



# **Glorious One-Pot Meals: A Revolutionary New Quick and Healthy Approach to Dutch-Oven Cooking**

*Elizabeth Yarnell*

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## **Glorious One-Pot Meals: A Revolutionary New Quick and Healthy Approach to Dutch-Oven Cooking**

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**A totally new patented way to cook quick and easy one-pot meals, while keeping ingredients intact and full of flavor.**

Elizabeth Yarnell developed her revolutionary infusion-cooking method to avoid often mushy slow-cooker results and to make cooking and cleaning up after dinner a breeze. Now anyone with too many tasks and not enough time can use her technique to get dinner on the table in an hour or less, with no more than twenty minutes of hands-on prep work—and just one pot to clean. All it takes is a Dutch oven and a few basic fresh or even frozen ingredients layered--never stirred. *Glorious One-Pot Meals* provides the most convenient method yet of serving highly nutritious, satisfying suppers every night of the week.

## **Glorious One-Pot Meals: A Revolutionary New Quick and Healthy Approach to Dutch-Oven Cooking Details**

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# **From Reader Review Glorious One-Pot Meals: A Revolutionary New Quick and Healthy Approach to Dutch-Oven Cooking for online ebook**

## **Kathleen says**

Lots of easy delish recipes.

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## **Angela says**

This is a great cook book. Its very easy to follow and all the food is clean, you just put the food in the pot and cook it for 30 to 45 minutes and you have a full meal. Its about a 15 minute prep time so its great to throw together after you get home from work, or any time you want a good meal fast. I can't wait to try these recipes, they all sound really good. The only you have to have to be successful in these meals is a cast iron dutch oven. I have ordered one and I can't wait to try it!  
If your looking for good and easy, this is the cookbook for you.

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## **Steve says**

This is a great cookbook for anyone who wants nutrient dense food, low cal, straightforward prep, good taste and lots of leftovers so you don't have to cook the second night. I have about 6 favorite recipes from this book that I have put into the rotation. The family enjoys them too, and the leftovers taste just as good the second night. Be sure to use a real Dutch oven, which in my case is a 5.5qt round Le Creuset French oven. I double the ingredients to fill the pot, with some adjustments. Once you try the recipe as called for, Elizabeth suggests ways to experiment with a given recipe which is easy to do since the cooking technique is not finicky. For instance we like olives and beans in the Pasta Primavera, so in they go and it still tastes great. I highly recommend this book.

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## **Yasmine Alfouzan says**

Horrifying.

Yes, author of this cookbook, it's a reaaaally great idea to just dump in fragile vegetables with meat and cook them for the same duration at the same temperature.

Snow peas and chicken?

Broccoli, and pasta?

Who on earth would even TRY this?

FYI, if you're wondering about the result, it's probably mushy veggies with some starches and meat. Baby food. But this is what happens when you dump all your dinner ingredients in one pot (without braising, even) and cook on high heat for an hour. MUSH.

If you own a Le Creuset pot and you're not braising your meat, well, give it to someone who can cook better

than you do.

You know something is wrong with your cookbook when someone is able to tell the recipes are terrible before even trying them simply because the technique is ridiculous.

For those of you who are wondering what to get instead of this cookbook, I'd recommend 'All About Braising'.

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### **Nicole Harkin says**

I ran across this book at our used bookstore. The cover had a dutch oven almost exactly like ours...so I decided to give it a go. Boy am I glad I did. Brent and I really trying to make cooking a new hobby, to save money and to eat in a more healthy manner. These meals are just perfect for the beginner.

The recipes follow the same formula: oil the pot, put your starch and liquid at the bottom, top with meat and veggies with some kind of sauce, bake at 450 for 45 minutes. Enjoy.

Elizabeth has all kinds of variations and I think the recipes are all easily scalable for bigger pots. We have only had one fail, and that was operator error.

Her website has some links to places to find cheap dutch ovens.

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### **Sasha says**

When I read that someone holds patents on the cooking technique they're writing about, it's a red flag.

