

One Pan Quick Dishes

VEGGIE PANCIT

- 1 zucchini
- 1 squash
- 1-2 medium carrots
- 1 yellow onion
- 2 stalks of celery
- 1/4 head of green cabbage
- 2 cups broccoli florets
- 1 package rice noodles
- 1 packet Asian seasoning
- 2 tablespoons fried garlic
- 1 teaspoon of soy sauce
- 4 cups water

1. In a cold skillet, cut onion, zucchini and squash on cone #3.
2. Cut celery on cone #5 and carrots on cone #2.
3. Add garlic, soy sauce and Asian seasoning.
4. Add rice noodles and pour water over the noodles.
5. Turn to 450 and set timer for 10 minutes.
6. After timer goes off, take two forks and rapidly stir to ensure noodles are cooked through. Cut noodles to get veggies mixed in and add broccoli florets and cabbage cut on cone #3.



BBQ CHICKEN

- 8-10 Chicken Thighs
- 2 cups favorite BBQ Sauce

1. Place chicken in cold pan and cover with sauce.
2. Turn to medium. Once Vapo-valve clicks, reduce to low and cook for 20-25 min

TACO SOUP

- 2 lb ground beef, degreased
- 1 white onion, cone #3
- 1 can corn
- 1 can petite diced tomatoes
- 1 can black beans, rinsed
- 1 packet Ortega taco seasoning
- 1 packet ranch seasoning packet
- fresh cilantro
- 3 cups water

1. Combine all ingredients in 5 Quart Roaster.
2. Turn stove to medium. Once Vapo-Valve clicks, turn to low and cook for 20-25 min..

PEACH SNICKERDOODLE DUMP CAKE

- 1 box Krusteez Cinnamon Swirl Cake Mix
- 1 16 oz. bag frozen peaches (or desired fruit)

1. Place peaches in single layer on bottom of electric skillet.
2. Cover evenly with cake mix, then brown sugar and cinnamon mix.
3. Set to 325 and once it clicks, immediately reduce heat to 190 and cook for 25-30 minutes.

VEGGIE STIR FRY

- 2 carrots, waffled, cone #5
- 1 onion, strung, cone #2
- 3 cloves garlic, shredded, cone #1
- 8 oz mushrooms, sliced, cone #4
- 3 cups broccoli florets
- 1 red bell pepper, diced
- 1 1/2 cups cooked chickpeas (garbanzo beans)
- 1/4 cup water
- 1/4 cup soy sauce
- 1/4 cup agave nectar
- 1 tbsp spicy chili paste
- 2 tsp cornstarch
- 3 cups brown rice, cooked

1. Place all vegetables and beans in electric skillet.
2. Place water, soy sauce, agave nectar, chili paste and cornstarch in small bowl and mix. Pour over vegetables.
3. Cover and set electric skillet temperature to 350°F. When Vapo-Valve™ clicks, reduce temperature to 180°F and cook for approximately 5 minutes until vegetables are cooked-crisp.
4. Serve vegetables over brown rice.



VEGGIE PASTA

- 1 box pasta
- 40 oz pasta sauce
- 1 squash
- 1 zucchini
- 1/2 yellow onion
- 16 oz mushrooms
- 1 handful spinach
- 1 1/2 cup white beans

1. Pour half of the pasta sauce into the bottom of your pan, and add pasta on top.
2. Cut squash on cone #2, onion on cone #2, mushrooms on cone #4, and zucchini on cone #5 (on top of pasta). Add spinach and beans. Pour on rest of pasta sauce.
3. Cook on low for 25 min.



WHITE FISH DISH

- white fish, frozen (one per person)
- 1 cup cherry tomatoes, cut in half
- 1 lemon
- 1/4 head cabbage (any color)
- Tony Chacheres Cajun seasoning or your favorite

1. Cut cabbage on cone #4 and lay in bottom of electric skillet.
2. Lay fish on top of cabbage and sprinkle with Tonys or seasoning of choice.
3. Lay thin slices of lemon on each piece of fish.
4. Add tomatoes to skillet, scattered about.
5. Turn skillet on to 350 degrees. When the valve clicks, turn the skillet to 190 degrees and approximately 8-10 minutes later, you are ready to eat. Test fish with a fork for flakiness.