

POOKIE'S

1

Random Stuff Thrown Together Cookbook

Volume 1

Soups & Stews

100 delicious meals to cook and eat

With detailed instructions for stovetop,
slow cooker, and pressure cooker

It's almost like getting three cookbooks in one!



Don't worry, Butterbean, this isn't your sister. She's still alive and just as evil as she's always been.

CONTENTS

6 – Pookie’s Ramblings

8 – Pookie’s Secret Cooking Tips

13 – Stocks & Broths

- 14 Roasting the Raw Bones
- 15 Beef Stock
- 17 Chicken Stock
- 19 Turkey Stock
- 21 Fish Stock
- 23 Vegetable Broth

25 – Beef & Lamb

- 26 Sweet & Sour Moroccan Lamb Stew (Tagine)
- 29 Stout Chuck Stew with Mushrooms
- 32 Northwest Beef and Veggie Stew
- 35 Beef, Lentil and Caramelized Onion Soup
- 38 Wild Mushroom Beef Stew
- 41 Spiced Curried Lamb and Swiss Chard Soup
- 44 Tangy Sweet & Sour Beef Cabbage Soup
- 47 Beef and Pork Mini Meatball Soup
- 50 Ground Beef Minestrone Soup
- 53 Beef and Taro Stew
- 56 Cincinnati Chili
- 59 Oxtail Soup
- 62 Beef and Veggie Soup with Mozzarella
- 65 Ground Beef Chile Mole
- 68 Bigos (Polish Hunter’s Stew)
- 71 Simple Beef, Potato and Vegetable Stew
- 74 Burgundy Beef and Rice Stew
- 77 Central European Beef Stew
- 80 Classic Texas Ground Beef or Venison Chili
- 83 Spicy Ground Beef and Orzo Stew
- 86 Lamb Vindaloo Stew
- 89 Beef Mushroom Barley Soup



92 – Chicken & Turkey

- 93 Chicken Miso Soup with Mushrooms
- 96 Curried Chicken and Coconut Soup
- 99 Spicy Chicken Tortilla Soup
- 102 Spicy Chicken Chili Pepper Stew
- 105 Southwestern Turkey Tenderloin Stew
- 108 Chicken Vegetable Soup
- 111 Kansai-Style Udon Noodle Chicken Soup
- 114 Thai Curry Chicken Stir Fry Soup
- 117 Chicken Noodle Soup
- 121 Japanese Chicken Noodle Soup
- 124 Vietnamese Chicken Pho
- 128 Turkey and Wild Rice Chowder
- 131 Chicken Cordon Bleu Chowder
- 134 Mediterranean Chicken Stew
- 137 Bow-Tie Pasta w/Chicken & Asparagus Chowder
- 140 Caribbean Turkey Stew
- 143 Turkey and Butternut Squash Ragout
- 146 Moroccan Chicken Soup
- 149 Chicken Enchilada Soup
- 152 Indian Chicken Curry Stew
- 155 Tuscan Chicken Stew
- 158 Chicken Fajita Soup (with optional King Ranch Soup upgrade)
- 161 Classic Creamy Chicken Fricassee Stew
- 164 Creamy White Chicken Chili with a Zesty Twist
- 167 Classic Creamy Chicken and Dumplings

171 – Pork, Ham & Sausage

- 172 Smoked Ham and Bean Soup
- 175 Pork Soba Soup with Bok Choy
- 179 Beef and Pork Mini Meatball Soup
- 182 Country Sausage and Bean Stew
- 185 Smoked Sausage, Butter Bean and Cabbage Soup
- 188 Louisiana Shrimp and Sausage Gumbo
- 191 Italian Sausage and Vegetable Stew
- 194 Hearty Pork and Kimchi Watercress Stew
- 197 Grandma Tutu's Pastele Stew
- 200 Portuguese Sausage and Lentil Soup
- 203 Pig's Feet Soup
- 206 Lechon and Shrimp Sari-Sari Soup
- 209 Italian Sausage and Chickpea Stew
- 212 Cajun Sausage Jambalaya
- 215 Wonton Soup
- 218 Southwestern Pork Soup
- 221 Asian Pork and Noodle Soup
- 224 Ham and Wild Rice Soup
- 227 Lentil and Ham Hock Soup
- 230 Hearty Pork Stew
- 233 Pork Goulash with Spaghetti
- 236 Italian Sausage and Kale Soup
- 239 Spanish Chorizo and Bean Stew with Potatoes
- 242 Bigos (Polish Hunter's Stew)

245 – Seafood

- 247 Louisiana Shrimp and Sausage Gumbo
- 250 Savory Clam and Mushroom Soup
- 253 Zesty Thai Shrimp Soup with Lemongrass & Ginger
- 256 Creamy Scallop and Corn Chowder
- 259 Classic French Seafood Bouillabaisse
- 262 Classic Creamy New England Clam Chowder
- 265 Hawaiian Opakapaka Seafood Soup
- 268 Hawaiian Manini Soup
- 271 Lechon and Shrimp Sari-Sari Soup
- 274 Shrimp, Mushroom and Scrambled Egg Soup
- 277 Scallops, Shrimp and Squid Soup
- 280 Salmon Soup with Mushrooms and Rice
- 283 Southern Catfish Chowder
- 286 Shrimp Scampi Stew

289 – Vegetables

- 290 Creamy Mushroom Soup
- 293 Healthy Cabbage Soup
- 296 Caramelized French Onion Soup
- 299 Cannellini Minestrone Soup
- 302 Mediterranean Tomato, Oregano & Orzo Soup
- 305 Black Bean Soup
- 308 Middle Eastern Vegetable Stew
- 311 Egg Drop Soup
- 314 Hot & Sour Soup with Tofu and Mushrooms
- 317 Italian Tomato Soup with Pesto-Cheese Toast
- 320 Chunky Vegetable Chowder
- 323 Fire-Roasted Tomato Basil Orzo Soup
- 326 Cheddar Cheese and Broccoli Soup
- 329 Southwest Cheese Soup
- 332 Tortellini Soup
- 335 Three-Bean Beer Stew
- 338 Lentil and Tofu Soup
- 341 Savory Bamboo Shoot Soup with Ginger
- 344 Basil and Cherry Tomato Soup

Bonus Recipes

- 29 Mushroom Gravy
- 35 Easy Creamy Lentil Dip
- 44 Southern Coleslaw
- 71 Green Pea Hummus
- 83 Parmesan Garlic Orzo
- 102 Roasted Red Jalapeno Hot Sauce
- 108 Buffalo Ranch Chicken Dip
- 128 Leftover Turkey Salad
- 134 Artichoke Dip
- 164 Chicken Stuffed Baked Avocados
- 172 Simple Cream Cheese and Ham Spread
- 209 Chickpea Hummus
- 253 Lemongrass and Ginger Tea
- 277 Spicy Chipotle Mayo Dipping Sauce
- 296 Caramelized French Onion Dip
- 299 Cannellini Bean Dip
- 311 Whole Egg Mayonnaise
- 335 Layered Three-Bean Dip
- 338 Creamy Tofu Dip
- 344 Basil Pesto

BEEF & LAMB





SWEET & SOUR MOROCCAN LAMB STEW (TAGINE)



Brandy and I at the Nomad Marrakech restaurant in the heart of the Souks

SWEET & SOUR MOROCCAN LAMB STEW (TAGINE)

