



V-LEARNING COMMUNITY

Vegetable Melody

Vegetable cooking system: cook a melody of vegetables to make multiple meals.

Steps from Video: using **Pot and Basket**

- Cut up vegetables and place in 9.5" diameter and 8" tall food basket
- Add water to 10" diameter and 9" tall pot
- Desired spices can be added or just enjoy the flavors of the assortment of vegetables
- Cover and cook to desired texture. Stir occasionally
- Eat as a stew or add to legumes, grains, noodles, etc.

Note: a variety of vegetables can also be cooked in an **Instant Pot** (steam, roast, bake, etc.)

