

I'd Rather Starve Than Cook!

A Cookbook for people who hate to cook!

Lisa M. Orban

I'd rather Starve than Cook!

A cookbook for people
who hate to cook.

BOOKS BY LISA M. ORBAN

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IT'LL FEEL BETTER WHEN IT QUITS HURTING
WINE COMES IN SIX-PACKS

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404
Apocalypse Not Found

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IF I WERE DICTATOR
A tongue-in-cheek guide to saving our democracy

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To my children.
Without your insistence on eating,
I would have starved to death years ago.

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"The most remarkable thing about my mother is that for thirty years she served the family nothing but leftovers. The original meal has never been found."

- Calvin Trillin

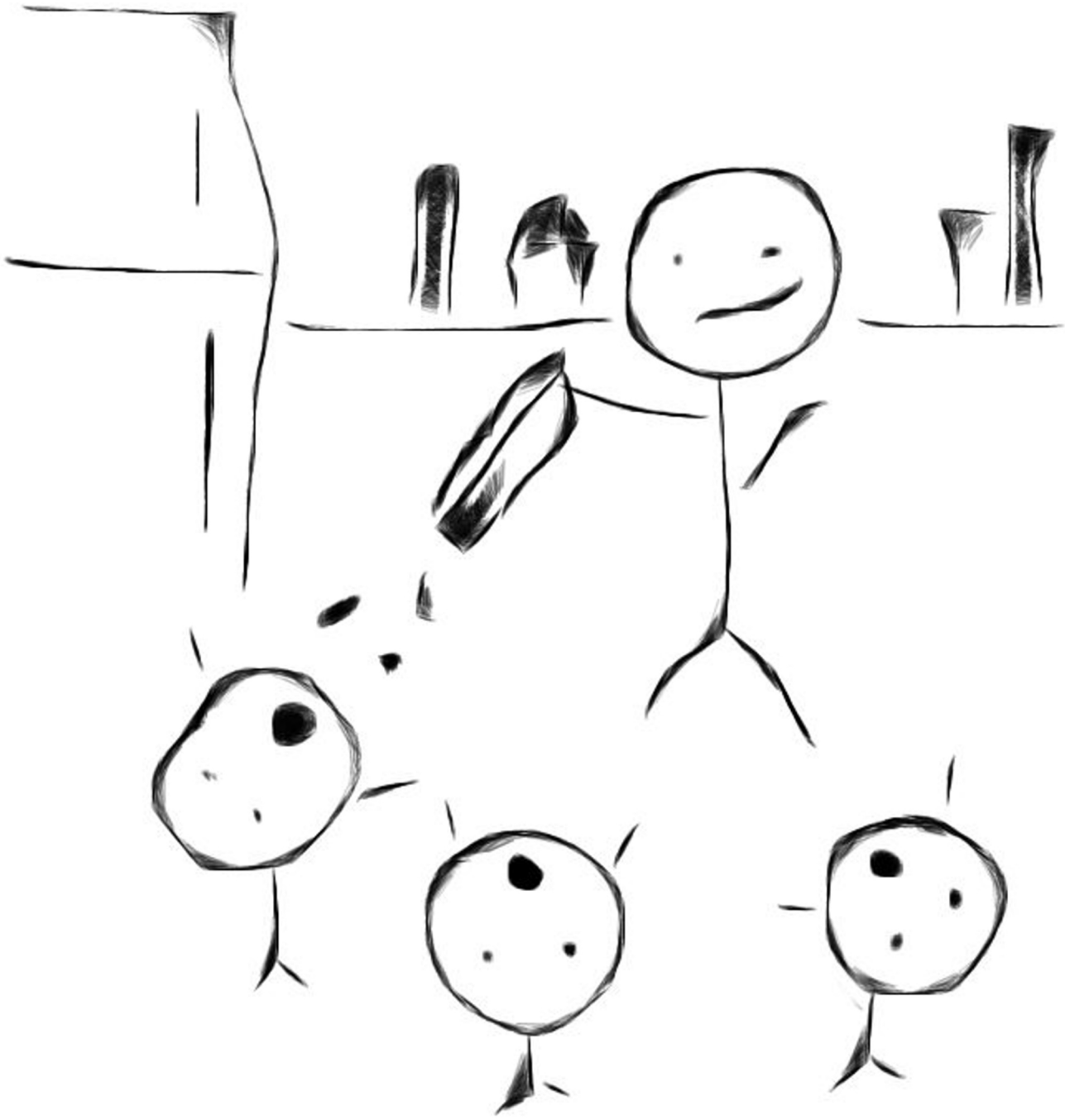


I will share a secret with you...

