

Fresh Veggies

Unit: Food Cutter and 2 qt. Saucepan

1-3 - Fresh beets, carrots or apples cut on #2 blade

If you are cooking the beets, peel them first. Cut them with the #2 blade. Place them into a small saucepan or skillet. Make sure that the unit is at least 3/4 full.

Rotate the valve under the knob to open and place the lid on the unit. Turn to medium heat. When the valve activates, rotate it closed and reduce to low heat for 10 minutes or until done to your liking.



HEALTH QUEST