



Vol. 2 - Soups and Stews

Our Best Soup & Stew recipes
From our e-Cookbook series

Charlie DeSando – Cooking Secrets for Men

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Soups & Stews

Next in our e-cookbook series is Volume 2, Soups & Stews. These are, for the most part, easy to make recipes, with limited ingredients.

Soups & stews are comfort foods for many of us. A good soup or stew recipe is a go-to as soon as temperatures start to drop.

This e-cookbook contains some of my favorite soup recipes and a few stew recipes that are just loaded with flavor.

Soups and stews don't have to be just for fall and winter, and they can definitely be an entire meal in and of themselves.

This e-cookbook will let you see that these delicious soups can be a full meal.

Hopefully, you will enjoy how easy some of these are to prepare and how richly flavored they are. Make an extra batch to freeze and be able to pull out of the freezer on a cold day when you just don't feel like cooking.

We hope you enjoy this eBook and will find it useful.

Happy Cooking!!

The background image shows four white bowls filled with various soups, arranged on a dark wooden surface. The bowls contain different types of soups, including one with green leafy vegetables, one with red tomatoes and white beans, and others with various ingredients. The text is overlaid on a semi-transparent white box in the upper right quadrant.

Quick & Easy Soups

These soups can be ready in less than an hour. Perfect for weeknight meals.

Turkey Sausage Soup with Spinach and White Beans



INGREDIENTS

- 2 tbsp olive oil
- 1 lb Italian turkey sausage
- 1 med onion chopped
- 2 cloves garlic chopped
- 1 pinch red pepper flakes
- 4 cups chicken stock
- 15oz can cannellini beans
- 1 tsp oregano
- 1 Bay leaf
- 1 bag baby spinach
- 1 tbsp lemon juice
- Salt and pepper to taste
- Parmesan cheese as garnish



SERVES 4

This is a quick and easy soup with Italian turkey sausage, white beans and spinach that is full of flavor and quite healthy. Takes less than an hour to prep, prepare, cook and serve. It's a go-to recipe for a weekday winter, filling meal.

INSTRUCTIONS

- Heat 1 tbsp oil in a pan.
- Add the sausage and cook about 6 minutes, & set aside
- Heat the other tbsp of oil in the same pan.
- Add the onion and sauté until tender, about 5 minutes.
- Add garlic and red pepper flakes and sauté 1 min.
- Add the cooked sausage, chicken stock, cannellini beans, oregano, and bay leaf & simmer for 15-20 mins.
- Add the spinach and simmer until it wilts, 1-2 mins.
- Add salt, pepper and lemon juice, remove from heat
- Stir to incorporate seasonings
- Remove bay leaf.
- Sprinkle Parmesan on top and serve while hot.
- Watch the video at <https://youtu.be/wQexWBRKkz0>

Green Tomato Soup



INGREDIENTS

- 1 tbsp vegetable oil
- 1 onion chopped
- 2 jalapenos, minced
- 1 tbsp dry mustard powder
- 1 tbsp curry powder
- 1 tbsp chopped fresh ginger
- Salt and pepper to taste
- 1 cup of vegetable stock
- Green tomatoes diced into 1-inch pieces
- 1 tsp turmeric
- 1 tsp coriander
- 1 can coconut milk
- 1/3 cup chopped cilantro
- Rice to serve with soup



SERVES 4

INSTRUCTIONS

- Heat the oil in a saucepan.
- Sauté onions and chilis, about 4-5 minutes
- Add the mustard, ginger and curry powder.
- Add Salt & Pepper to taste
- Sauté and add a couple of tbsp of warm water
- Toss in the green tomatoes and stir to combine
- Add the coriander and turmeric
- Add half the coconut milk and bring to a boil.
- Put the top on and simmer five minutes
- Add the stock & the other half can of coconut milk.
- Simmer until tomatoes are soft, about 5 minutes
- Add salt & pepper to taste and let the tomatoes cook another minute or 2
- Top with chopped cilantro.
- Turn off heat and serve with rice (optional)
- Watch the video at https://youtu.be/S-o_-qa-Ti0

