

Create Your Own

One Pot Stews



Using a multicooker for stews and soups is easy. Follow this simple formula using ingredients you have on hand. Just decide if you want to cook fast or slow.

Stew With Meat, Poultry or Fish



STEP 1 Oil

Choose your oil (about ½ to 1 tablespoon per pound of meat):

Canola, soybean, olive, corn, avocado, safflower, sunflower

Add oil to removable cooking pot. and heat using SAUTÉ or BROWN function.



STEP 2 Meat, Poultry or Fish

Choose your meat (figure on 4-6 ounces person plus enough for leftovers):

BEEF chuck shoulder, ground, cubes, blade roast, short ribs

PORK shoulder or sirloin roast

LAMB shoulder

CHICKEN or TURKEY thighs, breast, parts and pulled rotisserie chicken

FISH and SEAFOOD fish fillets, shrimp, scallops

Season with salt and pepper. Dredge pieces in flour if desired. Brown using BROWN function. Remove from pot.



STEP 3 Aromatics

Choose your aromatics:

Onion (white, yellow, red), shallots, garlic, ginger, leeks, scallions, celery, fennel

Sauté chopped aromatics in small amount of oil using SAUTÉ function until tender and flavor is released.



STEP 4 Liquids

Choose liquids:

Beef, chicken, fish or vegetable stock or broth; wine

Use a portion of the liquid to scrape up bits of meat and vegetables on the bottom of the pan (deglazing). Add the remaining liquid.



STEP 5 Vegetables

Choose vegetables:

Root vegetables (potatoes, carrots, parsnips, turnips, rutabaga, sweet potatoes) cut into chunks; winter squash; pearl onions; tomatoes; peppers; cauliflower

Add to meat and liquid.



STEP 6 Herbs and Spices

Choose your herbs (dried or fresh) and spices

Rosemary, marjoram, thyme, bay leaf, paprika, basil, oregano, sage

Add to meat and liquid



STEP 7 Other Ingredients

Add additional ingredients for flavor:

Tomato sauce, tomato paste, soy sauce, Worcestershire Sauce, balsamic vinegar

Align the lid and cook with PRESSURE or SLOW COOK function.



STEP 8 Vegetables and Herbs

Add tender vegetables and tender fresh herbs

Peas, leafy greens, zucchini, basil, chives, parsley, tarragon

Stir into pot and SIMMER until tender.



STEP 9 Thickeners

Thicken with:

Flour or cornstarch

Mix 2 tablespoons flour or cornstarch into 2 tablespoons cold water. Stir until smooth and add to pot.

HEARTY VEGETABLE STEW

If you prefer to go meatless:

- Omit Step 2 and add vegetables and whole grains in Step 5.
- Substitute vegetable broth and stock for beef, chicken or fish broth and stock.
- Use either dried and canned beans.

VEGETABLES

Lentils
 Chickpeas (garbanzo beans)
 White beans
 Kidney beans
 Mushrooms
 Corn
 Cabbage
 Celery
 Green beans

WHOLE GRAINS

Brown Rice
 Quinoa
 Whole-grain pasta
 Barley
 Farro

Broth or Stock

Broth is a cooking liquid designed to be flavorful when sipped on its own. It is made from meat, bones and vegetables and is more thin than stock. Broth goes well in soups.

Stock is made from bones and any attached cartilage and is used in cooking rather than sipping on its own. Cooking releases collagen and gelatin into the liquid making it a thicker texture than broth. In addition to bones, a mix of carrots, onions and celery are also added for flavor. When your recipe should have a thicker consistency or it is cooked to reduce the amount of liquid, stock is a good choice.