



E P I C U R E™

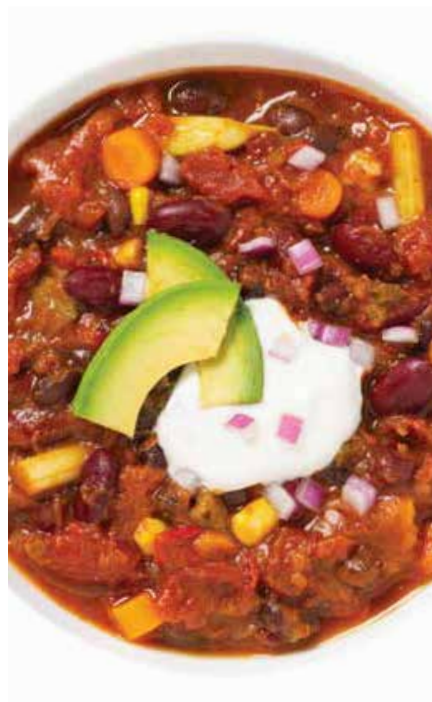
STOVETOP POT DINNERS

FOR THE STOVETOP POT DINNERS 5-PACK



STOVETOP POT DINNERS

DIGITAL RECIPE GUIDE
with **BONUS RECIPES**



Make weeknight meals you never thought possible with this timesaving, budget-friendly recipe guide. Enjoy six one-pot wonder meals that will leave you with minimal cleanup.

Get out your **Multipurpose Pot** and get ready to make some crowd-pleasing dishes your family will love. Choose from Easy Peasy Bolognese, Azteca Tortilla Soup, Mac & Cheese, Fettuccine Alfredo, or Cha Cha Chili. And then if you're feeling adventurous, check out our bonus recipe section for dishes like Bolognese Stuffed Portobello Mushrooms, Creamy Mexican-Inspired Tomato Soup, Chicken & Spinach Alfredo Soup, or Pumpkin & Bean Chili.

A premade grocery list, raw-to-ready-in-20-minutes recipes, and less mess—that means you get more time back in your day.

Time to relax? Imagine that!

COOKWARE

Meal planning and food prep can be easy with the right tools. The **Multipurpose Pot** pairs perfectly with this collection and will help you cook faster, easier, and with minimal cleanup.

MULTIPURPOSE POT (2 SIZES)

- Pour spout, ergonomic stay-cool handles, and interior measurements.
- Left-or right-hand use.
- Tempered glass lid with built-in strainer.
- Induction-friendly base works with all stovetops.
- Volume: 12 cup or 8 cup.*

CARE & USE:

- Dishwasher safe.
- Wash before initial use.
- Clean with a soft scouring pad only—do not use steel wool or chlorine bleach cleaners.

*The recipes in this guide were developed using the **12-Cup Multipurpose Pot**.



GROCERY LIST

PRODUCE

- 1 avocado** (Azteca Tortilla Soup)
- ½ cup corn**, fresh, frozen, or canned (Azteca Tortilla Soup)

PANTRY STAPLES

- 2 cans crushed tomatoes:**
 - 1 can 28 oz/796 ml (Easy Peasy Bolognese)
 - 1 can 14 oz/398 ml (Azteca Tortilla Soup)
- 1 can (28 oz/796 ml) diced tomatoes** (Cha Cha Chili)
- 10 cups uncooked pasta**, your choice:
 - 4 cups (Fettuccine Alfredo)
 - 4 cups (Easy Peasy Bolognese)
 - 2 cups, bite-sized (Mac & Cheese)

PROTEIN

- 1 lb (450 g) lean ground beef** (Cha Cha Chili)
Swap: ground chicken or turkey
- 1 can (19 oz/540 ml) black beans** (Azteca Tortilla Soup)
- 1 can (19 oz/540 ml) kidney beans** (Cha Cha Chili)

