot Chocolate
- \*Homemade Chocolate Syrup
- \*Southern Banana Pudding
- \*Homemade Whole Wheat Graham Crackers

There's something for everyone in *Better Than a Box*. Learn more at [KitchenStewardship.com](http://KitchenStewardship.com).

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- Published on: 2013-11-12
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- Binding: Paperback
- 218 pages

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#### Most helpful customer reviews

43 of 47 people found the following review helpful.

It all depends on what you are after

By A customer

You will either love this book or you won't. It all depends on what you are after. Author Katie Kimball has written an extensive cookbook, one that I would consider more of a notebook filled with how she got there when creating healthier recipes, than a cookbook that was easy to cook from.

Also, it depends on what you consider basic ingredients and the type of food lifestyle you wish to choose. For some substituting coconut oil and sucanat is important. For others it is not.

At the back of the book you will find an extensive list of recipes found in the cookbook. Some of those recipes include:

Homemade French Onion Dip  
Homemade Whole Wheat Graham Crackers  
Chicken Pot Pie  
Creamy Chicken Enchiladas

Some of the recipes seemed a bit more difficult than they had to be. A good example of this is the Creamy Chicken Enchilada recipe. All you need to do is make a traditional chicken enchilada recipe using chicken, green chilies, sour cream and cheese. Very easy and very basic. You can find such a recipe in the Mexican Family Favorites Cook Book (Cookbooks and Restaurant Guides). You can also find a basic and delicious from scratch enchilada sauce in the Mexican Family Favorites Cook Book.

My recommendation is buy some basic cookbooks and learn how to cook from scratch. Some of the cookbooks I'd recommend include:

The More-With-Less Cookbook (I've used this cookbook for years as it offers recipes for mindful food choices)

Quick-Fix Healthy Mix

The Way to Cook

The New Doubleday Cookbook

The Fannie Farmer Cookbook

The \$5 Dinner Mom Cookbook: 200 Recipes for Quick, Delicious, and Nourishing Meals That Are Easy on the Budget and a Snap to Prepare

Homemade Products with Brand-Name Quality

Make-A-Mix

Betty Crocker's Picture Cook Book (Revised And Enlarged)

I did like the advance food prep suggestions given in her cookbook. A good cook does have a good supply of basic food ingredients stashed away for just in case.

Finally, this cookbook would have been better if it was written in a more concise fashion. As I wrote earlier this more like reading a blog or notebook making it difficult to find what you need quickly. For harried cooks this is not a good thing.

Recommend with caveats given.

23 of 25 people found the following review helpful.

Best for those who seek the taste of boxed food with better ingredients

By Ivy

I cook everything from scratch and have followed the Weston Price diet for years. I grew up that way in a small mediterranean country (where a chicken dinner started with killing the chicken), so boxed American food does not appeal to me. Campbell soups, mac and cheese, hamburger helper, and chicken pot pies were never part of my diet, or that of my parents and grandparents for that matter. I do not crave the taste, or associate these meals with fond memories of childhood and grandma visits. So, for these reasons, the recipe section of the book is not something I value very much. I am into experimenting with different cuisines, but the goal of the recipes often seems to be to replicate the taste of the boxed version. I much rather prefer upgrading both the recipe and the ingredients, rather than just the latter. For e.g. Alton Brown has a mac-and-cheese recipe that is out of this world, but much more inventive than boxed mac. However, if these are the dishes you want to eat, but now, aware of the junk in supermarket food you no longer can prepare them the supermarket-way, this is the book for you. If you are on GAPS or Paleo diet, you will not be able to use



the recipes in this book, as most of them (all?) include pasta, rice, beans, flour, corn, and dairy.

What I do appreciate most from this book are the tips for cutting down on kitchen work. I thought I was an expert in speed-cooking, but Katie taught me a few things. For e.g. I love the idea of re-casting leftovers not by just reheating them, but by doing something with them (add some ingredients, etc.) to turn them into a new meal. I hate leftovers, but cooking extra is a necessity for busy moms. This idea solves the dilemma.

Advice on prep work to stock the freezer is also very useful. I was doing a lot of that myself - e.g. I always buy one vegetable a week in bulk at the farmers market and either freeze, ferment, or can it. However, I never froze pre-cooked meats (shredded, cubed, etc.) to use in quick recipes. It's definitely a winner.

The best advice of all: meal planning. I have heard all about it, yeah, yeah, sure, I kinda do it too (as in defrost meat the night before), but Katie really brought the idea home. The reason that struck a chord with me for why meal planning is very important: ensure variety in the diet.

Buy the book - there's some gems for everyone!

10 of 12 people found the following review helpful.

Great start for beginners, excellent resource for more experienced Real Foodies!

By Dawn

I have been reading Kitchen Stewardship for a few years, it was one of the first quality blogs I found when I started trying to follow a more "Real Food" lifestyle for my family. It has remained my favorite blog. I have all of Katie's smaller cookbooks, but this one is the ultimate! Thank you Katie for an excellent kitchen resource for those of us who struggle to maintain a focus on real food, but also have crazy busy lives!

See all 79 customer reviews...

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