27

4 to 6 servings

INGREDIENTS

- 1-1/2 pounds lamb shoulder, bones and fat removed, cut into bite-sized pieces (add the bones and fat to the stew to enhance flavor)
- 2 tablespoons olive oil
- 1 large onion, finely chopped
- 3 garlic cloves, minced
- 1 teaspoon ground cinnamon
- 1 teaspoon ground cumin
- 1/2 teaspoon ground ginger
- 1/2 teaspoon turmeric
- 1/2 teaspoon coriander
- 1/2 teaspoon cardamom
- 1/4 teaspoon cayenne pepper
- 4 cups beef or lamb stock (2-1/2 cups for the pressure cooker)
- 1 cup water (none for the pressure cooker)
- 1/2 cup dried apricots, chopped
- 1 (14.5 ounce) can diced tomatoes, undrained
- 1 large carrot, diced
- 1 celery stalk, diced
- 1/4 cup fresh cilantro, chopped
- 1/4 cup fresh parsley, chopped
- 2 tablespoons fresh lemon juice
- Salt and black pepper to taste
- 1 tablespoon honey
- Optional: cooked orzo or crusty bread, for serving

STOVETOP DIRECTIONS

1. Heat olive oil in a large pot over medium-high heat.
2. Add lamb pieces and lightly brown on all sides. Remove lamb and set aside.
3. In the same pot, add onion, carrot, and celery and sauté until onions are translucent, about 5-10 minutes.
4. Stir in garlic, cinnamon, cumin, ginger, turmeric, coriander, cardamom, and cayenne pepper. Cook for 1 minute until fragrant.
5. Return browned lamb to the pot. Add stock, water, undrained diced tomatoes, and chopped apricots.
6. Bring to a boil, then reduce heat to low and cover. Simmer for 1-1/2 to 2 hours, or until lamb is tender.
7. Stir in honey, lemon juice, cilantro, and parsley. Season with salt and black pepper to taste.
8. Simmer uncovered for another 5-10 minutes to blend flavors and thicken the soup.
9. Serve with orzo pasta or crusty bread.

SLOW COOKER DIRECTIONS

1. Heat olive oil in a large skillet over medium-high heat.
2. Add lamb pieces and lightly brown on all sides, about 5-7 minutes. Transfer browned lamb to the slow cooker.
3. In the same skillet, add onion, carrot, and celery and sauté until onions are translucent, about 5-10 minutes.
4. Stir in garlic, cinnamon, cumin, ginger, turmeric, coriander, cardamom, and cayenne pepper. Cook for 1 minute until fragrant.
5. Transfer sautéed ingredients to the slow cooker and stir to coat the lamb.
6. Add stock, water, undrained diced tomatoes, and chopped apricots to the slow cooker. Stir to combine.
7. Cover and cook for for 3-4 hours on HIGH, or 6-8 hours on LOW until lamb is tender.
8. Once the lamb is tender, stir in honey, lemon juice, cilantro, and parsley. Season with salt and black pepper to taste.
9. Leave the slow cooker uncovered for 5-10 minutes to blend flavors and slightly thicken the soup.
10. Serve with orzo pasta or crusty bread.

PRESSURE COOKER DIRECTIONS

1. Set the pressure cooker to the sauté or sear mode and heat olive oil.
2. Add lamb pieces and lightly brown on all sides. Remove lamb and set aside.
3. Add onion, carrot, and celery to the pot and sauté until onions are translucent, about 5-10 minutes.
4. Stir in garlic, cinnamon, cumin, ginger, turmeric, coriander, cardamom, and cayenne pepper. Cook for 1 minute until fragrant.
5. Return the lamb to the pot. Stir until the meat is well coated.
6. Add undrained diced tomatoes, 2-1/2 cups stock, and chopped apricots. Stir to combine.
7. Secure the lid and cook on high pressure for 40 minutes (20 minutes for loin chops).
8. Allow natural pressure release for 15 minutes, then quick-release any remaining pressure.
9. Stir in honey, lemon juice, cilantro, and parsley. Season with salt and black pepper to taste.
10. Add more stock if desired.
11. Set to sauté mode and simmer uncovered for 5-10 minutes to blend flavors and slightly thicken the soup.
12. Serve with orzo pasta or crusty bread.



STOUT CHUCK STEW WITH MUSHROOMS

BONUS RECIPE: Mushroom Gravy 6 Servings

INGREDIENTS

- 1/4 cup butter
- 1 pound sliced fresh mushrooms
- Salt to taste
- 1/4 cup all-purpose flour, or as needed
- 1 quart beef stock
- Ground black pepper, to taste
- Fresh or dried thyme leaves, to taste

DIRECTIONS

1. Heat butter in a saucepan over medium heat until it foams.
2. Stir in mushrooms and season with salt. Simmer until they release their moisture and start to brown, about 15-20 minutes.
3. Stir in flour; cook and stir for 5 minutes to create a light roux.
4. Add 1 cup of stock, stirring briskly until incorporated. Add the remaining stock and mix thoroughly.
5. Season with black pepper and thyme.
6. Reduce heat to medium-low and simmer until thickened, stirring often, about 30 minutes.



STOUT CHUCK STEW WITH MUSHROOMS

4 to 6 servings

INGREDIENTS

- 2 pounds beef chuck shoulder roast, cut into bite-sized pieces
- 2 tablespoons olive oil
- 1 large onion, diced
- 3 cloves garlic, minced or crushed
- 8 ounces cremini (baby bella) mushrooms, sliced
- 2 tablespoons tomato paste
- 12 fluid ounces stout beer
- 2 cups beef stock (1 cup for the pressure cooker)
- 3 large carrots, peeled and diced
- 2 celery stalks, diced
- 1 teaspoon dried thyme
- 1 bay leaf
- Salt and freshly ground black pepper to taste
- 2 tablespoons all-purpose flour
- 2 tablespoons cold water
- Fresh parsley, chopped (for garnish)

STOVETOP DIRECTIONS

1. Heat olive oil in a large pot over medium-high heat.
2. Season beef pieces with salt and pepper and lightly brown on all sides, about 3-4 minutes per side.. Remove beef and set aside.
3. Add diced onions, carrots, and celery to the pot and sauté until onions are translucent, about 5-10 minutes.
4. Stir in garlic and mushrooms. Cook until mushrooms release their moisture and begin to brown, about 7-10 minutes.
5. Stir in tomato paste and cook for 2 minutes to deepen flavor.
6. Pour in the stout beer and scrape up browned bits from the bottom of the pot.
7. Return beef to the pot. Add beef stock, thyme, and bay leaf. Bring to a simmer.
8. Cover and reduce heat to low. Cook gently for 1-1/2 to 2 hours until beef is tender.
9. In a small bowl, whisk flour with cold water to make a slurry.
10. Stir the slurry into the stew and cook uncovered for another 10 minutes to thicken.
11. Remove the bay leaf, adjust seasoning with salt and pepper, and garnish with fresh parsley before serving.

SLOW COOKER DIRECTIONS

1. Heat olive oil in a large skillet over medium-high heat.
2. Season beef pieces with salt and pepper and lightly brown on all sides, about 3-4 minutes per side. Transfer beef to the slow cooker.
3. Add diced onion, carrots, and celery to the skillet and sauté until onions are translucent, about 5-10 minutes.
4. Stir in garlic and mushrooms. Cook until mushrooms release their moisture and begin to brown, about 7-10 minutes.
5. Stir in tomato paste and cook for 2 minutes.
6. Pour in stout beer and scrape up browned bits from the bottom of the skillet, and let it simmer for 1-2 minutes.
7. Transfer the mixture to the slow cooker.
8. Add beef stock, thyme, and bay leaf to the slow cooker. Stir gently to combine.
9. Cover and cook for 3-4 hours on HIGH, or 6-8 hours on LOW until beef is tender.
10. Once beef is tender, whisk flour with cold water to make a slurry.
11. Stir slurry into the stew in the slow cooker, cook uncovered 20-30 minutes to thicken.
12. Remove bay leaf, adjust seasoning with salt and pepper, and garnish with fresh parsley before serving.

