HAN·GRY BEYOND BELIEF

A 30-Day **Pressure Cooker** Meal Plan for the Busy Cook

HAN·GRY

/haNGrē/

adjective informal

adjective: ***hangry****; comparative adjective:* ***hangrier****; superlative adjective:* ***hangriest***

bad-tempered or irritable as a result of hunger.

“I get very hangry if I miss a meal”

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V Vegetarian G Gluten-Free

INTRODUCTION

I grew up cooking and haven't stopped since. My mom was an after school in-home tutor and would generally take a dinner break from 6-7, but that didn't leave her much time to eat, let alone make and get dinner on the table. When I was little, but old enough to read and follow directions, she would leave me sticky notes on how to preheat the oven and put the casserole in for 30 minutes so it would be done by 6pm. Things eventually progressed and through the years my responsibilities changed until I started to plan recipes and make dinner on my own.

Fast forward 15 years and I still can't seem to leave the kitchen. There are some days where I'll spend a full day in the kitchen, making a whole bunch of recipes and an even bigger mess, but there are some days when I don't have any extra time but still want a healthy and satisfying dinner on the table by 7pm. On those days I reach for nothing but the pressure cooker. The first thing I made in our pressure cooker was tomato basil soup. I have no idea why, because I've never liked tomato soup, but for some reason it just seemed like a good idea. The first spoonful that went in my mouth hooked me; I couldn't believe how quickly and efficiently it came together and how the flavors tasted like they had been simmering away in a tuscan kitchen for 12 hours. It completely blew my mind!

I'm guessing that if you purchased this ebook, you're either the confidently proud owner of a pressure cooker or you're a proud, but not so confident owner of a pressure cooker. If you're in the latter category, I promise it won't be long before you're browning, sauteing, simmering, and quick and natural releasing with ease! Our pressure cooker came to us as a wedding present and it sat in the box for a solid 6 months before I worked up the courage to unpackage and learn how to use it. Over the last few years, I've graduated from simple soups to grains to veggies to whole roasts to desserts and much more! Baby steps are the key to learning any new skill, and the pressure cooker is no exception to that rule.

If you've been using your pressure cooker for any amount of time, you'll know that it completely changes the amount of time you spend prepping, cooking, and cleaning up. On nights when I don't use my pressure cooker, I spend the same amount of time prepping my food, but double or triple the amount of time cooking and at least double the amount of time doing dishes. Those numbers alone are more than worth it to me, and that doesn't even include the amazing flavors that come out of the food created when using a pressure cooker!

As you start to browse through the recipes in this book, you'll notice I have it divided into 7 different sections: poultry, beef, pork, seafood, veggie, breakfast, and dessert. All of these recipes are tried and true and are labeled for Gluten-Free and Vegetarian preferences. At the end of the book you'll find the 30 day pressure cooker meal plan as well as shopping lists for each week of recipes. The majority of the recipes are for 4 people, so if you're a family of 4, your dinners will be set for the week along with one bonus breakfast and one bonus dessert. If you're a couple or a single chef, you can plan on having some yummy leftovers for your lunches!

I put together this list of recipes with a great deal of thought, prep, tears, hopes, grit, and dreams, and it's my hope that this ebook will simplify your life and provide you 36 new, simple, and delicious meals to add to your pressure cooker repertoire!

For more great pressure cooker recipes, visit kitschencat.com

Love,

ADOBO BEEF TACOS

G

2 lbs boneless beef shoulder roast, cut into 2 inch chunks

2 tablespoons vegetable oil

3 - 4 chipotle chilis in adobo

1 cup beef broth

2 teaspoons minced garlic

1 tablespoons ground cumin

2 teaspoons dried oregano

1 teaspoon salt

½ teaspoon ground black pepper

¼ teaspoon ground cloves

•••

8 corn or flour tortillas

¼ cup chopped white onion

Chopped cilantro

1 lime, cut into wedges

01 Add chipotle chilis, beef broth, garlic, cumin, oregano, salt, pepper, and cloves to food processor or blender, and blend to a chunky puree.

02 In pressure cooker, brown beef in vegetable oil for 1 minute per side.

03 Pour puree over top of beef, lock lid, and set to high pressure for 30 minutes.

04 When time is up, do a quick release then shred beef inside pot using two forks.

05 Pile shredded beef into corn tortillas and top with chopped onion, cilantro, and squeeze with a lime wedge.

HEARTY BEEF STEW

1 lb beef stew meat, cut into 1” chunks
2 teaspoons kosher salt
½ teaspoon black pepper
¼ cup flour
2 tablespoons canola oil
1 medium onion, chopped
2 cloves garlic, minced
4 tablespoons tomato paste
1 tablespoon balsamic vinegar
4 cups beef broth
1 teaspoon Worcestershire sauce
1 bay leaf
½ teaspoon dried thyme
½ teaspoon dried rosemary
1 teaspoon dried parsley
2 large russet potatoes, peeled and chopped into 1 inch chunks
2 large carrots, peeled and chopped into bite size chunks
2 tablespoons chopped fresh parsley

01 In large ziploc bag, combine beef chunks, salt, pepper, and flour and shake until completely coated.

02 Turn pressure cooker onto browning setting and heat 2 tablespoons of canola oil.

03 Add beef chunks and brown for 2-3 minutes.

04 Turn pressure cooker off and add all remaining ingredients except fresh parsley.

05 Stir and set to high pressure for 20 minutes. When time is up, do a quick release and serve garnished with chopped fresh parsley.

BEEF AND BROCCOLI

G

Marinade

1 lb boneless beef shoulder roast, trimmed and cut into thin strips

1 tablespoon soy sauce

1 tablespoon rice vinegar

1 tablespoon olive oil

2 cloves garlic, minced

Sauce

1 cup beef broth

3 tablespoons soy sauce

1 tablespoon rice vinegar

1 teaspoon sesame oil

¼ teaspoon ground ginger

¼ teaspoon black pepper

1 tablespoon sriracha

2 tablespoons cornstarch

•••

1 large head broccoli, cut into medium sized florets

6 green onions, chopped

2 teaspoons sesame seeds

01 In medium sized bowl, whisk together all marinade ingredients and add strips of beef. Cover and marinate in fridge for at least 1 hour and up to 12.

02 Add beef to pressure cooker along with beef broth, soy sauce, rice vinegar, sesame oil, ground ginger, black pepper, and sriracha.

03 Set to high pressure for 12 minutes with a quick release when time is up.

04 While beef is cooking, add broccoli to medium sized pot with 1 inch of water in the bottom. Bring to a boil, cover, and let simmer for 4-5 minutes.

