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Introduction

Welcome to VitaClay! We're so glad you're here. We have created a line of electronic cooking devices that are both easy to use and healthy for you and your family. Clay is the most traditional cooking material there is: used in every culture for thousands of years. It is literally made from the earth! We at VitaClay care about your health (and ours!) and about the environment. That's why we set out to create cookware that not only saves time and money in the kitchen, but makes cooking traditional, whole, healthy meals easy: at the push of a button!

We have sourced the world's purest clay to create our clay pots, so you can rest assured that no impurities, heavy metals, toxins or chemicals will ever be leached into your food. Not only will your food be clean and healthy, it will taste great and have an unparalleled texture.

Are you tired of bland, mushy meals from your slow cooker? Well, now that is a thing of the past. The unique properties of clay preserve taste, texture and nutrients, and you won't believe your mouth! The results speak for themselves. So let's get cooking, shall we?

We have compiled a collection of recipes that are amazing in VitaClay cookers. The recipes in this booklet have been designed specifically for the new VitaClay stock pot, but all of them can also be used in other VitaClay cookers.

If you are cooking broth or another dish for an extended period of time, please insert the silicon stoppers into the holes in the clay lid. This will prevent the evaporation of an excess amount of liquid.

Also don't forget to like us on Facebook (VitaClay Chef) to get updates on all of the newest product announcements, promotions and sales here at VitaClay. We also have a free monthly newsletter with tips and recipes that you can sign up for on our website, www.VitaClayChef.com. Please also check out our blog, which can be found on the left tab at www.VitaClayChef.com. We post new recipes, tips and tricks for using VitaClay there daily!

Thank you again for choosing VitaClay. Happy Cooking!

Stock Pot Basics and Best Practices

PLEASE READ before using the VitaClay Stock pot

At VitaClay we care about your health. That's why we made the healthiest cookware on earth with removable unglazed clay pots. Our clays have been tested free of many common contaminants in modern cookware: including lead, aluminum, cadmium and arsenic. We also don't add any harmful glazes or chemicals to our pots. We just don't believe convenience is worth risking your health.

With this assurance of safety, unglazed clay has to be treated differently than other materials. Glazed ceramics may seem to be the same as our clay, but since we do not use a glaze, some care must be taken with VitaClay pots.

For all VitaClay pot inserts (any model), there are some very important rules and tips to follow:

1. **ALWAYS** cook with liquid present in the pot. Do not pre-heat the pot or cook anything without water-based liquid present. **At the first-time cooking**, cooking time for longer than an hour, please **CHECK** your liquid levels half way of cooking time to see if liquid is running low, add same temperature or room-temperature liquid as needed. If the liquid is almost gone, turn the machine off and allow it to cool down before adding more liquid and resume the cooking cycle. Use our first-time **cooking chart** to cook varieties of foods and reduce or add liquid amount and timing as needed thereafter.
2. To achieve the optimum cooking results, we recommend a **full pot** cooking time on **“Fast”** is up to 2 hours, on **“Slow”** up to 3 hours, bone broth for up to 9.5 hours. You may shorten cooking time when food volume is reduced to half or less.
3. **DO NOT** cook food volume for under 20% of the full pot volume, too small volume cooking may risk in cooker damage.
4. Silicon stoppers must be plugged into the 4 steam openings on the lid when cooking to prevent moisture and liquids from evaporating.
5. Please do not brown, fry in the VitaClay. Anything cooked in VitaClay must be cooked in the presence of water-based liquid.
6. **ALWAYS** avoid temperature shock: never add frozen items to a very hot pot or place a hot pot on a cold, marble counter or directly into the refrigerator. Use a cloth trivet for the counter and allow to cool down before placing in the refrigerator. Do not place the clay pot in the freezer. Similarly, do not add boiling water to a very cold pot (out of the refrigerator). Allow the pot to normalize to room temperature before adding very hot or very cold items.
7. The **STOCK POT** models, as the name implies, are intended for cooking large batches of mostly-liquid dishes such as bone broth, stocks, soups, and stews. Do not cook casserole in this pot, or easy over flow foods or liquid.

8. Cereals can be cooked with a water-to-grain ratio of at least 8-to-1 under porridge setting and oatmeal can be cooked with water to oat ratio of at least 4-to-1 under “FAST” setting for 30 minutes.
9. There is no rice cooking function on the VM7800 Stock Pot. However, making a “soupy” dish with rice, like soup, stew or porridge, slow cooking setting can be used with plenty of liquid.

If you follow these simple recommendations you should enjoy your clay pot and VitaClay cooker for years to come!

Temperatures for Each Function

If you are anything like us, you love to cook. That means you love to improvise.

I never met a recipe I didn't change in some way (for the better, of course)!

So, of course, it's helpful to have all of the information about your new VitaClay stock pot. So if you want to make something a little out of the ordinary, you will know how to use VitaClay to do it.

Each button has a name. This allows you to make the most common and popular dishes at the push of a button. But what if you want to make something not listed on the buttons? Not a problem. Use the temperatures below to determine which function will work best with your recipe.

Yogurt: 110 degrees F. This can also be used for “raw” cooking or other incubational recipes.

Steam/Fast: 212 degrees F. This brings contents to a boil quick and holds them there for the duration of cooking.

Slow: 212 degrees F. This also brings the contents to a boil, but at a much slower rate. Once the cooker reaches to a boil, it will reduce the temperature to slow simmer. You may not notice the temperature change instantly, but one or two hours later, due to clay's natural heat retention. Clay heats consistently and cooks foods evenly. Depending on volume, a full pot may take about an hour to reach a boil. then down to a slower boil.

Delay Timer: This button allows you to delay porridge cooking start time to your preference, so your meal is fresh and ready when you are!

Porridge: 212 degrees F. This has an automatic porridge setting to cook from 45 minutes up to an hour and half with a Delay timer.

Warm: 160 degrees F. After Fast or Slow cooking cycle completes, the cooker will automatically switch to Warm setting to keep your food Warm until you are ready to serve. Warm can be also used for a lot of things, such as making tea or tinctures, or a low-temperature cooking: it will hold the contents at a very low simmer.

Stock Pot Recipes

Your new stock pot is the largest VitaClay we've made yet. At 6.5 quarts, it can make large batches of bone broth, stews, soups and other batch meals that can be portioned out and frozen or enjoyed by the whole family! This stock pot performs all of the same slow cooking functions as the other VitaClay models and can also make yogurt. **The only thing it doesn't make is rice.**

Keep it Wet!

Keep in mind while cooking that clay needs to stay "wet" at all times. So, make sure there is always some liquid in the pot. For this reason, **soups, stews broths, 30-minute steam and yogurt** are the best foods to prepare in the VitaClay stock pot.

Make Broth!

Bone broths and other stocks are a great way to add flavor and nutrition to just about every meal. Make a big batch and freeze or refrigerate it. Use it in place of water when making rice, use it as a soup base for soups and stews, or even as a base for sauces in stir fries and other cooking. Once you discover the flavor and nutritional benefits of broth, you'll never go back! Now let's get cooking!

Double Up!

If some recipes are intended to feed 3-4 people, feel free to double or even triple the recipe as needed!

No Limits!

You can cook even small amounts in the VitaClay stock pot, but no less than 5 cups (US cup size) in volume and cook in about 30 minutes or less only. Steaming fish, veggies, root veggies, yams or potatoes, or pasta meal, etc. are the perfect quick meal examples. It might look funny cooking just a serving or two at the bottom of the huge pot, but it's perfectly fine. We won't tell anybody!

Get More!

For more recipes, tips and tricks for using your new VitaClay cooker, and articles related to health and real food, please visit our blog at www.vitaclaychef.com We're adding new content all the time!

Check out YOUTUBE VITACLAY for updated recipes and how to videos!

Broths

BONE BROTH: HOW TO MAKE IT FOR ALMOST NOTHING IT IN 3 EASY STEPS!



