

# **Creamy vegetarian tomato soup**

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Rich and comforting creamy vegetarian tomato soup is the ultimate comfort food with the perfect blend of bold tomato flavors and velvety smoothness. Made with ripe tomatoes, and aromatic vegetables and herbs. this soup captures the essence of simple, wholesome and deliciousness. The addition of cream elevates the dish to a luscious, satisfying texture that warms the soul with every spoonful. It's a timeless recipe that feels like a warm hug, whether you're enjoying it as a light lunch or pairing it with a hearty sandwich for dinner.

What makes this tomato soup truly special is its simplicity and versatility . Freshly roasted tomatoes and vegetables lend a rich depth of flavor. while the garlic and fresh basil add an earthy freshness. Roasting the tomatoes and vegetables is a delicious way to highlight the natural sweetness of the tomatoes.

## **Serving suggestions for this creamy vegetarian tomato soup**

This creamy vegetarian tomato soup is as versatile in presentation as it is in preparations. Garnish each bowl with a swirl of sour cream, a sprinkle of freshly cracked black pepper, or even a handful of crunchy croutons for added texture. Pair it with a slice of buttery garlic bread or a classic grilled cheese sandwich for an unbeatable combination. If your are entertaining, serve it in small cups as an elegant appetizer. This soup is more than just a meal it is a celebration of simplicity and deliciousness, perfect for chilly evenings , or a quick, satisfying meal any time of the

day.

As you make this creamy vegetarian tomato soup your own feel free to experiment and add your own personal touch. Whether you prefer it spicy, herby, or extra creamy, it's a versatile recipe that invites creativity. So, grab a pot , gather your ingredients, and treat yourself to a dish that's as comforting as it is delicious. Happy cooking everyone!!!!

## Ingredients

- 2 Lbs. ripe tomatoes (Roma or vine ripened )
- 1 red bell pepper
- 2 peeled carrots
- 2 celery stalks
- 1 large onion quartered
- 4 gloves peeled garlic
- 2 Tbsp. olive oil
- 2 Tbsp. butter
- 3 cups vegetable or chicken stock
- 1 cup heavy cream
- fresh basil leaves for garnish

## Instructions

1. Preheat your oven to 400-degrees
2. prepare the vegetables by cleaning them and cutting into large dice.
3. place the tomatoes, celery, onion, garlic, red bell pepper and carrots in an oven poof dish. drizzle with the olive oil , salt and pepper to taste, and roast for 25-35 minutes until caramelized.
4. Then add the roasted vegetables to a a stock pot or Dutch oven add the stock and cream and simmer over low heat for 10 minutes.
5. use an emersion blender or food processer and blend until smooth.

6. Adjust your seasonings, ladle into soup bowls top with fresh basil leaves. ENJOY!!!!

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## **Creamy vegetarian mushroom soup**

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When it comes to soul -warming comfort food, nothing beats a hearty bowl of creamy vegetarian mushroom soup. But this isn't your average mushroom -soup It's infused with Italian flavors, making it both rustic and delicious. With earthy mushrooms, a touch of garlic, fragrant herbs and cream, this soup is a vegetarian delight that feels indulgent .

This creamy soup is prefect for chilly nights or as a starter for an Italian – inspired dinner. It's rich earthy flavors and creamy texture are elevated by the herbs, sherry wine and cream, creating a delicious dish .

## **Best mushroom for this creamy vegetarian mushroom soup**

Mushrooms are the star of this recipe, and the variety you choose will define it's taste. Here are some excellent options.

Cremini (baby portabella) : These are slightly more flavorful

than white button mushrooms and add a rich , nutty base. This is the mushroom I used in this recipe.

Shitake their smoky and earthy taste adds a gourmet taste. Make sure to remove the woody stems before cooking.

Porcini these dried Italian favorites pack an intense woody flavor. Rehydrate them before using.

Button mushrooms are a classic choice, these mild mushrooms are widely available and perfect for adding along with more robust flavored mushrooms.

Portabella their meaty texture and flavor are ideal for a heartier soup. In this recipe I used just cremini mushrooms. You can use a variety of your favorite mushrooms or stick to the one you like the most.

