

# One-Pot Meals

There are many ways to make a one pot meal. The stove top, a crock pot, and an instant pot are all great ways to easily put together delicious meals. Knowing which recipes are well suited to each cooking method and how to adapt recipes will allow you to use all three to make cooking simple and fun.



## BEST FOR:



Thawed seafood



Pastas



Pre-soaked or  
canned beans



Dairy or cream  
sauces



Recipes with  
seared protein

## Stove Top

Recipes with short cook times less than 30 minutes or ingredients that have very different cook times cook well on the stove top. The open pot allows you to add ingredients individually and monitor cooking closely.



## BEST FOR:



Roasts



Hard  
vegetables



Long grain  
rices and whole  
grains



Soups and  
stews



Dry beans

## Crock Pot

Recipes with cook times greater than 30 minutes or large pieces of meat cook well in the crock pot. The long cook time softens and tenderizes ingredients and allows flavors to meld together.



## BEST FOR:



Frozen  
seafood



Dry  
beans



Hearty greens



Soups



Long grain  
rices and whole  
grains

## Instant Pot

Recipes with cook times greater than 30 minutes or frozen foods cook well in the instant pot. The high heat and pressure shorten cook times and can produce tender, delicious meals quickly.

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How do you adapt recipes for different cooking methods? When in doubt, look for a similar recipe online and model yours after that one. These tips will help you feel confident with your recipe swaps.



## Stove Top

1. Add ingredients to the pot by cook time. Those with the longest cook times should be added first, followed by quicker-cooking ingredients. When in doubt, add hard vegetables and large cuts of meat first.
2. Before adding liquids, sear any proteins such as tofu or beef to deepen the flavor.
3. Stir stove top recipes occasionally to prevent sticking.



## Crock Pot

1. Layer ingredients so that hard vegetables like carrots or potatoes are on the bottom of the crock pot with meat and other ingredients above them. This keeps the longest-cooking ingredients where the pot is hottest.
2. When adapting a stove top recipe to the crock pot, use 3/4 the liquid called for in the original recipe.
3. Add dry herbs and dairy during the last 30 minutes of cooking.
4. When adapting stove top recipes, adjust cook times based on the chart below, always checking the internal temperature of your ingredients with a meat thermometer before serving.

Stove or Oven Time	Crock Pot–Low Setting	Crock Pot–High Setting
15–30 minutes	4–6 hours	1.5–2.5 hours
35–45 minutes	6–8 hours	3–4 hours
50 minutes–3 hours	8–10 hours	4–6 hours



## Instant Pot

1. Cut ingredients into similar-sized pieces for even cooking.
2. Make sure your recipes has at least 1 cup of liquid.
3. Add thickeners such as corn starch at the end of cooking.
4. When adapting stove top recipes, adjust cook times based on the instruction manual for your instant pot.