Maybe you've been reading about how great bone broth is for your health.

Maybe you read *Nourishing Tradition* by Sally Fallon, extolling the myriad benefits of bone broth for pretty much every part of the body.

It's great for hair, skin and nails; it's like a multi-vitamin and mineral supplement all rolled into one, and of course it's got plenty of calcium and is great for bones, growing and already grown!

It's even great for healing digestive issues, and with the research linking digestive health with overall immunity and even with brain health, that's something to get excited about!

So how does one make this magical health elixir, you ask, and what can you do with it once you do?

Well, here at VitaClay we love our bone broth. I make it at my house at least once a week.

I keep a batch (several jars-full) in the fridge and add it to pretty much everything savory. Sometimes I even drink it from a mug with a little real salt!

It can also be frozen if you want to keep it much longer than a couple of weeks, or just make a really huge batch.

Here are step-by-step instructions for how to make your very own bone broth at home:

- Gather the bones
- Round up bones from bone-in meat you've eaten at meals, or buy soup bones from the grocery store or local farm (soup bones usually have lots of **gelatin-making cartilage** and even some meat that can be eaten with the soup)
- If you want to save up bones from meals, just throw them into a zip bag in the freezer until you're ready to use them.
- You can also add veggie from onions, carrots, celery, or anything else to add flavor and depth to your broth (onion skins and eggshells can even be used to increase nutrition!)
- Use about 1 large soup bone or 2-3 smaller bones for each 2-3 cups of water.
- Add your bones to the VitaClay pot, fill it up about $\frac{3}{4}$ full with filtered water, and set it on "slow" for about 4-6 hours for beef bones or 2-3 hours for a whole chicken.
- A good broth will form in 2-3 hours, but some people go as long as 24!

I HAVE BONE BROTH. NOW WHAT?



Bone broth is possibly the most traditional food there is and has been used by every tribal and traditional culture in the world to build strong, healthy bodies from childhood to old age.

Bone broth is the foundation of the dietary protocol to heal Gut and Psychology syndrome (GAPS), which explains how broth and the gelatin it contains can heal a myriad of psychological issues such as depression, autism spectrum disorders, chemical imbalances in the brain, and even severe conditions such as schizophrenia and bipolar disorder!

This is great news, because it's so easy and economical to make, so healthy, and so easy to incorporate into just about anything! All you need are some bones ("soup" bones are perfect, or just throw in the left-over bones from a roasted chicken or other meat), some water and a little time.

I love making bone broth in my VitaClay because I don't have to worry about the stove being on: I can leave it cooking overnight or while I'm out, then refrigerate it and use it in everything!

Here are a few suggestions of how to use your amazing, nutrient-dense bone broth

- Cook rice or other grains in broth instead of water to boost the nutritional value and add a great flavor
- Add a splash of broth to your stir-fries when they get dry
- Replace water with broth in any savory dish to add flavor and nutrition!
- Use bone broth as a soup base for any type of soup or stew
- Replace broth for water/bouillon in recipes
- Drink a mug of warm broth with a sprinkle of sea salt before bed
- If you're trying to quit coffee, try drinking a hot cup of broth in the morning instead

Bone broth contains many minerals and proteins that are easily absorbed and assimilated by the body.

Gelatin often comes out in the broth, especially when using cartilage and joint bones, and can do wonders for hair, skin and nails.

Gelatin is also a powerful healer of joints and of the digestive tract.

Just make sure you get organic or pastured bones from a local farm so you don't get any nasties in your broth!

RECIPES

NUTRIENT DENSE MUSHROOM BROTH



Mushrooms are a rich source of vitamin D and other nutrients, and they add a great, deep flavor to almost any dish. If you're vegetarian, mushrooms can be a great way to replace meat with something dense, filling and nutritious. There are lots of different kinds of mushrooms, and even mushroom-growing kits that can be tended at home.

I love bone broth, but sometimes it's good to have something a little different, and of course vegetarians need broth too!

Try this delicious mushroom broth: it has a deep, rich flavor and makes soups and stir fries taste amazing!

INGREDIENTS

- 10 Shiitake mushrooms, sliced
- 1-2 large portobello mushrooms, sliced
- 12 button mushrooms, sliced
- fill up half to 3/4 of pot filtered water

STEPS

1. Add all ingredients into Vitaclay pot
2. Cover, setting on "slow" for 1 hour.
3. Jar and add to recipes, stir-fries or as a base for soups.

This broth is a great base for Asian soups, such as the seaweed tofu miso soup in our cookbook. The flavor and anti-oxidants shine through in many dishes and give a richness of flavor not found

elsewhere. Use in any savory recipe that calls for water, as a base for soups, or heat up and sip with a bit of sea salt.

VEGETABLE BROTH IN CLAY

INGREDIENTS

- 1 pound onion (3 medium), chopped
- 1 pound carrots (5 to 6 medium), chopped
- 1/2-pound celery (4 to 5 ribs), chopped
- 1 pound tomatoes (4 small), halved
- 4 garlic cloves, smashed and peeled
- 2 tablespoons olive oil
- 1/2-ounce dried mushrooms such as porcini, oyster or shiitake
- Half bunch fresh parsley
- 3 sprigs fresh thyme
- 2 bay leaves
- 1 teaspoon sea salt, optional
- 12 cups water, preferably filtered

STEPS

1. **ROAST VEGETABLES** (optional) - Heat oven to 425 degrees F. Add onion, carrots, celery, tomato, and the garlic to baking sheet or pan. Toss with olive oil then roast until the vegetables are nicely browned.
2. Place all vegetables in a VitaClay[®] cooker and stir well.
3. Add water to cover and set to "Fast" for 30–40 minutes.

Serving: 10 cups

MEAT STEWS

Stews are my favorite kind of meal, because they are so easy to prepare, especially in VitaClay and they come out so delicious every time!

I like to make a big batch and eat from it all week. School and work lunches, snacks and quick, easy dinners for those hectic nights. And it's not any more trouble to make a stew with 20 servings as it is to make one with 5 servings.

ONE-POT BEEF & PEPPER STEW

Courtesy of Taste of Home

INGREDIENTS

- 1 pound lean ground beef (90% lean)

- 3 1/2 cups of diced tomatoes, undrained
- 4 large green peppers, coarsely chopped
- 1 large onion, chopped
- 1 cup chopped green chilies
- 3 teaspoons garlic powder
- 1 teaspoon pepper
- 1/4 teaspoon salt
- 2 cups uncooked instant rice
- Hot pepper sauce, optional

DIRECTIONS

1. (Optional) In a medium sauce pan, sear and break the beef over medium heat 6-8 minutes and drain. Transfer to VitaClay pot.
 2. Add the rest of ingredients to VitaClay pot.
 3. Set on “Fast” for 30 minutes or until all is cooked through.
- Serve stew with rice.
Serving: 6

PEPPER BEEF ROAST

This peppered beef roast adds a bit of a twist to the traditional beef stew, and the flavors are really excellent.

INGREDIENTS

- 1 sirloin tip beef roast (2-3 lbs)
- 1 red onion, sliced thinly
- 3-4 garlic cloves, minced
- large baking potato, peeled & diced
- 3-4 carrots, peeled & chopped
- other veggies, such as corn kernels or peas, as desired
- 1 bottle beer (optional)
- 8 cups broth and/or water (9 c if not using beer)
- tablespoons balsamic vinegar
- tablespoons Worcestershire sauce
- 2 tablespoons parsley flakes
- 2-4 teaspoons ground black pepper
- 2 bay leaves
- Salt to taste

DIRECTIONS

1. Cut a large “X” in the top of the roast and put the roast into the VitaClay pot
2. Stuff the “X” shaped roast cavity with sliced red onion and minced garlic
3. Add potatoes, baby carrots and other veggies to the clay pot on top of the roast

4. Pour beer/broth, balsamic vinegar, and Worcestershire sauce over the roast
5. Sprinkle with parsley, and ground pepper. Add bay leaves to the liquid
6. Cover and set to “SLOW” for 2 hours. Roast should shred easily with two forks.
7. Add salt to taste.
8. To thicken the soup, you can add tapioca or other starch to the cooking liquid

Serving: 4-6

SLOW CLAY COOKED HEARTY IRISH STEW



Irish stew has a unique flavor, and the plentiful amount of vegetables, combined with broth and meat makes this dish satisfying enough to be a one-pot meal.

