

ONE POT MEAL

10 SERVINGS

INGREDIENTS

AMOUNT

Protein	1 ½ lb
Salt	¼ tsp
Pepper	¼ tsp
Fat	1 tsp
Aromatic 1	2 tbsp
Aromatic 2	2 tbsp
Vegetable (stuff)	1 ½ lb
Flavor Punch 1	½ tbsp
Flavor Punch 2	½ tbsp
Bulk	1 lb
Deglazer	1 cup
Liquid	1 ½ cup
Garnish	1 ½ oz

INSTRUCTIONS

1. Marinate protein, salt, pepper, fat.
2. Heat a large skillet and melt fat.
3. Saute Aromatics
4. Brown Protein.
5. Add vegetables.
6. Cook until the vegetables are translucent.
7. Add flavor punch!
8. Add deglazer.
9. Add liquid.
10. Bring to a boil and simmer until meat is tender.
11. Finish by adding garnish.