

SPONTANEOUS STEW 2

Serves 2 to 4.

By Dennis W. Viau; an original recipe.

I call this Spontaneous Stew because I didn't work from a recipe. I just tossed ingredients into a pressure cooker and cooked them. Anyone who is comfortable winging it in the kitchen doesn't need a recipe. You already know what will likely taste delicious. I wrote the recipe for those who might need a little guidance, or maybe just a few ideas.

Ingredients:

2 cups (475ml) chicken stock

1 heaping tablespoon tomato paste

1 well-rounded tablespoon of all-purpose flour

1 teaspoon Knorr or Better Than Bouillon chicken base

5 or 6 frozen meatballs

or two Italian sausages cut into 1-inch (2cm) pieces

A few handfuls of frozen mixed vegetables

A dash or two each of garlic powder, onion powder and pepper.

Optional: Cooked cannellini beans

Directions:

If the stock is frozen, thaw in the pressure cooker or Instant Pot*. Add the tomato paste, flour and chicken base. Stir to blend.

Add the remaining ingredients (not the beans — see below) and bring the liquid to a boil.

Cover the pressure cooker and bring to full pressure

Reduce heat to about 245°F, or as required to maintain pressure.

Cook 5 minutes, then remove from the heat.

Allow to depressurize naturally.

Taste for salt.

Serve.

If adding cooked cannellini beans, add them after the stew is made and heat for serving.

* A pressure cooker isn't necessary. It simply reduces the cooking time. This stew can be cooked in a large saucepan on the stove. Allow additional time to thaw and cook the frozen ingredients.