Whether you stick to one variety or experiment with a mix of mushrooms, this creamy vegetarian mushroom soup will warm your soul!!!

## Ingredients

- 1 Tbsp. olive oil
- 1 Tbsp. butter
- 1 lb. sliced cremini mushrooms
- 1/2 cup minced shallots
- 1 Tbsp. minced garlic
- 3 Tbsp. cornstarch
- 2 teaspoons dried thyme
- 1/2 cup dry sherry
- 4 cups vegetable broth
- 1 cup heavy cream
- salt and pepper to taste
- 1 Tbsp. chopped Italian parsley for garnish

# Instructions

1. Heat the oil and butter in a Dutch oven over medium high heat. Add the mushrooms. cook , stirring occasionally . until lightly brown, about 6 minutes.
  2. Stir in the shallots, garlic and thyme: cook until the shallots are soft and translucent , about 5 minutes. Add the wine cook scraping up any browned bits until absorbed. Salt and pepper to taste
  3. Sprinkle the cornstarch over the mushrooms cook stirring constantly for 2 minutes.
  4. Add the broth, cream bring to a boil, then lower the heat to a simmer , cover and cook for 20 minutes.
  5. Ladle into soup bowls , garnish with the Italian parsley. ENJOY!!!!!!
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## Tortellini al chicken brodo

## Tortellini al chicken brodo

Few dishes embody the warmth and tradition of Italian food like tortellini al chicken brodo, a classic chicken soup that's both comforting and elegant. This timeless recipe is perfect for chilly days, family gatherings or when you need a taste of home.

Hailing from Emilia – Romagna tortellini are delicate pasta filled with savory ingredients like meat , cheese or a combination of both. When paired with a rich, golden chicken broth (brodo) , this dish becomes a delicious show stopper. Whether served as a starter for a festive meal or as the star

of a cozy dinner, tortellini al brodo is a testament to the heartwarming simplicity of Italian cooking. Each bite is a reminder that the best meals are those made with love and shared with those we hold dear.

## **Why you'll love Tortellini al chicken brodo**

Tortellini al chicken brodo is the ultimate comfort food with a touch of elegance. The combination of tender , flavorful cheese tortellini in a rich , homemade chicken broth creates a dish that feels both indulgent and nourishing. It's a meal that warms you from the inside out, making it perfect for cozy nights, festive gatherings or when you simply need a bowl of something heartwarming.

What makes this dish truly special is it's versatility and timeless appeal. Whether you use store-bought tortellini (like I did) for convenience or make them by hand to honor tradition, the result is always delicious. . Topped with freshly grated parmesan cheese each bite feels like a celebration of Italian heritage. It's a recipe you'll want to return to again and again. ENJOY!!!!

## **Ingredients**

- 1 whole chicken cleaned and cut
- 2 large carrots peeled and cut into chunks
- 2 celery stalks cut
- 1 large onion peeled and halved
- A few garlic cloves
- 1 handful of uncut Italian parsley
- a few bay leaves
- 10 -12 cups of water
- 1 Tbsp. whole peppercorns
- Salt to taste

- 1/2 lb. cheese and spinach tortellini
- grated parmesan cheese for serving

## **Instructions**

1. Cut and wash the chicken. Then Salt and pepper it. Place the chicken in a large stock pot or Dutch oven. Add the carrots, celery, onion, garlic, parsley, bay leaves and peppercorns. Salt to taste
2. Pour in enough water to completely cover the chicken and vegetables ( about 10 -12 cups)
3. Bring the pot to a boil over medium high heat. Once boiling reduce the heat to low and let it simmer slowly. Skim off any foam or impurities that rise to the surface during the first 20 minutes of cooking. Cook low and slow. Cover and simmer for 1 -1 1/2 hours.
4. Carefully remove the chicken and vegetables from the pot. Let cool slightly before Shredding the breast of the chicken. Strain the broth through a fine- mesh sieve back into the cleaned pot, bring to a boil and add the tortellini and the shredded chicken simmer for 10 minutes or until the tortellini are tender. Ladle into soup bowls top with grated parmesan cheese. ENJOY!!!!