PRESSURE COOKER DIRECTIONS

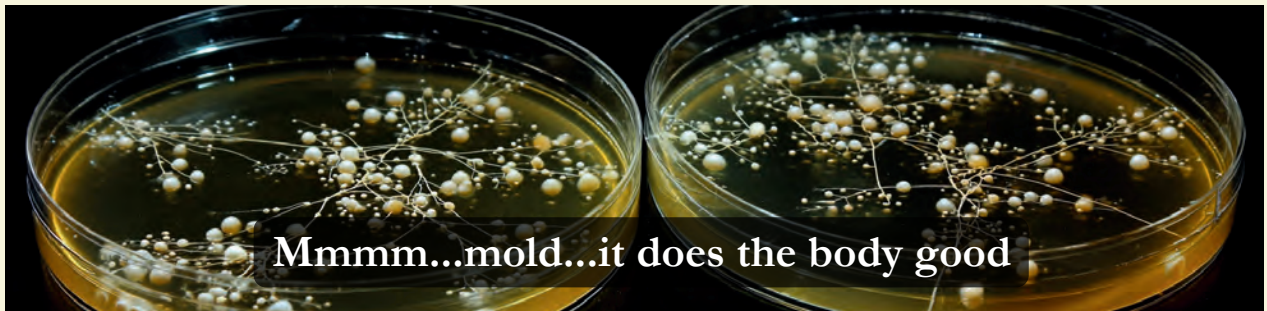
1. Set pressure cooker to the sauté or sear mode and heat olive oil.
2. Season beef pieces with salt and pepper and lightly brown on all sides, about 3-4 minutes per side. Remove beef and set aside.
3. Add diced onions, carrots, and celery to the pressure cooker and sauté until onions are translucent, about 5-10 minutes.
4. Stir in garlic and mushrooms. Cook until mushrooms release their moisture and begin to brown, about 7-10 minutes.
5. Stir in tomato paste and cook for 2 minutes.
6. Pour in stout beer and scrape up browned bits from the bottom of the pot, and let simmer for 1-2 minutes.
7. Return browned beef to the pressure cooker.
8. Add 1 cup beef stock, thyme, and bay leaf. Stir gently to combine.
9. Secure the lid and cook on high pressure for 40 minutes.
10. Allow natural pressure release for 15 minutes, then quick-release any remaining pressure.
11. Remove bay leaf. Whisk flour with cold water to make a slurry.
12. Set pressure cooker to sauté or sear mode again, stir slurry into stew, and cook uncovered for 5-7 minutes until thickened, stirring occasionally.
13. Adjust seasoning with salt and pepper. Garnish with fresh parsley before serving.



CHICKEN MISO SOUP WITH MUSHROOMS

Miso is a traditional Japanese seasoning made from fermented soybeans, salt, and koji (a strain of mold with the very sophisticated name of *Aspergillus oryzae*). It is a thick, savory paste used in a wide range of dishes—most obviously in miso soup—but also in marinades, dressings, and glazes. Its rich umami flavor can range from salty and savory to sweet or tangy, depending on the ingredients used and the fermentation time, which can vary from weeks to years. Koji is also used to ferment soy sauce, sake, and rice vinegar.

You'll notice that this recipe calls for white miso. There are three main varieties of miso: white, yellow and red. White is the mildest, with an almost sweet flavor. Yellow is stronger because it has been fermented longer, and can also involve barley and rice, each of which provides its own flavor. Red is the strongest because it has been fermented the longest, sometimes several years. If you want to go full bore and use red miso instead of white, then go for it. Nobody's stopping you.



Mmmm...mold...it does the body good

CHICKEN MISO SOUP WITH MUSHROOMS

4 to 6 servings

INGREDIENTS

- 1 pound boneless, skinless chicken thighs, cut into bite-sized pieces
- 6 cups water (3 cups for the pressure cooker)
- 3 tablespoons white miso paste
- 1 pound fresh sliced mushrooms (shiitake, cremini, etc)
- 1 cup firm tofu, cubed
- 2 green onions, sliced thin
- 2 tablespoons soy sauce
- 1 tablespoon sesame oil
- 1-inch piece fresh ginger, peeled and grated
- 2 cloves garlic, minced or crushed
- 1 sheet nori seaweed, cut into thin strips (optional)
- Salt and black pepper to taste

STOVETOP DIRECTIONS

1. In a large pot, heat sesame oil over medium heat.
2. Add chicken pieces to the pot and cook until lightly browned on all sides, about 5-7 minutes. Remove chicken and set aside.
3. Add garlic and ginger to the pot; sauté for about 1 minute until fragrant.
4. Return chicken to the pot. Pour in 6 cups of water and bring to a gentle boil. Skim off any foam that rises to the surface.
5. Add the sliced mushrooms and soy sauce. Reduce heat to a simmer and cook for 10-15 minutes until chicken is tender.
6. Meanwhile, place miso paste in a small bowl and ladle about 1 cup of hot liquid from the pot into the bowl. Stir until the miso paste dissolves completely.
7. Slowly pour the miso mixture into the pot, stirring gently to combine. Do not boil after adding miso in order to preserve the miso flavor and probiotics.
8. Add cubed tofu and nori strips (if using) to the soup. Simmer for another 4-5 minutes until tofu is heated through.
9. Season the soup with salt and black pepper to taste.
10. Ladle soup into bowls and garnish with sliced green onions before serving.

