EVERYDAY RECIPE COLLECTION

VOLUME 03 / 07

Flavorful Pots

40 stovetop and slow-cooker recipes

40 detailed recipe variations

ORIGINAL AUTHORED EDITION IN ENGLISH • 2026

Created for this project. Does not reproduce the original Tasty Shreds books.

Before you start cooking

How this collection was created

This volume belongs to an original authored collection of seven PDFs. The six recipe books contain 240 recipe variations built from 60 base methods, with four detailed variations of each. These recipes are editorial developments and have not been kitchen-tested. They are not the original Tasty Shreds books.

Using the quantities

Every recipe serves four. Meat weights refer to raw meat unless stated as already cooked. Rice, beans and other grains explicitly labelled cooked should be weighed after cooking and draining. One tablespoon is 15 ml and one teaspoon is 5 ml. Use a scale whenever possible.

Time and servings

Times are approximate and depend on equipment and the size of the pieces. Chilling or freezing time for cold recipes appears in the method. Adjust serving sizes to your routine. This collection makes no promise of weight loss, physical results or suitability for individual nutritional needs.

Ingredients and allergens

Different recipes use eggs, milk, wheat, oats, soy, fish and peanuts. Check every ingredient list and product label, including cross-contact information. Assess every ingredient before making substitutions for allergies. This edition does not include validated calorie or macronutrient calculations.

Choose your next recipe

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Cook and store food safely

Temperature, time and storage

Use a food thermometer: poultry must reach 74 °C, ground beef 71 °C, and fish 63 °C. Whole cuts of beef and pork must reach 63 °C followed by a 3-minute rest. Egg dishes must be set; baked egg dishes in this collection use a centre temperature of 74 °C.

After cooking

Divide cooked food into shallow containers and refrigerate within 2 hours, or within 1 hour if the room is above 32 °C. Keep the refrigerator at 4 °C or below and the freezer at -18 °C. The recipes give conservative storage periods. Reheat leftovers to 74 °C and thaw in the refrigerator.

Slow cookers

Thaw meat before putting it in a slow cooker. Follow the manufacturer’s capacity and liquid-volume instructions. The keep-warm setting does not cook raw food. Reheat leftovers on the stove, in the oven or in the microwave, rather than in a slow cooker.

Food safety sources

FoodSafety.gov — Safe Minimum Internal Temperatures: https://www.foodsafety.gov/food-safety-charts/safe-minimum-internal-temperatures

FoodSafety.gov — Cold Food Storage Chart: https://www.foodsafety.gov/food-safety-charts/cold-food-storage-charts

CDC — Preventing Food Poisoning: https://www.cdc.gov/food-safety/prevention/index.html

USDA/FSIS — What methods of reheating food are safe?: https://ask.fsis.usda.gov/article/What-methods-of-reheating-food-are-safe

Organize your preparation

One counter, four steps

1. Read the entire recipe and set out your equipment.

2. Weigh ingredients and wash vegetables before handling raw meat.

3. Start the longest tasks first: oven dishes, rice, grains and slow cooking.

4. Finish leafy greens, cold sauces and sandwiches close to serving time.

Scaling a recipe

The standard yield is four servings. For two servings, halve every ingredient; for eight, double it. Adjust salt and spices to taste at the end, but preserve the proportions of flour, eggs, raising agents and liquid in batters and doughs. Use two pans or bake in batches when doubling an oven recipe. Cooking time does not automatically double.

Use volume 07

The organizer includes two weeks of meal ideas with references to this collection, shopping lists and blank worksheets. It is not a prescribed diet. Use the combinations as a starting point and adjust servings, preferences and needs.

Make notes after cooking

Record ingredient brands, your oven’s actual temperature and the adjustments that worked. Repeating a recipe under the same conditions makes its results more predictable. The variations offer different flavours without requiring specialist equipment.

RECIPE 01 / 40

Slow-Cooked Shredded Chicken with Tomato and Paprika

4 servings · Approximate time: 260 minutes

INGREDIENTS

- 700 g raw chicken breast, thawed
- 150 g onion, cut into wedges
- 8 g chopped garlic
- 200 ml water
- 10 ml olive oil
- 3 g salt
- 250 g diced tomatoes
- 3 g sweet paprika

METHOD

01. Use a 3 to 4 liter slow cooker, following the manufacturer's minimum fill requirements. Have all thawed ingredients ready.

02. Spread the onion, garlic, olive oil, and salt over the bottom, add the meat, and pour over the water.

03. Add the tomatoes and paprika at the start, along with the water.

04. Cover and cook on high for about 4 hours. Do not use the keep-warm setting for cooking. Check that the center of the meat reaches 74 °C.

05. Once tender, shred roughly, stir into the sauce, and serve. Adjust the cooking time to your appliance; use temperature and tenderness to judge doneness.

KITCHEN TIP

Cooking times vary between slow cookers. Do not put frozen meat in the appliance; thaw it in the refrigerator first. If the manual requires more liquid, follow that guidance.

STORAGE

Refrigerate in shallow containers for up to 3 days. Reheat only the portion you plan to eat.

RECIPE 02 / 40

Slow-Cooked Shredded Chicken with Carrot and Rosemary

4 servings · Approximate time: 260 minutes

INGREDIENTS

- 700 g raw chicken breast, thawed
- 150 g onion, cut into wedges
- 8 g chopped garlic
- 200 ml water
- 10 ml olive oil
- 3 g salt
- 200 g sliced carrots
- 2 g dried rosemary

METHOD

01. Use a 3 to 4 liter slow cooker, following the manufacturer's minimum fill requirements. Have all thawed ingredients ready.

02. Spread the onion, garlic, olive oil, and salt over the bottom, add the meat, and pour over the water.

03. Place the carrots at the bottom of the slow cooker and add the rosemary at the start.

04. Cover and cook on high for about 4 hours. Do not use the keep-warm setting for cooking. Check that the center of the meat reaches 74 °C.

05. Once tender, shred roughly, stir into the sauce, and serve. Adjust the cooking time to your appliance; use temperature and tenderness to judge doneness.