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## **Creamy Sausage tortellini soup**

# **Creamy sausage tortellini soup**

Happy New Year!!! As we welcome a fresh start and set our intentions for the coming year ahead, there's something comforting about kicking off the day with a hearty, soul-warming meal. After all the holiday feasts and celebrations, today calls for something warm and simple: Creamy sausage tortellini soup.

This soup is the perfect way to ease into the new year. It's a one-pot wonder that combines spicy Italian sausage, tender spinach and cheese tortellini, and a rich, creamy broth that feels indulgent without being over the top. Whether you're recovering from late night festivities or spending the day with loved ones, this dish brings comfort and joy to the table.

The best part? It's incredibly easy to make, so you can spend less time in the kitchen and more time enjoying the day. Pair it with some crusty bread or a side salad, and you have a complete meal.

## **Variations for this creamy sausage tortellini soup**

1. If you like extra spicy add 1 Tablespoon of hot pepper flakes for extra heat. Or if you don't like spicy use mild Italian sausage.
2. If you want to go the vegetarian route leave out the sausage altogether and use vegetable broth instead of chicken stock.
3. Add more vegetables like diced zucchini for extra nutrition. Swap spinach for Swiss chard or arugula or add a little of all of them.

4. Replace the tortellini with gnocchi or small shaped pasta like orecchiette. These variations ensure your creamy sausage tortellini soup stays exciting and versatile , perfect for any occasion. ENJOY!!!

## Ingredients

- 1/2 lb. cheese and spinach tortellini
- 2 Tbsp. olive oil
- 1 cup each chopped onion + celery+ carrots
- 1/2 lb. spicy Italian sausage
- 2 cups tomato sauce
- 4 cups chicken stock
- 1 cup water
- 1 cup heavy cream
- 1 cup grated parmesan
- 3 cups chopped spinach

## Instructions

1. Start by cooking the celery, onion and carrots in the two tablespoons of olive oil over medium high heat in a stock pot or Dutch oven until soft and translucent.
  2. Add the sausage and cook until brown breaking it up as you go.
  3. Then add in the tomato sauce ,chicken stock, water and heavy cream cover and simmer for 20 minutes. Then add the tortellini and simmer 10 minutes longer. Add the spinach and parmesan cheese the last 5 minutes
  4. Salt and pepper to taste. ENJOY!!!
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# Italian sausage and lentil pasta

## Italian Sausage and lentil pasta

As the clock ticks down to midnight on New Year's Eve, Italians across the country prepare for a meal steeped in tradition and symbolism: Italian sausage and lentil pasta. This hearty and flavorful dish combines savory sausage with tender lentils, ingredients chosen for more than just their taste. Lentils, with their small, coin-like shape are believed to bring prosperity and good fortune in the coming year. The sausage, rich and satisfying, symbolizes abundance, a wish for a year filled with plenty.

This beloved meal is often enjoyed as part of a festive New Year's feast, paired with sparkling wine and the warmth of holiday gatherings. The lentils, typically cooked with aromatic herbs and a touch of tomato, melts deliciously with the pasta and the flavorful juices of the Italian sausage. It's not just a dish, it's a hopeful gesture, a culinary tradition meant to set the tone for a prosperous and joyous year ahead. Whether you're Italian or simply inspired by this custom, making Italian sausage and lentil pasta is a delicious way to ring in the new year with a little bit of tradition and a whole lot of flavor.

## Variations for this Italian sausage lentil pasta

1. I am using spicy Italian sausage in this recipe. If you

don't like spicy you can use mild sausage. But if you want extra spice add a tablespoon of hot chili flakes along with the spicy Italian sausage, for an extra kick.

2. Add extra nutritional value by adding extra vegetables. Like zucchini and spinach. You can also up the measurements of the onions, carrots and celery.
3. If you want to go the vegetarian route with this recipe you can leave out the sausage and use vegetable stock . This Italian sausage lentil pasta is the perfect dish to ring in the New Year with tradition and flavor. The hearty combination of tender lentils, savory sausage, and perfectly cooked pasta creates a comforting meal steeped in Italian heritage. Whether you're celebrating with loved ones or enjoying a night in, this dish brings good fortune, deliciousness, and warmth to the table. Here's to a prosperous and flavorful New Year!!!!