I hate to cook, and there are days that dying of starvation seems like a reasonable plan. And yet, I love cookbooks, I own hundreds of them. I have so many they take up a decent chunk of kitchen storage space. Oh, I don't use them (let's not be silly) but I will occasionally thumb through them, looking at the pictures of food, then discard the idea of making whatever catches my eye when I see the list of ingredients (Gasp! It needs 10 whole items to make?! I feel faint, make it stop!) and firmly shut the book. Nope. Nope. Nope.

Believe me when I tell you, I share your pain at the idea of cooking, every day. Just gives you the shivers, don't it? In an effort to help ease your pain I have put together this cookbook of the many recipes I have created out of sheer laziness and the need to feed my children on a daily basis. Almost everything in this book is grab, open, dump, stir (sometimes), and walk away. There are a few exceptions to this rule, mostly in the Stove Top section, but they also have the advantage of being quick. And most of the recipes only call for a handful of ingredients. There are a few that have a longer list, but for the most part, they require little effort, just open and dump.

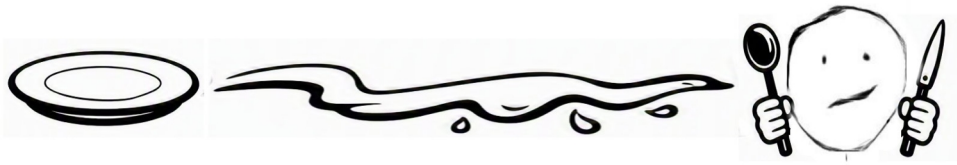
So, if you have decided that today cooking is a better option than starving, continue turning pages until something looks worth your efforts. If not, keep this cookbook handy, tomorrow might be your day.



"Part of the secret of success in life is to eat what you like and let the food fight it out inside."

- Mark Twain

CROCK POT



The crock pot may be the single most amazing thing ever invented for the lazy cook. I love being able to just grab things from my cabinets and freezer, throw them into the crock pot, and then walk away for hours. (I just have to remember to do all this in the morning, which may be the only downside to it.)

Now, as you go through these recipes, not just in this section but in all of them, you will often see "spice to taste". For me, my fall back spices generally are pepper, garlic, dill, and the mixed spices you can get pretty much everywhere like, Garlic & Herb seasoning, or Hamburger seasoning. Most of the time I have absolutely no idea what I am going to add to any particular meal, it really does depend on my mood more than anything else. So, whenever I am cooking, I will start randomly grabbing spices from my extensive spice rack and sniff them, if it smells good with what I am cooking, I add it, if not, I close it and move on until I'm bored.

I know most cookbook will give you an exact amount of whatever they believe it the perfect amount of whatever spice they want you to use, but the fact is, we all have different tastes, and while a few spices are necessary for various recipes, most are just the personal preference of whoever wrote the cookbook. If it's necessary for the recipe to work, I will add it, if it is not, I'll leave it up to you to decide. If you like your meals spicier, add sriracha, hot sauce or whatever you love that makes you sweat. If you don't like heavily spiced meals, then tone it down to what you are comfortable with.

There will also be options that you can add, or not add. Over the years I have used them, or not, depending on who I am cooking for and allergies. I also add alcohol to some of my recipes, again,

they are always optional and by the time whatever is finished cooking is done, it's no longer going to get you drunk. But again, it's entirely up to you.

At the bottom of each page, you will see a note box. Every recipe in this book can be changed or modified to suit your personal tastes, and with that in mind, I've given you space to make your own notes. Go wild, add things, change things, have fun with it. Not a single recipe here is written in stone, so don't be afraid to try something different.

It's your food, be happy with it.

