

Presto Vegetables – 4 servings

2 carrots (200 g) rosemary for flavor
1 onion (200 g)
4 medium potatoes (650 g)

Recipe:

1050 g, 650 Calories, 19 Pro, 151 Cho, 1 Fat, 140 Na

Serving:

~1 cup, 263 g, 163 Calories, 5 Pro, 38 Cho, 0 Fat, 35 Na



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The “made in America” Presto Pressure Cooker is ideal for fast, nutritious, and delicious Presto Vegetables. The pressure cooker has a rubber ring and a unique vent/lock system. The steam goes up and the lock comes down to create a secure seal. Foods won’t boil over. Water boils at 212° F while foods reach 240-250° F in a pressure cooker. The cooking time is significantly decreased. A pressure cooker is truly a convenient tool of the kitchen.

Peel the onion and quarter. Clean, scrub and cut the carrots and potatoes into 1-2” chunks. This saves time and you preserve all those nutrients packed next to the skin. Place the foods into the pressure cooker. For flavor, add a stem of rosemary. Add 1 cup of water.

Carefully align the lid and listen for the click assuring you that the seal is locked. Place the weight on the steam vent and you’re ready to cook. Start on high until the steam builds up and the weight begins to giggle. Once giggling, reduce the heat to medium and begin timing. It only takes 5 minutes to cook the vegetables. (If the potatoes were whole, it would take ~ 8 minutes. When the cooking time is up, turn off the heat and slowly release the steam through the vent by lifting the weight with tongs. You can speed the cooling process by running water over the pot. When the steam is released, the lock will drop allowing you to open the pot. You’ve got nutritious and delicious vegetables to serve with an entrée to make a great meal. Bon Appetite!