

One Pot Meals



NO-FUSS. NO-MESS. NO-STRESS.

Who knew cooking a delicious meal could be this relaxing!

Explore the variety of main-course dishes we've developed all using one pot, pan or slow cooker.

From our Vegetarian Curry to our Spicy Lime Chicken with Coconut Rice, you'll discover that cooking an incredible homemade meal doesn't have to be a labour of love.

One Pot Meals includes simple recipes anyone could make with the added bonus of very little cleanup. Throughout the cookbook, you'll see icons to identify which recipes you can easily double or freeze to extend them even further. Doubling a slow cooker recipe and being able to freeze portions is a great time-saving hack we cannot recommend enough. Follow the guides for doubling, freezing and preparing slow cooker freezer meals—essential tips for the modern cook.

DOUBLING A RECIPE

If you're feeding a crowd or know that a recipe freezes well, knowing how to properly double a recipe will come in handy.

- Write down the adjusted amounts of the ingredients to decrease the likelihood of forgetting to double one of them.
- Consider the cooking method or size of pans before proceeding. One may need two 4 quart casserole dishes (or a larger slow cooker, etc.) to fit the full amount of ingredients and maintain the same depth, thus allowing for proper cooking.
- Some ingredients may not need to be doubled, such as oil for frying, or seasonings may only need to be increased by 1½ times. Seasonings can always be added later but cannot be removed.

FREEZING A RECIPE

Generally, anything that includes dairy, ingredients with a high-water content, previously cooked seafood or anything that has been defrosted is not recommended. However, there are always exceptions to the rules and workarounds.

Here are a few examples:

- Soups containing milk and/or cream may separate and appear curdled when thawed. In most cases, these soups can be prepared and frozen before adding the milk or cream. Then, simply add the milk or cream into your soup after thawing when reheating.
- Pasta in soups will expand and become mushy, since they continue to absorb liquid in the soup as it freezes and it thaws. Cook pasta separately to be added into your soup right before serving.
- Potatoes in soups, casseroles and stews generally develop a poor texture, becoming grainy after freezing.
- Mashed potatoes, unless they contain a high amount of fat, will not freeze well.

Meat, poultry, pasta, rice and beans all freeze well in casseroles.

Stir-fry recipes do not freeze well because the vegetables become limp and possibly mushy after thawing.

Quiche freezes well if it does not contain a lot of watery ingredients such as vegetables.

Avoid freezing soups and casseroles containing previously-cooked seafood.

Hard-cooked eggs become rubbery when frozen.

Do not re-freeze thawed cooked meat, poultry or seafood.

HOW TO FREEZE A RECIPE AFTER COOKING

Before freezing prepared food, it is important to cool it quickly first. This is especially important for large quantities of food.

Here are some tips on how to cool prepared foods quickly:

- An item prepared in a Dutch oven or stockpot can be cooled quickly by placing the Dutch oven or stockpot in a sink of ice water. Stir the item frequently to allow steam to escape, but do not allow the ice water to enter the pot.
- After an item is prepared, it can be cooled quickly by transferring it to several shallow containers. Place the containers on cooling racks to allow for air circulation while they cool and, if possible, stir the item frequently.
- If an item, such as a soup or stew, can be diluted slightly, adding some ice cubes and stirring while they are melting will speed the cooling.
- If an item, such as a casserole, has been prepared with the intent to reheat and serve it later, cut vents in the top of it to allow steam to escape and transfer the pan or dish to a cooling rack. Once the item has cooled for about 30 minutes on the rack, it can be placed in a rimmed baking sheet filled with ice to allow it to cool more quickly. Waiting about 30 minutes before putting the item on ice is important if the item was baked in a glass or ceramic baking dish, as the sudden change in temperature could cause the dish to crack.
- Once an item has been cooled enough to be transferred to the fridge, it can be left loosely covered in the fridge to allow the cooling to continue by allowing heat to escape. Do not cover tightly until the food is completely cooled. If possible, place the item on the top shelf in the fridge so that nothing falls into it. If the item can be stirred, periodically stirring the item in the fridge before covering it will help ensure it cools.
- Package the items in freezer containers or freezer bags labeled with the contents and a date.

