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### **500 Crock Pot Express Recipes: Healthy Cookbook for**

The Instant Pot Recipe App with over 300 recipes provides users with not only delicious recipes, but how to and tips on user their multi-use cooker.

### **Instant Pot Recipe App, Free with 850+ Recipes**

These Instant Pot Chicken Fried Rice Meal Prep Bowls are a delicious one pot option for work week lunches â€“ all you need is rice, chicken and frozen veggies for rice that tastes like Chinese takeout!

### **Instant Pot Chicken Fried Rice Meal Prep Bowls - The Girl**

SautÃ©ing is a method of cooking food with a small amount of oil or fat at relatively high heat. Food that is sautÃ©ed is browned while preserving its texture, moisture and flavor. A typical use of sautÃ©ing is to brown the meat before pressure cooking. The new Instant Pot IP-LUX60 is equipped ...

### **The SautÃ©ing/Browning Function of IP-LUX60 - Instant Pot**

Your pressure cooker can extract most of the the color and flavor from hot peppers in one minute at high pressure. This hot sauce is a bold, vivid red and the flavor is amazingly bright with lots of heat and even a hint of â€œpepperâ€• â€“ making the flavor as complex, if not more-so, than an aged ...

### **Instant Tabasco - 1 minute in the pressure cooker! â† hip**

Free recipes from bestselling author Cleo Coyle. WHO IS CLARE COSI? Clare Cosi is the sleuth in Cleo Coyle's bestselling series of culinary mysteries. A single mom in her forties, she manages the Village Blend, a landmark coffeehouse in Greenwich Village, where she often finds herself mixed up in murder...

### **Cleo's Recipes | CoffeeHouseMystery.com**

Want to make all these recipes for your family? Go [HERE](#) for the master shopping list! (I use a 5 qt slow cooker for all of these recipes) To view the entire 40 Meals/4 Hours Recipe Collection with photos, click [HERE!](#) Our other Slow Cooker/Freezer meal posts:

### **40 Meals in 4 Hours Crockpot Slow Cooker Freezer - Who**

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