

Sizzling Summer Stew

Wholy Living LLC,
John, Margaret
& Gloria Loew

1. Chunk or slice Steak of choice as you prefer. Brown it in Sizzle Pot until seared on all sides, with:
3 T Beef Broth Powder & 2 C water
2. Using the Big Mouth Chopper or the French Fry blade on your Bosch Slicer/Shredder, process vegetables of choice:
2 or 3 potatoes several carrots several stalks of celery
An onion turnips anything out of the garden
3. Add seasonings of choice: Italian, Montreal Steak, Garlic, Pepper & Salt.
4. Seat Sizzle Lid in place. Turn heat to high until the pot Sizzles, then turn down as low as possible. Simmer 30 minutes.
5. Check for doneness. Add thickener & more seasonings to taste. Add frozen corn or peas, if you want. Serve over rice* or quinoa* or as is. See back side...



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Visit Our Granary...
• Tuesday 3 to 7
• Saturday 10 to noon
By appointment...Call most anytime!



▶ **Wholy Living LLC,**
Palmer
745-5639
www.wholyliving.com

My favorite combination is equal parts brown rice (soaked & dehydrated), quinoa & millet, unsoaked (too small). Grain triples in size. 1 C becomes 3 C cooked. Use the same cooking instructions for each grain separately or combined:
*Place 2 parts water to one part grain in Sizzle. Add salt & one of the broth mixes for flavor. Bring to boil. Turn down & to simmer for 12 minutes. Turn off burner. Let rest 15 minutes. Fluff & Serve. Perfect every time! Love Sizzles!

In all thy ways acknowledge him, and he shall direct thy paths.
Be not wise in thine own eyes: fear the LORD, and depart from evil.
It shall be health to thy navel, and marrow to thy bones.
Proverbs 3:6 - 8

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