KITCHEN TIP

Cooking times vary between slow cookers. Do not put frozen meat in the appliance; thaw it in the refrigerator first. If the manual requires more liquid, follow that guidance.

STORAGE

Refrigerate in shallow containers for up to 3 days. Reheat only the portion you plan to eat.

RECIPE 03 / 40

Slow-Cooked Shredded Chicken with Pumpkin and Cumin

4 servings · Approximate time: 260 minutes

INGREDIENTS

- 700 g raw chicken breast, thawed
- 150 g onion, cut into wedges
- 8 g chopped garlic
- 200 ml water
- 10 ml olive oil
- 3 g salt
- 250 g pumpkin, cut into 3 cm cubes
- 2 g cumin

METHOD

01. Use a 3 to 4 liter slow cooker, following the manufacturer's minimum fill requirements. Have all thawed ingredients ready.

02. Spread the onion, garlic, olive oil, and salt over the bottom, add the meat, and pour over the water.

03. Add the pumpkin and cumin at the start; stir gently only at the end.

04. Cover and cook on high for about 4 hours. Do not use the keep-warm setting for cooking. Check that the center of the meat reaches 74 °C.

05. Once tender, shred roughly, stir into the sauce, and serve. Adjust the cooking time to your appliance; use temperature and tenderness to judge doneness.

KITCHEN TIP

Cooking times vary between slow cookers. Do not put frozen meat in the appliance; thaw it in the refrigerator first. If the manual requires more liquid, follow that guidance.

STORAGE

Refrigerate in shallow containers for up to 3 days. Reheat only the portion you plan to eat.

RECIPE 04 / 40

Slow-Cooked Shredded Chicken with Bell Pepper and Oregano

4 servings · Approximate time: 260 minutes

INGREDIENTS

- 700 g raw chicken breast, thawed
- 150 g onion, cut into wedges
- 8 g chopped garlic
- 200 ml water
- 10 ml olive oil
- 3 g salt
- 200 g bell pepper, cut into strips
- 2 g dried oregano

METHOD

01. Use a 3 to 4 liter slow cooker, following the manufacturer's minimum fill requirements. Have all thawed ingredients ready.

02. Spread the onion, garlic, olive oil, and salt over the bottom, add the meat, and pour over the water.

03. Add the bell pepper and oregano at the start of cooking.

04. Cover and cook on high for about 4 hours. Do not use the keep-warm setting for cooking. Check that the center of the meat reaches 74 °C.

05. Once tender, shred roughly, stir into the sauce, and serve. Adjust the cooking time to your appliance; use temperature and tenderness to judge doneness.

KITCHEN TIP

Cooking times vary between slow cookers. Do not put frozen meat in the appliance; thaw it in the refrigerator first. If the manual requires more liquid, follow that guidance.

STORAGE

Refrigerate in shallow containers for up to 3 days. Reheat only the portion you plan to eat.

RECIPE 05 / 40

Slow-Cooked Beef Stew with Tomato and Paprika

4 servings · Approximate time: 380 minutes

INGREDIENTS

- 700 g raw beef chuck, cut into 3 cm cubes
- 150 g onion, cut into wedges
- 8 g chopped garlic
- 200 ml water
- 10 ml olive oil
- 3 g salt
- 250 g diced tomatoes
- 3 g sweet paprika

METHOD

01. Use a 3 to 4 liter slow cooker, following the manufacturer's minimum fill requirements. Have all thawed ingredients ready.

02. Spread the onion, garlic, olive oil, and salt over the bottom, add the meat, and pour over the water.

03. Add the tomatoes and paprika at the start, along with the water.

04. Cover and cook on high for about 5 to 6 hours. Do not use the keep-warm setting for cooking. Check that the center of the meat reaches at least 63 °C and that the meat is tender.

05. Once tender, shred roughly, stir into the sauce, and serve. Adjust the cooking time to your appliance; use temperature and tenderness to judge doneness.

KITCHEN TIP

Cooking times vary between slow cookers. Do not put frozen meat in the appliance; thaw it in the refrigerator first. If the manual requires more liquid, follow that guidance.

STORAGE

Refrigerate in shallow containers for up to 3 days. Reheat only the portion you plan to eat.

RECIPE 06 / 40

Slow-Cooked Beef Stew with Carrot and Rosemary

4 servings · Approximate time: 380 minutes

INGREDIENTS

- 700 g raw beef chuck, cut into 3 cm cubes
- 150 g onion, cut into wedges
- 8 g chopped garlic
- 200 ml water
- 10 ml olive oil
- 3 g salt
- 200 g sliced carrots
- 2 g dried rosemary

METHOD

01. Use a 3 to 4 liter slow cooker, following the manufacturer's minimum fill requirements. Have all thawed ingredients ready.

02. Spread the onion, garlic, olive oil, and salt over the bottom, add the meat, and pour over the water.

03. Place the carrots at the bottom of the slow cooker and add the rosemary at the start.

04. Cover and cook on high for about 5 to 6 hours. Do not use the keep-warm setting for cooking. Check that the center of the meat reaches at least 63 °C and that the meat is tender.

05. Once tender, shred roughly, stir into the sauce, and serve. Adjust the cooking time to your appliance; use temperature and tenderness to judge doneness.

KITCHEN TIP

Cooking times vary between slow cookers. Do not put frozen meat in the appliance; thaw it in the refrigerator first. If the manual requires more liquid, follow that guidance.

STORAGE

Refrigerate in shallow containers for up to 3 days. Reheat only the portion you plan to eat.

RECIPE 07 / 40

Slow-Cooked Beef Stew with Pumpkin and Cumin

4 servings · Approximate time: 380 minutes

INGREDIENTS

- 700 g raw beef chuck, cut into 3 cm cubes
- 150 g onion, cut into wedges
- 8 g chopped garlic
- 200 ml water
- 10 ml olive oil
- 3 g salt
- 250 g pumpkin, cut into 3 cm cubes
- 2 g cumin

METHOD

01. Use a 3 to 4 liter slow cooker, following the manufacturer's minimum fill requirements. Have all thawed ingredients ready.