SLOW COOKER DIRECTIONS

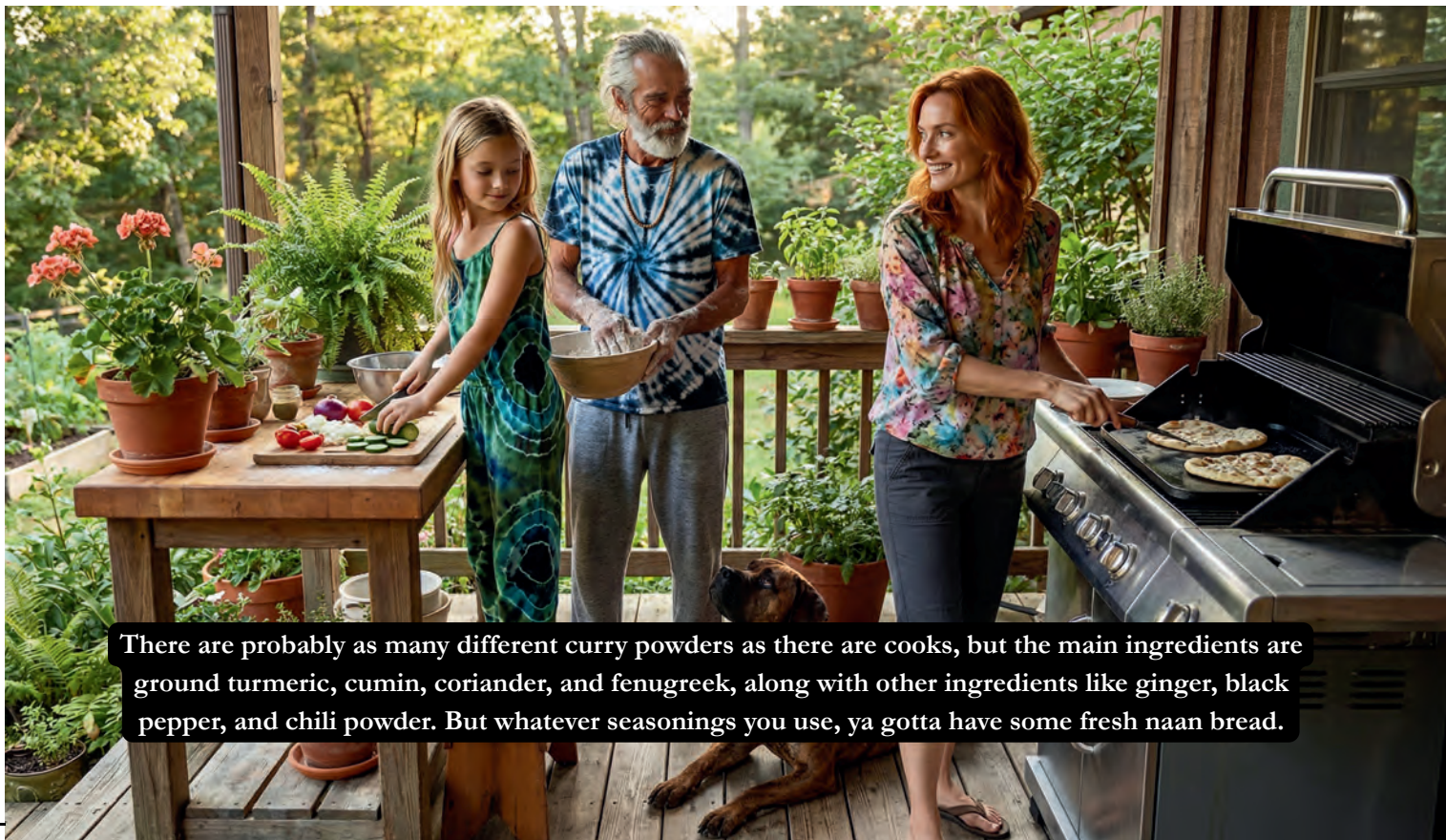
1. In a skillet, heat sesame oil over medium heat.
2. Add chicken pieces to the skillet and cook until lightly browned on all sides, about 5-7 minutes. Remove chicken and transfer to the slow cooker.
3. Add garlic and ginger to the skillet; sauté for about 1 minute until fragrant.
4. Transfer the garlic and ginger mixture to the slow cooker.
5. Add sliced mushrooms, soy sauce, and water to the slow cooker.
6. Cover and cook for 3-4 hours on HIGH, or 6-8 hours on LOW until chicken is tender.
7. Place miso paste in a small bowl and ladle about 1 cup of hot liquid from the slow cooker into the bowl. Stir until miso paste dissolves completely.
8. Slowly stir the miso mixture into the slow cooker. Add cubed tofu and nori strips (if using). Cover, turn off heat, and let sit for 10-15 minutes for the tofu to heat through.
9. Season the soup with salt and black pepper to taste.
10. Ladle soup into bowls and garnish with sliced green onions before serving.

PRESSURE COOKER DIRECTIONS

1. Set the pressure cooker to the sauté or sear mode and heat sesame oil.
2. Add chicken pieces to the pot and cook until lightly browned on all sides, about 5-7 minutes.
3. Add garlic and ginger; sauté for about 1 minute until fragrant.
4. Add sliced mushrooms, soy sauce, and 3 cups water to the pressure cooker. Stir to combine.
5. Secure the lid and cook on high pressure for 5 minutes.
6. Allow for a natural pressure release of 5 minutes, then carefully quick-release the remaining pressure.
7. In a small bowl, place miso paste and ladle about 1 cup of hot liquid from the pressure cooker into the bowl. Stir until miso dissolves completely.
8. Slowly stir the miso mixture into the cooker.
9. Add cubed tofu and nori strips (if using).
10. Set the cooker to sauté or sear mode and gently cook for about 5 minutes until tofu is heated through. Do not boil in order to preserve the miso flavor and probiotics. Add more water if desired.
11. Season the soup with salt and black pepper to taste.
12. Ladle soup into bowls and garnish with sliced green onions before serving.



CURRIED CHICKEN AND COCONUT SOUP



There are probably as many different curry powders as there are cooks, but the main ingredients are ground turmeric, cumin, coriander, and fenugreek, along with other ingredients like ginger, black pepper, and chili powder. But whatever seasonings you use, ya gotta have some fresh naan bread.

CURRIED CHICKEN AND COCONUT SOUP

4 to 6 servings

INGREDIENTS

- 1 pound boneless, skinless chicken thighs, cut into bite-sized pieces
- 1 tablespoon olive oil
- 1 medium onion, finely chopped (about 1 cup)
- 2 cloves garlic, minced or crushed
- 1 tablespoon fresh ginger, grated
- 2 tablespoons yellow curry powder
- 1 teaspoon ground turmeric
- 1/2 teaspoon ground cumin
- 4 cups chicken stock (2 cups for the pressure cooker)
- 1 (14 ounce) can coconut milk
- 1 medium carrot, thinly sliced
- 1 red bell pepper, thinly sliced
- 1/2 cup frozen peas
- 1 lime, juiced
- Salt and black pepper to taste
- 2 tablespoons fresh cilantro, chopped
- Naan bread
- 1 small jalapeño, sliced (optional)

STOVETOP DIRECTIONS

1. Heat olive oil in a large pot over medium heat.
2. Add chicken pieces to the pot. Stirring occasionally, cook until they start to brown on all sides, about 5-7 minutes. Remove and set aside.
3. Add onions to the pot and sauté until translucent, about 5-10 minutes.
4. Stir in garlic and ginger, cooking for 1 minute until fragrant.
5. Add curry powder, turmeric, and cumin; stir well to coat the vegetables, cooking for another minute.
6. Return the chicken pieces to the pot.
7. Pour in the stock and coconut milk. Stir to combine and bring to a gentle simmer.
8. Add the carrots and red bell pepper. Simmer uncovered for 10-15 minutes, or until the chicken is cooked through and vegetables are tender.
9. Stir in frozen peas and cook for 2 more minutes.
10. Remove from heat, add lime juice, and season with salt and black pepper to taste.
11. Ladle soup into bowls and garnish with chopped cilantro and sliced jalapeño if desired.
12. Serve with warm naan bread.

SLOW COOKER DIRECTIONS

1. Heat olive oil in a skillet over medium heat.
2. Add chicken pieces to the skillet. Stirring occasionally, cook until they start to brown on all sides, about 5-7 minutes. Remove and place in the slow cooker.
3. Add onions to the skillet and sauté until translucent, about 5-10 minutes.
4. Stir in garlic and ginger, cooking for 1 minute until fragrant.
5. Add curry powder, turmeric, and cumin to the skillet; stir well to coat the vegetables, cooking for another minute.
6. Transfer the sautéed mixture to the slow cooker.
7. Add carrot, red bell pepper, chicken stock, and coconut milk to the slow cooker. Stir to combine.
8. Cover and cook for 3-4 hours on HIGH, or 6-8 hours on LOW until chicken is cooked through and vegetables are tender.
9. Stir in frozen peas and continue cooking for about 10 minutes until the peas are hot.
10. Stir in lime juice and season with salt and black pepper to taste.
11. Ladle soup into bowls and garnish with chopped cilantro and sliced jalapeño if desired.
12. Serve with warm naan bread.

