

# The Sourdough School The Ground Breaking Guide To Making Gut Friendly Bread

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## The Sourdough School The Ground

Plus, ground beef will last three to four months in the freezer, so stockpiling this staple ingredient will serve you well. From hearty comfort foods like lasagna, chili, and meatloaf, to lightened-up soups and stews, these are the easy, hands-off ground beef slow cooker recipes you'll want to have on hand for busy weeknights.

## Sourdough Rye Recipe | Allrecipes

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