Like most stew, this Irish stew is great for left-overs; I love to make a big batch and portion it out during the week for lunches and dinners.

Fast, easy, economical, healthy and delicious!

This is one recipe the whole family will love!

INGREDIENTS

- 2 pounds stew lamb (cheaper cuts)
- ½-1 lb bacon
- 3 red onions, chopped
- 5 carrots, cut into chunks
- 6 potatoes, cut
- 16 cups bone broth (lamb or other broth)
- 1-2 c pearl barley
- 3 bay leaves
- 1 leek, washed and sliced
- 3-4 sprigs fresh thyme

salt and pepper, to taste

DIRECTIONS

1. Add all ingredients to the clay pot
2. Close and set on “slow” setting for 2 hours
3. Fish out bay leaves and thyme sprigs, then serve with crusty bread or over rice (or just by itself!)

Serving: 4

CLAY COOKED SHORT RIB STEW

Courtesy of Taste of Home

INGREDIENTS

- 3 pounds bone-in beef short ribs
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1 tablespoon canola oil
- 4 medium carrots, cut into 1-inch pieces
- 2 cup beef broth
- 4 fresh thyme sprigs
- 1 bay leaf
- 2 large onions, cut into 1/2-inch wedges
- 6 garlic cloves, minced
- 1 tablespoon tomato paste
- 2 cups dry red wine or beef broth
- 4 teaspoons cornstarch
- 3 tablespoons cold water
- Salt and pepper to taste

DIRECTIONS

1. Sprinkle ribs with salt and pepper. In a large skillet, add onions, garlic and tomato paste, heat oil over medium heat. In batches, brown ribs on all sides; transfer to VitaClay stock pot.
2. Add the rest of ingredients to your clay pot.
3. Set on “Slow” to cook for 2 hours or until meat is tender.
4. Remove ribs and vegetables; keep warm. Transfer cooking juices to a small saucepan; skim fat. Discard thyme and bay leaf. Bring juices to a boil. In a small bowl, mix cornstarch and water until smooth; stir into cooking juices. Return to a boil; cook and stir 1-2 minutes or until thickened. If desired, sprinkle with additional salt and pepper. Serve with ribs and vegetables.

CLAY LAMB GARBANZO BEAN STEW

This stew is hearty and delicious, but since it uses lamb and garbanzo beans and a few unexpected spices, it really makes it a memorable and fun dish that is different.

It is great served over rice, but could also be served with crusty sourdough bread, or with a side of quinoa, pasta or couscous.

After all, variety is the best spice of life, isn't it?

INGREDIENTS

- 2 pounds ground lamb (or mixed half with ground turkey)
- 10 cups broth
- 2 red onions, chopped
- 4 tomatoes, chopped
- 1-2 small red bell peppers, chopped
- 6 cloves garlic, minced
- 1 teaspoon salt, or more to taste
- 8 plum tomatoes, chopped
- 2 pounds cooked garbanzo beans, rinsed
- 5-6 teaspoons chili powder
- Several dashes of turmeric
- 1/2 teaspoon ground cinnamon
- 2 tablespoons chopped fresh cilantro or mint

DIRECTIONS

1. Add all of the ingredients except garbanzos to the clay pot (if garbanzos are uncooked they can be added now)
2. Cover and cook on "fast" setting for 1 to 1.5 hours
3. Add garbanzo beans and cook another 10-20 minutes, covered
4. Serve over grain of choice. Garnish with chopped parsley, cilantro or mint

CHEF JOHN'S BEEF GOULASH

Courtesy of All recipes

INGREDIENTS

- 2 1/2 pounds boneless beef chuck roast, cut into 2-inch cubes
- salt and ground black pepper to taste
- 2 tablespoons vegetable oil
- 2 onions, chopped
- 2 teaspoons olive oil
- 1/2 teaspoon salt

- 2 tablespoons Hungarian paprika
- 2 teaspoons caraway seeds, crushed
- 1 teaspoon freshly ground black pepper
- 1 teaspoon dried marjoram
- 1/2 teaspoon ground thyme
- 1/2 teaspoon cayenne pepper
- 7- 8 cups chicken broth
- 1/4 cup tomato paste
- 3 cloves garlic, crushed
- 2 tablespoons balsamic vinegar
- 1 teaspoon white sugar
- 1/2 teaspoon salt, or to taste
- 1 bay leaf

DIRECTIONS

1. Season beef with salt and black pepper. Heat vegetable oil in a large skillet over high heat; cook and stir beef in hot oil in batches until browned on all sides, about 5 minutes per batch. Transfer to your clay stockpot and reserve drippings in the skillet.
2. Return skillet to medium heat; stir onions into the reserved drippings, drizzle olive oil over onions, season with 1/2 teaspoon salt and cook until onion has softened, about 5 minutes. Transfer to your clay stockpot with beef.
3. Combine all the rest of ingredients in your clay pot. Set on “Slow” to cook for 1 1/2 to 2 hours.

GNOCCHI AND WHITE BEAN STEW

The gnocchi and white beans are make-or-buy-ahead, so there is almost no prep work involved, and you won't believe how delicious this dish is.

Not only that but making 10 servings is just as easy as making 2, so you can have left-overs all week if you so desire.

INGREDIENTS

- 2 cups potato gnocchi
- 2 cups Cannelloni beans, cooked
- 2 cups diced tomatoes
- 3 cups chicken broth
- 1 red onion, chopped
- 2 cloves garlic, minced
- 1 cup baby spinach (fresh)
- 1/2 cup shredded mozzarella cheese
- 3 tablespoons Parmesan cheese, grated
- 1/4 t teaspoon pepper
- salt to taste

DIRECTIONS

1. Add all ingredients except for spinach into the VitaClay pot
2. Close and cook on "Fast" setting for 30 minutes
3. Add spinach and seal again, allowing to steam through for 3-5 minutes, then stir
4. Sprinkle cheeses and cover for a couple more minutes until they are melted, then serve

NEW BRUNSWICK STEW

I love to use leftover to create something new and delicious that doesn't taste like re-hash.

I also love any excuse to use my VitaClay to cook a meal--because everything I cook in it tastes so great and involves so little hassle.

When I saw this Brunswick Stew recipe at add a pinch, my first thought was: "That looks delicious." My second thought was: adapt it for VitaClay and cook it. Now." And I'm really glad I did. Another great thing about this recipe is that it's very customizable: you can really just make "left-over stew" with what you have in the fridge for a slightly different result every time.

Or if it becomes a favorite, you might need to stick to the recipe. The recipe can easily be doubled or halved to accommodate to your audience, but if you have less cooking volume, also cut down the cooking time accordingly.

INGREDIENTS

- 3 cups shredded meat (any meat will do)
- 4 cups broth (for 30 minutes) or 6 cups (for 1 hour)
- 1 small onion, diced
- 2-3 red potatoes, diced
- 1 cup cooked lima beans
- 2 cups organic corn
- 1 cup diced tomato
- quick squirt of ketchup
- 1 tablespoon turbinado sugar
- 1 tablespoon apple cider vinegar
- 2 tablespoons Worcestershire sauce
- 1 tablespoon your favorite no-salt seasoning blend
- sprinkle of cayenne pepper (to taste)
- dash of sea salt (to taste)

DIRECTIONS

1. Add broth and meat to VitaClay pot. Layer all other ingredients into the pot and cover.
2. Set cooker on "fast" setting for 30 minutes to 1 hour.
3. Serve warm. Garnish with cheese, sour cream, cilantro or parsley.