PRESSURE COOKER DIRECTIONS

1. Set the pressure cooker to the sauté or sear mode and heat olive oil.
2. Add chicken pieces to the pressure cooker. Stirring occasionally, cook until they start to brown on all sides, about 5-7 minutes. Remove and set aside.
3. Add chopped onion to the cooker and sauté until translucent, about 5-10 minutes.
4. Stir in garlic and ginger; cook for 1 minute until fragrant.
5. Add curry powder, turmeric, and cumin; stir to coat ingredients and cook for another minute.
6. Add chicken pieces, carrot, red bell pepper, coconut milk, and 2 cups stock to the pressure cooker. Stir to combine.
7. Secure the lid and cook on high pressure for 5 minutes.
8. Allow a natural pressure release for 5 minutes, then quick-release the remaining pressure.
9. Stir in frozen peas, replace the lid, and let the residual heat cook the peas for 5 minutes.
10. Stir in lime juice, and season with salt and black pepper to taste. Add more stock if desired.
11. Ladle soup into bowls and garnish with chopped cilantro and sliced jalapeño if desired.
12. Serve with warm naan bread.



SMOKED HAM AND BEAN SOUP

BONUS RECIPE: Simple Cream Cheese and Ham Spread

8 Servings

INGREDIENTS

- 1 (8 ounce) package cream cheese, softened
- 3 ounces smoked ham, finely chopped
- 2 green onions, chopped
- 1 teaspoon powdered garlic
- 2 tablespoons Dijon mustard

DIRECTIONS

1. Thoroughly mix all ingredients together in a bowl.
2. Cover bowl with plastic wrap and refrigerate 8 hours or overnight.



SMOKED HAM AND BEAN SOUP

4 to 6 servings

INGREDIENTS

- 1 pound dried great Northern beans, rinsed and drained
- 12 cups chicken stock (8 cups for the pressure cooker)
- 1 pound smoked ham hock
- 2 cups cubed cooked smoked ham
- 1 medium onion, diced (about 1 cup)
- 2 cloves garlic, minced or crushed
- 2 medium carrots, diced (about 1 cup)
- 2 celery stalks, diced
- 1 bay leaf
- 1 teaspoon dried thyme
- 1/2 teaspoon black pepper
- 1 teaspoon salt, adjust to taste
- 2 tablespoons olive oil
- 1-1/2 cups small pasta (such as ditalini, elbow macaroni, or small shells)
- Chopped fresh parsley for garnish (optional)

STOVETOP DIRECTIONS

1. In a large pot, heat olive oil over medium heat.
2. Add diced onion, carrots, and celery. Sauté until onions are translucent, about 5-10 minutes. Stir frequently.
3. Stir in garlic and cook for 1 minute until fragrant.
4. Add the stock, smoked ham hock, bay leaf, thyme, pepper, and salt.
5. Bring the mixture to a boil, then reduce heat to low. Cover and simmer gently for 2 to 3 hours, stirring occasionally, until the ham is falling off the bone.
6. Meanwhile, in another pot, cook the beans according to the package instructions. Once beans are tender, remove from heat and set aside.
7. Remove the ham hock and shred the meat, discarding bone and fat. (You can use the bones to make stock.)
8. Return the shredded ham to the pot, along with the beans and cubed smoked ham.
9. Add pasta to the pot and simmer uncovered for an additional 10-15 minutes, or until pasta is tender, stirring occasionally to prevent sticking. As the pasta cooks and absorbs the liquid, you may need to add more stock or water.
10. Adjust seasoning with salt and pepper as needed.
11. Remove the bay leaf before serving and garnish with chopped fresh parsley if desired.

SLOW COOKER DIRECTIONS

1. In a skillet, heat olive oil over medium heat.
2. Add diced onion, carrots, and celery; sauté until onions are translucent, about 5-10 minutes. Stir frequently.
3. Stir in garlic and cook for 1 minute until fragrant.
4. Transfer the sautéed mixture to the slow cooker.
5. Add the stock, beans, smoked ham hock, bay leaf, thyme, black pepper, and salt to the slow cooker.
6. Cover and cook for 4-6 hours on HIGH, or 6-8 hours on LOW until the beans are tender and the ham is falling off the bone.
7. Remove the ham hock and shred the meat, discarding bone and fat. (You can use the bones to make stock.)
8. Return the shredded ham to the slow cooker, along with the cubed smoked ham, and stir.
9. Add the pasta to the slow cooker and cook for an additional 10-15 minutes, or until pasta is tender, stirring occasionally to prevent sticking. As the pasta cooks and absorbs the liquid, you may need to add more stock or water.
10. Adjust seasoning with salt and pepper as needed.
11. Remove the bay leaf before serving and garnish with chopped fresh parsley if desired.

PRESSURE COOKER DIRECTIONS

1. Set the pressure cooker to the sauté or sear mode and heat olive oil.
2. Add diced onion, carrots, and celery and sauté until onions are translucent, about 5-10 minutes. Stir frequently.
3. Stir in garlic and cook for 1 minute until fragrant.
4. Add beans, smoked ham hock, 8 cups stock, bay leaf, thyme, black pepper, and salt to the pressure cooker. Stir to combine.
5. Secure the lid and cook on high pressure for 20 minutes.
6. Carefully quick-release the pressure.
7. Add the beans. Reseal the lid and cook on high pressure for 30 more minutes.
8. Allow natural pressure release for 10 minutes, then quick-release any remaining pressure.
9. Remove the ham hock and shred the meat, discarding bone and fat. (You can use the bones to make stock.)
10. Return the shredded ham to the pot, along with the cubed smoked ham, and stir.
11. Add the pasta to the soup and switch the cooker back to sauté or sear mode. Cook until pasta is tender, about 10-15 minutes, stirring occasionally to prevent sticking. As the pasta cooks and absorbs the liquid, you may need to add more stock or water.
12. Adjust seasoning with salt and pepper as needed.
13. Remove the bay leaf before serving and garnish with chopped fresh parsley if desired.



PORK SOBA SOUP WITH BOK CHOY

Bok choy is a type of cabbage that originated from China, where it has been cultivated for over 6,000 years and is believed to have evolved from the mustard plant. It has since spread throughout Asia and was introduced to North America in the 19th century.

Today, it is grown in many parts of the world, including the United States, where it is primarily cultivated in California, Arizona, Texas, and Florida.



PORK SOBA SOUP WITH BOK CHOY

4 to 6 servings

INGREDIENTS

- 1-1/2 pounds pork tenderloin
- 2 tablespoons vegetable oil
- 1 tablespoon salt
- 1/2 teaspoon black pepper
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1/2 teaspoon smoked paprika
- 1 tablespoon vegetable oil
- 8 ounces soba noodles
- 8 cups chicken stock (4 cups for the pressure cooker)
- 4 cups baby bok choy, halved
- 3 cloves garlic, minced or crushed
- 1 tablespoon grated fresh ginger
- 2 tablespoon soy sauce
- 1 tablespoon miso paste
- 1 tablespoon rice vinegar
- 1 teaspoon sesame oil
- 2 green onions, sliced
- 1 teaspoon crushed red pepper flakes (optional)



Remember the 80's?