DAIRY

- 1½ cups + ⅓ cup milk**, your choice:
 - 1½ cups (Fettuccine Alfredo)
 - ⅓ cup (Mac & Cheese)
- ½ cup grated cheese**, your choice (Azteca Tortilla Soup)
- ½ cup plain Greek yogurt** (Azteca Tortilla Soup)
- ½ cup plain non-dairy creamer** (Easy Peasy Bolognese) | *Swap: half & half cream (10%)*
- 2 tbsp butter**, optional (Mac & Cheese)

BAKERY

- ½ cup tortilla chips** (Azteca Tortilla Soup)

PERFECTLY BALANCE YOUR PLATE AT EVERY MEAL.

This week, add mixed leafy greens, veggies, and your choice of protein such as tuna, chicken, or tofu.



EASY PEASY BOLOGNESE



TOTAL TIME: 20 min



6 SERVINGS



\$2.22 CA/\$1.89 US PER SERVING

An amazing meatless Bolognese sauce made with pea crumbles! Customize your way with non-dairy or dairy options.

MAKE IT A PERFECTLY BALANCED PLATE: Serve with 2 cups leafy greens and 1 tbsp Epicure Salad Dressing, your choice.

INGREDIENTS

1 pkg **Easy Peasy Bolognese Sauce Mix**
1 can (28 oz/796 ml) crushed tomatoes
½ cup water or broth
½ cup plain non-dairy creamer or half and half cream (10%)
Sea Salt and **Black Pepper**, to taste
6 cups cooked pasta, your choice
Toppings (optional): **Chili Flakes & Garlic Topper**, **Garlic & Onion Nutritional Yeast Topper**, parmesan

NUTRITIONAL INFO

Per serving (about ⅓ cup sauce and 1 cup cooked noodles): Calories 370, Fat 4 g (Saturated 0.4 g, Trans 0 g), Cholesterol 0 mg, Sodium 510 mg, Carbohydrate 60 g (Fibre 6 g, Sugars 5 g), Protein 23 g.

INSTRUCTIONS

1. In a large **Multipurpose Pot**, combine mix, crushed tomatoes, water, and creamer.
2. Cover; simmer on medium heat for 15 min, stirring occasionally. Sauce will thicken near the end of the cook time; stir often to prevent sticking. Season to taste.
3. To serve, divide pasta between six plates. Spoon sauce on top and add additional toppings, if desired.

AZTECA TORTILLA SOUP

TIP: To easily make this vegan, use coconut-based yogurt and vegan cheese.



TOTAL TIME: 20 min



4 SERVINGS



\$2.40 CA/\$1.90 US PER SERVING

MAKE IT A PERFECTLY BALANCED PLATE: Serve topped with 1 cup baby spinach.

INGREDIENTS

4 cups hot water or broth
1 pkg **Azteca Tortilla Soup Seasoning**
1 can (14 oz/398 ml) crushed tomatoes
1 can (19 oz/540 ml) black beans
½ cup corn, fresh or frozen
1 avocado
½ cup tortilla chips
½ cup 2% plain Greek yogurt
½ cup grated cheese, your choice
Toppings (optional): lime wedges

NUTRITIONAL INFO

Per serving: Calories 380, Fat 15 g (Saturated 4.5 g, Trans 0 g), Cholesterol 15 mg, Sodium 300 mg, Carbohydrate 48 g (Fibre 15 g, Sugars 5 g), Protein 20 g.

INSTRUCTIONS

1. In **Multipurpose Pot** over high heat, combine hot water with seasoning. Cover; bring to a boil. Stir in crushed tomatoes; cover, return to a boil.
2. Meanwhile, drain and rinse black beans.
3. Reduce heat to medium. Add black beans and corn. Simmer, uncovered, 5–10 min.
4. Meanwhile, dice avocado and coarsely crush tortilla chips.
5. To serve, top each serving with 2 tbsp each Greek yogurt, diced avocado, grated cheese, crumbled tortilla chips, and a squeeze of lime juice, if desired.