RED WINE BEEF SHALLOT STEW

The clay lends a very nice texture to the beef and the shallots, so they are not mushy like in some slow cooking recipes, and the flavor and nutrients are retained as well!

And because it does contain bone broth, it is a very nutritious stew as well!

Let us know what you think of this unique dish!

INGREDIENTS

- 4 pounds grass-fed beef stew meat, cut into 3” chunks
- 2 cups broth
- 1 bottle dry red wine
- 1 ½ pounds whole shallots, peeled
- Sprinkling of turmeric powder
- 8 sprigs fresh thyme
- 1 teaspoon sea salt
- 1 teaspoon ground black pepper

DIRECTIONS

1. Add all ingredients into the your clay pot
2. (If you prefer to sear/brown the stew meat prior to slow cooking, feel free: just cook stew meat in a hot cast iron skillet with tallow for 5-10 minutes, browning all sides evenly)
3. Close and cook on “Slow” setting for 2 hours
4. Serve over rice, potatoes or other grain, or just with a side of crusty sourdough bread

CLAY COOKED ITALIAN STEW

INGREDIENTS

- 2 tablespoons olive oil
- 2 pounds lean top round, trimmed and cut into 1-inch cubes
- 2 large sweet onions, diced
- 2 cups large chunks of celery
- 4 large carrots, peeled and cut into large rounds
- 1 pound crimini mushrooms, sliced
- 2 tablespoons minced garlic
- 2 cups dry red wine
- 1 quart beef stock
- 2 cups tomato sauce
- 4 large tomatoes, chopped
- 1 1/2 pounds red potatoes (such as Red Bliss), cut into 1-inch chunks
- 1 tablespoon dried basil



- 1 teaspoon dried thyme
- 1 teaspoon dried marjoram
- 1/2 teaspoon dried sage

DIRECTIONS

1. Add all ingredients except for kale
2. Close and cook on “Slow” setting for 2 hours

OLD STYLE KENTUCKY DERBY BURGOO

I read that in Kentucky they used to have Derby-watching parties, and this was the traditional entree at such parties. The ingredients are simple enough, and in some places you can even find a frozen mix of “gumbo vegetables” that could make this even easier. Since I have access to most of these veggies fresh, I decided to just use fresh. That always tastes better to me.

INGREDIENTS

- 1-2 pounds grass-fed beef top round, cubed
- 1 whole organic chicken, cut up (8 – 10 pieces)
- 8-12 cups broth
- 3 stalks celery, chopped
- ~25 okra, chopped
- 1 onion, chopped
- 2 red bell pepper, chopped
- 2 cups organic corn kernels (non-organic is probably GMO)
- 1 1/2 cups tomato paste
- Salt and pepper, to taste

DIRECTIONS

1. Add everything except vegetables and tomato paste into the clay pot
2. Close and cook on “Slow” setting for 3 hours
3. Add vegetables and tomato paste, stir, and cook for another 20-30 minutes

MOROCCAN SLOW-COOKED LAMB TAGINE

INGREDIENTS

- 1 tablespoon ground cumin
- 2 teaspoons ground coriander
- 1 1/2 teaspoons salt
- 1 teaspoon fennel seeds
- 1/2 teaspoon cayenne pepper
- 1/2 teaspoon ground black pepper

- 2 1/2 pounds trimmed boned lamb shoulder, cut into 1 1/2- to 2-inch pieces
- 4 tablespoons olive oil, divided
- 1 large onion, finely chopped
- 1 tablespoon tomato paste
- 4 cups chicken broth
- 2 cups garbanzo beans (chickpeas), drained
- 1 cup dried apricots
- 2 large plum tomatoes, chopped
- 2 cinnamon sticks
- 1 tablespoon fresh ginger, minced peeled
- 2 teaspoons grated lemon peel, packed
- 2 tablespoons fresh cilantro, chopped

DIRECTIONS

1. Mix first 6 ingredients in large bowl. Add lamb and toss to coat.
2. Brown lamb on all sides and transfer to VitaClay pot.
3. Add onion and tomato paste to drippings in skillet and sauté until onion is soft, about 5 minutes and transfer to your clay pot.
4. Add the rest of ingredients to your clay pot. Cover and set on “Slow” for 1 1/2 - 2 hours
Serve with Couscous flavored with chopped mint, toasted slivered almonds, and grated lemon peel.

Creamy Soups and Bisques

BAKED POTATO SOUP



This recipe is great because it can use left-over baked potatoes, mashed potatoes or you can just cook up some potatoes for the soup (or do that beforehand—make a big batch and use them for several meals!)

Next time you crave that creamy, substantial, potato & onion goodness, you'll have this soup in your fridge and can heat it up and go!

INGREDIENTS

- 6 large baked potatoes (or about 8 cups of mashed potatoes (scoop out the white stuff and mash it or run it through a ricer if they're baked))
- 4 tablespoons butter
- 8 cups broth
- 6 leeks, diced (about 1 ½ c)
- 6 cloves garlic, minced
- 1 cup sour cream
- 2 ½ cup buttermilk
- ½ cup grated Parmesan
- 2 ½ teaspoons sea salt
- 1 teaspoon ground pepper
- 3 tablespoons sherry vinegar
- 5 chives, chopped finely
- Shredded cheese for garnish
- Crispy bacon bits (optional)

DIRECTIONS

1. Add everything but the vinegar, bacon cheese and chives into the clay pot, and stir well until mixed.
2. Cover and cook on "Slow" setting for 1 hour
3. Stir in sherry vinegar and ladle into bowls, sprinkling chives to garnish

ASPARAGUS AND AVOCADO SOUP

This asparagus and avocado soup can be eaten warm or cold and fits in well with the fickle cool-then-hot weather we have during the springtime rains. It's rare that asparagus is found in soup, and even rarer that avocado is, but this combination comes out with a lovely flavor and texture that you will love.

Try it and let us know what you think!

INGREDIENTS

- Flesh of one large, ripe avocado
- 1 bunch of fresh asparagus, chopped
- about 14 oz coconut water (for a thicker, creamier version, or if you want to eat it hot, you may prefer to use coconut milk)
- 6 cups broth
- 1 cup raw cashews, soaked and drained (if they've been dehydrated or toasted, that's okay too)
- ¼ cup dill
- 1 tablespoon tamari sauce (sesame seed butter)
- juice from 1 lemon
- 1/4 cup fresh dill
- Juice of 1 fresh lemon
- 2 garlic cloves, peeled and crushed
- 1/2 teaspoon black pepper
- Corn from 1 fresh ear of corn, or about 1 cup

DIRECTIONS

1. Add 2 cups water in your clay pot and add asparagus inside a steam basket placed inside the clay pot. Set on "Steam" to cook for about 20 minutes
2. Drain and add all other ingredients except corn to the clay pot.
3. Cook on "Fast" for 30 minutes
4. Blend with a hand immersion (or regular blender) until smooth
5. Serve garnished with corn. Great on cold

CREAMY CHEESY BROCCOLI SOUP



Creamy soups are my favorite, especially when it starts to get chilly outside. Maybe it's because I like to have soup as a meal, and they're really thick and satisfying. Maybe it's because they're so delicious. Try this creamy, cheesy broccoli soup for yourself, and you'll be begging to eat more broccoli!

INGREDIENTS

- 4 heads broccoli, cut into 1-inch florets
- 2 cups broth
- 1 stick (4oz) butter, unsalted
- Salt and black pepper (freshly ground tastes best)
- 3 cloves of garlic, minced or chopped
- 1 whole onion, diced
- 4 cups whole milk
- 2 cups half & half
- A few dashes of turmeric
- 1/3 cup all-purpose flour or gluten free flour
- Pinch of ground nutmeg
- 3 cups grated cheese (grate it yourself to avoid more nasties), plus more for garnish

DIRECTIONS

1. Add all ingredients except cheese into the VitaClay pot, stirring to combine until smooth
2. Cover and set to "slow" for 30 - 45 minutes.
3. Using a hand immersion blender, blend the soup to desired consistency
4. Stir in the cheese

When serving, garnish with more cheese and scallions, cilantro or chives, if desired
Serve with crusty sourdough bread for a delicious, filling meal!

