

NOTE: These recipes are for a Saratoga Jacks 5.5 liter thermal cooker

For recipes with separately cooked rice or macaroni (in upper pot, bring to boil for 2-4 mins. before placing in cooker):

- rice: 1c rice to 1.75c water - 2c rice max.
- macaroni: 1c mac to 1.5c water - 2c macaroni max. – add salt & few drops of oil to water

If upper pot space is not used, fill upper pot with boiling water in cooker

## Arroz Con Pollo

Chicken

- 2-3 tbl Olive oil
- 2-3 chicken breasts cut up
- ¼ c flour for dredging
- Salt, pepper, paprika

Rice

- 2 tbl olive oil
- 1 med. onion, chopped
- 1 clove garlic, minced
- 1 c rice
- 2 c chicken stock
- 1 heaping tbl. tomato paste or 1 c diced tomatoes (strained)
- Pinch oregano, 1 tsp salt

1. Heat olive oil in large pot. Combine flour, salt, pepper & paprika in wide bowl. Dredge chicken pieces lightly in flour mix and brown in pan. Cook pieces on each side and remove when done.
2. Add rice to the pan to brown, adding more oil if needed. Stir first to coat rice with oil, then don't stir much. Let brown then add onion & garlic and cook mix stirring frequently until onions have softened, about 4 minutes.
3. Place chicken on top of rice. In separate bowl mix together stock, tomato, salt & oregano, and pour over chicken & rice. Bring to a boil for 2-4 mins and place in cooker.

## Mexican Chicken Delight

(from Saratoga Jacks website)

2-3 lbs boneless chicken breast, chopped in chunks and put into large pot. Turn on high.

Then add:

- Large (32oz) jar of chunky, medium salsa
- 1 can chunky pineapple, drained
- 1 can corn, drained
- 1 can black beans, drained & rinsed

Bring to a boil for at least 2 mins while stirring. Make rice (3 min. boil) in smaller pot. Put into cooker for at least 2 hours.

Cook for at least 2 hours

## Vegetarian Chili

Veg oil for sautéing

2 garlic cloves, minced

Fine-to-medium diced:

- 1 onion
- 1 large carrot
- 1-2 stalks celery
- 1 bell pepper
- 1 zucchini or other vegs

1 28oz can crushed tomatoes

1 can diced tomatoes w/juice

1 can kidney beans, drained & rinsed

1 can black beans, drained & rinsed

1 can corn kernels, drained

Kosher salt, pepper

2 tsp ground cumin

2+ tbl chili powder

Optional garhishes

- Chopped cilantro
- Quartered lime pieces
- Shredded cheese
- Sour cream

1. Heat oil in bottom pot and add garlic, onion, carrots, and season with salt & pepper. Cook stirring occasionally until onions start to soften.
2. Add softer vegs (pepper & zucchini) and season with salt & pepper. Add chili powder & cumin and cook until carrots are knife tender.
3. Separately, place rice and hot water in top pot and bring to a boil, stirring occasionally, for 4 minutes
4. Add tomatoes, beans, & corn to large pot, then stir to combine and bring to a boil for 3-4 minutes before placing both pots in thermal cooker.

## Beef Stew

1 – 1.5lbs stew beef cut into bite size pieces

Veg oil for sautéing

2 garlic cloves, minced

1 onion, diced

2-3 large carrots, peeled & cut into slices

2-3 stalks celery, cut into slices

1 green or red bell pepper, diced

1 can diced tomatoes w/juice

2 c beef stock or boullion

Pepper + salt or seasoned salt

Optional: diced potato, bay leaf

1. Cut/trim meat into 3/4in. cubed pieces
2. Heat oil in bottom pot and sauté onions & garlic until onions start to soften
3. Add meat and cook, stirring, until all sides seared. Remove to holding container
4. Add additional oil and other non-tomato vegs and sauté a few mins.
5. Return meat to pot, add tomatoes, stock, and seasonings and bring to a boil for 3-4 minutes before placing in thermal cooker for 5-8 hrs.
6. Cook rice or macaroni in top pot and put in cooker
7. Serve with sour cream or grated parmesian cheese

## Travel Goulash/American Chopped Suey

1 lb. ground meat (turkey or beef)

Veg oil for sautéing

2 garlic cloves, minced

1 onion, diced

1 green bell pepper, diced in large pieces

1 can diced tomatoes w/juice

1 can or bottle spaghetti sauce (try marinara or roasted garlic)

Optional: chopped celery

2c uncooked macaroni for top pot

1. Heat oil in heavy pot and sauté onions & garlic a minute then add green pepper
2. Add meat and cook, stirring, until browned
3. Remove pot from heat, tilt, drain and remove fat (a ladle works well)
4. Add spaghetti sauce and tomatoes, mix and return to heat. Cover, boil & stir for 2 minutes, before placing in thermal cooker
5. Cook macaroni for 2 mins. in top pot and place in cooker with meat mix for several hours
6. To serve mix drained cooked macaroni into lower pot contents. Serve with grated parmesan cheese

## Tuna Casserole

Serves 4

1 onion, diced

2 6oz. cans or 1 large can Tuna

1 can condensed cream of mushroom soup

1 soup can milk

1 can vegall or pkg. of thawed frozen vegs

Whole wheat macaroni (elbows, twists, etc.)

1. Saute onion in a little oil in large pot
2. Add soup and milk and stir to combine. Flake tuna into mix, then add vegs
3. Heat to near boiling while:
4. In top pot boil water, salt, oil and add 2 cups macaroni. Boil for 2-4 minutes
5. Place pots in thermal cooker and close
6. When ready to serve drain any water left in top pot and stir macaroni into tuna mix