MAC & CHEESE



TOTAL TIME: 13 min



4 SERVINGS



\$0.93 CA/\$0.79 US PER SERVING

MAKE IT A PERFECTLY BALANCED PLATE: Serve with 1 cup steamed broccoli and 4 oz (113 g) tuna, chicken, or tofu.

INGREDIENTS

2 cups bite-sized pasta, your choice
1/3 cup milk, your choice
1 pkg **Mac & Cheese Seasoning**
2 tbsp butter, optional

NUTRITIONAL INFO

Per serving: Calories 260, Fat 4.5 g (Saturated 2.5 g, Trans 0.2 g), Cholesterol 10 mg, Sodium 330 mg, Carbohydrate 43 g (Fibre 2 g, Sugars 3 g), Protein 11 g.

INSTRUCTIONS

1. Cook pasta according to package directions in **Multipurpose Pot**. Drain and return to pot.
2. Stir in milk, seasoning and butter, if desired. Stir to coat.

FETTUCCINE ALFREDO



TOTAL TIME: 10 min



6 SERVINGS



\$1.13 CA/\$0.96 US PER SERVING

MAKE IT A PERFECTLY BALANCED PLATE: Serve with 4 oz (113 g) lean protein and 1 cup mixed veggies with 2 tsp prepared Epicure Dip.

INGREDIENTS

1 pkg **Alfredo Sauce Mix**
1½ cups milk, your choice
6 cups cooked pasta, your choice

NUTRITIONAL INFO

Per serving (about ¼ cup prepared sauce and 1 cup cooked pasta): Calories 280, Fat 4 g (Saturated 2 g, Trans 0.1 g), Cholesterol 10 mg, Sodium 170 mg, Carbohydrate 50 g (Fibre 3 g, Sugars 2 g), Protein 12 g.

INSTRUCTIONS

1. In a large **Multipurpose Pot**, combine sauce mix with milk.
2. Whisking constantly, bring to a boil over medium-high; reduce heat and simmer 3 min or until thickened.
3. Combine prepared sauce with your choice of cooked pasta.

CHA CHA CHILI

TIP: Lucky enough to have leftovers? Simply freeze for an easy meal later.



TOTAL TIME: 20 min



4 SERVINGS



\$2.30 CA/\$1.96 US PER SERVING

Chili is the perfect one-dish dinner for weeknights, potlucks, and those all-important game days. Great for lunches too!

MAKE IT A PERFECTLY BALANCED PLATE: Serve with 1 cup mixed greens or steamed veggies and 1 tbsp Epicure Salad Dressing.

INGREDIENTS

1 lb (450 g) lean ground beef, chicken, or turkey
1 can (19 oz/540 ml) kidney beans
1 pkg **Cha Cha Chili Seasoning**
1 can (28 oz/796 ml) diced tomatoes
½ cup water

NUTRITIONAL INFO

Per serving (1¼ cups): Calories 330, Fat 6 g (Saturated 1.5 g, Trans 0 g), Cholesterol 60 mg, Sodium 460 mg, Carbohydrate 38 g (Fibre 12 g, Sugars 13 g), Protein 31 g.

INSTRUCTIONS

1. In a large **Multipurpose Pot** or fry pan over medium heat, cook beef until browned, 3–4 min, using **Ground Meat Separator** to break up chunks. Drain excess fat.
2. Meanwhile, drain and rinse beans.
3. Stir in seasoning, beans, tomatoes, and water. Simmer 12–15 min, stirring occasionally.

BOLOGNESE STUFFED PORTOBELLO MUSHROOMS



TIP: If the mushroom caps have a small stem, chop them up to add to the sauce along with the gills.



TOTAL TIME: 25 min



6 SERVINGS



\$3.78 CA/\$3.21 US PER SERVING

To streamline recipe prep, make the sauce the night before.

MAKE IT A PERFECTLY BALANCED PLATE: Serve with 1 cup cooked grains or pasta.

