

One Pot Wonder

Yields – 1 Gallon



Kansas City

During challenging times this affordable guided recipe is easy and simple. The user can use whatever is available. Use a crock pot or classic pot on the stove. Start it while working from home in-between task and allow to simmer while working. Only takes 15 -30 minutes to start it. It may test your creative ability, but rest assure it is a good mental exercise and I'm sure you will be pleasantly surprised with your outcome. Think outside the box.

OPTIONAL INGREDIENTS

- 4 cups vegetables
- 4-6 cups dark leafy greens
- 2 cups root vegetables
- 2 cups grain or legumes
- 1-2 lbs. meat, poultry, or seafood
- To taste herbs & spices
- Salt and pepper to taste

Needed ingredients

- 3 quarts water
- 2 tbsp oil
- To taste salt & ground black pepper

Optional Garnish

- Bread or crackers

METHOD OF PREPARATION

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1. In large pot, on medium high heat, add oil to pan. Add vegetables. For example, I prefer to add chopped onions and garlic along with carrot and celery at this step.
2. Cook while stirring for 5 minutes. Season to taste.
3. Add dark leafy greens, root vegetables, grains and/or legumes. For example, chopped kale, potatoes, canned garbanzo beans.
4. Add water.
5. Add any herbs and spices. For example, dried herbs, ground paprika & dried turmeric.
6. Season with salt and pepper. Add more liquid if needed.
7. Cover with lid and allow to simmer for 1 hour.
8. Season to taste.
9. Garnish with bread or crackers.

Enjoy!



CHEF NOTES

1. Adding meat is optional. Can add any meat, poultry, or seafood during step one.
2. Add coconut milk & curry for exotic twist.
3. Need some comfort? Use Italian sausage, leftover pasta, add some pizza sauce, and garnish with parmesan cheese and garlic bread.
4. This recipe can be customized for any dietary needs.

Bon Appétit!

— Chef Kyle Williams

Instagram / twitter | @kylewilliams923