Zucchini Soup



- 2 tbsp unsalted butter
 - 2 tbsp olive oil
 - 1 onion, chopped
 - 1 garlic clove, chopped
 - Salt & Pepper to taste
 - 1 ½ lbs zucchini, halved lengthwise and sliced 1/4 inch thick. (No need to peel the zucchini.)
 - 2.5 cups vegetable stock
 - Julienned raw zucchini, for garnish
1. In a large saucepan, melt the butter in the olive oil.
 2. Add the onion and garlic, season with salt & pepper
 3. Cook over medium heat, stirring frequently, until softened, 7 to 8 minutes.
 4. Add the zucchini and cook about 10 minutes.
 5. Add stock and bring to a boil, and then simmer cook until the zucchini is soft, about 10 minutes.
 6. Using your immersion blender, purée soup. Make sure you point the blade of the blender down and away from you.
 7. Puree until creamy smooth.
 8. Season with salt and pepper.
 9. Serve it hot, garnished with the julienned zucchini.



SERVES 4

Roasted Asparagus Soup



- 1½ lbs thin asparagus-
- if only thick spears are available, peel them 1st
- 2 tbsp butter
- 10 fresh tarragon leaves, or ½ tsp dried tarragon
- 4 cups chicken stock
- Salt and pepper to taste

1. Cut bottom of each asparagus stalk, and discard.
2. Coarsely chop the rest of stalks, leaving 12 to 16 of the flower ends whole.
3. Put butter in a large pan over medium-high heat. A minute later, add asparagus and tarragon, raise heat to high, and cook, until nicely browned, about 10 minutes.
4. Remove whole flower ends; set aside.
5. Add stock and some salt and pepper; bring to a boil, reduce heat and simmer, about 10 minutes.
6. Cool at least a few minutes.
7. Pour soup into a blender, and carefully purée.
8. Return to pan, over medium-low heat, reheat gently. When soup is hot, adjust seasoning.
9. Put 3 or 4 asparagus flower ends in each of 4 bowls; ladle in soup, and serve.



SERVES 4

Gazpacho



- 2 tomatoes seeded & cubed
- 1 Anaheim pepper seeded & cubed
- 1 bell pepper and 1 cucumber peeled, seeded & cut into chunks
- 1 Red onion cut into chunks
- 1 Jalapeno pepper seeded & cut into chunks
- 3 cloves garlic roughly chopped
- 1 Large can of Tomato juice
- 2 tsp red wine or sherry vinegar
- Salt & pepper to taste
- 1 tsp ground cumin
- ½ cup extra-virgin olive oil
- 1 Avocado small dice for garnish
- Chopped Cilantro for garnish
- Tabasco or other hot sauce

- Combine chopped tomatoes, pepper, cucumber, onion and garlic in a blender.
- Blend at high speed until very smooth, about 1 minute.
- With the blender motor running, add the vinegar and 2 teaspoons salt.
- Slowly drizzle in the olive oil. The mixture will turn bright orange or dark pink and become smooth and emulsified.
- Transfer to a large pitcher and chill until very cold, (1-4 hours or overnight).
- Before serving the Gazpacho, adjust the seasonings with salt and vinegar.
- Garnish with chopped veggies, croutons and serve chilled.
- You can watch the video at <https://youtu.be/HVMDm60Efb0>



SERVES

4

Cream of Mushroom Soup



- 2 tbsp butter
- ½ lb sliced mushrooms
- ¼ cup chopped onion
- 6 tbsp flour
- Salt & Pepper to taste
- 4 cups chicken broth
- 1 cup cream
- Chopped parsley for garnish
- In a medium saucepan, heat butter over med-high heat;
- Sauté mushrooms and onion until tender.
- In a bowl, mix flour, salt, pepper and 2 cups broth until smooth;
- Stir into mushroom mixture.
- Stir in remaining 2 cups of broth.
- Bring to a boil; cook and stir until thickened, about 2 minutes.
- Reduce heat; stir in cream.
- Simmer, uncovered, about 15 minutes, stirring occasionally.
- Serve hot, garnish with chopped parsley



SERVES 4

Roasted Poblano Soup



INGREDIENTS

- 4-5 poblano peppers
- 1 onion chopped
- 4-5 garlic cloves minced
- 3 Tbsp butter
- 4 cups vegetable or chicken stock
- Salt & Pepper to taste
- Chopped cilantro for garnish
- Sour cream for garnish

Recipe can be found at
<https://cookingsecretsformen.com/2020/10/23/soups-on-part-3-roasted-poblano-soup/>



SERVES 4

The chef at a villa in Puerto Vallarta gave me the recipe for his poblano soup. He wrote down the ingredients with some very simple directions. I have replicated the soup at home, with some practice. It is a favorite meal for our family.