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### **Michelle says**

We tried three recipes, and we are not impressed.

Southwestern Quinoa - this was not too bad - average meal.

Bahamian Chicken - spices were good, but the chicken turned out dry

Chicken Satay - this was terrible... chicken was dry, rice not cooked, and the color of it all was not appetizing

I love the idea behind this, and I like the amount of veggies included, but in practice, I just don't think this cooking method works for my family.

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### **Elizabeth Yarnell says**

This is my new cookbook, due out January 6, 2009!

If you are looking for quick and easy meals that are delicious and nutritious, too, you'll love this cookbook. I invented and patented this unique cooking method to help improve my own health after I was diagnosed with multiple sclerosis.

Full of healthy recipes that are not at all like crock pot stews (I call it "the anti-crock pot"), Glorious One-Pot Meals flash-cook inside a very hot oven and emerge with all ingredients perfectly cooked and intact enough to be served separately.

See all the reviews on Amazon for the earlier award-winning edition to learn all about it.

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### **Valerie Yoh says**

A while back, my friend Ann gave this book to my husband and I. Recently, I started trying out these recipes with our new dutch oven. I've tried 4 so far and liked them all! I can't wait to try another!

...okay, I think it's time to move this to my 'read' books column. I have tried many but not all of the recipes in this book. These are perfect hot dishes for a cold weather day.

Some of the recipes (particular those in the "Light & Flavorful" section) are a little unbalanced flavor-wise, but are still great overall. As I'm learning to cook more (and with help from my food-loving husband), I'm getting a better idea of what ingredients to add to balance out the flavors in the some of the dishes. It makes for fun experimenting and healthy eating!

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### **Nan says**

What can I say; this book is glorious. It was a gift as was a dutch oven. The focus is on meat, but there is a healthy vegetarian section. The idea is that you layer ingredients in your dutch oven and cook at a high heat for 45 minutes. Out comes deliciousness. I've made half a dozen things and they are all easy, delicious, and pretty heart healthy.

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### **Jjanovyak says**

What an asset for anyone concerned with healthy, cost-conscious eating. I am a complete fan! This works in real life - you CAN do these meals at the end of the work day, and have the time to collect yourself for whatever the evening holds while these cook. Brilliant!

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### **Brianon Sheffield says**

this is not what I was expecting. no roasts or long braises here. but the methodology of layering your whole meal in one pot is amazing! I love the idea of flavor infusion and how flexible these recipes are. this week

I'm trying out the scallop and sweet potato pot, and the lake Como pasta pot. I may add the fifth star once I try the recipes.

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### **Kristen Johnson says**

I like this book. The recipes are pretty basic, but the whole concept of infusion cooking was new to me. The introduction includes some helpful tables and teaches you how to properly layer ingredients to create your own one pot meals. The recipes are very flexible and it's easy to customize recipes if you're on any kind of a special diet. This book is helpful if you want to learn a new method of cooking very healthy, one pot meals that require little attention while cooking. Good for everyday weeknight meals, but not for entertaining.

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### **Stephanie says**

This book has great recipes! I feel like I've tagged most of the pages in it. I also love how most of the recipes only cook for 45 minutes and most are chocked full of vegetables. The recipes are also very versatile, allowing me to add or subtract or exchange the ingredients I don't like with ones I do or have on hand.

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### **Gail says**

My cooking changed forever when I read this book. I have used many of the recipes, and my family has favorites. To be truthful, I love it more than my family, they are not huge fans of casseroles. But here the ingredients are not mixed together in an unidentifiable mass, and I think that helps.

I love using these recipes because I spend a while in preparation then leave it to cook.

After you try a few of these recipes, it is easy to substitute different ingredients. The sauces are sublime.

At first I used a 2-quart lidded glass casserole dish to make these recipes, and it worked great. (Lowered the temperature, of course.) Then found a 3 quart Dutch Oven on sale. Now I have more leftovers, which is wonderful.

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