



### FOOD SAFETY TIPS

Wash hands with soap and water.

Scrub onion and garlic with a clean vegetable brush under running water.



### NOTES

Other unsaturated vegetable oils can be used in place of canola oil.

Substitute 1 cup of fresh herbs for dried. Add fresh basil at step 7.

Reduce sodium by substituting lower-sodium soy sauce and tomatoes.

Use fresh paste tomatoes and instead of canned.

## Spaghetti with Meat Sauce (in Multi-Cooker)

Serves 6

### INGREDIENTS

- 1 tablespoon olive oil
- 1 pound lean ground beef
- ½ teaspoon ground black pepper
- 1 large onion, diced
- 3 cloves garlic, minced
- 1½ teaspoon dried basil
- 1½ teaspoon dried oregano
- 4 cups unsalted chicken stock or broth (or water), divided
- 3 tablespoons reduced sodium soy sauce
- 1 pound whole-grain spaghetti, broken in half
- 1 large can (32 ounces) reduced sodium whole peeled or crushed tomatoes

### DIRECTIONS

1. Heat pot using SAUTÉ or BROWN function. Add 1 tablespoon olive oil to the pot.
2. When olive oil begins to shimmer, add ground beef and season with pepper. Break up large pieces and brown ground beef, about cook for 5 minutes. Discard the juice and fat. Continue cooking until meat is browned.
3. Add onions, garlic, basil and dried oregano. Sauté for 2 more minutes.
4. Add 1 cup of chicken stock or broth (or water). Deglaze the pot by scrubbing all the bits of food in the bottom using a wooden spoon or spoon that will not scratch the pot. Stir until mixed.
5. Add soy sauce and 3 cups chicken stock. Break spaghetti in half and add to pot. Layer tomatoes and juice on top. Do not mix.
6. PRESSURE COOK on high for 3 minutes. Naturally release pressure for 5 minutes. Release remaining pressure, then open lid.
7. Select SAUTÉ and bring contents to a simmer. Use a spoon to break down whole tomatoes. Stir a few minutes to fully cook the spaghetti and thicken sauce. Taste and season with salt.
8. Garnish with grated Parmesan cheese and fresh basil leaves.

### Nutrition Information Per Serving (1 cup)

Calories 370 | Total Fat 9 g | Saturated Fat 2.5 g | Protein 23 g | Total Carbohydrate 51 g | Fiber 8 g | Sodium 340 mg

## FOOD SAFETY TIPS

Wash hands with soap and water.

Wash cutting board and knife after touching raw chuck roast.

Scrub onion, garlic, carrots and potato with a clean vegetable brush under running water.

Gently rub fresh peas and parsley under cold running water.



## Beef Stew (in a Multi-Cooker)

Serves 8

### INGREDIENTS

- 3 tablespoons extra-virgin olive oil – divided
- 2 pounds boneless chuck roast, cut into 1½-inch cubes
- ½ teaspoon ground black pepper – divided
- 1 large yellow onion, diced
- 2 cloves garlic, minced
- 1 pound carrots – about 6 medium, peeled and cut into ½-inch thick diagonal slices
- 1 large potato, cut into ¾-inch chunks
- 1 14.5-ounce can low-sodium beef broth
- 1 tablespoon Worcestershire sauce
- 1 bay leaf
- 1 teaspoon dried thyme
- 1 can (8-ounce) no salt added tomato sauce
- 2 tablespoons cornstarch
- 2 tablespoons water
- 1½ cups fresh or frozen peas
- Kosher salt to taste
- Fresh parsley to add when serving (optional)

### DIRECTIONS

1. Turn the multicooker to SAUTÉ. Add 1 tablespoon olive oil. When the oil is hot (a drop of water should sizzle if added to the pot), add half the beef and ¼ teaspoon pepper.
2. Add beef cubes in a single layer. Cook for 4-5 minutes or until they develop a brown crust on the bottom and they no longer stick to the pan. Turn and continue browning for about 4 minutes. Transfer meat to a clean plate. Repeat steps 1 and 2 to brown rest of the beef. Combine beef with first batch on the plate.
3. Add remaining 1 tablespoon olive oil and onion to the pot. Cook, stirring occasionally, until onion begins to soften and brown, about 6 minutes. Add garlic and cook, stirring constantly, until fragrant, about 30 seconds. Be careful not to let garlic burn.
4. Add beef broth; use a spoon to scrape the brown bits from the bottom of the pan.
5. Stir in carrots, potatoes, Worcestershire sauce, bay leaf, thyme, and beef. Pour tomato sauce over the mixture. Do not stir.
6. Close and seal the pot. Cook on high PRESSURE for 35 minutes, then allow the pressure to release naturally for 10 minutes. Vent to release any remaining pressure, then carefully remove lid. Remove and discard bay leaf.
7. In a small bowl, whisk together the cornstarch and water until well blended. Add to the pot and stir until stew thickens. Add the peas and stir to warm through. Garnish with parsley.

### Nutrition Information Per Serving (1 cup)

Calories 510 | Total Fat 28 g | Saturated Fat 10 g | Protein 38 g | Total Carbohydrate 26 g | Fiber 6 g | Sodium 370 mg