*Cream is great, but only if it's from pastured, organic cows. Otherwise you're getting all kinds of hormones, antibiotics, and other nasties from a sick animal.

CAJUN STYLE SHRIMP & CORN BISQUE

When I get a chill, there is just something about a creamy, thick bisque that warms me and satisfies my appetite like nothing else. This Cajun style shrimp & corn bisque is as delicious as it is satisfying, and with VitaClay, the prep work, cooking and clean-up are all a breeze! wrap up in your blanket and sit by the fireplace while dinner cooks itself!

INGREDIENTS

- 3 pounds organic sweet corn kernels (organic to avoid GMO)
- 2 pounds shrimp, peeled
- 3 tablespoons butter
- 1 large onion, diced
- 6 cups broth
- 1 ½ cups half & half or heavy cream
- 8 oz cream cheese
- 3 tablespoons arrowroot powder or non-GMO cornstarch mixed with ½ c cold water
- 1 tablespoon Cajun seasoning

DIRECTIONS

1. Add everything except shrimps into the clay pot, and cover
2. Cook on “Fast” setting for 30 minutes
3. Open and stir everything, ensuring cream cheese and other ingredients are smoothly incorporated
4. In the last 10 minutes of cooking, add shrimp to cook for the remaining time or until shrimps are cooked through.
5. Taste and season accordingly, then serve

Garnish with cilantro or parsley, if desired

The soup will do well sitting on Warm cycle for additional 30 minutes or more, but may need to be stirred before serving

THAI-INSPIRED BUTTERNUT SQUASH SOUP

Thai! And Butternut squash! Together! It's the best of both worlds for fall! (And butternut squash soup is not only nutrient-dense, it's super filling!)

INGREDIENTS

- 1 Butternut Squash, whole or peeled, seeded, and cubed
- 1 cup chopped onions
- 1 teaspoon ginger
- 1 tablespoon garlic
- 2 tablespoons Thai curry paste
- 6 cup broth
- 1 tablespoon coconut sugar
- 2 tablespoons fish sauce
- 2 cups coconut milk
- dash of salt & pepper
- garnishes: crushed peanuts, chopped cilantro, squeeze of lime

DIRECTIONS

1. (Optional) Roast the butternut squash (whole) in an oven at 400 F, until soft (30-45 minutes). Peel the skin and remove the seeds, scooping the flesh into the VitaClay pot
2. Add all ingredients except garnishes to clay pot
3. Cook 20-30 minutes "Fast", then using a hand-immersion blender, puree the soup
4. If it's too thick, add a little more broth and stir
5. Ladle into bowls and garnish with crushed peanuts and cilantro, serve with lime wedges

This soup is so delicious! It's a completely different flavor than regular butternut squash soup, and you can even make a big batch and just flavor some of it with the Thai flavors.

I had a batch already made, and just stirred in the Thai ingredients, and it was amazing! (I didn't have peanuts, so I stirred in some peanut butter and it worked like a charm!)

Butternut squash soup is also super filling and nutrient-dense, so it can be served for a meal or as a side to a meal.

POTATO CORN CHOWDER

Ever thought of mixing two different chowders? This potato corn chowder recipe is unique, delicious and filling: give it a try!

INGREDIENTS

- 4 cups diced raw potatoes
- 6 cups broth
- 1 cup heavy cream
- 2 carrots, shredded
- 2 cups corn kernels (fresh or frozen)—get organic to avoid GMOs
- ¼ pound bacon, diced
- 1 red onion, chopped
- 3 cloves garlic, minced
- 2 tablespoons flour or other starch (tapioca or arrowroot will work)
- Salt and pepper to taste
- ½ teaspoon dried thyme
- Shredded cheese to garnish
- Chopped parsley or cilantro to garnish

DIRECTIONS

1. Cook the bacon bits until crisp, then scoop out the meat and use the drippings to cook the onion, seasoning with some salt & pepper
2. In the last minute of cooking, throw in the garlic, turn off the heat, and stir.
3. Put potatoes, broth, onion and garlic, and flour or starch into the clay pot.
4. Cover and cook for 30 minutes to 1 hour on “Slow”.
5. 15 minutes before finish the cooking, add corn and carrots, and allow to cook for the rest of time.
6. Turn off the cooker, stir in the cream, and season with thyme, salt and pepper (add cayenne if you like it spicy)
7. Cover with VitaClay top and let it rest for another 10 minutes to seal in the flavors. Serve and sprinkle with chopped parsley and bacon to garnish

HEARTY FALL TURKEY CHILI

Most of us are eagerly anticipating all of the wonderful food at our family gatherings on Thanksgiving, and even the overabundance that will feed us for a week or two afterwards.

Turkey sandwiches can only go so far, though, so here's an idea of a hearty, delicious meal that will make use of some of those turkey left-overs and let us bask in those fall flavors just a little longer!

INGREDIENTS

- 1 1/2 teaspoons olive oil
- 1 pound ground turkey or 2 cups leftover turkey meat, cut in cubes
- 1 onion, chopped
- 3 cups broth
- 3 1/2 cups crushed tomatoes
- 2 cups cooked kidney beans - drained, rinsed, and mashed
- 1 tablespoon garlic, minced
- 2 tablespoons chili powder
- 1/2 teaspoon paprika
- 1/2 teaspoon dried oregano
- 1/2 teaspoon ground cayenne pepper
- 1/2 teaspoon ground cumin
- Salt and ground black pepper to taste
- 1/2 cup Monterey jack cheese, shredded
- Sour cream, to garnish

DIRECTIONS

1. Add all ingredients into clay pot and sprinkle in the chili powder and mix all ingredients well.
2. Cover and cook on the "Slow" setting for 1 hours.
3. Dollop on the sour cream and sprinkle the cheese over the top just before serving.

Serving Size: 6

QUINOA AND SWEET POTATO CHILI

INGREDIENTS

- 5 cups broth
- 1-2 sweet potatoes, diced
- 1 cup cooked black beans, drained

- 1 cup cooked kidney beans, drained
- 2 tomatoes, diced (about 1.5 cups)
- 1 red onion, diced
- 6 oz tomato paste
- 1 cup uncooked quinoa
- 5 garlic cloves, minced
- 1 tablespoon cumin powder
- 1 teaspoon oregano
- Garlic powder, to taste
- Onion powder, to taste
- Sea salt, to taste
- black pepper, to taste
- 1.5 tablespoons chili powder
- Avocado, sour cream, cilantro and/or diced onion, for garnish (optional)

INGREDIENTS

1. Add all ingredients to the clay pot (except garnishes)
2. Close and cook on “slow” setting for 1 hour
3. Chili will be ready to eat when the cooking cycle is done.

Serve and garnish as desired

Healing Soups

GREEN VEGGIE SOUP TO BOOST IMMUNITY

Soup is warming, soothing, and boosts immunity, especially when you use bone broth—one of the most traditional healing foods on the planet!

Every culture has used bone broth as a staple immune-builder. It's great for building up any body type, and even boosts fertility and benefits prenatal health!

The gelatin and collagen found in soup made from bones is also an age-defying elixir, giving your body and connective tissues regeneration like from no other source. And of course it's great for the joints, hair, skin and nails!

Adding green vegetables like broccoli and arugula to your soup can do nothing but increase the nutrition of this powerhouse even more.

INGREDIENTS

Make a big batch and keep that cold and flu at bay!