05 Immediately drain water and when beef is finished cooking, add broccoli to pressure cooker.

06 Whisk cornstarch with 2 tablespoons of water and stir into beef and broccoli.

07 Turn pressure cooker onto simmer setting and let simmer for 3-5 minutes until sauce starts to thicken.

08 Sprinkle with chopped green onions and sesame seeds and serve over white rice (see page 63).

CHICAGO STYLE ITALIAN BEEF

G

- 2 tablespoons olive oil
- 1.5-2 lbs beef sirloin tip roast, trimmed
- 4 cloves garlic, minced
- 2 large green bell peppers, thinly sliced
- ¼ cup sliced pickled jalapeños
- 1 tablespoon dried basil
- 1 tablespoon dried oregano
- Kosher salt and freshly ground black pepper to taste
- 1 ½ cups beef broth
- 4 slices provolone cheese
- 4 crusty italian rolls, split

01 Add olive oil to pressure cooker, select the browning setting, and brown for 1-2 minutes per side.

02 Turn off heat and add garlic, sliced bell peppers, jalapeno's, basil, oregano, salt and pepper to taste, and beef broth.

03 Lock lid and set to high pressure for 40 minutes.

04 Do a quick release when time is up, then remove beef and slice into thin slices.

05 Put back into pressure cooker.

06 Place split italian rolls onto baking sheet and fold sliced provolone cheese inside the bun. Broil until cheese is melted and bun is starting to brown, about 3 minutes.

07 Remove from oven and scoop beef and peppers into bun.

08 Serve topped with more pickled jalapeños!

ITALIAN MEATBALL SANDWICHES

½ lb ground hamburger

½ lb ground italian sausage

1 egg

1 tablespoon olive oil

¾ cup breadcrumbs

1 tablespoon dried parsley

1 teaspoon italian seasoning

1 teaspoon salt

2 cloves garlic

½ cup parmesan cheese

1 jar your favorite pasta sauce

4 large slices mozzarella cheese

4 hoagie buns

01 In large mixing bowl, combine all ingredients but the spaghetti sauce, mozza cheese, and buns. (I like to mix with my hands!)

02 With 1 inch cookie scoop or a spoon, form round meatballs, about 1 inch in diameter.

03 Form a layer of meatballs in the bottom of your pressure cooker and then continue to layer up as long as you have remaining meatballs.

04 Pour pasta sauce over top of meatballs and lock the lid.

05 Cook on high pressure for 5 minutes with a 10 minute natural release followed by a quick release to let out any remaining pressure.

06 Serve on toasted hoagie buns with melted mozzarella cheese.

LOADED CHILI

1 lb ground beef or italian sausage or a mixture of both

1 large yellow onion, chopped

1 green bell pepper, seeded and diced

1 red bell pepper, seeded and diced

1 jalapeño, seeded and minced

2 cloves of garlic, minced

2 stalks celery, chopped

1 can (15 oz) chili beans in sauce

1 can (15 oz) black beans, drained

1 can (15 oz) kidney beans, drained

1 can (28 oz) diced tomatoes with juice

12 oz beer

2 cups water

3 tablespoons chili powder

½ teaspoon dried oregano

½ teaspoon dried basil

1 teaspoon cumin

2 teaspoons salt

½ teaspoon black pepper

1 teaspoon paprika

Toppings—Shredded cheddar cheese
Corn chips, Sliced jalapeños, Cilantro

01 In pressure cooker on browning setting, cook and crumble meat until no longer pink. Add onion, peppers, jalapeño, garlic, and celery.

02 Turn heat down to saute and cook until veggies start to soften, about 5 minutes.

03 Add all beans and crushed tomatoes. Stir to combine.

04 Add beer, water, and spices. Stir to combine.

05 Lock lid and cook on high pressure for 10 minutes. Do a quick release when time is up.

06 To serve, ladle chili into bowl and top with desired toppings.

SIMPLE PASTA BOLOGNESE

G

- 2 tablespoons olive oil
- 1 medium onion, coarsely chopped
- 2 garlic cloves, minced
- 1 celery stalk, coarsely chopped
- 2 medium carrots, coarsely chopped
- 1 pound ground beef
- ½ cup red wine or red cooking wine
- 28 oz can crushed tomatoes
- ¼ cup flat-leaf Italian parsley, chopped
- 1 tablespoon salt
- 1 teaspoon black pepper
- 1 teaspoon oregano
- 1 teaspoon basil

01 **Turn pressure cooker on to browning setting and add olive oil, onion, garlic, celery, carrots, and ground beef.**

02 **Brown for 5-6 minutes, or until beef is all broken up and pink is starting to go away.**

03 **Add wine, crushed tomatoes, parsley, salt, pepper, oregano, and basil. Stir.**

04 **Lock lid and set to high pressure for 15 minutes. When time is up, let pressure naturally release for 10 minutes and then release all remaining pressure with a quick release.**

05 **Serve over cooked spaghetti or linguine noodles.**

CHICKEN GNOCCHI SOUP

1 tablespoon olive oil

1 large onion, diced

3 stalks celery, diced

3 large carrots, shredded

2 garlic cloves, minced

3 tablespoons butter

¼ cup all-purpose flour

2 cups half-and-half

2 cups chicken broth

2 teaspoons dried thyme

1 cup shredded chicken (a pre-cooked rotisserie chicken works great!)

16 ounce package potato gnocchi

salt and pepper to taste

01 In pressure cooker, saute onion, celery, carrots, and garlic in olive oil until starting to soften - about 4 minutes.

02 Push veggies to the side of the pot and add butter and flour. Whisk together until it starts to brown and form a bubbly roux.

03 Pour in half and half, chicken broth, and thyme, and mix everything together.

04 Set to high pressure for 7 minutes with a quick release when time is up.

05 Stir in cooked chicken, gnocchi, and salt and pepper to taste.

06 Let simmer for 3 minutes until gnocchi is soft.

07 Enjoy with crusty bread!

CHICKEN TORTILLA SOUP

G

2 large raw chicken breasts

12 oz your favorite salsa

6 cups chicken broth

1 onion, chopped

1 red bell pepper, diced

2 teaspoons cumin

1 tablespoon chili powder

2 teaspoons salt

½ teaspoon black pepper

⅛ teaspoon cayenne pepper

4 oz can tomato paste

1 15oz can black beans, drained and rinsed

2 cups frozen corn

Toppings

limes, sour cream or greek yogurt, cilantro, green onion, avocado, tortilla chips

01 In pressure cooking pot, add chicken, salsa, chicken broth, onion, bell pepper, cumin, chili powder, salt, black pepper, cayenne pepper, and tomato paste. Stir together.

02 Lock lid and set to high pressure for 10 minutes.

03 When time is up, allow pressure to naturally release for 10 minutes and then use a quick release to get all the remaining pressure out.