02. Spread the onion, garlic, olive oil, and salt over the bottom, add the meat, and pour over the water.

03. Add the pumpkin and cumin at the start; stir gently only at the end.

04. Cover and cook on high for about 5 to 6 hours. Do not use the keep-warm setting for cooking. Check that the center of the meat reaches at least 63 °C and that the meat is tender.

05. Once tender, shred roughly, stir into the sauce, and serve. Adjust the cooking time to your appliance; use temperature and tenderness to judge doneness.

KITCHEN TIP

Cooking times vary between slow cookers. Do not put frozen meat in the appliance; thaw it in the refrigerator first. If the manual requires more liquid, follow that guidance.

STORAGE

Refrigerate in shallow containers for up to 3 days. Reheat only the portion you plan to eat.

RECIPE 08 / 40

Slow-Cooked Beef Stew with Bell Pepper and Oregano

4 servings · Approximate time: 380 minutes

INGREDIENTS

- 700 g raw beef chuck, cut into 3 cm cubes
- 150 g onion, cut into wedges
- 8 g chopped garlic
- 200 ml water
- 10 ml olive oil
- 3 g salt
- 200 g bell pepper, cut into strips
- 2 g dried oregano

METHOD

01. Use a 3 to 4 liter slow cooker, following the manufacturer's minimum fill requirements. Have all thawed ingredients ready.

02. Spread the onion, garlic, olive oil, and salt over the bottom, add the meat, and pour over the water.

03. Add the bell pepper and oregano at the start of cooking.

04. Cover and cook on high for about 5 to 6 hours. Do not use the keep-warm setting for cooking. Check that the center of the meat reaches at least 63 °C and that the meat is tender.

05. Once tender, shred roughly, stir into the sauce, and serve. Adjust the cooking time to your appliance; use temperature and tenderness to judge doneness.

KITCHEN TIP

Cooking times vary between slow cookers. Do not put frozen meat in the appliance; thaw it in the refrigerator first. If the manual requires more liquid, follow that guidance.

STORAGE

Refrigerate in shallow containers for up to 3 days. Reheat only the portion you plan to eat.

RECIPE 09 / 40

Slow-Cooked Pulled Pork Loin with Tomato and Paprika

4 servings · Approximate time: 380 minutes

INGREDIENTS

- 700 g raw pork loin, thawed and cut into 4 cm pieces
- 150 g onion, cut into wedges
- 8 g chopped garlic
- 200 ml water
- 10 ml olive oil
- 3 g salt
- 250 g diced tomatoes
- 3 g sweet paprika

METHOD

01. Use a 3 to 4 liter slow cooker, following the manufacturer's minimum fill requirements. Have all thawed ingredients ready.

02. Spread the onion, garlic, olive oil, and salt over the bottom, add the meat, and pour over the water.

03. Add the tomatoes and paprika at the start, along with the water.

04. Cover and cook on high for about 5 to 6 hours. Do not use the keep-warm setting for cooking. Check that the center of the meat reaches at least 63 °C and that the meat is tender.

05. Once tender, shred roughly, stir into the sauce, and serve. Adjust the cooking time to your appliance; use temperature and tenderness to judge doneness.

KITCHEN TIP

Cooking times vary between slow cookers. Do not put frozen meat in the appliance; thaw it in the refrigerator first. If the manual requires more liquid, follow that guidance.

STORAGE

Refrigerate in shallow containers for up to 3 days. Reheat only the portion you plan to eat.

RECIPE 10 / 40

Slow-Cooked Pulled Pork Loin with Carrot and Rosemary

4 servings · Approximate time: 380 minutes

INGREDIENTS

- 700 g raw pork loin, thawed and cut into 4 cm pieces
- 150 g onion, cut into wedges
- 8 g chopped garlic
- 200 ml water
- 10 ml olive oil
- 3 g salt
- 200 g sliced carrots
- 2 g dried rosemary

METHOD

01. Use a 3 to 4 liter slow cooker, following the manufacturer's minimum fill requirements. Have all thawed ingredients ready.

02. Spread the onion, garlic, olive oil, and salt over the bottom, add the meat, and pour over the water.

03. Place the carrots at the bottom of the slow cooker and add the rosemary at the start.

04. Cover and cook on high for about 5 to 6 hours. Do not use the keep-warm setting for cooking. Check that the center of the meat reaches at least 63 °C and that the meat is tender.

05. Once tender, shred roughly, stir into the sauce, and serve. Adjust the cooking time to your appliance; use temperature and tenderness to judge doneness.

KITCHEN TIP

Cooking times vary between slow cookers. Do not put frozen meat in the appliance; thaw it in the refrigerator first. If the manual requires more liquid, follow that guidance.

STORAGE

Refrigerate in shallow containers for up to 3 days. Reheat only the portion you plan to eat.

RECIPE 11 / 40

Slow-Cooked Pulled Pork Loin with Pumpkin and Cumin

4 servings · Approximate time: 380 minutes

INGREDIENTS

- 700 g raw pork loin, thawed and cut into 4 cm pieces
- 150 g onion, cut into wedges
- 8 g chopped garlic
- 200 ml water
- 10 ml olive oil
- 3 g salt
- 250 g pumpkin, cut into 3 cm cubes
- 2 g cumin

METHOD

01. Use a 3 to 4 liter slow cooker, following the manufacturer's minimum fill requirements. Have all thawed ingredients ready.

02. Spread the onion, garlic, olive oil, and salt over the bottom, add the meat, and pour over the water.

03. Add the pumpkin and cumin at the start; stir gently only at the end.

04. Cover and cook on high for about 5 to 6 hours. Do not use the keep-warm setting for cooking. Check that the center of the meat reaches at least 63 °C and that the meat is tender.

05. Once tender, shred roughly, stir into the sauce, and serve. Adjust the cooking time to your appliance; use temperature and tenderness to judge doneness.

KITCHEN TIP

Cooking times vary between slow cookers. Do not put frozen meat in the appliance; thaw it in the refrigerator first. If the manual requires more liquid, follow that guidance.

