

Cooking the Books

Cook in an Instant (Pot)!

Lentil Soup

15 oz. bag of dry lentils
1 tbsp. salt-free seasoning
1 tbsp. paprika
1 qt. chicken broth or stock
1 lb. baby carrots

Abuela's Chicken Soup

2 boneless chicken breasts
1 qt. of chicken broth or stock
1 pack of seasoning Sazón
1 can, 15 oz. tomato sauce
1/2 lb. carrots
2 stalks of celery
1 small white onion
3-4 potatoes
(potatoes can be substituted by noodles or rice)

Latin Chicken Entrée

2-4 boneless chicken breasts
1 small onion,
1 cup cooking white wine
1 pack of seasoning Sazón
1 can, 14 oz. tomato sauce
Served with white rice



Palm Beach County
Board of County Commissioners



CONNECT. INSPIRE. ENRICH.

    #pbclibrary