

A Saladmaster Busy Life Survival Guide: Part 2



By "Chef" Pete Updike, Authorized Saladmaster Dealer

Make it soup for snacking: Saladmaster cooking utensils do a terrific job with soup. Plus, the 316Ti stainless steel metal does not react with the acidic foods common to soup (such as tomatoes) like other metals do. Also, the Vapo-Valve™ will guide you right along.

Below is a basic soup recipe but you will see that with your Saladmaster Machine you can be extremely creative with what you put into your soup, including many of the power foods like cabbage (this recipe is not one of the cabbage power soups, but I encourage you to look some up and cook them healthier in Saladmaster).

This particular soup is an all-purpose 'stick-to-your-ribs' soup that is full of nutrition and will take away the demands of your sweet tooth! My wife used to cook it at our church's winter girls camp, which ensured good energy on cold nights (and, yes, you *can* use Saladmaster on a Coleman type stove using a fraction of the fuel.)

This is how easy it is:

1. In the 7 Qt./6.6 L Roaster combine 1 quart (960 mL) water, 2 tablespoons (37g) instant chicken bouillon; and 2 tablespoons (37g) instant beef bouillon.
2. Add to the water small meat ball size pinches (just pinch off, don't roll) of lean hamburger meat and let simmer with cover on (Vapo-Valve™ fluttering) for 15 minutes.
3. Add 1 quart (960 mL) water; 16 ounces (170g) tomato sauce; 2 heaping tablespoons (3g) dried parsley; salt and pepper to taste; 6 waffled carrots (use Cone #5); 4 large potatoes (use Cone #3 or dice); 1 medium onion (use Cone #2 or #3); 3 - 6 sliced stalks celery (use Cone #4); and 1 medium waffled zucchini (use Cone #5). Cover and cook.
4. Let Vapo-Valve™ lightly flutter for at least twenty to thirty minutes and serve; or just turn to low and ladle out during a good snow day - better than pizza and hot chocolate!

Valoración:

