

# Red Veggie Delight

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Cooking time (minutes):

3 Microwave

10 & Wok

13

cups

4.0

<b>Yield:</b>	<b>cups</b>	<b>16</b>	<b>12</b>	<b>8</b>	<b>4</b>
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<b>Food Processor</b>	<b> slicer/dicer</b>	<b>1</b>
<b>Pan, fry or Wok</b>	<b>add olive oil</b>	<b>1</b>

See Note below

<b>Potatoes</b>	<b>slice/dice</b>	<b>cups</b>	<b>2</b>	<b>1 1/2</b>	<b>1</b>	<b>1/2</b>
<b>Beets</b>	<b>slice/dice</b>	<b>cups</b>	<b>2</b>	<b>1 1/2</b>	<b>1</b>	<b>1/2</b>
<b>Pepper, bell, green</b>	<b>slice/dice</b>	<b>cups</b>	<b>2</b>	<b>1 1/2</b>	<b>1</b>	<b>1/2</b>
<b>Pepper, bell, red</b>	<b>slice/dice</b>	<b>cups</b>	<b>2</b>	<b>1 1/2</b>	<b>1</b>	<b>1/2</b>
<b>Onion</b>	<b>slice/dice</b>	<b>cups</b>	<b>2</b>	<b>1 1/2</b>	<b>1</b>	<b>1/2</b>
<b>Carrots</b>	<b>slice/dice</b>	<b>cups</b>	<b>2</b>	<b>1 1/2</b>	<b>1</b>	<b>1/2</b>

Slice or dice & Add to wok

<b>Garlic</b>	<b>spice</b>	<b>TBSP</b>	<b>4</b>	<b>3</b>	<b>2</b>	<b>1</b>
<b>Parsley flakes</b>	<b>spice</b>	<b>TBSP</b>	<b>2</b>	<b>1 1/2</b>	<b>1</b>	<b>1/2</b>
<b>Celery</b>	<b>spice</b>	<b>teasp</b>	<b>1</b>	<b>3/4</b>	<b>1/2</b>	<b>1/4</b>

Add to wok & Mix

Cook until potatoes are done - about 10 minutes

<b>Salmon steaks</b>	<b>frozen</b>	<b>cups</b>	<b>4</b>	<b>3</b>	<b>2</b>	<b>1</b>
<b>Old Bay</b>	<b>spice</b>					

Sprinkle both sides of each steak with Old Bay spice

Microwave on high for 3 minutes

Serve &/or Add to container(s) & Frig for days or Freezer for months

**NOTE: Use food processor #2 slicer or Dice  
OR Use a knife**