STOVETOP DIRECTIONS

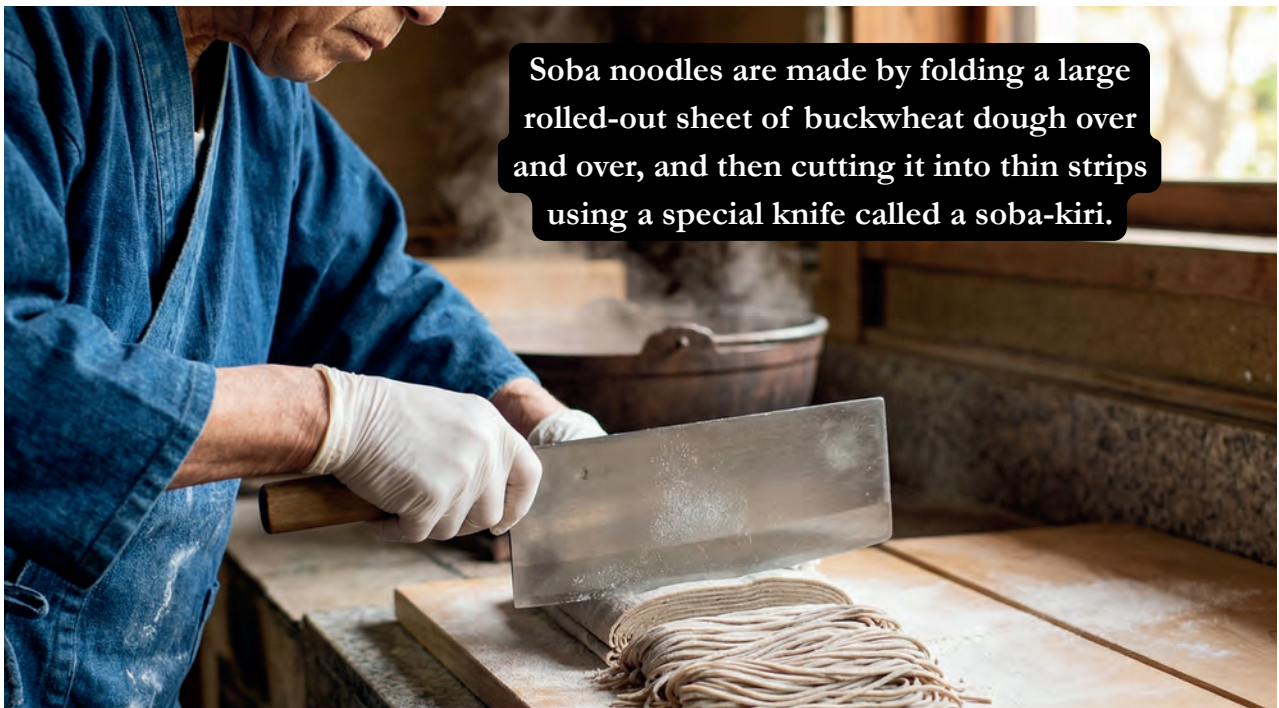
1. Pat the raw pork dry with paper towels.
2. In a small bowl, mix salt, pepper, garlic powder, onion powder, and smoked paprika; rub this seasoning evenly over the pork.
3. Heat vegetable oil in a large pot or Dutch oven over medium-high heat.
4. Add the pork and sear on all sides until browned, about 3-4 minutes per side.
5. Add some stock and reduce heat to low. Cover the pot, and cook the pork gently for 1 to 1-1/2 hours, turning occasionally, until very tender and easy to shred. Keep cooking until the internal temperature is 200°F. Add stock as needed if it gets too dry.
6. Remove the pork from the pot and let it rest for 5 minutes. Use two forks to shred the pork.
7. Scoop off any excess fat from the pot, but keep the liquid drippings.
8. Increase temperature to medium heat.
9. Add garlic and grated ginger; sauté for 1-2 minutes until fragrant.
10. Pour in the stock. Stir in soy sauce and rice vinegar. Bring the pot to a gentle boil, then reduce to a simmer.
11. Stir in sesame oil and miso paste and adjust seasoning with salt, pepper, and red pepper flakes if desired. Stir until miso paste is fully dissolved.
12. Meanwhile, cook soba noodles according to package instructions. Drain and rinse under cold water.
13. Add the baby bok choy to the pot and simmer for 3-5 minutes until tender but still crisp.
14. Divide the cooked soba noodles and shredded pork among serving bowls.
15. Ladle the hot stock and bok choy over the noodles and pork. Garnish with sliced green onions.

SLOW COOKER DIRECTIONS

1. Pat the raw pork dry with paper towels. Cut pork across the grain into 1-1/2 inch thick slices.
2. In a large resealable plastic bag, add salt, pepper, garlic powder, onion powder, and smoked paprika. Seal the bag and shake to mix spices.
3. Add pork slices to the bag, reseal, and shake to fully coat the pork.
4. Heat vegetable oil in a skillet over medium heat. Add the pork and sear until browned, about 3-4 minutes per side.
5. Transfer pork to the slow cooker and add any remaining spices from the plastic bag.
6. Stir a little stock into the skillet to deglaze, and scrape any browned bits from the bottom.
7. Add garlic and ginger to the skillet; sauté for 1-2 minutes until fragrant. Transfer mixture to the cooker.
8. Add stock, soy sauce, rice vinegar, and crushed red pepper flakes to the slow cooker.
9. Cover, and cook for 3-4 hours on HIGH, or 6-8 hours on LOW until pork easily shreds.
10. Meanwhile, cook soba noodles according to package instructions. Drain and rinse under cold water.
11. Remove pork from the slow cooker and shred with two forks. Set aside.
12. Stir sesame oil and miso paste into the slow cooker and adjust seasoning with salt, pepper, and red pepper flakes if desired. Stir until miso paste is fully dissolved.
13. Add the baby bok choy to the cooker and heat for 3-5 minutes until tender but still crisp.
14. Divide the cooked soba noodles and shredded pork among serving bowls.
15. Ladle the hot soup and bok choy over the noodles and pork. Garnish with sliced green onions.

PRESSURE COOKER DIRECTIONS

1. Pat the raw pork dry with paper towels. Cut pork across the grain into 1-1/2 inch thick slices.
2. In a large resealable plastic bag, add salt, pepper, garlic powder, onion powder, and smoked paprika. Seal the bag and shake to mix spices.
3. Add pork slices to the bag, reseal, and shake to fully coat the pork.
4. Set the pressure cooker to the sauté or sear mode and heat the vegetable oil.
5. Add the pork slices in batches and sear until browned, about 1-2 minutes per side. Remove the pork and set aside.
6. Stir a little stock into the cooker to deglaze, and scrape any browned bits from the bottom.
7. Add garlic and grated ginger; sauté for 1-2 minutes until fragrant.
8. Add soy sauce, rice vinegar, 4 cups stock, and crushed red pepper flakes to the cooker.
9. Return the pork to the cooker. Make sure it is covered by the stock.
10. Secure the lid and cook on high pressure for 20 minutes.
11. Meanwhile, cook soba noodles according to package instructions. Drain and rinse under cold water.
12. Allow cooker to naturally release pressure for 5 minutes, then quick-release any remaining pressure.
13. Remove the pork and set aside.
14. Stir sesame oil and miso paste into the cooker and adjust seasoning with salt, pepper, and red pepper flakes if desired. Stir until miso paste is fully dissolved.
15. Add the baby bok choy to the cooker and stir. Replace cover, and let sit for 3-5 minutes until the bok choy is tender but still crisp. Meanwhile shred the pork with two forks.
16. Divide the cooked soba noodles and shredded pork among serving bowls.
17. Ladle the hot soup and bok choy over the noodles and pork. Garnish with sliced green onions.