HOW TO FREEZE PREMADE SLOW COOKER RECIPES

- Choose recipes that do not require the meat to be cooked first. For example, ground meat must always be cooked before adding to the slow cooker, but fresh chicken and stewing beef do not.
- Use fresh meat, purchased that day, for assembly.
- Vegetables such as celery, onions, bell peppers, and carrots should be finely chopped, as they can have a poor texture when frozen and thawed. For better texture, sauté and cool vegetables before adding them to the freezer bag.
- Use good quality freezer bags and label the bags with the following information:
 - Recipe name*
 - Date it was assembled*
 - Cooking instructions*
 - List of ingredients to be added on the day of cooking*
- Remove as much air from the bag as possible, so that your freezer bags can lay flat in the freezer.
- Take out your meal-in-a-bag from the freezer the day before cooking and thaw it in the refrigerator.



BEEF & BROCCOLI NOODLE STIR-FRY

Serves 6

Ingredients:

- 4 tbsp sesame oil, divided
- 3 lb (1.5 kg) fast-fry steak or sirloin steak, thinly sliced
- 1½ cups thinly sliced bell peppers
- 1 cup sliced celery
- 1 cup thinly sliced white button mushrooms
- ½ cup thinly sliced red onion
- 2 cups broccoli florets
- 1 can (14 oz/398 mL) canned baby corn, sliced (1 inch)
- 5 cloves garlic, finely chopped
- 1 tbsp finely chopped fresh ginger
- ¾ cup water
- ½ cup smooth peanut butter
- ½ cup soy sauce
- 3 tbsp fresh lime juice
- 2 tbsp packed golden brown sugar
- ½ tsp red pepper flakes
- 3 pkgs (200 g each) fresh udon noodles
- ¼ cup unsalted blanched peanuts
- ¼ cup thinly sliced green onions

Heat 2 tbsp oil in a wok or a large frypan over medium-high heat. Sear beef until browned, about 1 minute. Remove from pan and set aside.

Add remaining 2 tbsp oil to pan with peppers, celery, mushrooms and onion. Cook until softened, about 2 minutes. Add broccoli and cook until slightly softened, about 2 minutes. Add corn, garlic and ginger; sauté for an additional minute.

Stir in water, peanut butter, soy sauce, lime juice, brown sugar and red pepper flakes. Bring to a simmer, then add noodles and beef. Simmer until heated through, about 1 minute. Garnish with peanuts and green onions.

Cook's Note: ATCO Blue Flame Kitchen used Japanese Style Nama (Fresh) Udon Noodles in this recipe.

Nutritional analysis per serving:

779 calories, 36.6 g fat, 65.3 g protein, 51.5 g carbohydrate, 6.5 g fibre, 1332 mg sodium

**BEEF & BROCCOLI
NOODLE STIR-FRY**



SPICY LIME CHICKEN WITH COCONUT RICE

Serves 8

Ingredients:

- 1 can (400 mL) coconut milk
- 2 cups no-salt-added chicken broth
- ¼ cup chopped fresh cilantro
- 3 tbsp fresh lime juice
- 1 tsp salt
- 3 cups basmati rice, rinsed and drained
- 1 cup frozen green peas
- 2 tbsp extra-virgin olive oil
- 2 cloves garlic, finely chopped
- 1 tbsp grated lime peel
- 2 tsp chopped fresh ginger
- ½ tsp cayenne pepper
- 1½ lb (0.75 kg) boneless skinless chicken thighs
- ½ cup sweetened flaked coconut, toasted

Preheat oven to 375°F. Spray a shallow 4 quart baking dish with cooking oil and line with parchment paper.

Combine coconut milk, broth, cilantro, lime juice and salt in baking dish. Stir to combine. Add rice and fold together until coated. Sprinkle peas evenly over rice mixture.

Combine oil, garlic, lime peel, ginger and cayenne in a large zip-lock plastic bag. Add chicken and massage until coated.

Transfer chicken to baking dish in a single layer over rice. Cover tightly with foil.

Bake until liquid is absorbed, rice is tender and chicken is cooked through, about 70 – 75 minutes. Remove foil and sprinkle with coconut.