04 Remove lid and shred chicken using two forks.

05 Set pressure cooker to “simmer” setting and add black beans and corn. Stir until corn is heated through.

06 Ladle into bowls and top with a squeeze of lime juice, a dollop of sour cream or greek yogurt, a few sprigs of cilantro, chopped green onion, chopped avocado, and crushed tortilla chips.

HONEY GARLIC STICKY CHICKEN

6 boneless, skinless chicken thighs
4 large garlic cloves, minced
½ cup honey
½ cup ketchup
½ cup soy sauce
1 teaspoon sesame oil
½ teaspoon ground ginger
¼ teaspoon black pepper
4 green onions, minced
1 tablespoon sesame seeds

01 Brown chicken thighs in pressure cooker for 2 minutes per side.

02 Add all remaining ingredients but green onions and sesame seeds.

03 Lock lid and cook on high pressure for 10 minutes.

04 Do a quick release and serve over cooked brown or white rice (see pages 62-63).

05 Garnish with green onion and sesame seeds.

INDIAN BUTTER CHICKEN

G

Chicken

8 oz plain greek yogurt
1 tablespoon lemon juice
2 teaspoons ground cumin
1 teaspoon ground cinnamon
1 teaspoon cayenne pepper
½ teaspoon black pepper
1 teaspoon ground ginger
1 teaspoon salt
2 large boneless skinless chicken breasts (cut into 1 inch cubes)

Sauce

1 tablespoon butter
1 clove garlic, minced
1 jalapeño pepper, finely chopped
2 teaspoons ground cumin
2 teaspoons paprika
1 teaspoon salt (or to taste)
1 8oz can tomato sauce
1 cup heavy cream
2 tablespoons cornstarch
1 tablespoon water
¼ cup chopped fresh cilantro

01 In a medium sized bowl, mix together all ingredients for chicken and marinate in the fridge from 1 hours up to 8 hours.

02 In pressure cooker, saute garlic and jalapeño in butter until both start to soften.

03 Mix in cumin, paprika, salt, tomato sauce, heavy cream, and marinated chicken.

04 Set to high pressure for 3 minutes with a quick release at the end.

05 Whisk together cornstarch and water, then stir into chicken and let sauce thicken up - this will take 3-4 minutes.

06 Serve on basmati rice (see page 63) with fresh chopped cilantro.

"ROASTED" WHOLE CHICKEN

G

- 1 whole chicken (3-5 lbs)
- Freshly ground pepper
- Kosher Salt
- 1½ cups water
- 1 lemon, cut in half
- 3 cloves garlic, peeled
- 1 bunch parsley

01 Wash your chicken inside and out, then pat dry with a paper towel.

02 Sprinkle liberally with salt and pepper then lower chicken into pressure cooking pot.

03 Add water, lemon, garlic, and parsley.

04 Lock lid and set time to 6 minutes per lb of chicken at high pressure (example, 4 lb chicken should be set to 24 minutes).

05 When time is up, let pressure naturally release for 10 minutes followed by a quick release.

06 Serve immediately or shred and keep in fridge for other recipes!

SWEDISH TURKEY MEATBALLS

Meatballs

1 lb ground turkey
½-cup panko bread crumbs
1 egg, lightly beaten
1 teaspoon paprika
½ teaspoon cayenne pepper
½ teaspoon salt
⅛ teaspoon black pepper
2 garlic cloves, minced
1 teaspoon dried oregano
1 ½ cups chicken broth

Sauce

1 tablespoon olive oil
2 tablespoons cream cheese, divided
1 tablespoon dijon mustard
1 tablespoon worcestershire sauce
2 tablespoons all-purpose flour
3 tablespoons chopped fresh parsley
salt and fresh ground pepper, to taste

01 Mix together all ingredients for the meatballs (except the chicken broth) really well - I like to use my hands to make sure all ingredients are incorporated!

02 Roll meatballs into 1.5-2 inch balls and place in a single layer in pressure cooker. If you run out of room and need to start stacking, that's fine too.

03 Pour chicken broth into the pressure cooker and set to high pressure for 5 minutes.

04 When time is up, do a quick release.

05 Remove meatballs from the pressure cooker, leaving the broth.

06 Turn pressure cooker onto simmer setting and whisk in olive oil, cream cheese, dijon, worcestershire, and flour.

07 Let simmer and stir until gravy starts to thicken. Season with salt and pepper to your preferred taste and then add meatballs back into gravy.

08 Top with fresh parsley and serve over mashed potatoes.

EXTRA CREAMY LOADED POTATO SOUP

2 lbs russet potatoes, peeled and cubed

6 slices of bacon

1 small onion, chopped

4 cloves garlic, minced

2 cups water

¼ cup flour

2 tablespoons butter

2 cups half and half or whole milk

1 cup cheddar cheese, divided

2 teaspoons salt

½ teaspoon black pepper

1 tablespoon chives

01 Chop bacon into small pieces and brown in pressure cooker on saute or brown setting until crispy. Remove from pot.

02 Add chopped onion and garlic to bacon grease in pot, stir and saute for a couple of minutes, until onion starts to soften.

03 Add cubed potatoes and water, then lock lid and cook at high pressure for 5 minutes. When time is up, do a quick release.

04 While potatoes are cooking, in a small pan on the stovetop, melt butter on medium high heat and whisk in flour. Add half and half and continue whisking until mixture starts to thicken.

05 Remove from heat and then add to pressure cooking pot once potatoes are done.

06 Stir and gently mash some of the potatoes for a thicker texture.

07 Stir in ½ cup cheese, salt, pepper. Taste and add more seasoning if you desire.

08 Ladle into bowls and top with crumbled bacon bits, shredded cheese, and chopped chives.

GREEN CHILE PORK CARNITAS

G

1-2 lbs pork shoulder, cut into 6-8 pieces
1 tablespoons olive oil
1 teaspoon salt
½ teaspoon black pepper
1 large jalapeño, seeded and stem removed
1 green bell pepper, seeded and stem removed
1 poblano pepper, seeded and stem removed
½ lb tomatillos, husks removed and quartered
2 cloves garlic, peeled
1 small onion, quartered
1 teaspoon cumin
1 teaspoon oregano
1 ½ cups chicken broth
1 bay leaf

Toppings

Tortillas (I prefer a flour/corn hybrid)
Queso Fresco
Red onion, diced
Cilantro, roughly chopped

01 Rub pork shoulder pieces with salt and pepper then place in pressure cooker and brown in olive oil for 2-3 minutes.

02 Add in jalapeño, green pepper, poblano, quartered tomatillos, garlic, onion, cumin, oregano, chicken broth, and bay leaves.

Give a quick stir and lock lid, then set to high pressure for 50 minutes.

03 Do a natural release and then release remaining pressure with a quick release after 10 minutes.

Remove meat from pressure cooker and add broth with peppers to blender and puree.

