

# 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, left-over 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

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