Nutritional analysis per serving:

543 calories, 20.2 g fat, 26.8 g protein, 62.8 g carbohydrate, 2.4 g fibre, 457 mg sodium

2X Doubles well

**SPICY LIME CHICKEN
WITH COCONUT RICE**



ROASTED LEMON OREGANO CHICKEN THIGHS WITH POTATOES

Serves 6

Ingredients:

- 2 tbsp canola oil
- 1 lb (0.5 kg) boneless skinless chicken thighs
- 4 cups quartered baby potatoes
- 2 cups diced carrots
- 2 cups diced red onions
- ¼ cup fresh lemon juice
- 4 cloves garlic, chopped
- 2 tbsp liquid honey
- 1 tbsp chopped fresh oregano or 1 tsp dried oregano, crumbled
- 2 tsp grated lemon peel
- Salt and freshly ground pepper to taste*

Preheat oven to 425°F.

Combine all ingredients in a large bowl. Season with salt and pepper; toss to coat. Remove chicken and set aside.

Transfer vegetable mixture to a parchment paper-lined baking sheet. Add chicken in a single layer over vegetables. Bake until chicken is cooked through and potatoes are tender, about 35 – 40 minutes.

Nutritional analysis per serving:

278 calories, 8.5 g fat, 19.5 g protein, 32.3 g carbohydrate, 4 g fibre, 132 mg sodium

*Ingredient not included in nutritional analysis.

2X Doubles well



**ROASTED LEMON OREGANO
CHICKEN THIGHS WITH POTATOES**



THAI CURRY-INFUSED PRAWN RISOTTO

Serves 6

Ingredients:

- 2 tbsp canola oil
- 1 cup chopped yellow onion
- 1 tbsp finely chopped garlic
- 1 tbsp grated fresh ginger
- 1 cup sliced white button mushrooms
- 1 tsp Thai red curry paste
- 1½ cups Arborio rice
- ½ cup dry white wine
- 4 cups no-salt-added chicken broth
- 1 lb (500 g) raw peeled and deveined prawns, tails removed
- 1½ cups frozen green peas
- 1 can (400 mL) coconut milk
- 2 tbsp fresh lime juice
- ¼ tsp salt
- ¼ cup chopped fresh cilantro

Heat oil in a medium pot over medium heat. Sauté onion, garlic and ginger for 2 minutes. Add mushrooms and sauté for an additional 2 minutes. Add curry paste; stir until coated. Add rice and cook for 30 seconds.

Pour in wine and simmer, stirring frequently, until reduced by half, about 1 minute. Stir in broth ½ cup at a time, waiting until each ½ cup has been absorbed before adding the next.

Add prawns, peas, coconut milk, lime juice and salt. Stir to combine. Cover and cook on low heat until prawns are pink and opaque, about 5 minutes. Garnish with cilantro.

Nutritional analysis per serving:

497 calories, 21.2 g fat, 22.5 g protein, 51.2 g carbohydrate, 3.6 g fibre, 352 mg sodium

2X Doubles well

THAI CURRY-INFUSED
PRAWN RISOTTO



SPANISH RICE WITH SAUSAGE

Serves 6

Ingredients:

- 1 tbsp canola oil
- 1 lb (0.5 kg) mild Italian sausages, casings removed
- 1 cup diced yellow onion
- $\frac{3}{4}$ cup diced celery
- 3 cups sliced bell peppers
- 2 cloves garlic, finely chopped
- 1 can (14 oz/398 mL) diced tomatoes
- 1 cup long grain white rice
- 1 cup no-salt-added beef broth
- 2 tsp finely chopped chipotle pepper in adobo sauce
- 1 tsp liquid honey
- 1 tbsp chopped fresh thyme leaves or 1 tsp dried thyme, crumbled
- Salt to taste*

Heat oil in a Dutch oven over medium-high heat. Add sausage meat and cook, stirring to break up the meat, until browned. Sauté onion and celery until softened, about 5 minutes. Add bell peppers and garlic; cook for an additional 2 minutes. Stir in tomatoes, rice, broth, chipotle pepper, honey and thyme. Season with salt. Bring to a boil. Reduce heat and simmer, covered, until rice is tender, about 20 minutes.

Nutritional analysis per serving:

383 calories, 19.8 g fat, 13.6 g protein, 36 g carbohydrate, 2.9 g fibre, 626 mg sodium

*Ingredient not included in nutritional analysis.