04

Shred meat with fork and then add back to pressure cooker along with green chile sauce.

05 Stir to combine and then serve in tortillas topped with crumbled queso fresco, red onion, and cilantro.

SAUSAGE JAMBALAYA

G

1 tablespoon canola oil

½ lb andouille chicken sausage, sliced into ¼ inch thick slices

¼ lb italian breakfast sausage, casing removed

1 small onion, diced

½ green bell pepper, diced

2 celery ribs, diced

1 large garlic clove, chopped

1 ½ cups brown rice

1 bay leaf

½ teaspoon dried thyme

¾ teaspoon salt

¼ teaspoon black pepper

3 cups chicken broth

14 oz can chopped tomatoes

3 green onions, chopped

01 In pressure cooking pot, saute sausage in oil, crumbling breakfast sausage as you go.

02 As the pink begins to leave the breakfast sausage, add the onion, bell pepper, celery, and garlic.

03 Saute for 5 minutes then turn off pressure cooker and add brown rice, bay leaf, thyme, salt, pepper, chicken broth, and tomatoes.

04 Stir and lock lid, then set pressure cooker to 17 minutes at high pressure.

05 When time is up, do a quick release, ladle jambalaya into a bowl and top with chopped green onions!

SPINACH ARTICHOKE SWEET POTATO SKINS

G

- 2 large sweet potatoes
- 1 cup water
- 8 slices bacon (turkey or pork), chopped
- 1 tablespoon olive oil
- 1 shallot, minced
- 1 clove garlic, minced
- 2 cups chopped spinach
- ½ cup chopped artichokes (I used frozen grilled artichokes)
- ¼ cup sour cream
- ¼ cup plain greek yogurt
- ½ teaspoon paprika
- ¼ teaspoon cayenne pepper
- 1 teaspoon salt
- ½ teaspoon black pepper
- 1 cup shredded monterey jack cheese
- ¼ cup chopped green onions

01 Poke sweet potatoes with a fork and place in pressure cooker on top of trivet.

02 Pour water into pressure cooker and lock lid.

03 Set to high pressure for 22 minutes and do a quick release when the time is up.

04 While potatoes are cooking, fry bacon in large skillet until crisp then set aside.

05 Add olive oil to skillet and add minced shallot and garlic. Cook on medium heat for 2 minutes.

06 Add in chopped spinach and artichokes. Cook until spinach is wilted, about 5 minutes.

07 When sweet potatoes are done cooking, cut in half lengthwise and scoop out center flesh.

08 In small mixing bowl, combine sweet potato flesh, sour cream, greek yogurt, half of cooked bacon bits and spices. Mash and stir to combine.

09 Preheat oven to 375 degrees and place sweet potato skins on greased baking sheet.

10 Scoop mashed sweet potato mixture back into the skins and place into oven.

11 Bake for 15 minutes and then top with shredded cheese and broil for 5 minutes until cheese is melted and bubbly.

12 Remove from oven and sprinkle with remaining bacon bits and green onions.

GARLIC LEMON SALMON

G

- 4 (6 oz) salmon fillets
- 2 garlic cloves, minced
- Salt and freshly ground black pepper
- 2 lemons, thinly sliced
- 2 teaspoons olive oil
- 2 tablespoons minced fresh parsley

01 Place trivet inside pressure cooker and fill with 1 cup of water.

02 Rub salmon with minced garlic then sprinkle with salt and pepper.

03 Place fillets on top of trivet (skin side down), then top with sliced lemons.

04 Drizzle with olive oil and set to high pressure for 3 minutes. Do a quick release, remove from pressure cooker, remove lemons, and sprinkle with fresh parsley.

**Optional - serve with couscous and green peas.

LEMON SHRIMP WITH TOMATO PARMESAN ORZO

1 tablespoon olive oil

2 cloves garlic, minced

1 onion, diced

½ teaspoon dried oregano

2 teaspoons kosher salt

8 ounces orzo pasta

1 lb medium sized shrimp, peeled and deveined

2 cups chicken or vegetable broth

1 (14.5-ounce) can diced tomatoes, drained

½ cup frozen peas

1 lemon, juiced

¼ cup grated Parmesan cheese

01 In pressure cooker, saute garlic, onion, oregano, and salt in olive oil until onion becomes translucent, about 4 minutes.

02 Stir in orzo and let saute for another 2 minutes.

03 Add shrimp and broth and set to high pressure for 3 minutes.

04 When time is up, do a quick release then stir in diced tomatoes, frozen peas, and lemon juice.

05 Let peas sit in the pasta for 3-4 minutes, then serve topped with grated parmesan cheese.

10 MINUTE EASY MAC

V

- 1 package (16 oz) gemelli pasta or macaroni noodles
- 4 cups water
- 2 tablespoons butter **Optional
- 2 teaspoons salt
- 2 teaspoons dry mustard
- ½ teaspoon cayenne pepper
- 2 (12 ounce) cans evaporated milk
- 2 cups sharp cheddar cheese, shredded
- 2 cups Monterey Jack cheese, shredded
- 1 teaspoon black pepper
- 1 teaspoon salt

01 In pressure cooker, combine pasta, water, butter, salt, mustard, and cayenne pepper.

02 Lock lid and set to high pressure for 5 minutes.

03 When time is up, do a quick release and turn on browning setting.

04 Add evaporated milk and stir, cooking for 2-3 minutes. The liquid will start to thicken.

05 Turn pressure cooker off and sprinkle cheese into pasta, stirring constantly so that cheese doesn't clump together.

06 Add 1 teaspoon of black pepper and 1 teaspoon of salt, stir and serve.

HERBED LEMON QUINOA W/ CARAMELIZED MUSHROOMS

V

- 2 tablespoons olive oil
- 16 ounces bella or cremini mushrooms, quartered
- 1 teaspoon salt
- 1 cup quinoa, rinsed
- 2 cups vegetable broth, white wine, or water
- ½ cup grated parmesan cheese
- ¼ cup chopped fresh parsley
- 6 thinly sliced green onions, green parts only
- 1 clove garlic, minced
- 1 tablespoon lemon juice
- ½ teaspoon black pepper

01 Turn pressure cooker onto browning setting and add olive oil, quartered mushrooms, and salt.

02 Cook mushrooms until they lose their water and start to brown on the edges.

03 Add quinoa and toast in pot with mushrooms for 1-2 minutes.

04 Add broth, stir, and lock lid. Set to high pressure for 2 minutes, followed by a natural release. If pressure hasn't completely released at the end of 10 minutes, do a quick release.