INSTRUCTIONS

- Preheat oven to 400 degrees
- Put rinsed poblanos on a tray and roast for 30 minutes, 15 on each side
- Take poblanos out of the oven and let them cool.
- Add 3 Tbsp of butter to a large pan on med heat.
- Add chopped onion to the pan, sautéing 5-7 min.
- Add minced garlic to onions, sautéing 1-2 minutes
- Add 4 cups of stock along with salt and pepper
- Bring mixture to a simmer and cook for 8-10 min
- Once cooled, pull off as much skin as you can.
- Then, de-seed the poblanos with a knife
- Chop the poblanos and add them to the saucepan.
- Using your immersion blender, purée soup,
- Serve with sour cream and/or chopped cilantro.



Stews with Meat, Fish & Veggies

Cioppino/Fisherman's Stew



INGREDIENTS

- ¼ cup olive oil
- 1 fennel bulb diced
- 1 large onion diced
- 3 garlic cloves chopped
- 1 bay leaf
- 1 tsp oregano & fennel seeds
- ½ tsp red pepper flakes
- 1 28-oz can crushed tomatoes
- 4 cups seafood stock
- 1½ cups dry white wine
- Salt & pepper to taste
- 1 lb cod cut into 2" dice
- 1 lb large shrimp
- 1 lb bay scallops
- 1 lb calamari pieces
- 1 doz mussels scrubbed
- 1 doz littleneck clams
- 1 tbsp Pernod Optional



SERVES 4

INSTRUCTIONS

- Heat the olive oil in a heavy pot over med heat.
- Add the fennel and onion and sauté for 10 minutes, until tender.
- Add garlic, fennel seeds & red pepper flakes, cook for 2 min
- Add the crushed tomatoes, seafood stock, wine, Salt & pepper and bring to a boil
- Lower heat, and simmer uncovered for 30 min
- After 30 minutes of simmering, add the seafood in the following order: Clams, the cod, Calamari, shrimp, scallops, and the mussels.
- Cover and cook on low for 8-10 minutes until the seafood is cooked and the shellfish open.
- If using, stir in the Pernod, cover and set aside for 1-2 minutes for the flavors to blend.
- Don't forget to take out the bay leaf
- Discard any clams or mussels that don't open
- Serve in large, shallow bowls, top w/parsley
- Serve with slices of bread.

Spicy African Peanut Stew



INGREDIENTS

- Salt & Pepper to taste
- 1 tbsp each cumin, coriander, cardamom, turmeric
- 1 tsp cayenne pepper
- ¼ cup peanut oil
- 2 shallots thinly sliced
- 1 med eggplant peeled and diced
- 2 tbsp ginger peeled & minced
- 1 onion chopped
- 4 garlic cloves chopped
- 1 jalapeño seeded and diced
- ½ cup tomato paste
- 1 14.5oz can diced tomatoes,
- 4 cups vegetable stock
- ½ cup creamy peanut butter
- 1 Zucchini & Yellow squash chopped
- ⅓ cup chopped cilantro
- Cooked Basmati rice



SERVES 4

INSTRUCTIONS

- In a small bowl, combine cumin, coriander, turmeric, cayenne, salt & pepper; set aside.
- In a large pot, heat 3 tbsp oil over medium-high heat.
- Add shallots and fry, stirring often, until soft, crisp and caramelized, about 8-10 minutes.
- Transfer shallots to a large bowl, leaving oil in pot.
- Turn heat to high and add eggplant.
- Cook until lightly browned.
- Transfer eggplant to the bowl with shallots.
- Add 1 tbsp of oil to pot over med-high heat.
- Add onion and ginger, cook until soft, about 5 min
- Scrape up any browned bits while stirring.
- Add chilies and cook, stir for 30 seconds.
- Add spices, stirring for 30 seconds more.
- Add tomato paste to a hot-spot in pan and cook 1 min
- Add tomatoes, stock, eggplant & shallot & salt to taste.
- Bring stew to a boil and cook 5 minutes.
- Place peanut butter in a med bowl, add 1-2 ladlesful of hot soup broth, and stir until emulsified, then pour into stew.
- Reduce heat to a simmer, add the Zucchini & Squash, cover and cook 5 minutes, until vegetables are tender.
- Turn off heat and stir in chopped cilantro.
- Serve in bowls with rice, garnish with cilantro leaves.