- 1 pound broccoli florets
- 1 cup arugula leaves
- 5 cups broth
- 1 clove garlic, minced
- ½ onion, chopped
- 1 t ground cumin
- ¼ t each of salt & pepper
- fresh juice from half lemon (garnish)

DIRECTIONS

1. Add broccoli, garlic, onion, and broth to the VitaClay pot
2. Close and cook on “Fast” setting for about 30 minutes, until broccoli is just cooked
3. Add cumin, salt and pepper, stirring
4. Using a handheld blender to blend the broccoli into the soup until smooth
5. Add arugula leaves by the handful, blending as you go (spinach and other green leafy things can be added here as well)

Allow the soup to sit on “Warm” setting for a few minutes

Stir in lemon juice just before serving. It is also good garnished with sour cream, cilantro or parsley

HOME MADE DELICIOUS CREAM OF TOMATO SOUP



Growing up, tomato soup was one of my favorite things to eat. It was simple, filling and delicious. It was warm and comforting in the winter, and I could just curl up with a piping hot mug of it and be happy.

I still love tomato soup, but now I like to add different flavors, from a dollop of sour cream to cheese sprinkled in, or as a base for veggie meatball soup or other things.

Now, Campbell's is an old standby, but since I've "kicked the cans" to the curb, I've been on a quest to find more homemade soup recipes that still taste great and are comforting, without being too difficult or time-consuming.

This cream of tomato soup has become a favorite of mine because it is so very easy and quick, and I can make it easily in my VitaClay—which means it's even easier! And Quicker!

INGREDIENTS

- 10 Tomatoes, diced
- 9 cups broth
- 2 cups heavy cream
- Salt & pepper, to taste
- Basil leaves

DIRECTIONS

1. Put the tomatoes, broth and cream into the clay pot
2. Cook on "slow" 1 hour
3. Using a hand-immersion blender, puree until smooth
4. Season with salt & pepper to taste
5. Sprinkle with chopped basil leaves, and serve

It really is just that easy! What are you waiting for?!

HEARTY, AUTHENTIC, ITALIAN VEGETABLE MINESTRONE

Minestrone is one of my favorite soups. It's simple, delicious, and satisfying. Fortunately (especially with VitaClay) it's just as easy to make as it is simple and delicious to eat.

This is a great recipe to bring to someone who is sick, or to freeze and keep for future no-fuss meals. Make a big batch and freeze it to have a handy small meal or appetizer on hand whenever you need a quick pick-me-up!



INGREDIENTS

- ¾ cup dry cannellini (white kidney) beans, soaked and drained
- ¼ cup dry garbanzo beans, soaked and drained
- 1 red onion, peeled & chopped
- 2-4 cloves garlic, crushed and chopped or minced
- 6 cups broth
- 2 teaspoons each fresh thyme, oregano and rosemary (or 1 teaspoon dried)
- 1 cup green beans (fresh or frozen)
- 2 cups tomatoes, chopped
- 1 cup zucchini, sliced and quartered
- 1 small cabbage
- 1/3 cup soup pasta (such as orzo)
- Salt, pepper to taste
- 1 bay leaf
- ½ cup red wine
- 2" piece of Parmesan cheese rind (highly recommended to give it an authentic flavor)
- Shredded Parmesan cheese for garnish (optional)

DIRECTIONS

1. Add beans and broth to the pot
 2. Close and cook on "slow" setting for 1 hours
 3. When there is about 30 minutes left, add everything else and allow to finish cooking cycle
- Serve, garnish with Parmesan cheese, if desired

BARLEY AND VEGETABLE SOUP

This barley vegetable soup is not only easy to make but it's really filling and yummy, and will last you all week. (Tip: I like to take soup to work in [this baby](#), which does a bang up job of keeping it warm all day, and can be thrown into the dishwasher at night for easy cleanup!)

INGREDIENTS

- 1/2 cup barley
- 8-10 cups broth
- Fresh thyme (about 8 full sprigs)
- 2 medium parsnips
- 1 large red onion
- 2 ribs of celery, chopped
- 2 cloves of garlic, minced
- 1 small rutabaga
- (Other vegetables of choice can be added: chopped potatoes, spinach, mushrooms, asparagus or beans)
- sea salt
- black pepper
- 1 small bunch Swiss chard, chopped
- shaved Parmesan

DIRECTIONS

1. Tie the thyme sprigs together with butcher's twine
2. Add all of the ingredients except chard and Parmesan to the VitaClay
3. Close and set to "slow" for 2 hour
4. At the end of the cooking time, add the chard.
5. Close, and let it rest in "Warm" for about 15 minutes

Serve with Parmesan

HOMEMADE SPLIT PEA SOUP

I love split pea soup. Something about it is comforting, warming and filling, and I make it pretty regularly in my house. At first my son turned up his nose—after all, it's green and doesn't look super appetizing at first glance. But then he tried it at school, and everything changed.

Now he asks for it all the time, and I'm happy to oblige. Why wouldn't I make this delicious soup all the time? It's easy, nutrient dense and delicious.

Split pea soup is also a great pot-luck dish, or a great meal to pack up and take to someone who is sick. And it's affordable and full of veggies! Try this super easy, delicious recipe today—it may become a family favorite to you too!

INGREDIENTS

- 2 – 3 cups split peas
- 8 cups water
- 1 large ham hock
- A few sprinkles of turmeric powder
- 1 onion, finely chopped
- 3-4 stalks celery, finely chopped
- 5 carrots, peeled and finely chopped
- Salt & pepper, to taste

DIRECTIONS

1. Add all ingredients in your clay pot.
2. Cook on “Slow” setting for 1 to 1.5 hours.

You’ll have a creamy, smooth split pea soup just in time for dinner!

CLAY CHICKEN AND NOODLE BOWL IN A FLASH!

Reminiscent of chicken noodle soup without all of the prep and cooking time, this recipe can be put together quickly and is hearty, satisfying and delicious.

It can also be spiced up with different herbs and spices for different flavors every time. But if it becomes a family favorite, don’t forget which spices you used!

INGREDIENTS

- 2-3 pounds cooked chicken, cut up (raw is fine too)
- 8 cups broth
- 2 carrots, peeled and diced
- 2 ribs celery, diced
- 16 oz penne pasta
- ½ red onion, diced
- 2 tablespoons fresh parsley, minced finely
- ¼ teaspoon turmeric
- ½ teaspoon thyme
- 3 tablespoons flour or other thickener like arrowroot or tapioca starch (optional)
- splash of whole cream or half & half (optional)
- Sea salt
- Black pepper

DIRECTIONS

1. Add everything except noodles and starch to the clay pot
2. Close and cook on “slow” for 1 hour

3. Mix the starch with a bit of warm broth and add it into the pot
 4. About 10 minutes before the end of the cooking time, add the noodles
- Taste and season with more salt and pepper if needed.
Garnish with fresh parsley if desired.

Chicken Recipes

YELLOW CURRIED CHICKEN DRUMSTICKS

I've been using turmeric for quite some time: I sprinkle it in the cooking oil with some ground pepper when I cook my eggs in the morning (the heat, oil and pepper open up the curcumin antioxidant in turmeric to become more bio-available and also cross the blood-brain barrier, strengthening its disease-fighting power to our whole bodies).

There are thousands of studies on the benefits of turmeric, from curing cancer to healing joint pain and other issues.

Once I researched some curry recipes, I realized how easy they were! And I got to work adapting a few to [VitaClay](#), of course.

Since I use VitaClay to cook many of my meals, because it makes cooking from scratch so easy and delicious, I try to adapt as many recipes to it as I can.

I am never disappointed. And it's so easy!

INGREDIENTS

- 3-4 chicken thigh quarters, or 6-8 drumsticks (buy organic chicken to avoid arsenic contamination)
- 3 cups broth
- 1 cup coconut milk
- 1 carrot, peeled and cubed
- 1 cup green beans
- 2 potatoes, cubed
- 1 onion, diced
- 2 tablespoon coconut oil
- 1 teaspoon grated fresh ginger
- 3 tablespoon yellow curry powder
- 1 tablespoon palm or coconut sugar
- 1 teaspoon salt

DIRECTIONS

1. Add everything except the vegetables to VitaClay pot, stirring to combine and coat all chicken pieces
2. Close and cook on "Fast" setting for 40 minutes

3. At 30 minutes of cooking, add the vegetables, stirring
4. Close, and continue cooking for another 10-20 minutes, until the vegetables are cooked to your satisfaction

Serve over rice or other grain, as desired

DELICIOUS CLAY POT VEGGIES & HONEY GARLIC CHICKEN

Try this great chicken & veggies recipe I tested out recently: it was a hit!