05 Stir in parmesan, parsley, green onions, garlic, lemon juice, and pepper. Serve!

POTATO AND CHICKPEA CURRY

G V

- 3 tablespoons olive oil
- 1 large yellow onion, diced
- 2 large garlic cloves, minced
- 2 tablespoons curry powder
- 1 teaspoon all-spice
- ½ teaspoon grated nutmeg
- 1 teaspoon paprika
- 2 teaspoons dried thyme
- 1 teaspoon cumin powder
- ½ teaspoon cayenne pepper
- ½ teaspoon black pepper
- 2 teaspoons salt
- 2 cups potatoes, chopped into ½ inch pieces
- 28 oz chickpeas, drained and rinsed
- 14 oz canned diced tomatoes
- 2 cups vegetable broth
- 2 green onions, chopped
- 2 tablespoons fresh parsley, finely chopped

01 In pressure cooker on saute setting, saute onion, garlic, and all spices in olive oil.

02 Turn heat off and add potatoes, chickpeas, diced tomatoes, and veggie broth.

03 Lock lid and set to high pressure for 10 minutes.

04 When time is up, let naturally release for 10 minutes and then do a quick release for any remaining pressure.

05 Stir green onions and fresh parsley into curry and serve hot over white or brown rice (see page 62-63).

SIMPLE HOMEMADE RAMEN

V

Broth

5 cups water

2 cups veggie or chicken broth

1 onion, quartered

2 cloves garlic, roughly chopped

1 cinnamon stick

2 whole star anise

2 carrots, peeled and roughly chopped

Garnishes

1 tablespoon rice vinegar

1 tablespoon soy sauce

2 teaspoons sriracha

2 cups mushrooms

¾ cup shredded purple cabbage

2 pkgs ramen noodles

2 eggs

1 small jalapeno

¼ cup chopped cilantro

01 In pressure cooker, combine water, broth, onion, garlic, cinnamon stick, anise, and carrots. Lock lid and set to high pressure for 10 minutes.

02 Do a quick release, strain broth, then add onions back into broth if you would like the extra flavor.

03 Pour broth back into pressure cooker pot, turn on to the simmer setting, and stir in rice vinegar, soy sauce, sriracha, sliced mushrooms, and purple cabbage.

04 Simmer for 5-7 minutes until mushrooms and cabbage are soft.

05 Create a tornado in your broth by swirling it around with your stirring spoon. Crack in eggs one at a time and continue to swirl as your eggs poach. They will be ready in about a minute.

06 Turn off heat.

07 Place dried ramen noodles into broth and let sit for 3 minutes until noodles are softened. Add sliced jalapeno and cilantro and serve hot!

SPAGHETTI SQUASH WITH PAN ROASTED TOMATOES

G V

- 1 spaghetti squash
- 2 tablespoons olive oil
- 15 cherry tomatoes
- 2 cloves garlic
- 1 tablespoon balsamic vinegar
- ¾ teaspoon salt
- ¾ teaspoon black pepper
- 1 teaspoon dried basil
- *optional - mozzarella balls

01 Start by cutting your spaghetti squash in half, then brushing with olive oil and placing flesh side up in your pressure cooker on top of the trivet.

02 Pour 1 ½ cups of water into your pressure cooker and set to high pressure for 8 minutes. Do a quick release when time is up.

03 While squash is cooking, heat olive oil in large skillet over medium high heat. Slice cherry tomatoes in half, and very carefully place fleshy side down in the hot oil.

04 Smash 2 cloves of garlic and place in pan with tomatoes as well.

05 Let tomatoes roast for 5-7 minutes, gently shaking the pan every minute or so, but being careful not to tip any of the tomatoes. The fleshy side should stay down and will begin to roast and caramelize.

06 Reduce heat to medium and add vinegar, salt, pepper, basil, and strands of spaghetti squash. Stir to combine.

07 Serve hot with mozza balls!

SPANISH RICE CASSEROLE

G V

1 tablespoon canola oil

1 small onion, minced

1 cup long grain white rice

1 ½ cups vegetable, chicken, or beef broth

½ cup salsa

1 teaspoon kosher salt

¼ teaspoon black pepper

1 15oz can black beans

1 15 oz can refried beans

1 cup frozen corn

1 cup shredded mexican cheese

Toppings

cilantro, salsa, sour cream, green onions, shredded cheese

01 Saute onion in oil inside pressure cooker on saute setting for 2-3 minutes.

Add rice and saute for another minute.

02 Add broth, salsa, salt, and pepper - stir and set to high pressure for 4 minutes.

03 When time is up, let pressure naturally release for 5 minutes, then release remaining pressure.

04 Remove half of rice from pressure cooker and begin by layering half of the black beans on top of the rice in the pressure cooker.

05 Then, add half of the refried beans, half of the frozen corn, and half of the cheese.

06 Pour remaining rice back into pressure cooker, then repeat layers of black beans, refried beans, corn, and remaining cheese.

07 Put lid back on pressure cooker and let sit on the warm setting for 5 minutes until cheese is melted and corn is cooked.

08 Serve with chopped cilantro and extra salsa.

TOMATO BASIL SOUP

G V

- 2 tablespoons butter
- 1 large onion, diced
- 2 large carrots, diced
- 4 cups veggie or chicken broth
- 2, 28oz cans whole plum tomatoes
- 1 tablespoon tomato paste
- ½ teaspoon salt
- ½ teaspoon black pepper
- ½ teaspoon dried basil
- ½ teaspoon dried oregano
- 1 cup half & half
- ¼ cup shredded parmesan cheese
- ¼ cup fresh basil

01 Saute onion and carrots in butter in the pressure cooker on the saute setting until veggies are soft.

02 Add broth, whole tomatoes, and tomato paste.

03 Set to high pressure for 5 minutes and do a quick release when time is up.

04 Add spices and half & half, then pour into blender or use immersion blender and blend until creamy.

05 Pour back into pot and heat until warm.

06 Serve with shredded parmesan cheese, chopped basil, and crusty bread.

VEGETARIAN RED BEANS AND RICE

G

V

- 2 tablespoons olive oil
- 1 medium yellow onion, chopped
- 1 medium green bell pepper, chopped
- 4 stalks celery, chopped
- 4 cloves garlic, minced
- 1 pound dried red beans
- 6 cups vegetable broth
- 1 teaspoon thyme
- 1 teaspoon oregano
- 1 whole bay leaf
- ½ tablespoon paprika
- ½ teaspoon cayenne pepper
- 1 tablespoon salt
- Freshly cracked pepper
- 6 cups cooked white or brown rice
- 1 bunch green onions, sliced

01 Saute onion, pepper, celery, and garlic in olive oil in pressure cooker until veggies just start to soften.

02 Add dried (unsoaked), red beans, broth, and all spices.

03 Set to high pressure for 50 minutes and then let naturally release.

04 When time is up, use a potato masher to mash half of bean mixture.

05 Serve over cooked rice (see page 63) and top with sliced green onions.

VEGGIE SUSHI BOWLS

G

V

Rice

1 cup brown rice

1 tablespoon soy sauce

1 tablespoon sugar

3 tablespoons rice vinegar

½ teaspoon salt

8x8 sheet dried nori (I prefer the Teriyaki flavor)

Veggies

1 small cucumber, thinly sliced

2 carrots, peeled into ribbons with veggie peeler

1 large avocado, cut into wedges

2 cups shelled, steamed edamame

Toppings

Sriracha sauce

Sesame Seeds

Additional dried nori

Soy sauce

01 Add rice and 2 ¼ cups water to pressure cooker and set to high pressure for 17 minutes. Do a quick release when time is up.