INGREDIENTS

6 portobello mushroom caps
 1 tbsp olive oil
 Sea Salt and Black Pepper, to taste
 1 pkg **Easy Peasy Bolognese Sauce Mix**
 1 can (28 oz/796 ml) crushed tomatoes
 ½ cup water or broth
 ½ cup plain non-dairy creamer or half and half cream (10%)
 ¾ cup grated mozzarella cheese

NUTRITIONAL INFO

Per serving: Calories 230, Fat 8 g (Saturated 2 g, Trans 0 g), Cholesterol 10 mg, Sodium 600 mg, Carbohydrate 22 g (Fibre 6 g, Sugars 5 g), Protein 21 g.

INSTRUCTIONS

1. Preheat oven to 425° F. Line **Sheet Pan** with **Sheet Pan Liner**. Using a spoon, scrape out mushroom gills (save these for the sauce!).
2. Brush mushroom caps with oil and season with salt and pepper. Place on pan; bake until tender, 12–15 min.
3. Meanwhile, in large **Multipurpose Pot**, combine mix with tomatoes, water, and creamer. Add mushroom gills. Cover; simmer on medium heat for 15 min, stirring occasionally. Taste, then season with salt and pepper.
4. Once mushrooms are tender, pour out liquid, if desired. Scoop sauce into each mushroom cap and top with cheese. Bake until cheese is melted, about 2–3 min.

CREAMY MEXICAN-INSPIRED TOMATO SOUP



TIP: Whole peeled canned tomatoes are the best choice for this soup—they're more reliable in terms of flavour and quality. In a pinch, swap with crushed or diced tomatoes, but make sure to taste and season the soup as needed.



TOTAL TIME: 18 min



4 SERVINGS



\$4.01 CA/\$3.40 US PER SERVING

A quick, plant-based, protein-packed tomato soup with fresh Mexican-inspired flavours! Delicious paired with grilled cheese.

MAKE IT A PERFECTLY BALANCED PLATE: Serve with half a grilled cheese sandwich made with 1 slice whole-grain bread and 2 tbsp cheese.

INGREDIENTS

1 can (28 oz/796 ml) whole peeled tomatoes
 1 cup hot water
 1 pkg **Azteca Tortilla Soup Seasoning**
 2 cans (14 oz/398 ml each) unsalted butter, navy, or white kidney beans
 1 can (14 oz/398 ml) light coconut milk
 1–2 tsp maple syrup, optional

Toppings (optional): halved cherry tomatoes, diced red onion, cilantro

NUTRITIONAL INFO

Per serving: Calories 300, Fat 8 g (Saturated 5 g, Trans 0 g), Cholesterol 0 mg, Sodium 350 mg, Carbohydrate 45 g (Fibre 11 g, Sugars 8 g), Protein 15 g.

INSTRUCTIONS

1. In large **Multipurpose Pot**, add tomatoes (including liquid), water, and seasoning. Cover; bring to a boil.
2. Using the back of a wooden spoon, gently smash tomatoes. Drain and rinse beans; add to pot.
3. Stir in coconut milk. Reduce heat and simmer, uncovered, 7–8 min to allow flavours to blend. Stir occasionally.
4. Remove from heat. Using an immersion blender, purée.
5. Taste: if it's too acidic, add maple syrup, if desired.
6. To serve, ladle into bowls and add toppings, if desired.

MAC & CHEESE WITH TREES



TOTAL TIME: 20 min



4 SERVINGS



\$1.27 CA/\$1 US PER SERVING

MAKE IT A PERFECTLY BALANCED PLATE: Serve with 4 oz (113 g) lean protein (tuna, ground meat, chicken, tofu) and 1 cup mixed veggies with 2 tsp prepared **Epicure Dip**.