Beef Stew



INSTRUCTIONS

- ¼ cup all-purpose flour
- ¼ tsp pepper
- 1 lb beef stewing meat, trimmed and cut into cubes
- 2 tbsp vegetable oil
- 2 tbsp red wine vinegar
- 1 cup red wine
- 3½ cups beef broth
- 2 bay leaves
- 1 onion, chopped
- 5 medium carrots, cut into 1" pieces
- 1 turnip, peeled and cut into 1" pieces
- 1 parsnip, peeled and cut into 1" pieces
- 1 cup frozen peas
- 2 teaspoons salt

INSTRUCTIONS

1. Combine the flour and pepper in a bowl, add the beef and toss to coat well.
2. Heat 3 tsp of the oil in a Dutch oven.
3. Add the beef and cook, until beef is browned on all sides.
4. Remove the beef and add the vinegar and wine.
5. Cook over medium-high heat, scraping the pan to loosen any browned bits.
6. Add the beef, beef broth and bay leaves.
7. Season with salt and pepper to taste.
8. Bring to a boil, then reduce to a simmer.
9. Cover and simmer, until the beef is tender, about 1½ hours.
10. Add the onions, carrots, parsnips and turnips and simmer, covered, for about 30 minutes.
11. Add frozen peas in and stir to combine.
12. Serve in bowls and with some crusty bread



SERVES 4

Cincinnati Chili



Cincinnati-style Chili is a little sweeter than most, being cooked in a combination of cinnamon and chocolate, among other spices. And when you order it, you specify which “way” you want your chili served. (I’m a 5-way guy)

INGREDIENTS

- 1 Onion chopped
- 1 tbsp cooking oil
- 1 lb Ground Beef or Turkey
- 1 Large Can Tomato Soup
- 2 cans Dark Kidney Beans drained (use two cans if you want more beans in the chili)
- 1 package Cincinnati Chili spices (in the spices section)
- Shredded cheddar cheese
- Cooked spaghetti
- Oyster Crackers (optional)
- Hot sauce



SERVES 4

CINCINNATI CHILI “WAYS”:

- 2-way = spaghetti and chili
- 3-way = spaghetti, chili, cheese
- 4-way = spaghetti, chili, cheese, & onions
- 5-way = spaghetti, chili, cheese, onion and beans

INSTRUCTIONS

1. In a large pan or pot, heat the oil
2. Sauté the chopped onions about 3-4 minutes
3. Add the ground beef or turkey in the same pot as the onions. Cook until all pink has disappeared.
4. Add the tomato soup and kidney beans and stir to combine.
5. Add the spice package and stir.
6. Simmer 30 minutes. If chili is too thick, just add some hot water
7. Serve with your favorite accompaniments.
8. In this recipe, beans and onions are already in the chili

Crowd Pleasers

A kitchen scene with a person pouring soup from a pot. In the foreground, there is a pile of fresh vegetables including carrots, onions, garlic, and tomatoes. A colander with green herbs is also visible on the left.

Some of our favorite soups, that you can serve as a first course or a main dish

Thai Chicken Meatball Soup



INGREDIENTS

- 2 tbsp fresh ginger, minced
- 6 garlic cloves, minced
- 1 jalapeño, seeded & minced
- 2 pounds ground chicken
- ½ cup chopped cilantro
- Salt & Pepper to taste
- 3 tbsp fish sauce
- 2 tbsp vegetable oil
- 1 tbsp Red Curry paste
- 2 cups chicken broth
- 1 can coconut milk
- 1 tbsp sugar
- 5 ounces baby spinach
- Cilantro leaves for garnish
- 1 tbsp lime juice
- lime wedges for serving
- rice for serving

INSTRUCTIONS

1. Transfer half (ginger, jalapeno, garlic) to a large bowl and set the rest aside for the soup broth.
2. To the large bowl with the ginger, garlic, jalapeno, add the ground chicken, chopped cilantro, 2 tbsp fish sauce and salt & pepper.
3. Use your hands to mix and form 2-inch meatballs
4. In a large pan, heat the oil over med-high heat.
5. Add meatballs and cook, flipping halfway through, until golden brown on two sides, 6 to 8 minutes.
6. Reduce heat to medium, add the reserved ginger /garlic/jalapeno mixture and sauté, about 1 min.
7. Deglaze pan with about ¼ cup of the chicken broth
8. Add rest of chicken broth, coconut milk, red curry paste, sugar and 1 tbsp of fish sauce, and simmer.
9. Add the meatballs and simmer until the meatballs are cooked through, 6 to 8 minutes.
10. Remove from heat, stir in the spinach & lime juice.
11. Divide rice among bowls, then top with meatballs, soup and cilantro leaves.
12. Serve soup with lime wedges.



