

# One Pan Quick Dishes in Electric Pieces

## **Spaghetti**

**2lbs of Ground Beef or meat of choice**  
**12oz package pasta of choice**  
**10oz bag spinach**  
**2 16oz jars spaghetti or marinara sauce**  
**1 small onion**  
**1 bell pepper**  
**OR...**  
**1 package of frozen onion/bell peppers**  
**1 cup water**

1. Using the 3qt roaster and Culinary basket, cook/degrease the ground beef w/o seasoning

2. Using the MP5 or the EOC, layer as follows:

Pour 1 jar of sauce

1 package pasta

Package of spinach

Process Veggies (onion/bell pepper)

Ground beef or meat of choice

Season your meat to taste

One jar of sauce

Use water to remove excess sauce from jars and pour in pan accordingly.

3. Place temperature on 350° (medium). After the click, reduce heat to 225° and cook for 20 minutes. Stir, Add additional seasoning if needed and Serve!

## **Bison Chili**

**1 ½ lbs. bison or ground beef**  
**½ C chopped onions**  
**2 chopped garlic cloves**  
**1 ½ chopped celery**  
**1 C chopped green pepper**  
**2 tsp. thyme leaves**  
**2 tsp. chili powder (or more to taste)**  
**2 tsp. cumin**  
**Salt to taste**  
**1 8 oz. can chopped tomatoes**  
**1 12 oz. of salsa (all natural)**

1. Degrease bison in the culinary basket.

2. In electric piece, saute' onions, garlic, celery and pepper until tender on 190 degrees. Add meat, thyme, chili powder and cumin. Stir.

3. Add salt, tomatoes and salsa. Cover and cook on medium (350) until vapo valve clicks, then reduce heat to 190 and cook for 25-30 minutes.

## **Chicken Alfredo**

**12oz Pasta (Bowtie)**

**2 jars Alfredo Sauce**

**1 or 2 bags of Veggies (Broccoli/Cauliflower/Carrots)**

**1 Family Size Bag of Fajita Chicken Strips**

**Water, Chicken Broth or Vegetable Broth**

**Adobo (Red top)**

**Tony Chachere**

1. Cold/dry SM Electric piece – pour in pasta
2. Pour in 1 jar of Alfredo sauce
3. Pour in veggies
4. Pour in Chicken
5. Pour 2nd jar of Alfredo sauce
6. Pour ½ jar of water or broth into each jar, cover & shake (this is to get all of your Alfredo sauce out, and the liquid will cook the pasta)
7. Pour the liquid over ingredients
8. Sprinkle with Adobo
9. Cover, set probe on 350
10. Cook until Vapo Valve clicks
11. Turn probe to 225o and set timer to 20 minutes
12. When done, sprinkle with Tony Chachere, stir and serve

## **Easy Pizza**

**Using 12" EOC**

**Pizza Sauce**

**Cheese or "Cheeze" of Choice**

**Toppings (Garlic, Pepperoni, Mushroom, Spinach, etc)**

**Pizza Dough (Canned or Pre-Cut Ready Bake Fresh/Frozen)**

**Italian Seasoning to Taste**

1. Spray bottom of skillet if using canned dough. Place dough in bottom of cold skillet. Cover with sauce and spices. Shred cheese on cone #2. Top with desired toppings.
2. Cover and cook on 325 for 25 minutes. It won't click, so don't turn it down! Slice and enjoy!

## **Pesto Tofu and Veggies**

**1 Sweet Potato, cut into 1/4" rounds**

**1 Onion, cut into large chunks or rings**

**1 15 oz bag of Spinach**

**1 block water-packed FIRM Tofu, sliced into 1/2 planks**

**1/2 small jar (5 oz) Pesto Sauce**

**1-2 cups cooked Brown Rice or Quinoa**

In a cold Electric Skillet, layer sweet potato, then onion, then spinach and tofu. Drip pesto sauce across tofu and veggies. Top with rice.  
Cover, and cook at 350 degrees until the vapo-valve clicks. Reduce heat to 190 degrees and cook for 15 minutes.

## **Veggie Lasagna**

**40 oz Jar Spaghetti Sauce**  
**1 Box Lasagna Noodles**  
**1 Zucchini, cut on cone #2**  
**1 Yellow Squash, cut on cone #2**  
**2 Carrots, grated on cone #1**  
**1 5oz Bag Spinach**  
**1 Pkg Mushrooms, sliced on cone #4**  
**1 Sweet Potato**  
**1 Can Cannellini Beans, rinsed and drained**  
**2 Cauliflower Florets cut on cone #2**

1. Layer in EOC as follows:

- Sweet Potato
- Zucchini
- Squash
- 1/3 Jar of Sauce
- Noodles
- Spinach
- Mushrooms
- Carrots
- Beans
- 1/3 Jar of Sauce
- Noodles
- Remaining Sauce
- Cauliflower

2. Cover and set to 325 degrees. Once the vapo-valve clicks strongly, reduce temp to 200 and cook for 25-30 minutes until noodles are tender.

## **Peach Dump Cake**

**24 oz Frozen Peaches**  
**1 Box Krusteaz Cinnamon Swirl Cake Mix**

1. Place fruit in bottom of EOC.

2. Dump cake mix and cinnamon sugar on top.
3. Cover and set to 325. Once vapo-valve clicks, reduce to 190 and cook for 25 minutes.

## **Pancit**

**1 med onion, Cone #3**

**2-3 Carrots, Cone #2**

**3-4 Celery Stalks, Cone #5**

**Handful of fresh Green beans cut into 1" pieces**

**1-1/2 pkg Excellent Rice Stick Bihon noodles**

**Mushroom seasoning to taste (found at local specialty markets)**

**1 clove garlic #1 or Fried garlic (Also found at market)**

**1pkg Mama Sita's pansit bihon seasoning**

**4 cups hot water**

**1/4 Head Green Cabbage**

1. Add all ingredients to EOC, except cabbage.
2. Set to Med (350) and set timer for 10min.
3. Once done, toss in 1/4 head green cabbage (rough chop)
4. Garnish with 3 green onions sliced thinly.