INGREDIENTS

2 cups uncooked macaroni
 2 cups broccoli florets, fresh or frozen
 ½ cup milk, your choice
 1 pkg **Mac & Cheese Seasoning**
 2 tbsp butter, optional

NUTRITIONAL INFO

Per serving: Calories 270, Fat 5 g (Saturated 2.5 g, Trans 0.2 g), Cholesterol 15 mg, Sodium 340 mg, Carbohydrate 45 g (Fibre 3 g, Sugars 3 g), Protein 12 g.

INSTRUCTIONS

1. In **Multipurpose Pot** set over high heat, boil macaroni until tender, about 6–8 min.
2. Meanwhile, chop broccoli florets (aka trees) into bite sized pieces. Stir in trees for the last 1 min of cooking.
3. Carefully drain, then return noodles and trees to pot. Add milk, seasoning, and butter, if using. Stir until evenly mixed. Spoon into bowls.

CHICKEN & SPINACH ALFREDO SOUP



TIP: Making this soup ahead? It thickens as it sits, so add additional water or milk as needed to thin when heating up.



TOTAL TIME: 20 min



**6 CUPS FOR
4 SERVINGS**



\$3.94 CA/\$3.35 US PER SERVING

MAKE IT A PERFECTLY BALANCED PLATE: Serve with 1 small whole-grain bun and ½ cup veggies, your choice.

INGREDIENTS

1 tsp oil
1 lb (450 g) ground chicken
1 pkg **Alfredo Sauce Mix**
2 cups hot water
5 lasagna noodles
2 cups milk, your choice
4 cups baby spinach

Toppings (optional): sliced cherry tomatoes, grated cheese

NUTRITIONAL INFO

Per serving (about 1½ cups): Calories 390, Fat 15 g (Saturated 5 g, Trans 0.3 g), Cholesterol 115 mg, Sodium 390 mg, Carbohydrate 33 g (Fibre 2 g, Sugars 3 g), Protein 31 g.

INSTRUCTIONS

1. In a large **Multipurpose Pot**, heat oil over medium-high heat. Crumble in ground chicken. Cook, stirring often and breaking up chunks as needed.
2. Add sauce mix and water; stir to combine. Cover; bring to a boil, stirring occasionally.
3. Once boiling, coarsely break in lasagna noodles. Reduce heat and simmer, partially covered, until noodles are tender, about 8 min. Stir occasionally.
4. Stir in milk. Keep partially covered and bring to a simmer, stirring occasionally, 2 min.
5. Remove from heat and stir in spinach until wilted.
6. Add toppings just before serving, if desired.

PUMPKIN & BEAN CHILI

TIP: Make sure to use puréed pumpkin rather than pumpkin pie filling! The latter contains seasonings that will change the flavour of this recipe.



TOTAL TIME: 20 min



4 SERVINGS



\$2.99 CA/\$2.36 US PER SERVING

MAKE IT A PERFECTLY BALANCED PLATE: Serve with 2 cups mixed greens and 1 tbsp prepared Epicure Salad Dressing.

INGREDIENTS

1 can (19 oz/540 ml) kidney beans
 1 can (19 oz/540 ml) black beans
 1 can (28 oz/796 ml) diced tomatoes
 1 cup frozen mixed vegetables
 1 can (14 oz/398 ml) pumpkin purée
 ½ cup water or vegetable broth
 1 pkg **Cha Cha Chili Seasoning**
Sea Salt & Black Pepper, to taste

Toppings (optional): chopped red onion, sliced jalapeño, sliced avocado

NUTRITIONAL INFO

Per serving: Calories 410, Fat 2.5 g (Saturated 0.3 g, Trans 0 g), Cholesterol 0 mg, Sodium 610 mg, Carbohydrate 76 g (Fibre 26 g, Sugars 14 g), Protein 22 g.

INSTRUCTIONS

1. Drain and rinse beans.
2. In **Multipurpose Pot**, add beans, tomatoes, vegetables, pumpkin purée, water, and seasoning. Bring to a boil over medium-high; reduce heat and simmer 12-15 min, stirring occasionally.
3. Spoon into bowls and garnish with toppings, if desired. Season to taste with salt and pepper.