



3 Easy One-Pot School Lunches

Fast Saladmaster Food Processor prep + simple one-pot cooking for busy families

THE SALADMASTER WAY: Prepare the vegetables with the Saladmaster Food Processor, dump everything into the cookware, cover, start on medium, then reduce to low when the Vapo-Valve(TM) clicks. No added cooking oil and no pot watching. If a recipe needs combining, do it only after cooking, just before serving.

1. Back-to-School Chicken & Veggie Rice

Makes about 4-6 servings

Food Processor Prep

Use the Saladmaster Food Processor to prepare the onion, bell pepper, carrots and garlic.

Ingredients

- 2 cups long-grain rice, rinsed and well drained
- 2 cups low-sodium chicken broth
- 1 lb (450 g) boneless chicken breast or thighs, bite-size pieces
- 1 small onion - **Cone #2**
- 1 red bell pepper - **Cone #2**
- 1 cup broccoli florets
- 1-2 carrots - **Cone #4**
- 1 cup frozen peas
- 2 cloves garlic - **Cone #1**
- 1 tsp paprika; 1/2 tsp garlic powder; black pepper to taste

One-Pot Saladmaster Method

1. **Dump everything:** Add all ingredients to the cold cookware.
2. Cover and place over medium heat.
3. When the Vapo-Valve(TM) clicks steadily, reduce the heat to low.
4. Continue cooking covered until the rice is tender and the chicken reaches 165 F (74 C).
5. **When ready to serve:** Turn off the heat, rest covered for about 5 minutes, then gently fluff and combine before portioning into lunch containers.

2. One-Pot Beef & Rainbow Noodles

Makes about 4-6 servings

Food Processor Prep

Use the Saladmaster Food Processor for the peppers, mushrooms, cabbage, garlic and ginger.

Ingredients

- 1 lb (450 g) lean beef, cut into thin strips
- 8 oz (225 g) noodles suitable for one-pot cooking
- 1 red bell pepper - **Cone #3**
- 1 yellow bell pepper - **Cone #3**
- 1 cup mushrooms - **Cone #4**
- About 1 cup cabbage - **Cone #1**
- 2 green onions
- 2 cloves garlic - **Cone #1**
- 1 tsp fresh ginger - **Cone #1**
- 1 1/2 cups low-sodium broth
- 3 tbsp low-sodium soy sauce; 1 tbsp honey or maple syrup, optional

One-Pot Saladmaster Method

1. **Dump everything:** Add all ingredients to the cold cookware.
 2. Cover and begin cooking over medium heat.
 3. When the Vapo-Valve(TM) clicks steadily, reduce the heat to low.
 4. Continue cooking covered until the noodles are tender and the beef is fully cooked. Timing will vary with the noodle used.
 5. **When ready to serve:** Turn off the heat, let it rest covered for a few minutes, then toss everything together once before portioning.
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3. Easy Turkey Taco Rice Bowl

Makes about 4-6 servings

Food Processor Prep

Process the bell pepper and onion with the Saladmaster Food Processor using Cone #2.

Ingredients

- 1 lb (450 g) lean ground turkey, broken into small pieces
- 1 1/2 cups long-grain rice, rinsed and well drained
- 1 3/4 cups low-sodium broth
- 1 cup corn kernels
- 1 cup black beans, drained and rinsed
- 1 red bell pepper - **Cone #2**
- 1 small onion - **Cone #2**
- 1 cup mild salsa
- 1 tsp chili powder; 1 tsp ground cumin; 1/2 tsp garlic powder

One-Pot Saladmaster Method

1. **Dump everything:** Add all ingredients to the cold cookware.
2. Cover and begin over medium heat.
3. When the Vapo-Valve(TM) clicks steadily, reduce the heat to low.
4. Cook covered until the rice is tender and the turkey reaches 165 F (74 C).
5. **When ready to serve:** Turn off the heat and rest covered for about 5 minutes. Gently combine everything once, then portion into lunch containers.

Lunchbox & Food-Safety Notes

Cool and refrigerate cooked food promptly. Keep perishable school lunches cold in an insulated lunch bag with an ice pack until mealtime. Cook poultry and ground turkey to at least 165 F (74 C).



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