

***Primal Blueprint Quick And Easy Meals Delicious Approved You
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Primal Blueprint Quick And Easy

Stews are perhaps the ultimate comfort and convenience food. Without a lot of prep, you can make a large (leftover-friendly) hearty meal that essentially cooks itself and keeps well. With an Instant Pot, it's even easier. The original version of this recipe contains chicken (which can definitely ...

Instant Pot Sweet Potato Peanut Stew | Mark's Daily Apple

As if slow-cooked, tender, succulent pork wasn't tempting enough, carnitas takes it one step further by caramelizing the pork in its own fat until the outside is perfectly browned and crisp. The crispy, tender morsels of pork that come out of the oven are hard to resist; it's not unusual to eat ...

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