SERVES 4

Chicken Corn Chowder



INGREDIENTS

3 tbsp butter
1 lb boneless chicken thighs, cut into 1" pieces
½ cup chopped onion
2 garlic cloves, minced
1 cup hot chicken stock
1 tsp ground cumin
2 cups cream
2 cups shredded Monterey Jack cheese
1 can creamed corn
1 4oz can chopped green chiles, undrained
½ tsp hot sauce
1 med tomato, chopped
Chopped cilantro
Tortilla strips



SERVES 4

INSTRUCTIONS

- In a large pot, melt butter and brown the chicken
- Add onion and cook 3 minutes
- Add garlic, cook 1 minute longer.
- Add the chicken stock and cumin
- Bring to a boil.
- Reduce heat, cover and simmer for 5 minutes.
- Stir in the cream, cheese, corn, chiles and hot sauce.
- Stir over low heat until cheese is melted;
- Add tomato.
- Top with cilantro and tortilla strips.

Spinach Beef Soup



INGREDIENTS

1 lb ground beef
3 garlic cloves, minced
8 cups warm beef broth
2 14 oz cans diced Italian tomatoes, undrained
1 tsp dried basil
 $\frac{1}{2}$ tsp oregano
Salt & Pepper to taste
3 cups uncooked farfalle (bow tie) pasta
1 bag fresh spinach, chopped
Grated Parmesan cheese

INSTRUCTIONS

- In a large stockpot, cook beef over medium heat 6-8 minutes;
- Drain the grease.
- Add Garlic and cook 1 minute
- Stir in broth, tomatoes and spices
- Bring to a boil.
- Stir in pasta; return to a boil.
- Cook, uncovered, until pasta is tender, 7-9 minutes.
- Stir in spinach until wilted.
- Sprinkle with Parmesan cheese.
- Serve with crusty bread



SERVES 4

Butternut Squash Soup



INGREDIENTS

- 2 butternut squash halved lengthwise, seeded
 - 2 tablespoons vegetable oil
 - Salt & Pepper
 - 2 cups chopped onions
 - 2 garlic cloves chopped
 - 1 tbsp brown sugar
 - 2 tbsp minced ginger
 - 1 cinnamon stick
 - 5 cups chicken broth (or vegetable broth)
 - Chopped parsley for garnish
- <https://cookingsecretsformen.com/2018/10/29/soups-on-butternut-squash-soup-with-ginger/>



SERVES 4

INSTRUCTIONS

1. Preheat oven to 375°F.
2. Oil a baking sheet. salt & pepper the cut side including the hollowed out part
3. Place squash, cut side down, on baking sheet.
4. Roast until squash is very soft, about 50 minutes.
5. Remove from oven. Let the squash cool
6. Heat more oil in large pot over med-low heat.
7. Add onion, brown sugar, ginger, garlic and cinnamon stick.
8. Cook until onion is tender, about 10 minutes.
9. When the squash has cooled, remove peel.
10. Cut squash into 2-inch pieces.
11. Add the squash and 5 cups chicken broth.
12. Bring to boil.
13. Reduce heat, cover and simmer 10 minutes.
14. Discard cinnamon stick.
15. Using your immersion blender, purée soup.
16. Season soup with salt and pepper.
17. Serve in bowls and sprinkle with parsley.

INSTANT POT SOUPS

Best Instant Pot soups

You can cook the aromatics (onions, carrots, celery, etc.) right in the **Instant Pot** using the sauté function. If you need to thicken your soup after pressure cooking you can do so right in the **Instant Pot** using the sauté function.