Beef Stew

- 1 lbs stew meat
- 1 bag frozen mixed vegetables
- 2 cans diced stewed tomatoes (optional)
- a couple of dashes of Worcestershire
- 1 packet of Lipton soup mix (dry)
- a few good dashes of Lowery's seasoning salt
- a few good dashes of any beef related spice that you want, adjust for your tastes
- a cap full of red cooking wine

Throw everything into crock pot.
Set on low setting.
Stir a few times.
Wait 6 hours.
Done.

☆☆☆

Holiday Meals



“If more of us valued food and cheer and song above hoarded gold, it would be a merrier world.”

- J.R.R. Tolkien

HOLIDAY MEALS



I enjoy cooking exactly three times a year, Easter, Thanksgiving, and Christmas. Which is why you will only see these three meals talked about in the Holiday Meals. Yes, there are other holiday's in which you can make big meals, 4th of July comes to mind, or maybe an intimate dinner for two on Valentine's Day, but year in, and year out, it is these big three that I look forward to.

It's not just the food, which I make a lot of. It's opening my doors to anyone who wants to enjoy good food and good company, having people streaming through my doors, the shouts of cheer and the echoes of laughter running through my house that makes these holidays special for me. Rarely do I know how many will be there. Every person living in my house is welcome to invite whoever they want, and most do. And everyone who knows me, knows that invited or not, they are welcome to join our celebration, and many have. My home during the holidays is often a refuge for the lonely, the displaced, and anyone who wants a place to feel welcome.

I love the noise and the general chaos that these holiday meals bring into my house. There's no actual set tradition for any of them, there have been years when boardgames have been pulled out, and others where beer pong has ruled the day. We've had silly string fights over Easter, and Doctor Who marathons over Christmas. The only important part is that we are there together, having fun.

I am giving you the entire holiday meal menu, grouped together as I make them. Obviously, you are free to add, subtract or modify any meal here that you plan on making. And, like all the recipes in this book, they are as simple and easy as I can make them. Most can be prepared ahead of time, leaving you time to enjoy the day, rather than stuck in the kitchen while everyone else is relaxing. I

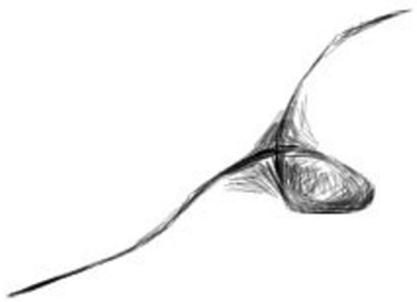
usually make everything the day before, pulling each thing out of the fridge as it needs to be cooked and popping it directly into the oven. It helps make the holidays stress free and keeps my kitchen clean, all at the same time.

One last bit of advice. I always purchase cooking tins for everything I make, that way when we are done eating, instead of being consigned to scrubbing a mountain of dirty dishes, they can be easily thrown away. Paper plates and plastic silverware also rule the day, because taking out a full trash bag is so much easier than washing dishes for twenty or more people.



My favorite recipes





Recipe:_____



Created by: _____

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Ingredients:

☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆

Directions:

If you enjoyed this cookbook , please consider leaving a review on GoodReads. You can use the QR code below to take you directly there.

ABOUT THE AUTHOR

Greetings, my fellow kitchen skeptics. I'm Lisa Orban, and I hate to cook. Truly, deeply, with the kind of passion most people reserve for hobbies they actually enjoy. For years I fed five kids on sheer stubbornness, a crock pot, and a personal rule that any recipe requiring more than five ingredients was clearly written by someone who hated me.

My relationship with the kitchen ended the day my stove exploded. After a whiff of ozone and a bright blue flash that convinced me, briefly, that I had been shot, my stove died a dramatic death. When I went looking for a replacement, I turned to my boyfriend and said, "For the cost of a new stove, we could take a very nice vacation." And Mexico *was* lovely that time of year. Zero regrets. Great memories.

I have never replaced my defunct stove.

I wrote this cookbook because, despite my best efforts, starvation isn't a long-term plan. These are the lazy, grab-dump-stir recipes that kept my children alive and me out of therapy. When I'm not avoiding my kitchen, I write memoirs, satire, and other books that require far less cleanup, and I run Indies United Publishing House, where I help authors chase their dreams while I continue to avoid all things cooking. That's now my boyfriend's problem. He also finds this cookbook helpful.

I still believe starvation is a valid lifestyle choice — but if you must eat, I hope this book makes it as painless as possible.