Soba noodles are made by folding a large rolled-out sheet of buckwheat dough over and over, and then cutting it into thin strips using a special knife called a soba-kiri.

SEAFOOD








Cooked okra. Either you love it or you hate it. Growing up in Hawaii, I got a lot of okra cooked in every imaginable way under the sun.

Now that I'm in Texas, Brandy, Becca and I visit New Orleans at least once a year to experience Cajun cuisine at its best. This recipe does its darnedest to replicate the real thing.

LOUISIANA SHRIMP AND SAUSAGE GUMBO



Becca hates cooked okra, so she's having the Cajun catfish platter. Yes, she could have gotten gumbo without okra, but then it would just be plain ol' stew.

Becca: "I didn't drive over 700 miles just to eat stew!"

LOUISIANA SHRIMP AND SAUSAGE GUMBO

4 to 6 servings

INGREDIENTS

- 1 pound medium shrimp, peeled and deveined, room temperature
- 1/2 pound smoked Andouille sausage, sliced into 1/4-inch to 1/2-inch pieces
- 1 cup vegetable oil
- 1 cup all-purpose flour
- 1 large onion, finely chopped (about 1.5 cups)
- 1 green bell pepper, diced
- 2 celery stalks, diced
- 4 cloves garlic, minced or crushed
- 4 cups fish stock or chicken stock (3 cups for the pressure cooker)
- 1 (14.5 ounce) can diced tomatoes, undrained
- 2 cups sliced okra
- 2 bay leaves
- 1 teaspoon dried thyme
- 1 teaspoon Cajun seasoning
- 1/2 teaspoon smoked paprika
- 1/4 teaspoon cayenne pepper (optional)
- Salt and black pepper to taste
- 1/4 cup chopped fresh parsley
- 4 green onions, sliced
- Cooked white rice, for serving

STOVETOP DIRECTIONS

1. Heat the vegetable oil in a large heavy pot or Dutch oven over medium heat.
2. Gradually whisk in the flour, stirring constantly to make a dark roux. Continue stirring for about 30-45 minutes until the roux reaches a deep brown color but is not burnt.
3. Pour in the stock and stir to combine with the roux.
4. Add undrained diced tomatoes, sliced sausage, sliced okra, chopped onion, bell pepper, celery, garlic, bay leaves, thyme, Cajun seasoning, smoked paprika, cayenne pepper (if using), and season with salt and pepper. Stir again.
5. Bring to a boil, then reduce heat and simmer uncovered for 30 minutes, stirring occasionally.
6. Add the shrimp and simmer for another 10-15 minutes, or until the shrimp are pink and opaque.
7. Remove bay leaves, stir in chopped parsley and sliced green onions.
8. Serve hot over cooked white rice.

SLOW COOKER DIRECTIONS

1. Heat the vegetable oil in a large skillet over medium heat.
2. Gradually whisk in the flour, stirring constantly to make a dark roux. Continue stirring for about 30-45 minutes until the roux reaches a deep brown color but is not burnt.
3. Pour in the stock and stir to combine with the roux.
4. Remove from heat and transfer to the slow cooker.
5. To the slow cooker, add undrained diced tomatoes, sliced sausage, sliced okra, chopped onion, bell pepper, celery, garlic, bay leaves, thyme, Cajun seasoning, smoked paprika, cayenne pepper (if using), and season with salt and pepper. Stir to combine.
6. Cover and cook for 3-4 hours on HIGH, or 6-8 hours on LOW until vegetables are tender and flavors meld.
7. Once the vegetables are tender, add the shrimp, replace the lid, and cook for 10-15 minutes, or until the shrimp are pink and opaque.
8. Remove bay leaves, stir in chopped parsley and sliced green onions.
9. Serve hot over cooked white rice.

PRESSURE COOKER DIRECTIONS

1. Set the pressure cooker to the sauté or sear mode and heat vegetable oil.
2. Gradually whisk in the flour, stirring constantly to make a dark roux. Continue stirring for about 30-45 minutes until the roux reaches a deep brown color but is not burnt.
3. Pour in 3 cups of stock and stir to combine with the roux.
4. Add the undrained diced tomatoes, sliced sausage, sliced okra, chopped onion, bell pepper, celery, garlic, bay leaves, thyme, Cajun seasoning, smoked paprika, cayenne pepper (if using), salt, and black pepper. Stir to combine.
5. Secure the lid and cook on high pressure for 10 minutes.
6. Carefully quick-release the pressure.
7. Add the shrimp, and stir to combine.
8. Set the cooker to Keep Warm, or similar setting.
9. Replace the lid and let sit for 10-15 minutes, or until shrimp are pink and opaque.
10. Remove bay leaves, stir in chopped parsley and sliced green onions. Add more stock if needed.
11. Serve hot over cooked white rice.



SAVORY CLAM AND MUSHROOM SOUP



Becca and I
hunting for
Quahog clams at
South Padre
Island. I think this
one will feed us
for a week.

SAVORY CLAM AND MUSHROOM SOUP

4 to 6 servings

INGREDIENTS

- 2 pounds fresh clams, cleaned
- 8 ounces mushrooms, sliced (shiitake, cremini, etc.)
- 1 small onion, finely chopped
- 2 cloves garlic, minced or crushed
- 4 cups chicken stock or vegetable broth (3 cups for the pressure cooker)
- 1 cup water (none for the pressure cooker)
- 2 tablespoons olive oil
- 1/4 cup dry white wine
- 1 teaspoon fresh thyme leaves
- 1 bay leaf
- 1/2 teaspoon crushed red pepper flakes
- Salt to taste
- Freshly ground black pepper to taste
- 2 tablespoons chopped fresh parsley
- Juice of half a lemon

STOVETOP DIRECTIONS

1. Heat olive oil in a large pot over medium heat.
2. Add the chopped onion and mushrooms and sauté until onions are translucent, about 5-10 minutes.
3. Stir in garlic and sauté for 1 minute until fragrant.
4. Pour in the white wine and scrape the bottom of the pot to deglaze. Let it simmer for 2 minutes to reduce slightly.
5. Add stock or broth, water, thyme, bay leaf, and crushed red pepper flakes. Bring to a simmer.
6. Add the cleaned clams to the pot. Cover and cook for 6-8 minutes.
7. Remove the bay leaf and discard any unopened clams.
8. Season the soup with salt, pepper, and lemon juice to taste.
9. Stir in fresh parsley before serving.

SLOW COOKER DIRECTIONS

1. Heat olive oil in a skillet over medium heat.
2. Add the chopped onion and mushrooms and sauté until onions are translucent, about 5-10 minutes.
3. Stir in garlic cook for 1 minute until fragrant.
4. Pour in the white wine and scrape the bottom of the pot to deglaze. Let it simmer for 2 minutes to reduce slightly. Transfer mixture to the slow cooker.
5. Add stock or broth, water, thyme, bay leaf, and crushed red pepper flakes to the slow cooker. Stir to combine.
6. Cover and cook for 5 hours on HIGH or 8 hours on LOW to heat the soup.
7. Add the cleaned clams. Cover and continue to cook for about 10-15 minutes until clams open.
8. Remove the bay leaf and discard any unopened clams.
9. Season the soup with salt, pepper, and lemon juice to taste.
10. Stir in fresh parsley before serving.

