



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.



Other books by Lisa Orban

MEMOIR SERIES: OKAY, PICTURE THIS...

[IT'LL FEEL BETTER WHEN IT QUILTS HURTING](#)
[WINE COMES IN SIX-PACKS](#)

COOKBOOK

[I'D RATHER STARVE THAN COOK!](#)

(a cookbook for people who hate to cook)

**VISUAL VIRTEGO:
OPTICAL ILLUSION COLORING BOOKS**

[VOLUME ONE](#)

[VOLUME TWO](#)

[VOLUME THREE](#)

[VOLUME FOUR](#)

POLITICAL SATIRE

[IF I WERE DICTATOR](#)

a tongue-in-cheek guide to saving our democracy

Copyright © 2017 by Lisa M. Orban.

All rights reserved worldwide. No part of this publication may be replicated, redistributed, or given away in any form without the prior written consent of the author/publisher or the terms relayed to you herein.

Second Print Edition September 2018

Published by Indies United Publishing House, LLC

First Print Edition November 2017

First eBook Edition published November 2017

Cover art designed by Lisa M. Orban

Many thanks to Renee for letting me use her kitchen & kids for the cover photo.

ISBN: 978-1-64456-003-7

www.indiesunited.net



Indies United Publishing House, LLC
P.O. Box 3071
Quincy, IL 62301-3071

www.indiesunited.net

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

HANDY FOOD FINDING GUIDE

Introduction

I will share a secret with you

Section I - Crock Pot

Beef Stew
Philly Cheese Steak
Pot Roast
Roast Beef & Mashed Potatoes
Cube Steak
Chili
Shepherd's Pie Variation
Stuffed Green Pepper Soup
Maid Rites
Easy Swedish Meatballs
BBQed Pulled Pork
Cheese Soup

Section II - Stove Top

Chicken Noodle Soup
Hungarian Goulash
Goulash
Hamburger with Mushroom Gravy
Sloppy Joe's
Spaghetti & Meatballs
Taco Macaroni
Hobo Stew
Jambalaya
Easy Stir-Fry
Biscuits & Gravy
Sh*t on a Shingle

Section III – Oven

Baked Salmon
Italian Chicken
Chicken Pot Pie
Chicken & Rice
Chicken Cacciatore
Parmesan Chicken Lasagna
Chicken Alfredo
Apple Honey Glazed Chicken
Tuna Casserole
Cheesy Tuna Casserole
Shepherd's Pie
Meatloaf
Tin Foil Meal
Swiss Steak
Rubin Casserole
Kielbasa Casserole
Breakfast Bake

Section IV- Cheap & Easy

Peanut Butter & Banana Sandwiches
Fried Baloney
Baloney Bowls
Hot Dog Wraps
Easy Chicken Fajita's
Cold Tuna (or chicken) pasta salad
Tuna Melts
Hamburger Pizza
Open Faced Sandwiches
Poor Man's Bruschetta
Chicken in a Basket
Breakfast Rice
Grits 'n Smokies

Section V- Simple Sides

Oven Roasted Potatoes
Potatoes & Green Beans
Radish & Carrots
Honeyed Carrots
Apple Salad
Potato Salad
Ranch Pasta Salad
Vegetable Pasta
Italian Vegetable Pasta
Mac & Cheese
Cheesy Hashbrowns
Cheesy Corn
Mushroom Rice
Garlic Rice
Chicken Rice
Mexican Rice
Cheesy Rice
Pickle Wraps
Cream Cheese Spreads

Section VI- Holiday Meals

Easter
Thanksgiving
Christmas

In a Pinch

"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 is 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.

Every recipe in this book can be changed or modified to suit your personal tastes. 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.

I hope you enjoyed this preview of
I'd rather Starve than Cook!

To purchase please visit my website
[The Talking Book with Lisa Orban](#)
where you can find all the purchase links