STORAGE

Refrigerate in shallow containers for up to 3 days. Reheat only the portion you plan to eat.

RECIPE 12 / 40

Slow-Cooked Pulled Pork Loin with Bell Pepper and Oregano

4 servings · Approximate time: 380 minutes

INGREDIENTS

- 700 g raw pork loin, thawed and cut into 4 cm pieces
- 150 g onion, cut into wedges
- 8 g chopped garlic
- 200 ml water
- 10 ml olive oil
- 3 g salt
- 200 g bell pepper, cut into strips
- 2 g dried oregano

METHOD

01. Use a 3 to 4 liter slow cooker, following the manufacturer's minimum fill requirements. Have all thawed ingredients ready.

02. Spread the onion, garlic, olive oil, and salt over the bottom, add the meat, and pour over the water.

03. Add the bell pepper and oregano at the start of cooking.

04. Cover and cook on high for about 5 to 6 hours. Do not use the keep-warm setting for cooking. Check that the center of the meat reaches at least 63 °C and that the meat is tender.

05. Once tender, shred roughly, stir into the sauce, and serve. Adjust the cooking time to your appliance; use temperature and tenderness to judge doneness.

KITCHEN TIP

Cooking times vary between slow cookers. Do not put frozen meat in the appliance; thaw it in the refrigerator first. If the manual requires more liquid, follow that guidance.

STORAGE

Refrigerate in shallow containers for up to 3 days. Reheat only the portion you plan to eat.

RECIPE 13 / 40

Chicken and Chickpeas with Lemon and Parsley

4 servings · Approximate time: 40 minutes

INGREDIENTS

- 500 g raw chicken breast, cubed
- 500 g cooked chickpeas
- 100 g chopped onion
- 400 ml water
- 10 ml olive oil
- 3 g salt
- 30 ml lemon juice
- 10 g chopped parsley

METHOD

01. Sauté the onion and chicken in the olive oil in a regular saucepan.
02. Add the salt and water, cover, and cook until the center of the chicken reaches 74 °C.
03. Turn off the heat and finish with the lemon juice and parsley.
04. Add the chickpeas and cook for another 10 minutes, stirring occasionally.
05. Mash a small portion of the chickpeas to thicken the broth, then serve.

KITCHEN TIP

Have all ingredients ready before you start, and adjust the salt only at the end.

STORAGE

Refrigerate in shallow containers for up to 3 days. Reheat only the portion you plan to eat.

RECIPE 14 / 40

Chicken and Chickpeas with Tomato and Basil

4 servings · Approximate time: 40 minutes

INGREDIENTS

- 500 g raw chicken breast, cubed
- 500 g cooked chickpeas
- 100 g chopped onion
- 400 ml water
- 10 ml olive oil
- 3 g salt
- 200 g diced tomatoes
- 5 g fresh basil

METHOD

01. Sauté the onion and chicken in the olive oil in a regular saucepan.
02. Add the salt and water, cover, and cook until the center of the chicken reaches 74 °C.
03. Add the tomatoes to the dish and cook for 5 minutes, then finish with the basil.
04. Add the chickpeas and cook for another 10 minutes, stirring occasionally.
05. Mash a small portion of the chickpeas to thicken the broth, then serve.

KITCHEN TIP

Have all ingredients ready before you start, and adjust the salt only at the end.

STORAGE

Refrigerate in shallow containers for up to 3 days. Reheat only the portion you plan to eat.

RECIPE 15 / 40

Chicken and Chickpeas with Bell Pepper and Paprika

4 servings · Approximate time: 40 minutes

INGREDIENTS

- 500 g raw chicken breast, cubed
- 500 g cooked chickpeas
- 100 g chopped onion
- 400 ml water
- 10 ml olive oil
- 3 g salt
- 150 g diced bell pepper
- 3 g sweet paprika

METHOD

01. Sauté the onion and chicken in the olive oil in a regular saucepan.
02. Add the salt and water, cover, and cook until the center of the chicken reaches 74 °C.
03. Sauté the bell pepper for 5 minutes, then stir it into the dish with the paprika.
04. Add the chickpeas and cook for another 10 minutes, stirring occasionally.
05. Mash a small portion of the chickpeas to thicken the broth, then serve.

KITCHEN TIP

Have all ingredients ready before you start, and adjust the salt only at the end.

STORAGE

Refrigerate in shallow containers for up to 3 days. Reheat only the portion you plan to eat.

RECIPE 16 / 40

Chicken and Chickpeas with Carrot and Cumin

4 servings · Approximate time: 40 minutes

INGREDIENTS

- 500 g raw chicken breast, cubed
- 500 g cooked chickpeas
- 100 g chopped onion
- 400 ml water
- 10 ml olive oil
- 3 g salt
- 150 g grated carrot
- 2 g ground cumin

METHOD

01. Sauté the onion and chicken in the olive oil in a regular saucepan.
02. Add the salt and water, cover, and cook until the center of the chicken reaches 74 °C.
03. Sauté the carrot for 4 minutes, then add it to the dish with the cumin.
04. Add the chickpeas and cook for another 10 minutes, stirring occasionally.
05. Mash a small portion of the chickpeas to thicken the broth, then serve.

KITCHEN TIP

Have all ingredients ready before you start, and adjust the salt only at the end.

STORAGE

Refrigerate in shallow containers for up to 3 days. Reheat only the portion you plan to eat.

RECIPE 17 / 40

Lentil Ragù with Lemon and Parsley

4 servings · Approximate time: 30 minutes

INGREDIENTS

- 600 g cooked lentils
- 300 g canned peeled tomatoes
- 100 g chopped onion
- 6 g garlic
- 150 ml water
- 10 ml olive oil
- 3 g salt
- 30 ml lemon juice
- 10 g chopped parsley

METHOD

01. Sauté the onion and garlic in the olive oil for 3 minutes.

02. Add the peeled tomatoes, water, and salt and cook for 10 minutes.

03. Turn off the heat and finish with the lemon juice and parsley.

04. Add the lentils and cook uncovered for another 8 minutes.

05. Mash some of the lentils to thicken the sauce. Serve with rice, pasta, or vegetables cooked separately.

KITCHEN TIP

Have all ingredients ready before you start, and adjust the salt only at the end.