02 While rice is cooking, in small saucepan over medium heat, bring soy sauce, sugar, rice vinegar, and salt to a simmer, just until sugar dissolves.

03 Chop dried nori into small pieces.

04 Combine cooked brown rice, soy sauce mixture, and dried nori.

05 Assemble rice bowl by starting with a base of rice then adding sliced cucumber, ribboned carrots, avocado, and shelled edamame.

06 Add additional toppings of sriracha, sesame seeds, nori, and soy sauce if you desire.

BROWN RICE

Yields 6 cups cooked rice
2 cups brown rice, rinsed
2 3/4 cups water
1 teaspoon salt

01 Combine rice, water, and salt in pressure cooker.

02 Lock lid and set to high pressure for 20 minutes.

03 When time is up, let pressure naturally release, then fluff with a fork and serve!

WHITE/BASMATI RICE

Yields 6 cups cooked rice
2 cups long grain white rice, rinsed
2 ½ cups water
1 teaspoon salt

01 Combine rice, water, and salt in pressure cooker.

02 Lock lid and set to high pressure for 3 minutes.

03 When time is up, let pressure naturally release for 10 minutes, then release all remaining pressure, fluff with a fork and serve!

5 INGREDIENT CHEESY EGG BAKE

G

6 slices bacon, chopped

2 cups frozen hash browns

6 eggs

¼ cup milk

½ cup shredded cheddar cheese

1 teaspoon kosher salt

½ teaspoon pepper

optional add-ins:
onion, red pepper, spinach, mushrooms, green onions

01 Chop up bacon into small pieces then saute in pressure cooker until crispy.

02 Add in any extra veggies that you would like and saute until tender, about 3 minutes.

03 Add in frozen hash browns and stir until slightly thawed, about two minutes.

04 Grease a heat proof container that will fit into your pressure cooker. I used a round metal bowl.

05 Whisk together eggs, milk, shredded cheese, and salt and pepper in a separate bowl and then add bacon and veggie mixture to the eggs.

06 Pour the egg mixture into your greased, heat proof container.

07 Pour 1 ½ cups of water into your pressure cooker and set trivet inside. Place heat proof bowl with egg mixture on top of trivet.

08 Lock lid and set to high pressure for 10 minutes with a quick release at the end.

09 Loosen edges then dump out onto large plate.

10 Serve with green onions and extra shredded cheese!

HARD BOILED EGG BREAKFAST SANDWICHES

V

- 4 eggs
- 4 slices of bread
- 2 avocados
- ¼ teaspoon salt
- 16 cherry tomatoes
- 1 small handful microgreens or sprouts

01 Place 4 eggs in pressure cooker on top of trivet and pour 1 cup of water into the pot.

02 Cook on high pressure for 6 minutes with a quick release at the end.

03 Remove eggs from pot and run under cold water for one minute.

04 Peel, slice, and layer eggs on toasted bread with mashed avocado, sliced cherry tomatoes, sprouts, and sprinkle with salt.

CARROT CAKE STEEL CUT OATS

V

1 cup steel cut oats

1½ cups water

1½ cups milk

1 cup shredded carrots

½ teaspoon cinnamon

¼ teaspoon salt

1 tablespoon maple syrup

¼ teaspoon allspice

¼ cup chopped nuts/seeds (I used a mixture of walnuts, almonds, and roasted pumpkin seeds)

¼ cup shredded coconut

Frosting

2 ounces softened cream cheese

½ cup plain greek yogurt

½ teaspoon vanilla

1 tablespoon brown sugar

01 Add all ingredients but the “frosting” ingredients to your pressure cooker.

02 Stir and lock lid into place.

03 Set for 10 minutes on high pressure and then do a natural pressure release for 10 minutes, followed by a quick release to let any remaining pressure out.

04 Oatmeal will be a bit soupy - let sit for 5 minutes.

05 While oatmeal is cooking, stir together softened cream cheese, yogurt, vanilla, and brown sugar.

06 Dish up oatmeal and drizzle “frosting” over top for serving!

CHUNKY APPLE BREAKFAST CAKE

V

- ¾ cup vanilla greek yogurt
- ½ cup vegetable oil
- 1 cup sugar
- 1 egg
- 1 teaspoon vanilla
- 2 cups peeled & chopped apples
- 2 cups all-purpose flour
- ½ cup oatmeal
- 1 teaspoon baking soda
- ½ teaspoon kosher salt
- ½ teaspoon grated nutmeg
- 1 teaspoon cinnamon
- ¼ cup chopped walnuts or pecans
- ¼ cup shredded sweetened coconut

01 Generously grease heat proof container that can fit into your pressure cooker.

02 In separate bowl, whisk together yogurt, oil, sugar, egg, vanilla, and chopped apples.

03 Gently stir in flour, oatmeal, baking soda, salt, nutmeg, and cinnamon until just combined, being careful not to overmix.

04 Fold in nuts and coconut then pour batter into heat-proof container.

05 Place trivet inside pressure cooker and add 1 ½ cups water.

06 Place cake on top of trivet and cook at high pressure for 30 minutes.

07 Let pressure naturally release for 10 minutes, then release all remaining pressure with a quick release.

08 Carefully remove from pressure cooker, loosen edges, and dump out onto serving platter.

CHOCOLATE LAVA CAKES

V

- 1 cup semi-sweet chocolate chips
- ½ cup butter
- 2 teaspoons vanilla
- 2 eggs
- ¼ cup all purpose flour
- ½ cup powdered sugar

01 n the microwave or over a double boiler, melt chocolate chips and butter together until smooth. This will take 1-2 minutes in the microwave, stirring every 15-20 seconds, or 3-4 minutes over a double boiler.

02 Let cool very slightly and whisk in vanilla and eggs.

03 Lastly, stir in flour and sugar until completely smooth.

04 Grease the inside of 4 small, heat-safe ramikens with canola spray or butter.

05 Evenly distribute chocolate batter into ramekins.

06 Pour 1 ½ cups of water into pressure cooker and then place trivet inside.

07 Put ramekins on top of trivet inside of pressure cooker, lock lid, and set to high pressure for 6 minutes.

08 When time is up, do a quick release, carefully remove ramekins with a pot holder or dish cloth, and tip upside down onto a small plate.