Cuban Black Beans (Instant pot)



INGREDIENTS

- 1 lb bag dried black beans
- 1 tbsp Olive Oil
- One med onion, chopped
- 1 cup chopped bell peppers
- 1 jalapeno, seeded and finely chopped
- 3 garlic cloves, chopped
- Salt & Pepper to taste
- 1 tsp dried oregano
- One tsp ground cumin
- 1 tsp ground coriander
- 2 dried Chili's (such as Chili de Arbol or similar)
- 2 bay leaves
- 3 cups vegetable stock
- 2 cups cherry tomatoes, halved
- chopped cilantro for garnish

INSTRUCTIONS

- Set the Instant Pot to sauté.
- Add olive oil,
- Add onion, peppers, garlic, salt, pepper, oregano, coriander & cumin
- Stirring often, cook until aromatics are slightly tender, about 3-4 min.
- Add bay leaves, stock & black beans
- Stir to blend.
- Cover Instant Pot, and fasten lid.
- Lock and seal steam valve.
- Set to HIGH pressure for 37 minutes
- When the cooking has ended, allow a natural release for 20 minutes.
- Uncover and turn off Instant Pot.
- Discard the bay leaves and chilis
- Spoon black beans liquid into bowls
- Top with tomatoes and cilantro
- Serve over rice.



SERVES 4

Quinoa & Sweet Potato (Instant Pot)



INGREDIENTS

- 1 tbsp olive oil
- 1 Onion chopped
- 1 tbsp ginger minced
- 1/2 jalapeno minced
- 5-6 cloves Garlic minced
- 1 tbsp Tomato Paste
- 1 ½ tbsp Chili powder
- 1 tbsp cumin & Oregano
- Salt & pepper to taste
- 2 15 oz cans Black Beans
- 1 Sweet Potato 1" cubes
- 1 cup dried Quinoa
- 1 15 oz can diced roasted Tomatoes w/ green chilies
- 6 cups vegetable broth



SERVES 4

INSTRUCTIONS

- In large pot, heat oil over medium heat.
- Add onions, ginger, jalapeno & cook until soft and, about 5 – 6 minutes.
- Add garlic, cook 1 minute more.
- Sauté tomato paste in a hot spot in pan
- Add the chili powder, cumin, and oregano, and stir
- Add quinoa, beans, diced tomatoes, sweet potato, and broth, stir until combined.
- Bring to a boil, reduce heat, cover slightly open and cook for 35 – 40 minutes, stirring occasionally.
- It's ready when sweet potatoes are tender.
- Garnish with your choice of chili-like toppings

Corn Chowder (Instant Pot)



INGREDIENTS

- 4 med red potatoes, peeled & cut into ½" cubes
- 3 cups chicken broth
- 3 cups canned corn
- 1 med onion, chopped
- 3 garlic cloves, minced
- Salt & Pepper to taste
- 2 tbsp cornstarch
- 1 cup Half & Half cream
- 1 cup shred cheddar cheese
- 6 bacon strips, cooked and crumbled
- Chopped Green onions



SERVES 4

INSTRUCTIONS

- Place first 7 ingredients in the Instant Pot & Lock lid; close pressure-release valve.
- Adjust to pressure-cook on high for 15 minutes & Quick-release pressure.
- Select sauté and adjust for low heat.
- Mix cornstarch and cream until smooth; stir into soup.
- Cook and stir until slightly thickened, 6-8 minutes.
- Stir in cheese and bacon.
- Heat through until cheese is melted.
- Press cancel.
- Sprinkle servings with green onions and, if desired, additional cheese and bacon.

Chicken Veggie Soup (Instant pot)



INGREDIENTS

- 1 tablespoon olive oil
- 1 pound boneless skinless chicken breasts
- 4 cups chicken broth
- 1 cup fresh broccoli
- 1 cup sliced carrots
- 1 cup sliced celery
- 1 large potato, peeled and chopped
- 2 tsp fresh parsley
- 1 teaspoon pepper
- 1/2 tsp fresh thyme
- 1/2 tsp fresh oregano
- 1/2 teaspoon salt



SERVES 4

INSTRUCTIONS

- Select sauté setting on the Instant Pot and adjust for medium heat;
- Add 1 tbsp of oil.
- When oil is hot, add chicken.
- Cook until browned, 3-4 minutes.
- Press cancel.
- Add remaining ingredients.
- Lock lid; close pressure-release valve.
- Adjust to pressure-cook on high for 10 minutes.
- Let pressure release naturally for 3 minutes;
- Quick-release any remaining pressure.
- Remove chicken and shred with 2 forks; return to Instant Pot to heat through.
- Serve.