Freezes well

**SPANISH RICE
WITH SAUSAGE**



SLOW COOKER LENTIL SOUP

Serves 8

Ingredients:

- 2 cups dried green lentils, rinsed and drained
- 8 cups no-salt-added chicken broth
- 1 fresh or smoked ham hock (about 2 lb/1 kg)
- 1½ cups chopped carrots
- 1½ cups chopped celery
- 1 cup chopped onion
- ¼ cup chopped fresh parsley
- 3 cloves garlic, finely chopped
- ½ tsp dried thyme, crumbled
- ¼ tsp freshly ground pepper
- ⅓ tsp cayenne pepper
- 1 bay leaf
- 2 cups thinly sliced spinach
- Salt to taste, optional*

Combine all ingredients except spinach in a 4 or 5 quart slow cooker. Cover and cook on low heat setting for 8 – 9 hours or until lentils are tender. Remove ham hock and bay leaf; discard bay leaf.

Remove and chop meat from ham hock; discard bone. Stir meat and spinach into soup. Cover and cook until spinach is wilted, about 2 minutes.

Nutritional analysis per serving:

468 calories, 13.9 g fat, 48.2 g protein, 36.8 g carbohydrate, 6.8 g fibre, 1185 mg sodium

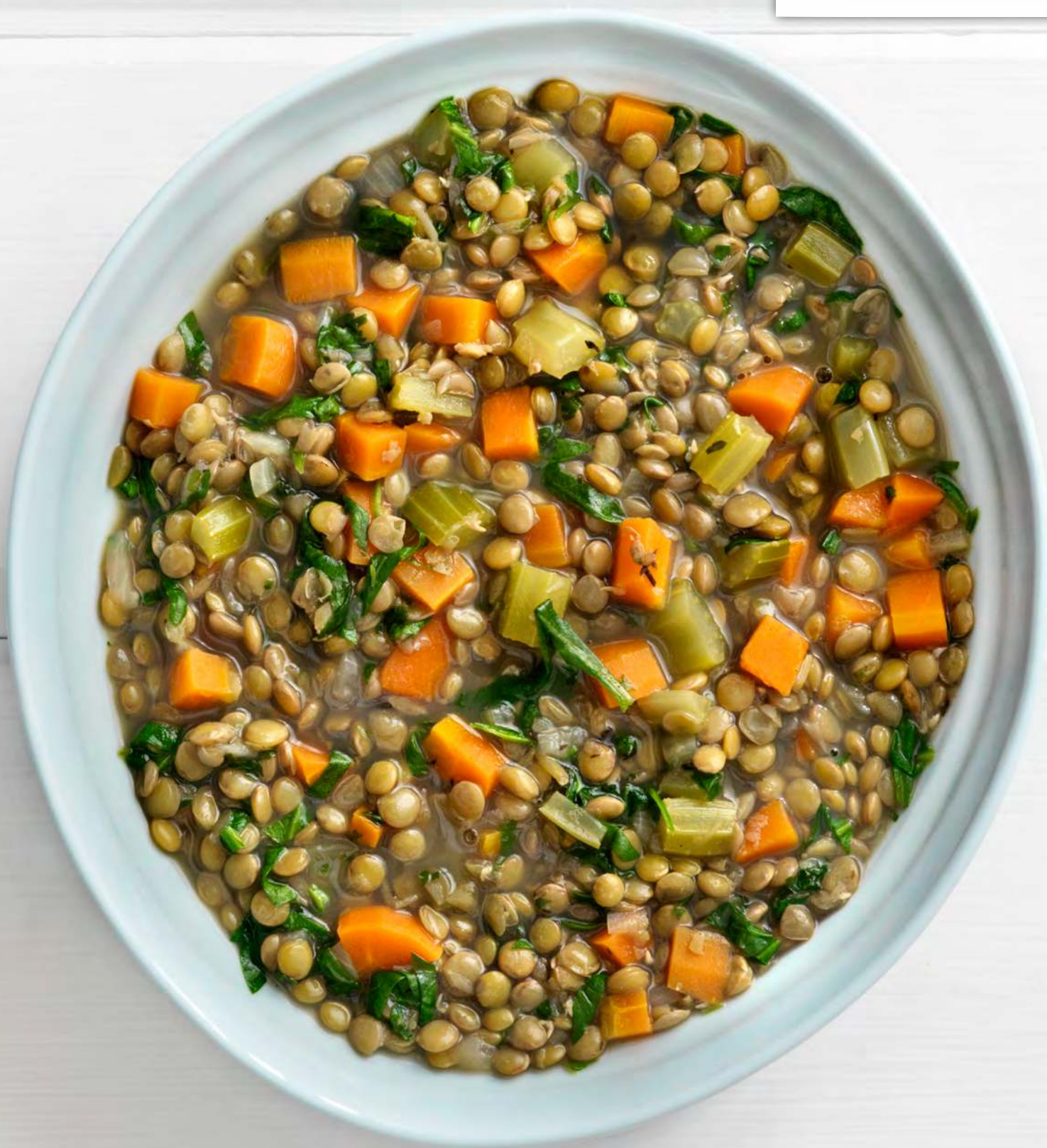
*Ingredient not included in nutritional analysis.