STORAGE

Refrigerate in shallow containers for up to 3 days. Reheat only the portion you plan to eat.

RECIPE 18 / 40

Lentil Ragù with Tomato and Basil

4 servings · Approximate time: 30 minutes

INGREDIENTS

- 600 g cooked lentils
- 300 g canned peeled tomatoes
- 100 g chopped onion
- 6 g garlic
- 150 ml water
- 10 ml olive oil
- 3 g salt
- 200 g diced tomatoes
- 5 g fresh basil

METHOD

01. Sauté the onion and garlic in the olive oil for 3 minutes.

02. Add the peeled tomatoes, water, and salt and cook for 10 minutes.

03. Add the tomatoes to the dish and cook for 5 minutes, then finish with the basil.

04. Add the lentils and cook uncovered for another 8 minutes.

05. Mash some of the lentils to thicken the sauce. Serve with rice, pasta, or vegetables cooked separately.

KITCHEN TIP

Have all ingredients ready before you start, and adjust the salt only at the end.

STORAGE

Refrigerate in shallow containers for up to 3 days. Reheat only the portion you plan to eat.

RECIPE 19 / 40

Lentil Ragù with Bell Pepper and Paprika

4 servings · Approximate time: 30 minutes

INGREDIENTS

- 600 g cooked lentils
- 300 g canned peeled tomatoes
- 100 g chopped onion
- 6 g garlic
- 150 ml water
- 10 ml olive oil
- 3 g salt
- 150 g diced bell pepper
- 3 g sweet paprika

METHOD

01. Sauté the onion and garlic in the olive oil for 3 minutes.

02. Add the peeled tomatoes, water, and salt and cook for 10 minutes.

03. Sauté the bell pepper for 5 minutes, then stir it into the dish with the paprika.

04. Add the lentils and cook uncovered for another 8 minutes.

05. Mash some of the lentils to thicken the sauce. Serve with rice, pasta, or vegetables cooked separately.

KITCHEN TIP

Have all ingredients ready before you start, and adjust the salt only at the end.

STORAGE

Refrigerate in shallow containers for up to 3 days. Reheat only the portion you plan to eat.

RECIPE 20 / 40

Lentil Ragù with Carrot and Cumin

4 servings · Approximate time: 30 minutes

INGREDIENTS

- 600 g cooked lentils
- 300 g canned peeled tomatoes
- 100 g chopped onion
- 6 g garlic
- 150 ml water
- 10 ml olive oil
- 3 g salt
- 150 g grated carrot
- 2 g ground cumin

METHOD

01. Sauté the onion and garlic in the olive oil for 3 minutes.

02. Add the peeled tomatoes, water, and salt and cook for 10 minutes.

03. Sauté the carrot for 4 minutes, then add it to the dish with the cumin.

04. Add the lentils and cook uncovered for another 8 minutes.

05. Mash some of the lentils to thicken the sauce. Serve with rice, pasta, or vegetables cooked separately.

KITCHEN TIP

Have all ingredients ready before you start, and adjust the salt only at the end.

STORAGE

Refrigerate in shallow containers for up to 3 days. Reheat only the portion you plan to eat.

RECIPE 21 / 40

Chicken and Split Pea Soup with Lemon and Parsley

4 servings · Approximate time: 65 minutes

INGREDIENTS

- 240 g dried split peas
- 400 g cooked shredded chicken
- 100 g chopped onion
- 1.2 liters water
- 10 ml olive oil
- 3 g salt
- 30 ml lemon juice
- 10 g chopped parsley

METHOD

01. Rinse the dried split peas. Sauté the onion in the olive oil.

02. Add the split peas and water and cook in a regular saucepan, partially covered, for 40 to 55 minutes, until the peas are tender.

03. Turn off the heat and finish with the lemon juice and parsley.

04. Stir in the shredded chicken and salt; cook for 5 minutes to heat through thoroughly.

05. If the soup becomes too thick, gradually add hot water. Serve in bowls.

KITCHEN TIP

Have all ingredients ready before you start, and adjust the salt only at the end.

STORAGE

Refrigerate in shallow containers for up to 3 days. Reheat only the portion you plan to eat.

RECIPE 22 / 40

Chicken and Split Pea Soup with Tomato and Basil

4 servings · Approximate time: 65 minutes

INGREDIENTS

- 240 g dried split peas
- 400 g cooked shredded chicken
- 100 g chopped onion
- 1.2 liters water
- 10 ml olive oil
- 3 g salt
- 200 g diced tomatoes
- 5 g fresh basil

METHOD

01. Rinse the dried split peas. Sauté the onion in the olive oil.

02. Add the split peas and water and cook in a regular saucepan, partially covered, for 40 to 55 minutes, until the peas are tender.

03. Add the tomatoes to the dish and cook for 5 minutes, then finish with the basil.

04. Stir in the shredded chicken and salt; cook for 5 minutes to heat through thoroughly.

05. If the soup becomes too thick, gradually add hot water. Serve in bowls.

KITCHEN TIP

Have all ingredients ready before you start, and adjust the salt only at the end.

STORAGE

Refrigerate in shallow containers for up to 3 days. Reheat only the portion you plan to eat.

RECIPE 23 / 40

Chicken and Split Pea Soup with Bell Pepper and Paprika

4 servings · Approximate time: 65 minutes

INGREDIENTS

- 240 g dried split peas
- 400 g cooked shredded chicken
- 100 g chopped onion
- 1.2 liters water
- 10 ml olive oil
- 3 g salt
- 150 g diced bell pepper
- 3 g sweet paprika

METHOD

01. Rinse the dried split peas. Sauté the onion in the olive oil.

02. Add the split peas and water and cook in a regular saucepan, partially covered, for 40 to 55 minutes, until the peas are tender.