PRESSURE COOKER DIRECTIONS

1. Set the pressure cooker to the sauté or sear mode and heat olive oil.
2. Add the chopped onion and mushrooms and sauté until onions are translucent, about 5-10 minutes.
3. Stir in garlic and sauté for 1 minute until fragrant.
4. Pour in the white wine and scrape the bottom of the pot to deglaze. Let it simmer for 2 minutes to reduce slightly.
5. Add cleaned clams, 3 cups stock or broth, thyme, bay leaf, and crushed red pepper flakes. Stir to combine.
6. Secure the lid and cook on high pressure for 3-4 minutes.
7. Carefully quick-release the pressure.
8. Remove the bay leaf, discard any unopened clams, and add more stock if desired.
9. Season the soup with salt, pepper, and lemon juice to taste.
10. Stir in fresh parsley before serving.



VEGETABLES

289

Including everything that people think are vegetables but aren't, like tomatoes, and cucumbers, and peppers, and zucchini, and mushrooms, and okra, and squash, and avocados, and corn, and....





CREAMY MUSHROOM SOUP



CREAMY MUSHROOM SOUP

4 to 6 servings

INGREDIENTS

- 20 ounces sliced mushrooms (cremini, button, oyster, shiitake, etc....whatever you like)
- 1/2 cup yellow onion, finely chopped
- 2 cloves garlic, minced or crushed
- 4 cups vegetable broth (2 cups for the pressure cooker)
- 1 cup heavy cream
- 3 tablespoons unsalted butter, divided
- 2 tablespoons all-purpose flour
- 1 tablespoon fresh thyme leaves
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1 tablespoon olive oil
- Chopped fresh parsley for garnish

STOVETOP DIRECTIONS

1. Heat olive oil and 2 tablespoons butter in a large pot over medium heat.
2. Add onions and sauté until translucent, about 5-10 minutes.
3. Add garlic and sauté 1 minute until fragrant.
4. Add sliced mushrooms and thyme; sauté until mushrooms release moisture and shrink, about 7-10 minutes.
5. Sprinkle flour over the mushroom mixture and stir well to combine. Continue stirring and cook for 1-2 minutes to remove raw flour taste and create a roux.
6. Gradually whisk in broth to avoid lumps, then bring to a boil.
7. Reduce heat and simmer for 10-15 minutes, stirring occasionally.
8. Using an immersion blender, puree half the soup for a creamy texture while leaving some mushroom pieces intact.
9. Stir in the heavy cream and remaining 1 tablespoon butter; heat through but do not boil.
10. Season with salt and pepper to taste.
11. Serve hot, garnished with chopped parsley.

SLOW COOKER DIRECTIONS

1. Heat olive oil and 2 tablespoons butter in a skillet over medium heat.
2. Add onions and sauté until translucent, about 5-10 minutes.
3. Add garlic and sauté 1 minute until fragrant.
4. Add sliced mushrooms and thyme; sauté until mushrooms release moisture and shrink, about 7-10 minutes.
5. Sprinkle flour over the mushroom mixture and stir well to combine. Continue stirring and cook for 1-2 minutes to remove raw flour taste and create a roux.
6. Gradually whisk in broth to avoid lumps. Transfer mixture to the slow cooker.
7. Cover and cook for 4-6 hours on HIGH, or 6-8 hours on LOW.
8. Using an immersion blender, puree half the soup in the slow cooker to create a creamy texture while leaving some mushroom pieces intact.
9. Stir in heavy cream and remaining 1 tablespoon butter and continue to for an additional 15 minutes.
10. Season with salt and pepper to taste.
11. Serve hot, garnished with chopped parsley.

PRESSURE COOKER DIRECTIONS

1. Set the pressure cooker to the sauté or sear mode.
2. Heat olive oil and 2 tablespoons butter in the pot.
3. Add onions and sauté until translucent, about 5-10 minutes.
4. Add garlic and sauté 1 minute until fragrant.
5. Add sliced mushrooms and thyme; sauté until mushrooms release moisture and shrink, about 7-10 minutes.
6. Sprinkle flour over the mushroom mixture and stir well to combine. Continue stirring and cook for 1-2 minutes to remove raw flour taste and create a roux.
7. Pour in 2 cups broth and stir to incorporate roux evenly.
8. Secure the lid and cook on high pressure for 5 minutes.
9. Quick-release the pressure, then carefully open the lid.
10. Using an immersion blender, puree half the soup in the pot to create a creamy texture while leaving some mushroom pieces intact.
11. Stir in heavy cream and remaining 1 tablespoon butter
12. Return the cooker to sauté or sear mode and heat for an additional 5 minutes, stirring occasionally, without allowing it to boil.
13. Season with salt and pepper to taste. Add more heated broth if needed.
14. Serve hot, garnished with chopped parsley.



HEALTHY CABBAGE SOUP



Meet Jarrett Oliver, the lead singer for Booger Flats.

When you just happen to have a large-bore cannon and a big box of moldy cabbage that nobody wants, what else are ya gonna do?

HEALTHY CABBAGE SOUP

4 to 6 servings

INGREDIENTS

- 1 medium head green cabbage, chopped (about 6 cups)
- 1 large onion, diced (about 1.5 cups)
- 3 cloves garlic, minced or crushed
- 3 large carrots, sliced (1.5 to 2 cups)
- 3 stalks celery, sliced
- 1 (14.5 ounce) can diced tomatoes, undrained
- 6 cups vegetable broth (3 cups for the pressure cooker)
- 1 tablespoon olive oil
- 1 teaspoon dried thyme
- 1 teaspoon dried oregano
- 1/2 teaspoon smoked paprika
- Salt and black pepper to taste
- 1 tablespoon fresh parsley, chopped (optional)

STOVETOP DIRECTIONS

1. Heat olive oil in a large pot over medium heat.
2. Add onion, carrots and celery; cook until onions are translucent, about 5-10 minutes.
3. Stir in garlic and cook for 1 minute until fragrant.
4. Add chopped cabbage, stirring well to combine all vegetables.
5. Pour in the broth and undrained diced tomatoes.
6. Stir in thyme, oregano, and paprika.
7. Bring the soup to a boil, then reduce heat to low and simmer uncovered for 15-20 minutes.
8. Season with salt and black pepper to taste.
9. Remove from heat and sprinkle with fresh parsley if desired.

SLOW COOKER DIRECTIONS

1. In a skillet, heat olive oil over medium heat.
2. Add diced onion and cook until translucent, about 5-10 minutes.
3. Stir in garlic and cook for 1 minute until fragrant.
4. Transfer onion and garlic to the slow cooker.
5. Add cabbage, carrots, celery, undrained diced tomatoes, broth, thyme, oregano, and paprika to the slow cooker.
6. Stir well to combine all ingredients.
7. Cover and cook for 4-6 hours on HIGH, or 6-8 hours on LOW until vegetables are tender.
8. Season with salt and black pepper to taste.
9. Stir in fresh parsley if desired before serving.

PRESSURE COOKER DIRECTIONS

1. Set the pressure cooker to the sauté or sear mode and heat the olive oil.
2. Add diced onion and cook until translucent, about 5-10 minutes.
3. Stir in garlic and cook for 1 minute until fragrant.
4. Stir in undrained diced tomatoes, 3 cups broth, carrots, celery, cabbage, thyme, oregano, and paprika.
5. Secure the lid and cook on high pressure for 3-5 minutes.
6. After cooking is finished, carefully quick-release the pressure.
7. Season with salt and black pepper to taste. Add more broth if needed.
8. Stir in fresh parsley if desired before serving.



Like I said in the Classic Texas Chili recipe (page 80) don't make Sarah mad.