SOCIAL MEDIA PRESENCE

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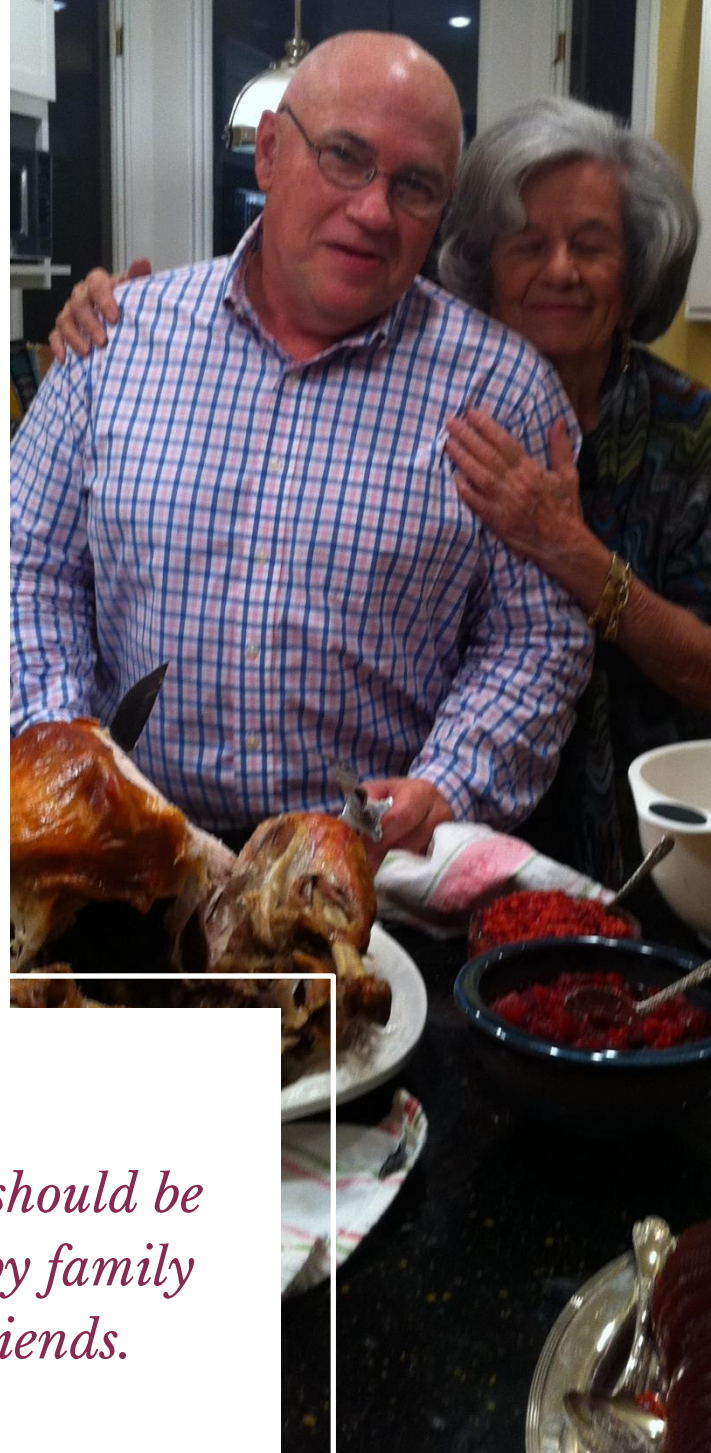


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*Cooking should be
enjoyed by family
and friends.*





Next e-Cookbook Volume 3 – Appetizers

Our next edition of Cooking Secrets for Men e-Cookbooks will be Vol. 3 – Appetizers. Easy Appetizer recipes for home cooks.

We want to thank our subscribers on the various social media platforms.

These free e-cookbooks are our little way of saying “Thanks” for following us and taking the time to view, read or even try our recipes.

Hope you enjoy Volume 1 – Sauces and Volume 2 – Soups. Available for download at <https://cookingsecretsformen.com/e-cookbook-downloads/>

Happy Cooking! And don't be afraid to be creative and experiment in the kitchen. You may surprise yourself!

Charlie DeSando – Cooking Secrets for Men.