

## Six Ingredients with Six Sisters' Stuff: 100+ Fast and Easy Family Meals

### Six Sisters' Stuff

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For busy families, homestyle main dishes, side dishes, and desserts take the guesswork out of dinner. *Six Ingredients with Six Sisters' Stuff* is the eighth volume from popular food bloggers and real-life sisters whose signature, no-fuss style reflects Texan and Californian influences. From casual slow cooker fare to trendy lemon zoodles, these recipes are a weeknight workhorse.

A clear, one-recipe-per-page presentation is easy to browse. Absent of tips and commentary, the recipes take center stage, and they include straightforward steps and serving suggestions. The collection favors speed—a pleasant relief, and an honest hat-tip to how average people cook. None of the slow cooker roasts call for searing, and a recipe for lasagna uses frozen ravioli instead of traditional layers.

Decadent, heart-stopping dishes, such as Bacon-Wrapped Cream Cheese Chicken, are balanced by seafood. Classic sides, including Parmesan peas and roasted balsamic carrots, lend themselves to potlucks. Desserts feature sticky creations made from candy (as with Cookies-and-Cream Caramel Pretzel Rods and a Snickers Cheeseball) and cookies that are creatively repurposed (with Nutter-Butter Cookie Truffles).

The six ingredient promise is catchy, though many entries rely on dry soup mixes, seasoning packets, bottled barbecue sauce, and condensed soup, and sometimes an item that involves prep work is counted as one ingredient. Luscious close-ups of each completed dish offer a few garnishing ideas.

The book's butter-rich, salty/sweet flavor profile is a throwback in health-conscious times that extol olive oil and balk at sugar. Several ground beef, pasta, and Mexican-inspired dishes cater to kids who crave comforting familiarity. Hits with the sisters' kids are marked with a red "Kid Approved" stamp. For adults in a hurry, the shortcut approach is a godsend. For expert cooks, the dishes are easy to elevate and adapt.

Unpretentious and steeped in American supermarket staples, *Six Ingredients* is a colorful indulgence.

KAREN RIGBY (November / December 2019)

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