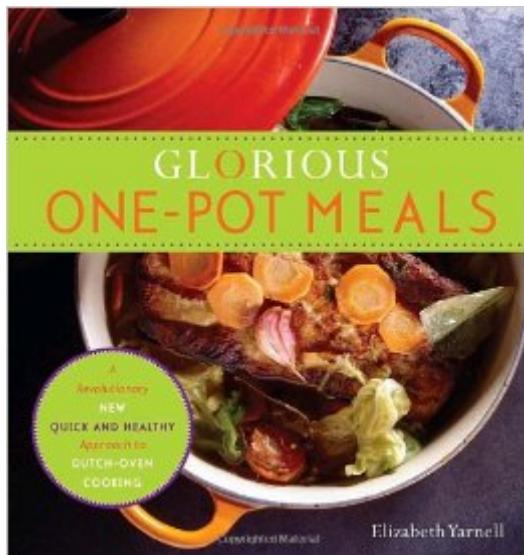


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# Glorious One-Pot Meals: A Revolutionary New Quick And Healthy Approach To Dutch-Oven Cooking



## Synopsis

A totally new patented way to cook quick and easy one-pot meals, while keeping ingredients intact and full of flavor. Elizabeth Yarnell developed her revolutionary infusion-cooking method to avoid often mushy slow-cooker results and to make cooking and cleaning up after dinner a breeze. Now anyone with too many tasks and not enough time can use her technique to get dinner on the table in an hour or less, with no more than twenty minutes of hands-on prep workâ ª and just one pot to clean. All it takes is a Dutch oven and a few basic fresh or even frozen ingredients layered--never stirred. Glorious One-Pot Meals provides the most convenient method yet of serving highly nutritious, satisfying suppers every night of the week.

## Book Information

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## Customer Reviews

I want to start out by saying that I am a mediocre cook at best. I am the type that needs to follow a recipe word for word, and even then my meals rarely turn out fantastic. Not with this book! I've had it for over a month now, and now well over half of my meals are made using it. Most recipes are really good. I say most, because some are really quite bland, but even then it was no worse than many of my former 'quick meals' I use to make. My former baked chicken, rice, and a veggie is right on par with the frozen chicken meal she has, and it doesn't get any worse than that! What I really love about this cookbook:- Everything is healthy- You can cook with frozen vegetables and meats- It's easy to add a variety of foods you wouldn't normally use- Vegetables turn out crisp, meats turn out tender- Rice used in recipes turns out PERFECT and soooo tasty- Foods don't mix flavors, but end up

complimenting each other very very well.- My Husband now eats second helpings of vegetables. Sometimes he even cleans out the pot.Notes:- some of your food may get a little browned, especially rice. I don't mind it, but I know some people wouldn't like that. If you don't like it, adjust your time.- You don't need to double up your recipes to use the 5qt. Just take a few minutes off the total cooking time. I cook my meals 3-5 minutes less than she suggests, depending on the ingredients. You'll get a feel for it during your first few attempts.- Most recipes could use more salt. Usually when she says to sprinkle salt and pepper, I end up using about a tablespoon.- Many of the recipes call for half of a certain vegetable. Half a pepper, half a zucchini...

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