

# Saladmaster Essentials

## **Low Carb Pot Roast**

*Piece Used: 9qt braiser*

**Pot roast (hunk of meat, 2-3lbs)**

**Onions (2 large)**

**Garlic (2 bulbs)**

**Carrots (5 large)**

**Celery (5 large)**

**Brussels Sprouts (about 1lb)**

**Adobo**

**Red Wine - 2 cups (use broth or water if alcohol is not an option)**

**Red Wine Vinegar - 1 cup**

Heat the Braiser over medium-high heat until the water rolls across the surface.

Place Beef directly onto the hot pan, hear the sizzle. yum

Start washing and rough cutting up the onions, garlic, celery, brussels sprouts (in half), and carrots

Ignore for about 5 minutes, see if it will pull away, if it pulls, turn it over, if it doesn't ignore it some more.

If either it pulls away, or you get impatient and use a spatula to separate it, turn it over.

Ignore it for about 5 minutes. Keep cutting up the veggies. Simply pull apart the garlic bulbs, mash with a knife, and peel.

Fill up a large Saladmaster Bowl with the onions, garlic, carrots, and celery.

Sprinkle some adobo on top of the meat.

Fill up a small Saladmaster Bowl with the halved brussels sprouts.

Put the contents of the large bowl over the meat, then add the brussels sprouts.

Pour in the wine and the vinegar. Cover with the lid.

Lower heat to Medium, wait for the click. Turn to low, set timer for 6 hours.

If you need the range, preheat the oven to 200 when you put the lid on and set heat to Medium.

## **Fiesta Chicken with Quinoa**

*Piece Used: MP5*

**Set probe to 350 degrees, then get the ingredients together**

**Two pounds boneless, skinless thighs (can use thigh and leg meat, or tenders)**

**1 32oz jar of Pace Picante Sauce (you pick the heat)**

**1 cup gourmet salsa of your choice**

**1/2 cup Hatch Chilis (optional, but YUMMY)**

**1 12oz bag of frozen corn**

**2 cans (or equivalent, if you make your own) black beans**

**1 cup quinoa**

Place the chicken in the bottom of the MP5

Pour in the Picante sauce and the gourmet salsa

Put the quinoa in

Put the corn and the beans on top.  
Place lid on, and wait for click.  
When it clicks, turn to 250, wait for the second click  
After second click, turn to 200, set timer for 1hr.  
at 1hr, check to see if Quinoa has “popped”  
If not, repeat the heating to 350, then 250.  
Stir and serve warm with a sliced avocado and the crema of your choice. \

## **Healthy Green Base Mix**

**1/2 Head Green cabbage - cone #4**  
**1/8 Head Purple cabbage - cone #4**  
**2 cups Brussels sprouts (more if you like them) - cone #4**  
**1 head of broccoli (the more stalk, the better!) - cone #2**  
**1 bunch of Kale - cut roughly with a knife, include the stalks**  
**Asparagus stalks (optional)**

Process and chop and place in a ziploc bag for future use in quick, healthy meals.

## **Triple Stack Culinary Basket**

**3qt saucepan with three culinary baskets**

**1 Sweet Potato**

**2 cups broccoli florets**

**1 bunch of asparagus, or 3 handfuls of green beans**

**Make sure the baskets “connect” with the veggies in them, or they won’t click**

Place 1’ water in 3qt saucepan, set heat to medium

Place first culinary basket with sweet potatoes on, cover with lid

When valve clicks, place second basket with broccoli on top of the sweet potatoes (or just put broccoli on top, if you’re ok with mixing)

Cover with lid

When valve clicks, place third basket on top, set heat to low.

Set timer for 5 minutes, then turn off heat. You can turn off the heat when you put the top basket on, if you like things with a little bit of crunch.

## **Corn on the Cob**

***Piece Used: 9” skillet or 11” skillet***

Take three sections of paper towel, fold into a single section, then fold in half to make a square.

Place square in the bottom of the skillet, saturate with water (pour water until water pours out and the towel is wet)

Place shucked corn directly on top of the wet paper towel, you can stack the if there is room to get up to 5 small ears. (if using the 11’ skillet, you should be able to fit 7 ears)

Cover with lid

Set heat to medium, wait for click.

Turn to low and cook for 20 minutes.

## **Frittata**

*Piece Used: 10" gourmet skillet with lid (from 11" skillet or 7qt roaster)*

**2 tbsp chopped garlic (from the jar is great and easy)**

**1 large Onion - cone 3**

**1 medium sweet potato - cone 3**

**1 small bag of spinach or 2 cups of the healthy green mix**

**1/2 cup chopped sun dried tomatoes**

**1 dz eggs - scrambled**

**1 cup grated cheese of your choice**

**Adobo**

**(you can really add anything you want, this is a great way to use leftovers)**

Put the skillet on medium heat

Place the garlic in the middle, spread it around

Process the Onion, then place on the garlic

Process the sweet potato, then place on top.

Add in the sun dried tomatoes

Mix things up and cover with lid.

Scramble the eggs

When the valve clicks, place spinach or green mix on top, do not mix. Replace lid.

When the valve clicks again, pour the eggs in

Turn heat to low, set timer for 10 minutes.

If you like a toasted top, preheat the oven to broil now.

When the timer is up, make sure eggs are cooked through (clean fork or toothpick in the middle)

Place in oven with no lid until top is browned to your liking.

## **Scrambled Eggs**

Preheat griddle or skillet on medium until water rolls

Turn heat off

Pour eggs onto the surface.

wait for 2 minutes, then stir with egg turner until cooked to desired dryness

## **Fried Eggs**

Preheat griddle or skillet on medium heat until water rolls

coat with butter. If the butter browns, then remove from heat, let cool, then redo the butter.

crack the eggs onto the butter.

Turn heat to low

Cover and cook until yolks are to desired runny-ness

## **Steak**

Preheat on medium high heat until water rolls

Put steak in.

Cover, or not cover, either way. Cook for 3 minutes.

Turn, season (I used Uncle Chris's Steak Seasoning, but use whatever you like)

Cook uncovered for 3 minutes.

Turn, season, and cover for 2 minutes.

Serve.

This works VERY well with the triple or double-stacked culinary basket

## **Italian Healthy Quick Meal for One**

*Piece Used: 1 qt saucepan*

**5 oz ground beef or turkey**

**1 tbsp Chopped garlic (from the jar is fine)**

**1 can diced tomatoes**

**2 cups healthy green mix**

**Italian herbs**

Place the garlic in the 1qt, set heat to medium

Place the tomatoes on top of the garlic once it sizzles

Add in the meat

Add in the herbs

Cover with lid, wait for click

When the valve clicks, place the healthy green mix on top (You'll need to mash it a little to get it in)

Cover, wait for click.

When it clicks, turn the heat off.