03. Sauté the bell pepper for 5 minutes, then stir it into the dish with the paprika.

04. Stir in the shredded chicken and salt; cook for 5 minutes to heat through thoroughly.

05. If the soup becomes too thick, gradually add hot water. Serve in bowls.

KITCHEN TIP

Have all ingredients ready before you start, and adjust the salt only at the end.

STORAGE

Refrigerate in shallow containers for up to 3 days. Reheat only the portion you plan to eat.

RECIPE 24 / 40

Chicken and Split Pea Soup with Carrot and Cumin

4 servings · Approximate time: 65 minutes

INGREDIENTS

- 240 g dried split peas
- 400 g cooked shredded chicken
- 100 g chopped onion
- 1.2 liters water
- 10 ml olive oil
- 3 g salt
- 150 g grated carrot
- 2 g ground cumin

METHOD

01. Rinse the dried split peas. Sauté the onion in the olive oil.

02. Add the split peas and water and cook in a regular saucepan, partially covered, for 40 to 55 minutes, until the peas are tender.

03. Sauté the carrot for 4 minutes, then add it to the dish with the cumin.

04. Stir in the shredded chicken and salt; cook for 5 minutes to heat through thoroughly.

05. If the soup becomes too thick, gradually add hot water. Serve in bowls.

KITCHEN TIP

Have all ingredients ready before you start, and adjust the salt only at the end.

STORAGE

Refrigerate in shallow containers for up to 3 days. Reheat only the portion you plan to eat.

RECIPE 25 / 40

Quick Fish Stew with Lemon and Parsley

4 servings · Approximate time: 30 minutes

INGREDIENTS

- 600 g thawed white fish, cut into large cubes
- 300 g chopped tomatoes
- 100 g sliced onion
- 200 ml coconut milk
- 100 ml water
- 10 ml olive oil
- 3 g salt
- 30 ml lemon juice
- 10 g chopped parsley

METHOD

01. Sauté the onion in the olive oil for 3 minutes.

02. Add the tomatoes, coconut milk, water, and salt. Cook for 8 minutes.

03. Turn off the heat and finish with the lemon juice and parsley.

04. Arrange the fish cubes in the sauce and cook over low heat for 8 to 12 minutes, stirring as little as possible, until they reach 63 °C.

05. Turn off the heat and serve with the sauce. This recipe is for a regular saucepan, rather than several hours in a slow cooker.

KITCHEN TIP

Have all ingredients ready before you start, and adjust the salt only at the end.

STORAGE

Refrigerate for up to 2 days. Reheat gently in a saucepan or microwave.

RECIPE 26 / 40

Quick Fish Stew with Tomato and Basil

4 servings · Approximate time: 30 minutes

INGREDIENTS

- 600 g thawed white fish, cut into large cubes
- 300 g chopped tomatoes
- 100 g sliced onion
- 200 ml coconut milk
- 100 ml water
- 10 ml olive oil
- 3 g salt
- 200 g diced tomatoes
- 5 g fresh basil

METHOD

01. Sauté the onion in the olive oil for 3 minutes.

02. Add the tomatoes, coconut milk, water, and salt. Cook for 8 minutes.

03. Add the tomatoes to the dish and cook for 5 minutes, then finish with the basil.

04. Arrange the fish cubes in the sauce and cook over low heat for 8 to 12 minutes, stirring as little as possible, until they reach 63 °C.

05. Turn off the heat and serve with the sauce. This recipe is for a regular saucepan, rather than several hours in a slow cooker.

KITCHEN TIP

Have all ingredients ready before you start, and adjust the salt only at the end.

STORAGE

Refrigerate for up to 2 days. Reheat gently in a saucepan or microwave.

RECIPE 27 / 40

Quick Fish Stew with Bell Pepper and Paprika

4 servings · Approximate time: 30 minutes

INGREDIENTS

- 600 g thawed white fish, cut into large cubes
- 300 g chopped tomatoes
- 100 g sliced onion
- 200 ml coconut milk
- 100 ml water
- 10 ml olive oil
- 3 g salt
- 150 g diced bell pepper
- 3 g sweet paprika

METHOD

01. Sauté the onion in the olive oil for 3 minutes.

02. Add the tomatoes, coconut milk, water, and salt. Cook for 8 minutes.

03. Sauté the bell pepper for 5 minutes, then stir it into the dish with the paprika.

04. Arrange the fish cubes in the sauce and cook over low heat for 8 to 12 minutes, stirring as little as possible, until they reach 63 °C.

05. Turn off the heat and serve with the sauce. This recipe is for a regular saucepan, rather than several hours in a slow cooker.

KITCHEN TIP

Have all ingredients ready before you start, and adjust the salt only at the end.

STORAGE

Refrigerate for up to 2 days. Reheat gently in a saucepan or microwave.

RECIPE 28 / 40

Quick Fish Stew with Carrot and Cumin

4 servings · Approximate time: 30 minutes

INGREDIENTS

- 600 g thawed white fish, cut into large cubes
- 300 g chopped tomatoes
- 100 g sliced onion
- 200 ml coconut milk
- 100 ml water
- 10 ml olive oil
- 3 g salt
- 150 g grated carrot
- 2 g ground cumin

METHOD

01. Sauté the onion in the olive oil for 3 minutes.

02. Add the tomatoes, coconut milk, water, and salt. Cook for 8 minutes.

03. Sauté the carrot for 4 minutes, then add it to the dish with the cumin.

04. Arrange the fish cubes in the sauce and cook over low heat for 8 to 12 minutes, stirring as little as possible, until they reach 63 °C.

05. Turn off the heat and serve with the sauce. This recipe is for a regular saucepan, rather than several hours in a slow cooker.

KITCHEN TIP

Have all ingredients ready before you start, and adjust the salt only at the end.

STORAGE

Refrigerate for up to 2 days. Reheat gently in a saucepan or microwave.

