



Heart Healthy Ground Beef Recipes: 30 Dishes to Delight Your Taste Buds

By Ida Campbell

Createspace, United States, 2015. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.The American Heart Association(r) now certifies that Extra Lean Ground Beef (at least 96 lean, 4 fat) meets their requirements for a heart-healthy food. Delight your taste buds with these ground beef meals that are not only delicious but also good for your heart. Get 30 dishes that are quick and easy to prepare and so satisfying your whole family will enjoy them.



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