



PREP INSTRUCTIONS

1. Wash all vegetables thoroughly.
2. All prepped vegetables should be finely chopped or diced.
3. Use fresh vegetables whenever possible, but if 1 or 2 items must be frozen make sure there are no added ingredients such as salt or sugar.
4. Be sure to use ripe potatoes without any shades of green.
5. Cut cod into smaller portions.



COOKING INSTRUCTIONS: INSTANT POT

1. Add cod, russet potatoes, sweet potatoes, green beans, and broccoli to the Instant Pot, and add 1 cup of water. To avoid a "Burn Error", be sure to mix well and scrape the bottom of the pot after the addition of water.
2. Use instant pot "pressure cook" setting to 10 min.
3. After 10 min timer sounds release pressure and check to see if ingredients are thoroughly cooked (soft to the touch).
4. In a large mixing bowl after food has completely cooled, slowly sprinkle DIY nutrient blend along with the oils until fully incorporated.
5. Portion into individual serving sizes and store in refrigerator or freezer. Stored in the refrigerator this recipe will stay fresh 3-4 days.



COOKING INSTRUCTIONS: SLOW COOKER

1. Add cod, russet potatoes, sweet potatoes, green beans, and broccoli to the slow cooker, and add 1 ½ cups of water.
2. Set cooker to medium heat for 3 ½ hours, occasionally stirring to break up cod.
3. Check to see if ingredients are cooking thoroughly (becoming soft to the touch).
4. Once all ingredients are cooked allow food to cool.
5. In a large mixing bowl after food has completely cooled, slowly sprinkle DIY nutrient blend along with the oils until fully incorporated.
6. Portion into individual serving sizes and store in refrigerator or freezer. Stored in the refrigerator this recipe will stay fresh 3-4 days.