RECIPE 29 / 40

Beef and Bean Chili with Tomato and Paprika

4 servings · Approximate time: 200 minutes

INGREDIENTS

- 500 g raw lean ground beef
- 500 g cooked or canned kidney beans, drained
- 300 g peeled tomatoes
- 100 g chopped onion
- 150 ml water
- 10 ml olive oil
- 3 g salt
- 250 g diced tomatoes
- 3 g sweet paprika

METHOD

01. In a skillet, sauté the onion and brown the beef in the olive oil until it reaches 71 °C.

02. Transfer to the slow cooker with the tomatoes, water, salt, and cooked beans.

03. Add the tomatoes and paprika at the start, along with the water.

04. Cook on high for about 3 hours, following your appliance's instructions.

05. Stir, adjust the consistency, and serve. Never add raw dried kidney beans directly to this recipe.

KITCHEN TIP

Use cooked or canned kidney beans. This recipe does not include instructions for safely cooking raw kidney beans.

STORAGE

Refrigerate in shallow containers for up to 3 days. Reheat only the portion you plan to eat.

RECIPE 30 / 40

Beef and Bean Chili with Carrot and Rosemary

4 servings · Approximate time: 200 minutes

INGREDIENTS

- 500 g raw lean ground beef
- 500 g cooked or canned kidney beans, drained
- 300 g peeled tomatoes
- 100 g chopped onion
- 150 ml water
- 10 ml olive oil
- 3 g salt
- 200 g sliced carrots
- 2 g dried rosemary

METHOD

01. In a skillet, sauté the onion and brown the beef in the olive oil until it reaches 71 °C.

02. Transfer to the slow cooker with the tomatoes, water, salt, and cooked beans.

03. Place the carrots at the bottom of the slow cooker and add the rosemary at the start.

04. Cook on high for about 3 hours, following your appliance's instructions.

05. Stir, adjust the consistency, and serve. Never add raw dried kidney beans directly to this recipe.

KITCHEN TIP

Use cooked or canned kidney beans. This recipe does not include instructions for safely cooking raw kidney beans.

STORAGE

Refrigerate in shallow containers for up to 3 days. Reheat only the portion you plan to eat.

RECIPE 31 / 40

Beef and Bean Chili with Pumpkin and Cumin

4 servings · Approximate time: 200 minutes

INGREDIENTS

- 500 g raw lean ground beef
- 500 g cooked or canned kidney beans, drained
- 300 g peeled tomatoes
- 100 g chopped onion
- 150 ml water
- 10 ml olive oil
- 3 g salt
- 250 g pumpkin, cut into 3 cm cubes
- 2 g cumin

METHOD

01. In a skillet, sauté the onion and brown the beef in the olive oil until it reaches 71 °C.

02. Transfer to the slow cooker with the tomatoes, water, salt, and cooked beans.

03. Add the pumpkin and cumin at the start; stir gently only at the end.

04. Cook on high for about 3 hours, following your appliance's instructions.

05. Stir, adjust the consistency, and serve. Never add raw dried kidney beans directly to this recipe.

KITCHEN TIP

Use cooked or canned kidney beans. This recipe does not include instructions for safely cooking raw kidney beans.

STORAGE

Refrigerate in shallow containers for up to 3 days. Reheat only the portion you plan to eat.

RECIPE 32 / 40

Beef and Bean Chili with Bell Pepper and Oregano

4 servings · Approximate time: 200 minutes

INGREDIENTS

- 500 g raw lean ground beef
- 500 g cooked or canned kidney beans, drained
- 300 g peeled tomatoes
- 100 g chopped onion
- 150 ml water
- 10 ml olive oil
- 3 g salt
- 200 g bell pepper, cut into strips
- 2 g dried oregano

METHOD

01. In a skillet, sauté the onion and brown the beef in the olive oil until it reaches 71 °C.

02. Transfer to the slow cooker with the tomatoes, water, salt, and cooked beans.

03. Add the bell pepper and oregano at the start of cooking.

04. Cook on high for about 3 hours, following your appliance's instructions.

05. Stir, adjust the consistency, and serve. Never add raw dried kidney beans directly to this recipe.

KITCHEN TIP

Use cooked or canned kidney beans. This recipe does not include instructions for safely cooking raw kidney beans.

STORAGE

Refrigerate in shallow containers for up to 3 days. Reheat only the portion you plan to eat.

RECIPE 33 / 40

Creamy Stovetop Chicken with Spinach and Ricotta

4 servings · Approximate time: 35 minutes

INGREDIENTS

- 600 g raw chicken breast, cubed
- 160 g plain yogurt
- 100 g onion
- 200 ml water
- 10 ml olive oil
- 3 g salt
- 100 g chopped spinach
- 100 g crumbled ricotta

METHOD

01. Sauté the onion in the olive oil and brown the chicken.
02. Add the water and salt, cover, and cook until the chicken reaches 74 °C.
03. Sauté the spinach until wilted, then stir it into the dish with the ricotta.
04. Simmer uncovered for a few minutes to reduce the liquid, if needed.
05. Turn off the heat and gradually stir in the yogurt. Do not boil after adding the yogurt.

KITCHEN TIP

Have all ingredients ready before you start, and adjust the salt only at the end.

STORAGE

Refrigerate in shallow containers for up to 3 days. Reheat only the portion you plan to eat.

RECIPE 34 / 40

Creamy Stovetop Chicken with Corn and Green Onions

4 servings · Approximate time: 35 minutes

INGREDIENTS

- 600 g raw chicken breast, cubed
- 160 g plain yogurt
- 100 g onion
- 200 ml water
- 10 ml olive oil
- 3 g salt
- 120 g cooked corn, drained
- 10 g chopped green onions

METHOD

01. Sauté the onion in the olive oil and brown the chicken.

02. Add the water and salt, cover, and cook until the chicken reaches 74 °C.

03. Add the corn to the dish and heat for 3 minutes, then finish with the green onions.

04. Simmer uncovered for a few minutes to reduce the liquid, if needed.

05. Turn off the heat and gradually stir in the yogurt. Do not boil after adding the yogurt.

KITCHEN TIP

Have all ingredients ready before you start, and adjust the salt only at the end.

STORAGE

Refrigerate in shallow containers for up to 3 days. Reheat only the portion you plan to eat.