Freezes well



**SLOW COOKER
LENTIL SOUP**





SOUTHWESTERN BEEF PIE WITH CORNBREAD CRUST

Serves 6

Ingredients:

Southwestern Beef Pie

- 1 tbsp canola oil
- 1 lb (0.5 kg) lean ground beef
- 1 cup diced red bell pepper
- ½ cup chopped yellow onion
- 1 clove garlic, finely chopped
- 1 tbsp chili powder
- 1 tsp ground coriander
- 1 tsp ground cumin
- ½ tsp salt
- ½ tsp freshly ground pepper
- 1 can (14 oz/398 mL) diced tomatoes
- 1½ cups frozen kernel corn
- ½ cup water

Cornbread Crust

- ¾ cup cornmeal
- 1 tbsp all-purpose flour
- 1 tsp baking powder
- ½ tsp salt
- ½ cup milk (2%)
- 1 large egg
- 1 tbsp canola oil
- ½ cup shredded cheddar cheese

Southwestern Beef Pie

Preheat oven to 425°F.

Heat oil in a 12-inch cast iron frypan over medium heat. Add beef and cook, stirring to break up beef, until browned, about 7 – 10 minutes. Drain off excess fat, reserving 1 tbsp in pan. Add bell pepper, onion and garlic; sauté until softened, about 5 minutes. Add in chili powder, coriander, cumin, salt and pepper, stirring until coated, about 1 minute. Stir in tomatoes, corn and water. Bring to a boil. Reduce heat and simmer, uncovered, for 7 – 10 minutes or until slightly thickened.

Spread Cornbread Crust over beef mixture. Bake until crust is set and edges are light golden, about 20 minutes.

Cornbread Crust

Combine cornmeal, flour, baking powder and salt in a medium bowl. Whisk together milk, egg and oil until blended. Add wet ingredients to dry ingredients and stir until combined. Fold in cheese; set aside.

Nutritional analysis per serving:

421 calories, 22.7 g fat, 23.3 g protein, 31.8 g carbohydrate, 3.6 g fibre, 701 mg sodium



**SOUTHWESTERN BEEF PIE
WITH CORNBREAD CRUST**





VEGETARIAN CURRY

Serves 6

Ingredients:

- 2 tbsp salted butter
- 1 cup diced yellow onion
- 1 tbsp finely chopped fresh ginger
- 2 tsp finely chopped garlic
- 1 can (5½ oz/156 mL) tomato paste
- 2 tbsp mild curry paste
- 2 cans (400 mL) coconut milk
- 4 cups quartered baby potatoes
- 4 cups cauliflower florets
- 1 can (19 oz/540 mL) chickpeas, rinsed and drained
- ½ tsp salt
- 1 tbsp fresh lime juice
- 1 tbsp liquid honey
- Fresh pitas or naan bread*

Melt butter in a large pot over medium heat. Sauté onion until softened, about 2 minutes. Add ginger and garlic and continue cooking for an additional 2 minutes. Add tomato paste and curry paste; stir until coated. Stir in coconut milk and potatoes. Bring to a simmer and cook, covered, for 15 minutes. Stir in cauliflower, chickpeas and salt. Return to a simmer and cook, covered, until vegetables are tender, about 35 – 40 minutes. Stir in lime juice and honey. Serve with pitas or naan bread.

Optional: garnish with chopped fresh cilantro before serving.

Cook's Note: ATCO Blue Flame Kitchen used Patak's Mild Curry Paste.