09 Cover with whipped cream or ice cream and enjoy!

MINI ZUCCHINI CAKES

V

Cake

1 cups grated zucchini
¾ cup all-purpose flour
½ teaspoon baking powder
½ teaspoon ground cinnamon
⅛ teaspoon fresh grated nutmeg
⅛ teaspoon ground cloves
¼ teaspoon salt
1 egg, beaten
¼ cup packed brown sugar
¼ cup white sugar
¼ cup olive oil
1 tablespoon freshly grated lemon zest
1 tablespoon fresh lemon juice
½ teaspoon vanilla extract

Yogurt Sauce

4 ounces vanilla yogurt
½ teaspoon freshly grated lemon zest

01 In medium bowl, whisk together flour, baking powder, cinnamon, nutmeg, cloves, and salt until combined.

02 Add egg, brown sugar, white sugar, olive oil, lemon zest, lemon juice, and vanilla extract. Mix until fully combined with dry ingredients.

03 Gently stir in grated zucchini.

04 Pour 1 cup of water into bottom of electric pressure cooker then place trivet into bottom of cooker.

05 Grease 4 small ramekins and pour batter into each one, filling about halfway.

06 Place ramekins in pressure cooker, on top of grate, and lock lid.

07 Select the high pressure function and set the timer for 10 minutes.

08 When the 10 minutes is up, do a quick release and then carefully remove ramekins from cooker with oven mitt.

09 Let cool slightly then remove from ramekin and place cakes on baking sheet.

10 To make yogurt sauce, whisk together yogurt and lemon zest.

11 Serve on top of mini cakes.

RED WINE POACHED PEARS

G V

1 bottle red wine of your choice

1 cup sugar

1 large cinnamon stick

1 lemon, zested

1 star anise

5 whole cloves

4 bartlett or bosc pears, slightly underripe

01 Turn pressure cooker onto simmer setting and stir together red wine, sugar, cinnamon, lemon zest, star anise, and cloves.

02 Bring to a gentle simmer until sugar is dissolved then turn pressure cooker off.

03 Meanwhile, peel pears (leaving the stems on).

04 Add pears to pressure cooker, lock lid, and set to high pressure for 6 minutes.

05 Let pressure naturally release for 10 minutes, then do a quick release for any remaining pressure.

06 Serve

RICE PUDDING

G

V

2 cups cooked short grain white or brown rice
(see page 62-63)

1 ½ cups almond or coconut milk, sweetened

1 teaspoon vanilla

8oz can sweetened condensed milk

½ teaspoon cinnamon

3 tablespoons granulated sugar

Pinch of salt

01 Stir all ingredients together in pressure cooker and set to high pressure for 5 minutes.

02 Let pressure naturally release for 10 minutes, then release any remaining pressure.

03 Serve warm or cold.

MONTHLY MEAL PLAN

WEEK 1

DAY 1

Chicken Tortilla Soup

DAY 2

Herbed Lemon Quinoa with Caramelized Mushrooms

DAY 3

Spaghetti Alla Bolognese

DAY 4

Garlic Lemon Salmon

DAY 5

Veggie Sushi Bowls

DAY 6

Chicago Style Italian Beef Hoagies

DAY 7

Simple Homemade Ramen

BREAKFAST

5 ingredient Cheesy Egg Bake

DESSERT

Red Wine Poached Pears

WEEK 2

DAY 1

Loaded Chili

DAY 2

Spaghetti Squash with Pan Roasted Tomatoes

DAY 3

Swedish Turkey Meatballs

DAY 4

Honey Garlic Sticky Chicken

DAY 5

Potato and Chickpea Curry

DAY 6

Adobo Beef Tacos

DAY 7

Extra Creamy Loaded Potato Soup

BREAKFAST

Carrot Cake Steel Cut Oats

DESSERT

Mini Zucchini Cakes

WEEK 3

DAY 1

Hearty Beef Stew

DAY 2

10 Minute Easy Mac

DAY 3

Indian Butter Chicken

DAY 4

Lemon Shrimp with Tomato Parmesan Orzo

DAY 5

Spanish Rice Casserole

DAY 6

Roasted Whole Chicken

DAY 7

Sausage Jambalaya

BREAKFAST

Hard Boiled Egg Breakfast Sandwiches

DESSERT

Chocolate Lava Cakes

WEEK 4

DAY 1

Chicken Gnocchi Soup

DAY 2

Vegetarian Red Beans and Rice

DAY 3

Green Chili Pork Carnitas

DAY 4

Italian Meatball Sandwiches

DAY 5

Spinach Artichoke Sweet Potato Skins

DAY 6

Tomato Basil Soup

DAY 7

Beef and Broccoli

BREAKFAST

Chunky Apple Breakfast Cake

DESSERT

Rice Pudding

SHOPPING LIST—WEEK 1

Fruits and Vegetables
3 Avocados
16oz bella or cremini mushrooms
6 carrots
1 stalk celery
1 bunch cilantro
1 cucumber
1 bunch parsley
1 head garlic
2 green bell peppers
1 bunch green onions
1 jalapeno
16oz white button mushrooms
4 yellow onions
3/4 cup purple cabbage
2 red bell peppers
8oz bag spinach
4 bartlett or bosc pears
4 lemons
2 limes

Other
1 cup brown rice
4 italian rolls
1 sheet Nori Seaweed
1/2 cup olive oil
2 cups tortilla chips
1 cup quinoa
2 pkgs ramen noodles
1 bottle red wine
1/2 cup red wine vinegar
1/4 cup rice vinegar
1/4 cup soy sauce
1 tablespoon sriracha
1 cup sugar
2 cups frozen edamame
2 cups frozen corn
2 cups frozen hash browns

Meat
6 bacon slices
1.5-2 lbs beef sirloin tip roast
2 large boneless, skinless chicken breasts
1 lb ground beef
4 salmon fillets

Spices
1 teaspoon basil
3 teaspoons black pepper
1/8 teaspoon cayenne pepper
1 tablespoon chili powder
2 cinnamon sticks
5 whole cloves
2 teaspoons ground cumin
1 tablespoon dried basil
1 tablespoon dried oregano
1/4 cup kosher salt
1 tablespoon sesame seeds
3 star anise

Dairy
8 eggs
1/4 cup milk
1/2 cup parmesan cheese
4 slices provolone cheese
1/2 cup shredded cheddar cheese
1/4 cup sour cream

Canned
1 1/2 cup beef broth
15oz can black beans
64 oz chicken broth
28oz crushed tomatoes
4 ounces tomato paste
1/4 cup pickled jalapenos
2 cups veggie broth
12oz salsa