RECIPE 35 / 40

Creamy Stovetop Chicken with Mushrooms and Thyme

4 servings · Approximate time: 35 minutes

INGREDIENTS

- 600 g raw chicken breast, cubed
- 160 g plain yogurt
- 100 g onion
- 200 ml water
- 10 ml olive oil
- 3 g salt
- 150 g sliced mushrooms
- 2 g dried thyme

METHOD

01. Sauté the onion in the olive oil and brown the chicken.
02. Add the water and salt, cover, and cook until the chicken reaches 74 °C.
03. Sauté the mushrooms until their liquid evaporates, then add them to the dish with the thyme.
04. Simmer uncovered for a few minutes to reduce the liquid, if needed.
05. Turn off the heat and gradually stir in the yogurt. Do not boil after adding the yogurt.

KITCHEN TIP

Have all ingredients ready before you start, and adjust the salt only at the end.

STORAGE

Refrigerate in shallow containers for up to 3 days. Reheat only the portion you plan to eat.

RECIPE 36 / 40

Creamy Stovetop Chicken with Zucchini and Oregano

4 servings · Approximate time: 35 minutes

INGREDIENTS

- 600 g raw chicken breast, cubed
- 160 g plain yogurt
- 100 g onion
- 200 ml water
- 10 ml olive oil
- 3 g salt
- 150 g grated zucchini
- 2 g oregano

METHOD

01. Sauté the onion in the olive oil and brown the chicken.
02. Add the water and salt, cover, and cook until the chicken reaches 74 °C.
03. Squeeze the excess moisture from the grated zucchini, sauté for 4 minutes, then stir in the oregano.
04. Simmer uncovered for a few minutes to reduce the liquid, if needed.
05. Turn off the heat and gradually stir in the yogurt. Do not boil after adding the yogurt.

KITCHEN TIP

Have all ingredients ready before you start, and adjust the salt only at the end.

STORAGE

Refrigerate in shallow containers for up to 3 days. Reheat only the portion you plan to eat.

RECIPE 37 / 40

Tofu and Chickpea Curry with Lemon and Parsley

4 servings · Approximate time: 30 minutes

INGREDIENTS

- 600 g firm tofu, cubed
- 300 g cooked chickpeas
- 200 ml coconut milk
- 100 g onion
- 150 ml water
- 5 g curry powder
- 10 ml olive oil
- 3 g salt
- 30 ml lemon juice
- 10 g chopped parsley

METHOD

01. Pat the tofu dry and brown it in half the olive oil. Set aside.

02. Sauté the onion in the remaining olive oil, add the curry powder, and stir for 30 seconds.

03. Add the coconut milk, water, salt, and chickpeas and cook for 8 minutes.

04. Turn off the heat and finish with the lemon juice and parsley.

05. Return the tofu to the pan, heat for 3 minutes, and serve.

KITCHEN TIP

Have all ingredients ready before you start, and adjust the salt only at the end.

STORAGE

Refrigerate in shallow containers for up to 3 days. Reheat only the portion you plan to eat.

RECIPE 38 / 40

Tofu and Chickpea Curry with Tomato and Basil

4 servings · Approximate time: 30 minutes

INGREDIENTS

- 600 g firm tofu, cubed
- 300 g cooked chickpeas
- 200 ml coconut milk
- 100 g onion
- 150 ml water
- 5 g curry powder
- 10 ml olive oil
- 3 g salt
- 200 g diced tomatoes
- 5 g fresh basil

METHOD

01. Pat the tofu dry and brown it in half the olive oil. Set aside.

02. Sauté the onion in the remaining olive oil, add the curry powder, and stir for 30 seconds.

03. Add the coconut milk, water, salt, and chickpeas and cook for 8 minutes.

04. Add the tomatoes to the dish and cook for 5 minutes, then finish with the basil.

05. Return the tofu to the pan, heat for 3 minutes, and serve.

KITCHEN TIP

Have all ingredients ready before you start, and adjust the salt only at the end.

STORAGE

Refrigerate in shallow containers for up to 3 days. Reheat only the portion you plan to eat.

RECIPE 39 / 40

Tofu and Chickpea Curry with Bell Pepper and Paprika

4 servings · Approximate time: 30 minutes

INGREDIENTS

- 600 g firm tofu, cubed
- 300 g cooked chickpeas
- 200 ml coconut milk
- 100 g onion
- 150 ml water
- 5 g curry powder
- 10 ml olive oil
- 3 g salt
- 150 g diced bell pepper
- 3 g sweet paprika

METHOD

01. Pat the tofu dry and brown it in half the olive oil. Set aside.

02. Sauté the onion in the remaining olive oil, add the curry powder, and stir for 30 seconds.

03. Add the coconut milk, water, salt, and chickpeas and cook for 8 minutes.

04. Sauté the bell pepper for 5 minutes, then stir it into the dish with the paprika.

05. Return the tofu to the pan, heat for 3 minutes, and serve.

KITCHEN TIP

Have all ingredients ready before you start, and adjust the salt only at the end.

STORAGE

Refrigerate in shallow containers for up to 3 days. Reheat only the portion you plan to eat.

RECIPE 40 / 40

Tofu and Chickpea Curry with Carrot and Cumin

4 servings · Approximate time: 30 minutes

INGREDIENTS

- 600 g firm tofu, cubed
- 300 g cooked chickpeas
- 200 ml coconut milk
- 100 g onion
- 150 ml water
- 5 g curry powder
- 10 ml olive oil
- 3 g salt
- 150 g grated carrot
- 2 g ground cumin

METHOD

01. Pat the tofu dry and brown it in half the olive oil. Set aside.

02. Sauté the onion in the remaining olive oil, add the curry powder, and stir for 30 seconds.

03. Add the coconut milk, water, salt, and chickpeas and cook for 8 minutes.

04. Sauté the carrot for 4 minutes, then add it to the dish with the cumin.

05. Return the tofu to the pan, heat for 3 minutes, and serve.

KITCHEN TIP

Have all ingredients ready before you start, and adjust the salt only at the end.

STORAGE

Refrigerate in shallow containers for up to 3 days. Reheat only the portion you plan to eat.