INGREDIENTS

- 2-3 pounds chicken (I like dark meat, but a mix would be fine too)
- 4 cups broth
- 1 pounds green beans, trimmed
- 1 pound carrots, chopped
- 1 pound small red potatoes, halved
- 2 tablespoons fresh parsley, chopped

Sauce

- 2 cloves garlic, minced
- ½ cup honey
- ½ cup ketchup
- ½ cup soy sauce
- 1 tablespoon basil (dry)
- ½ teaspoon oregano (dry)
- ¼ teaspoon red pepper flakes
- ¼ teaspoon black pepper (freshly ground tastes best)



DIRECTIONS

1. First combine all of the sauce ingredients in a bowl and set aside
2. Put all of the other ingredients (chicken and veggies except green beans) into the clay pot
3. Pour the sauce mixture over the chicken and veggies
4. Close and cook for 30 minutes to 1 hour on “Fast”
5. Add the green beans during the last 20 minutes (less if you want them firm)

Serve and garnish with the parsley

(If you want the chicken crispier you can broil them in a 450-degree oven for about 10 minutes on a cookie sheet, skin side down)

HOME MADE CHICKEN & DUMPLINGS

Does the thought of making chicken & dumplings from scratch intimidate you just a little bit? It shouldn't. It's really one of the easiest things to make. And with VitaClay, it's just that much easier, and the texture is amazing. Flavors and nutrients are preserved, and everybody's happy. whether you have never had chicken & dumplings before or you have been missing Grandma's famous recipe, you are going to love this.

INGREDIENTS

- 6 cups chicken stock
- ½ teaspoon dried thyme
- 3 tablespoons butter
- 3 pounds whole chicken, cut up
- 1 red onion, chopped
- 5 carrots, peeled & cut
- 2 celery ribs, chopped
- 3 garlic cloves, minced
- 1/2 cup white wine or apple cider
- 2 teaspoons sugar
- 2 bay leaves
- 5 whole peppercorns
- 1 cup all purpose flour
- 1 ¾ teaspoon baking powder
- ½ cup milk
- 1 1/4 cups peas (frozen or fresh)
- 2 tablespoons chopped dill
- Salt and pepper to taste

DIRECTIONS

1. Add butter and broth, chicken, carrots, onion, thyme, ¼ cup flour to VitaClay pot and stir to mix well.
2. Cover and set "Slow" to cook for 2 hours.

For the dumplings:

1. Whisk the rest of the flour (¾ cup), baking powder, ½ t salt, and dill together
2. Stir in ½ cup milk until it forms a batter (just a little thicker than pancake batter)
3. If it looks too thick, add 1-2 tablespoons more milk and stir in
4. At last 20 minutes of cooking, add the peas to the clay pot
5. Drop the batter by spoonfuls into the liquid, spacing them so they don't stick together
6. Cover and finish the cooking cycle, about 20 minutes, until chicken is cooked tender and dumplings are firm
7. Serve in bowls, sprinkling with dill and/or parsley to garnish

THAI PEANUT BUTTER CHICKEN

INGREDIENTS

- 1/2 cup smooth peanut butter
- 1/2 cup crushed peanuts
- 3 cups chicken broth
- 1/4 cup low sodium Tamarin sauce
- juice of one lemon
- 1 tablespoon rice wine vinegar
- 4 crushed garlic cloves
- 1 inch fresh peeled ginger grated
- 1 tablespoon honey
- 1/2 teaspoon red pepper flakes
- 1 sweet onion chopped
- 1 red bell pepper chopped
- 1 1/2 pounds of boneless, skinless chicken (breast and/or thigh) cubed



DIRECTIONS

1. In a food processor combine peanut butter, broth, Tamarin, lemon juice, vinegar, garlic, ginger, honey and red pepper flakes. Process until smooth.
2. In your clay pot, add onion, bell pepper, and chicken.
3. Pour the peanut butter sauce over all the chicken and veggies. Stir to evenly coat.
4. Cover and cook on the "Fast" setting for 30 minutes, until chicken is cooked through but is still juicy. NOTE: Overcooking the chicken will dry it out and make it chewy.

Serve over basmati rice. You can garnish with chopped green onion or fresh basil and crushed peanuts.

CLAY POT CHICKEN VESUVIO

Chicken Vesuvio is one of those recipes that sounds kind of exotic (read: intimidating) but when you see how to actually make it looks like something you'd just put together from whatever you've got in the fridge that day. Don't let that fool you into thinking it's a boring meal, however. Something about the vinegar, parsley and spices gives it just the right tangy kick.

You and your family are going to love it. Be sure to bookmark this page so you can come back next time it's requested at your house!

INGREDIENTS

- 2 pounds chicken, cubed

- 1 pound small red potatoes, quartered
- 1 red pepper, sliced
- 1 red onion, sliced thinly
- 6 cloves garlic, minced
- ¼ cup flour or other thickener (such as tapioca starch or arrowroot powder)
- ¼ cup lemon juice, freshly squeezed
- 1 cup peas
- 8 cups broth
- 3 tablespoon apple cider vinegar
- 1 teaspoon no salt spice mix
- 1 teaspoon sea salt (or to taste)
- black pepper, to taste
- ¼ cup parsley, chopped

DIRECTIONS

1. Blend the lemon juice, starch, vinegar, spices and salt into a thin paste
2. Layer all other ingredients except peas and parsley into your VitaClay cooker (chicken first, then potatoes and veggies), then pour starch mixture over it
3. Cover and cook on “Fast” setting for 40 minutes or until chicken is cooked through
4. Stir in peas and allow to sit covered on Warm for about 10 minutes

Sprinkle with parsley and serve

Vegetarian Meals

SWEET POTATO LENTILS WITH CHARD

I love sweet potatoes, but it can get old just eating them the same old way every time (usually baked with butter, coconut oil, real salt and cinnamon).

Here’s a great curried sweet potato recipe to mix it up on those “lighter” nights. It can even be served as a side dish to a bigger meal (hopefully mid-day)!

INGREDIENTS

- 2 pounds sweet potatoes (orange inside), peeled and cut into cubes
- 1 ½ cups soaked lentils
- 6 cups broth
- 1 red onion, chopped
- 4 cloves garlic, minced
- 1 (1”) piece ginger root, peeled and grated
- 1 ½ teaspoons curry powder
- 1 jalapeño pepper, seeded and minced (optional, for heat)
- 1 ½ tablespoons garam masala
- 1 pound Swiss chard, center ribs removed, leaves sliced thinly

- 1 teaspoon sea salt (and more to taste)
- black pepper, to taste
- zest of 1 lime
- 1 bay leaf
- 1/3 cup chopped cilantro (fresh)
- juice of ½ lime
- ¼ cup chopped scallions (garnish)

DIRECTIONS

1. Add all ingredients except chard leaves, cilantro, lime zest and juice, and scallions to clay pot, then stir to incorporate all ingredients.
2. Cover and cook on “Fast” setting for 1 hour.
3. At 30 minutes of cooking, stir in chard and salt and pepper, and continue cooking until lentils are tender and chard is cooked, about 30 minutes total.

Just before serving, stir in the lime zest and juice and cilantro. Sprinkle with scallions.

