



Steamed Vegetables Recipe

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 also be cooked in an **Instant Pot**