SHOPPING LIST—WEEK 2

Fruits and Vegetables
1 bunch cilantro
1 bunch green onions
1 bunch parsley
1 green bell pepper
1 head garlic
1 pint cherry tomatoes
1 red bell pepper
1 spaghetti squash
1 T chives
2 jalapenos
2 large zucchinis
2 stalks celery
3 carrots
4 yellow onion
5 lbs potatoes
1 lime
2 lemons

Spices
1 T black pepper
1 T paprika
1 T sesame seeds
1 tsp cayenne
1 tsp cinnamon
1 tsp ground nutmeg
1/2 tsp ground cloves
1/2 tsp ground ginger
2 T cumin
2 T curry powder
2 tsp allspice
2 tsp dried basil
2 tsp dried thyme
3 T chili powder
3 T salt
3/4 tsp baking powder
4 tsp dried oregano

Meat
1 lb ground beef or italian sausage
1 lb ground turkey
2 lbs boneless beef shoulder roast
6 bacon slices
6 chicken thighs, boneless, skinless

Other
1 cup corn chips
1 cup olive oil
1 cup steel cut oats
1 T balsamic vinegar
1 T dijon
1 T maple syrup
1 T worcestershire sauce
1 tsp sesame oil
1/2 cup panko bread crumbs
1/2 cup soy sauce
1/2 cup white sugar
1/3 cup honey
1/3 cup ketchup
1/4 cup mixed nuts
1/4 cup shredded coconut
12oz beer
2 cups flour
2 T vegetable oil
2 tsp vanilla
3/4 cup brown sugar
8 corn tortillas

Dairy
1 1/2 cups milk
1/2 cup plain greek yogurt
2 cups half and half
2 T butter
3 eggs
4oz cream cheese
8oz cheddar cheese
8oz vanilla yogurt
8oz mozzarella balls

Canned
1 cup beef broth
15oz black beans
15oz chili beans
15oz kidney beans
2 1/4 cups chicken broth
2 cups veggie broth
28oz chickpeas
3 chipotle chilis
42oz diced tomatoes

SHOPPING LIST—WEEK 3

Fruits and Vegetables
2 avocados
2 carrots
2 celery ribs
16 cherry tomatoes
1/4 cup cilantro
1 garlic head
1 green bell pepper
1 jalapeno pepper
1 handful microgreens
4 onions
1 parsley bunch
2 russet potatoes
3 scallions
3 lemons

Spices
2 bay leaves
2 tsp cayenne pepper
1 tsp cinnamon
4 tsp cumin
2 tsp dried mustard
1/2 tsp dried oregano
1 tsp dried parsley
1/2 tsp dried rosemary
1 tsp dried thyme
1 tsp ground ginger
2 tsp paprika
1/4 cup salt

Meat
1/2 lb andouille chicken sausage
1lb beef stew meat
2 boneless skinless chicken breasts
1/4 lb italian pork sausage
1 lb shrimp
1 whole chicken (3-5lbs)

Dairy
12 T Butter
6 eggs
8oz greek yogurt
1 cup heavy cream
1 cup mexican cheese
2 cups Monterey Jack Cheese
1/4 cup parmesan cheese
2 cups sharp cheddar cheese

Canned
4 cups beef broth
15oz black beans
6 cups chicken broth
14oz chopped tomatoes
14oz diced tomatoes
15oz refried beans
1/2 cup salsa
2 T tomato paste
8oz tomato sauce

Other
1 T balsamic vinegar
4 bread slices
1 1/2 cups brown rice
1/4 cup canola oil
2 T cornstarch
1/2 cup flour
1 cup frozen corn
1/2 cup frozen peas
1 pkgs gemelli pasta or macaroni
1 cup long grain white rice
1 T olive oil
8oz orzo
1/2 cup powdered sugar
1 cup semi-sweet choco chips
2 tsp vanilla
1 tsp worcestershire

SHOPPING LIST—WEEK 4

Fruits and Vegetables
4 yellow onions
6 large carrots
¼ cup fresh basil
2 large sweet potatoes
1 shallot
1 head garlic
2 cups chopped spinach
½ cup chopped artichokes (I used frozen grilled artichokes)
2 bunches green onions
1 red onion
1 large jalapeño
2 green bell peppers
1 poblano pepper
½ lb tomatillos
1 bunch cilantro
1 bunch of celery
2 apples

Meat
8 slices bacon (turkey or pork)
½ lb ground hamburger
½ lb ground italian sausage
1-2 lbs pork shoulder
1 cup shredded chicken (a pre-cooked rotisserie chicken works great!)

Spices
1 teaspoon baking soda
3 tablespoons kosher salt
½ teaspoon grated nutmeg
1 1/2 teaspoons cinnamon
1 tablespoon dried parsley
1 teaspoon italian seasoning
1 teaspoon cumin
2 teaspoons black pepper
½ teaspoon dried basil
3 teaspoons dried oregano
1 teaspoon paprika
1/2 teaspoon cayenne pepper
2 bay leaves
3 teaspoons dried thyme

Canned
32oz veggie or chicken broth
2, 28oz cans whole plum tomatoes
1 tablespoon tomato paste
32oz chicken broth
48oz vegetable broth
8oz sweetened condensed milk

Dairy
¾ cup vanilla greek yogurt
2 eggs
1 ½ cups almond or coconut milk, sweetened
5 tablespoons butter
3 cups half & half
¼ cup sour cream
¼ cup plain greek yogurt
1 cup shredded monterey jack cheese
½ cup parmesan cheese
4 large slices mozzarella cheese
1/2 cup crumbled queso fresco

Other
1/2 cup vegetable oil
1 1/4 cups sugar
2 teaspoons vanilla
2 1/4 cups all-purpose flour
½ cup oatmeal
¼ cup chopped walnuts or pecans
¼ cup shredded sweetened coconut
2 cups cooked short grain white or brown rice
1/2 cup olive oil
¾ cup breadcrumbs
1 jar your favorite pasta sauce
4 Hoagie Buns
Tortillas (I prefer a flour/corn hybrid)
1 pound dried red beans
6 cups cooked white or brown rice
16 ounce package potato gnocchi

Thanks so much for purchasing my ebook!

I have a few quick notes for you.

01 All of these recipes were made using an electric pressure cooker, so if you are using a manual pressure cooker, please adjust your cook times accordingly. As a general rule, cook times will be a few minutes less with a manual instead of an electric cooker.

02 If you'd like more pressure cooker or general recipes, visit Kitschencat.com.

03 If you have any questions or would like to drop by to say hi, please email hello@kitschencat.com - I'd love to hear from you!

**All photographs were taken by Jessie Van Slyke and the ebook design is by Julian Flores.*