HOME-MADE BAKED BEANS IN CLAY



INGREDIENTS

- 2 cups navy beans, soaked and drained
- ½ pound bacon
- 6 cups broth
- 1 onion, diced finely
- 2 teaspoons salt
- ¼ teaspoons black pepper
- ¼ teaspoons dry mustard
- ½ cup ketchup
- 1 tablespoon Worcestershire sauce
- 3 tablespoon molasses
- 1/8-1/4 cup sugar

DIRECTIONS

1. Add the molasses, salt, pepper, mustard, ketchup, Worcestershire sauce and sugar in the clay pot, stirring well
2. Chop the bacon into small bits
3. Layer the beans and bacon in the VitaClay pot, stirring well to incorporate
4. Pour in the broth to just cover the beans
5. Close and cook for 1 hour on “Slow” setting, until beans are tender
6. Check half way through to make sure the beans don’t look dry. Add more broth but same temperature broth if necessary.

Serve directly out of the clay pot. Top with more crispy bacon bits, if desired.

Sauces

MEATY AMERICAN RED SAUCE

Making red sauces from scratch can be a time-consuming and daunting task, but not with VitaClay! No more slaving over a hot stove or heating up the house for hours on end, only to end up with a burned, sticky mess at the bottom of the pot, and maybe even a burney-tasting red sauce. VitaClay cooks faster, more efficiently, and without heating up the kitchen, every time! Plus, you can safely leave the house while it’s cooking, or let it cook your food overnight! Any time you want to cook up something time-consuming, look to VitaClay to be your personal chef!

INGREDIENTS

- 1 pound ground beef
- 1 pound ground Italian sausage
- 1 medium onion chopped (about 1 cup)
- 4 cloves garlic minced
- 3 1/2 cups crushed tomatoes
- 2 cups tomato sauce
- 1 cup tomato paste
- 2 tablespoons sugar
- 1½ teaspoons dried basil
- 1 teaspoon Italian seasoning
- ½ teaspoon fennel seeds
- 1 bay leaf
- Salt and freshly ground black pepper

DIRECTIONS

1. In a large saucepan or Dutch oven, cook beef, sausage, and onion over medium heat until mostly browned, about 5 minutes. Stir in garlic until fragrant, about 30 seconds. Transfer to your clay pot.
2. Add the rest of ingredients in your clay pot.
3. Set on “Fast” to cook for 30 minutes. Remove bay leaf. Add more salt and pepper to taste if desired

CREAMED GARLIC MUSHROOMS

I have always loved mushrooms. They add a flavor, a depth, an earthiness to every dish they touch. And they're filling! I've seen "mushroom burgers" as a substitute for meat, so I know they are great for satiety.

I've also read that they're great sources of Vitamin D, and research into Vitamin D of late has turned up all kinds of things, from prevention of flu and other mild sicknesses to preventing cancer! Sign me up!

I was thrilled to find an idea for creamed mushrooms and was excited to adapt it to VitaClay and give it a try. This is even a great "sauce" to make in the new personalized VitaClay! This is one side-dish you will go to over and over again, especially if you love mushrooms as much as I do! (If you love mushrooms as much as I do, it might not be a side dish, either—which is fine, because it has a great sauce that makes it amazing with pasta or rice!)

INGREDIENTS

- 16 oz whole or chopped mushrooms (I love the little brown Criminies, but you can use any type, or even do a mix!)
- 2 tablespoons butter (get grass-fed organic whenever possible to load up on important fat-soluble nutrients!)
- 4 cloves of garlic, minced
- 4 tablespoons cream cheese
- 1 cup broth
- 2 teaspoons fresh or dry herbs (like basil, tarragon, parsley)
- Salt & pepper

DIRECTIONS

1. Add butter to VitaClay pot and set on "warm" setting so the butter will melt
2. In a small bowl, mix broth, cream cheese, herbs, salt & pepper, and garlic until blended and smooth
3. Add cheese sauce and mushrooms to the VitaClay pot and stir until coated
4. Close the clay top and set to "Slow" for 20 minutes (with this method you need to watch it and keep it from getting too hot so the cheese sauce doesn't split)
5. As soon as your mushrooms are cooked through they are ready to serve!

The cheese sauce is great over pasta, rice, veggies, steak, chicken, fish... almost anything!

These mushrooms can also serve as a lovely and flavorful garnish for any special dish (even thanksgiving turkey, in lieu of gravy!)

TASTY SLOPPY JOES WITH VITACLAY

Sloppy Joes can be a good, quick, tasty choice of a party food.

Sloppy Joes are yummy, easy, and a crowd pleaser. Especially when the crowd consists primarily of men who are otherwise distracted by a football game. Just give them some meat on bread and they'll be happy. The great thing about Sloppy Joes is that everybody loves them, they'll be great as sliders for the sports fans, they'll also feed happy kids and other guests. Everybody's happy! I like sloppy Joes, mostly because they are yummy and really easy to make. It's also really easy to cheat and just use barbecue sauce. If you're really crunched for time, or you just really like barbecue sauce, you can sub that in for all of the ingredients + ground beef. Don't feel bad because you are not alone!

INGREDIENTS

- 2 pounds grass-fed (Or get creative with bison, elk, wild boar, venison...)
- 3-4 cups broth
- 1 cup celery, chopped
- ½ cup onion, chopped
- ½ cup chopped mushrooms (optional)
- 1 1/2 cups tomato soup or tomato sauce
- 1/4 cup ketchup
- 1 tablespoon vinegar
- ¼ cup coconut sugar
- 1 ½ tablespoons Worcestershire sauce
- ½ teaspoon salt
- ¼ teaspoon garlic powder
- 8 hamburger buns

DIRECTIONS

1. Cook ground meat in a cast iron skillet until browned, and stir to crumble.
2. Add ground meat and all other ingredients to the VitaClay pot.
3. Cover, setting to "Fast" and cook for 30 minutes
4. Keep it on warm until ready to serve onto bread straight out of the clay pot.

Cereal & Porridge

STEEL CUT OATS WITH QUINOA AND CRANBERRIES (OR BLUEBERRIES, OR BANANAS, OR RAISINS...)

I've always thought oatmeal was pretty good, but when I first tried steel cut oats I was in love. And with VitaClay, it tastes even better with this amazing texture that I haven't achieved in any other cooking medium. Plus, I don't have to worry about it burning or sticking, and I don't have to babysit a pan on the stove for an hour while it cooks.

This recipe that incorporates quinoa is really remarkable. It enhances the nutritional and taste profiles, giving breakfast just a little kick that it didn't have before. If you pre-program the VitaClay to cook your oats-n-quinoa in the morning, you get the added benefit of soaking your grains overnight before they cook. Even better!

There's lots of ways to throw a spin on this dish, so get cooking and let us know which one your favorite is!

INGREDIENTS

- 1 cup steel cut oats
- ¼ cup quinoa (rinsed)
- 1 tablespoon chia seeds
- 5 cups water
- 3 cups, almond milk or coconut milk
- Dash of vanilla extract/ paste or a few vanilla seeds
- ¼ cup dried cranberries, blueberries, cherries or other fruit (fresh or freeze-dried can also work)

DIRECTIONS

1. Add all ingredients into the VitaClay pot
2. Set on Delay for 8 hours to cook "porridge"
3. Go to sleep and wake up to amazing oatmeal!
4. Top it with bananas, nuts, maple syrup... the possibilities are endless!

ASIAN RICE PORRIDGE, COOKED TO PERFECTION IN CLAY (GRUEL, JOOK, ZHOU, CONGEE)

Rice porridge is a favorite in Asia and can be a great addition to your recipe arsenal, as a light, versatile base for breakfasts or other meals.

Here are some basic instructions:

INGREDIENTS

- 1-2 cups rice of any variety
- 8-16 cups water or broth
- Small bits of meat and veggies
- Pickled, salted or raw vegetables, cut into bits
- Salt and pepper, to taste

DIRECTIONS

1. Throw everything into VitaClay, except items that you want to use as garnish or stir in at the end
2. Cook on porridge setting, and program what time you want it to start cooking
3. Make a big batch and heat it up, adding different things all week long