Nutritional analysis per serving:

519 calories, 33.9 g fat, 11.9 g protein, 49.4 g carbohydrate, 9.5 g fibre, 822 mg sodium

*Ingredient not included in nutritional analysis.

2X Doubles well

VEGETARIAN
CURRY



SLOW COOKER LOUISIANA JAMBALAYA

Serves 6

Ingredients:

- 1 lb (0.5 kg) boneless skinless chicken thighs, cubed
- ½ lb (0.25 kg) cooked or smoked sausage (Andouille or cooked Italian sausage)
- 1½ cups sliced celery
- 1 cup chopped onion
- 1 cup diced bell pepper
- 3 cloves garlic, finely chopped
- 1 can (28 oz/796 mL) crushed tomatoes
- 1 tbsp granulated sugar
- 1 tsp dried basil, crumbled
- 1 tsp ground coriander
- 1 tsp dried oregano, crumbled
- 1 tsp smoked paprika
- 1 tsp dried thyme, crumbled
- ½ tsp ground cumin
- ¼ tsp cayenne pepper
- ¼ tsp salt
- ¼ tsp freshly ground pepper
- 1 tsp Louisiana-style hot sauce
- ½ cup long grain white rice
- ½ cup water
- 1 lb (500 g) frozen cooked medium shrimp, thawed, rinsed and tails removed

Combine all ingredients except rice, water and shrimp in a 4 quart slow cooker. Cover and cook on low heat setting for 6 – 7 hours. Increase to high heat setting. Stir in rice and water. Cover and cook for 20 – 30 minutes or until rice is tender. Pat shrimp dry with paper towels. Stir shrimp into slow cooker. Cover and cook for 5 minutes or until shrimp are heated through.

Optional: garnish with chopped fresh parsley before serving.

Cook's Note: Andouille is a spicy smoked sausage using pork. It may not be readily available at regular grocery stores. Look for it at specialty stores, farmer's markets or ask your store's butcher about availability.

Nutritional analysis per serving:

382 calories, 11.1 g fat, 40 g protein, 31.2 g carbohydrate, 4.9 g fibre, 807 mg sodium

2X ❄️ **Doubles and freezes well**

For best results when freezing do not include shrimp. We do not recommend freezing twice-cooked shrimp.

**SLOW COOKER
LOUISIANA JAMBALAYA**





HEARTY VEGETABLE MINISTRONE

Makes about 10½ cups

Ingredients:

- 2 tbsp canola oil
- 1½ cups finely diced onions
- 1 cup diced carrots
- 1 cup diced celery
- 2½ cups diced zucchini
- 2 cloves garlic, finely chopped
- ¼ cup tomato paste
- 1 can (28 oz/796 mL) diced tomatoes
- 3 cups no-salt-added chicken broth or water
- ½ cup orzo
- 1 can (19 oz/540 mL) white kidney beans, rinsed and drained
- 2 cups chopped fresh, canned or frozen green beans
- ¼ cup chopped fresh Italian parsley
- 2 tsp salt
- 1 tsp freshly ground pepper
- 1 tsp hot pepper sauce or Louisiana-style hot sauce
- Freshly shaved Parmesan cheese, optional*

Heat oil in a large pot over medium heat. Sauté onions, carrots, and celery until slightly softened, about 3 – 4 minutes. Add zucchini and garlic; sauté for 2 minutes. Add tomato paste and stir to coat vegetables. Add diced tomatoes and broth. Increase heat to high; cover and bring to a boil. Reduce heat to a simmer. Add orzo and simmer, uncovered, stirring frequently for 6 minutes. Add kidney beans, green beans, parsley, salt, pepper and hot sauce. Simmer until green beans are tender, about 2 – 3 minutes. Garnish with Parmesan cheese.

Nutritional analysis per 1¾ serving:

268 calories, 6.6 g fat, 12.8 g protein, 42.7 carbohydrate, 8.8 g fibre, 1249 mg sodium

*Ingredient not included in nutritional analysis.

2X ❄️ Double and Freezes well

To double or freeze this recipe, cook the orzo separately to be added into soup before serving.

Cook orzo in boiling salted water until tender, about 10 minutes. Drain.

**HEARTY VEGETABLE
MINISTRONE**





ATCO
BLUE FLAME
KITCHEN