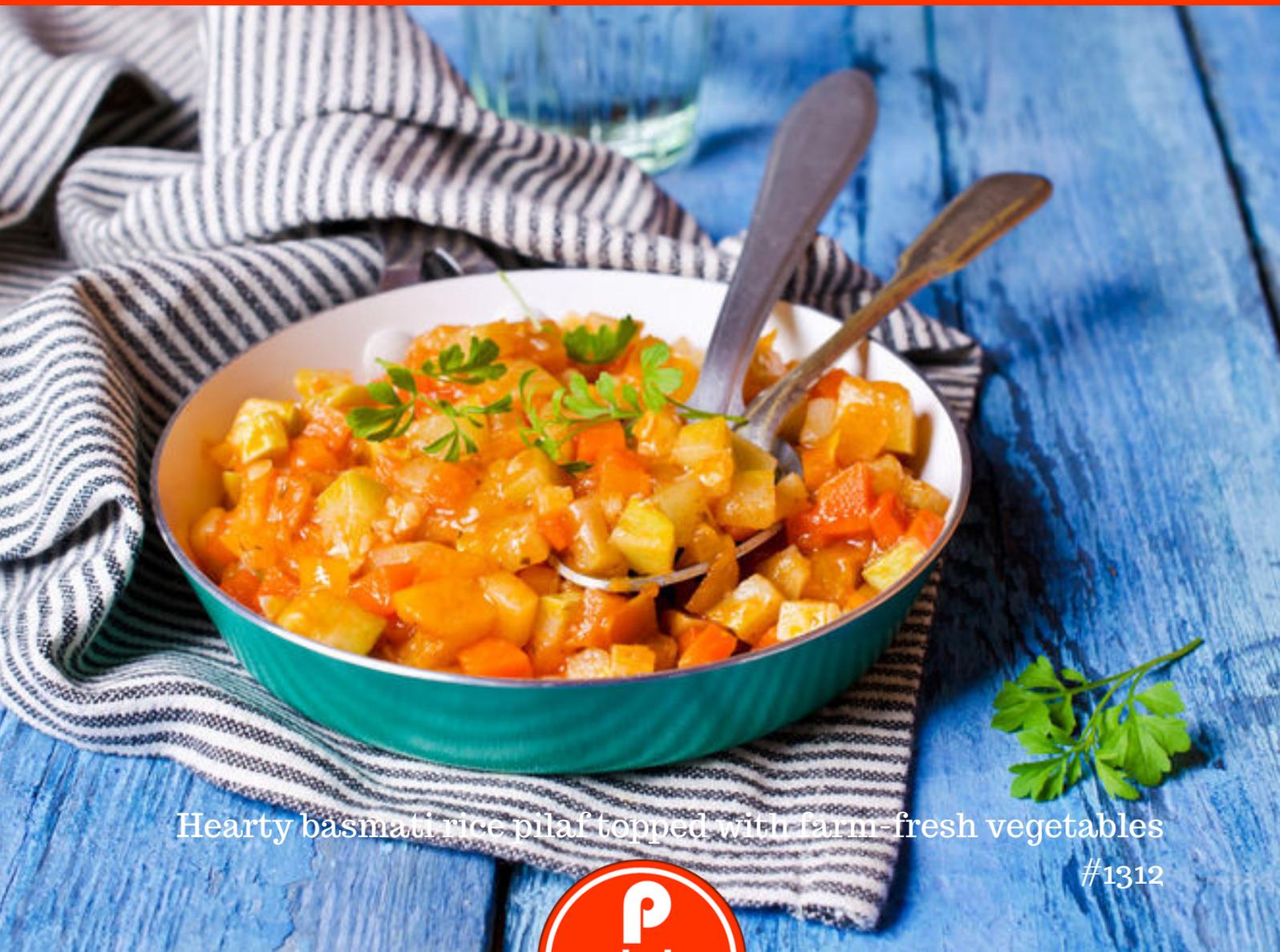


ITALIAN GARDEN STEW



Hearty basmati rice pilaf topped with farm-fresh vegetables

#1312



QUICK NOTES

VEGETARIAN
NUT FREE
GLUTEN FREE
CALORIES/PERSON (650 CAL)
SLOW COOKER TIME:
MIN. 4 HOURS
MAX. 6 HOURS
GOURMET COOKING TIME:
20-25 MINUTES
LEVEL: EASY

MUST HAVES

SALT
OLIVE OIL

INGREDIENTS

*CUBED YELLOW ZUCCHINI
CHOPPED POTATOES, EGGPLANTS,
PEPPERS & ONIONS WITH PARSLEY
*TOMATO SAUCE INFUSED WITH
GARLIC & OREGANO
SHAWED PERMASAN CHEESE
*BASMATI RICE
*BUTTER
*PANTRY BOY SEASONING
*OLIVE OIL
*WATER FOR THE RICE

2 people

2 SERVINGS
2 SERVINGS
1 CUP
2-OZ
1 CUP
1-OZ
1/2 TEASPOON
2 TABLESPOONS
2 CUPS

4 people

4 SERVINGS
4 SERVINGS
2 CUP
4-OZ
2 CUP
2-OZ
1 TEASPOON
3 TABLESPOONS
4 CUPS

Ingredients for this recipe are labeled in GRAY.

SAFE HANDLING:

Ingredients must be consumed within 3-5 days in order to maintain food quality and to avoid possible food poisoning. Make sure raw poultry and meat are not cross-contaminated with ready to eat ingredients! i.e. if a cutting board and knife are used for cutting meat, both must be washed and sanitized before being used to prepare a salad. Make sure to wash and dry your produce before cooking or consuming!



SLOW COOKING

KITCHENWARE

SMALL SLOW COOKER (2PPL)
MEDIUM SLOW COOKER (4PPL)
SMALL POT



FAST COOKING

KITCHENWARE

LARGE POT
SMALL POT
2-3 INGREDIENT BOWLS

**Unpack and display all recipe ingredients.
Refer to the ingredients chart for the measurements.**

OR

Prep Your Slow Cooker

- Drizzle in olive oil; add chopped potatoes, eggplants, onions & peppers with parsley, tomato sauce infused with garlic and oregano, and a large pinch of Pantry Boy seasoning to the slow cooker.
- Stir Gently
- Cover.

SET:

HIGH to cook 4 hours
LOW to cook 6 hours

- Place the yellow zucchini in the slow cooker 15-20 minutes prior to meal service time to simmer.

Get your Stove/Oven started

- **BASMATI RICE:** Place small pot filled with water (see chart above for amount) with a pinch of salt over medium-high heat (see below for next steps).
- Over Medium-high heat, add olive oil to a large nonstick pot; add chopped potatoes, eggplants, onions & peppers to sauté for minutes; add yellow zucchini, tomato sauce infused with garlic, oregano and a generous amount of seasoning. Heat mixture to a slow boil and reduce heat to low and cover. Simmer for 15 minutes or until zucchini is tender.
Add a few drops of water if needed to avoid burnt.

Make the rice prior to meal service time.

Prepare Rice

Prior to meal service time, rinse and drain the rice until running water is clear. Add basmati rice and a tablespoon of butter to boiling water with a pinch of salt. Reduce heat to low for about 8-10 minutes, or until the water is absorbed. Turn off the heat and let the rice rest.

Finish & Serve

Divide your basmati rice among your plates and top it off with some of the vegetable stew, and season as desired.

Enjoy.

Remember to share your masterpiece!
www.pantryboy.com

