

SLOW COOK ANYTHING (No Recipe Needed!!)
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Follow these foolproof steps to get a perfect result every time.

1. Create a flavorful base by mixing together liquids, dry herbs and spices, and aromatics such as onions, garlic, fresh ginger or chilies.
2. Nestle tough meats and root vegetables that take a long time to cook on the bottom, where the temperatures are highest. Set your timer and walk away!!
3. Mix in any quick-cooking ingredients (like canned beans or frozen corn) toward the end so they don't get mushy. Set your cooker to HIGH and cook just until heated through, then stir in delicate fresh herbs or leafy greens like spinach that wilt easily.
4. Add any dairy products after the cooker is OFF to keep milk, cheese and yogurt from curdling.