

Even though I'm eating away from home, I like to plan meals with a wide variety of flavors.

However, I also like to double-up on ingredients when I can. This meal plan does both.

Pulled Pork Sandwiches page 66

When I'm not feeding a crowd, I like to make the pulled pork in advance. I'll divide the pulled pork into portions that will feed the number of people travelling for a single meal. I'll leave one portion in the refrigerator and freeze the rest. This meal is a favorite of mine to make on a travel day—after I get the RV hooked up, I can simply warm up the meat in my pressure cooker, cut the sandwich rolls, and serve.

Shredded Beef Burritospage 72

These burritos are another meal I like to make ahead of actually travelling. (Depending on if I have space in the freezer!) The leftovers are great for lunches. I like to serve them with fresh avocado, tomato, shredded cheese, sour cream, and tortilla chips and salsa.

Chicken & Wild Rice Soup..... page 80

I could eat soup year-round. This soup cooks up quick and tastes like home. I like to pair it with a good loaf of sourdough bread.

Creamy Chicken Pesto Pasta page 163

This pasta is easy to cook in the pressure cooker and features fresh vegetables. (You can never get enough veggies on the road, right?) Ideally, I like to make this with fresh asparagus, but when it's not in season, frozen green beans make a great substitute. This is another meal that's great with fresh bread and a side tossed salad.

Southwestern Taco Bowls page 171

This meal is another way to make sure you get your veggies—you can go as light or as heavy as you want on the lettuce. Since the filling includes rice, chicken, and tomatoes, you get all the taste of a chicken taco without the carbs from the tortillas.

Bruschetta Chicken page 172

I love bruschetta, especially with fresh tomatoes. This recipe cooks up quick. I like to serve it with steamed broccoli and lots of balsamic vinegar.

Beef & Broccoli page 174

I serve this over prepared White Rice (page 258). When making it in your RV, cook the rice first and transfer it to a large bowl that's covered tightly.

All page numbers refer to [The Electric Pressure Cooker Cookbook](#), by Barbara Schieving.

RV pressure cooker

SHOPPING LIST

Here's everything you'll need to make all of the recipes listed above.
Many of these ingredients you may already have at home.

Meat

- 4.5 pounds chuck roast
 - 1.5 pounds, thinly sliced, for Beef & Broccoli
 - 3 pounds, cut into equal 1-pound pieces, for Beef Burritos
- 4 pounds pork shoulder
 - 4 pounds, cut into 1-pound pieces, for Pulled Pork Sandwiches
- 6 pounds chicken breasts (about 10 large breasts)
 - 4 breasts, whole, for Bruschetta Chicken
 - 2 breasts, cubed, for Creamy Chicken Pesto Pasta
 - 2 breasts, cubed, for Chicken & Wild Rice Soup
 - 2 breasts, cubed, for Southwestern Taco Bowls

Dairy

- 1 package (8 ounces) cream cheese
- 1 1/4 cup milk
- 1 cup half-and-half
- 1/2 cup parmesan cheese
- 1/2 to 1 cup Cheddar cheese, as desired
- Sour cream
- Butter

Produce

- Garlic (16 cloves)
- Yellow onions (3 cups diced)
- 2 pints grape tomatoes
- Celery (1 cup diced)
- Carrots (1 cup diced)
- Romaine lettuce or bagged salad mix
- 2 limes
- Cilantro (2 tablespoons diced)
- Avocado
- Broccoli (4 cups total diced)
- Fresh basil (4 tablespoons)
- Fresh asparagus or frozen green beans
- Frozen corn

Packaged

- 1 can (14 ounces) beef broth
- 4 cans (14 ounces each) chicken broth
- 2 cans (10 ounces each) diced tomatoes & green chiles
- 1 can (15 ounces) black beans
- 1 package (6 ounces) Uncle Bens Wild Rice Original Recipe
- 1 package (## ounces) rotini pasta
- 1 package (24 ounces) white rice
- 1 package flour tortillas
- Sandwich rolls
- Baguettes
- Barbecue sauce
- Prepared pesto
- Salsa, for serving
- Tortilla chips
- Low-sodium soy sauce

Oil & Spices

- Olive oil
- Vegetable oil
- Sesame oil
- Balsamic vinegar
- Brown sugar
- Salt
- Pepper
- Cornstarch
- Sesame seeds
- Parsley
- Red pepper flakes
- Chili powder
- Paprika
- Cumin
- Garlic powder
- Oregano
- Italian seasoning