## Ingredients

- 1/2 lb. spicy Italian sausage crumbles
- 2 Tbsp. olive oil
- 1 cup each chopped onion + celery +carrots
- 1 Tbsp. minced garlic
- 3 cups rinsed lentils
- 2 Tbsp. tomato paste
- 3 cups chicken stock
- 2 cups water
- 1 cup small shaped pasta
- 1/2 cup chopped Italian parsley
- 1/2 cup grated parmesan cheese
- salt and pepper to taste

## Instructions

1. Start by adding the olive oil to a stock pot or dutch oven over medium high heat. Then add the Italian sausage

- and cook until brown, breaking it up as you go.
2. Once the sausage is browned add the onions, celery, and carrots. Cook until the vegetables are soft and translucent.
  3. Then add in the tomato paste, chicken stock, and water bring to a boil. Lower the heat add the lentils and simmer covered for 30 minutes or until the lentils are tender. Then add in the the pasta and simmer 7-10 minutes longer.
  4. Add the Italian parsley. Ladle into pasta bowls . Top with additional freshly grated parmesan and Italian parsley. ENJOY!!!!
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## **Italian Vegetable beef soup**

## **Italian vegetable beef soup**

Nothing warms the soul quite like a bowl of Italian vegetable beef soup. This classic dish is the ultimate comfort food, combining the slow -cooked beef with the vibrant, earthy taste of fresh vegetables. Full of wholesome ingredients like tender chunks of beef, carrots and potatoes it's a hug in a bowl. Simmered with Italian herbs every spoonful is a burst of flavor that transports you to a rustic Italian countryside kitchen.

Perfect for chilly evenings or make-ahead meal for busy days. Whether you pair it with crusty bread or enjoy it on it's own, It's a satisfying and nourishing that your whole family will love. Plus, it's a great way to incorporate vegetables into your diet without compromising taste.

# Why you will love this Italian vegetable beef soup

What sets this Italian vegetable beef soup apart is its versatility. The recipe allows for endless customizations, so you can use whatever vegetables you have on hand. It's also a one-pot wonder, making cleanup a breeze. Plus the slow simmering process not only deepens flavor it leaves you hands free and your kitchen with an irresistible aroma that will have everyone eagerly waiting for dinner.

Whether you're looking for a comforting dish on a cold night or an easy meal prep recipe, this soup is bound to become a family favorite too.

## Ingredients

- 1 Lb. beef chuck
- 2 Tbsp. olive oil
- 1 cup diced onion
- 2 Tbsp. minced garlic
- 1 cup diced celery
- 2 cups diced carrots
- 3 medium potatoes medium dice
- 2 Tbsp. tomato paste
- 4 cups beef broth
- 1 cup water
- 1 cup small shaped pasta
- a few bay leaves
- salt and pepper to taste
- grated parmesan cheese
- 2 Tbsp. chopped Italian parsley

## Instructions

1. Heat the oil in a large stock pot . salt and pepper the

- meat. then brown on all sides . Remove and set aside.
2. In the same pan add the onion, garlic, celery and carrots. Cook until soft and just beginning to brown.
  3. Add the tomato paste, broth, water and bay leaves. Return the beef back to the pot. Bring to a slow simmer and cook covered for 45 minutes. Add in the potatoes the last 15 minutes and the pasta the last 7 minutes.
  4. Ladle into soup bowls . Top with grated parmesan cheese and the Italian parsley. ENJOY!!!!!!
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# **Italian Stracotto Italian pot roast**

## **Italian Stracotto pot roast**

Italian Stracotto pot roast is a recipe common in most regions of Northern and Central Italy. Stracotto which translates to overcooked in Italian is a tender, slow cooked pot roast. It's the kind of dish the fills your kitchen with that irresistible warm aromas , drawing everyone to the table in anticipation.

Unlike a typical roast that might be seared and cooked quickly, stracotto embraces the art of slow cooking. The result is a piece of meat so tender it practically melts in your mouth, full of deep , rich flavors of the cooking liquid. Traditional make with cuts of beef chuck or beef brisket that thrive in a long, slow braise. It's the kind of meal that brings people together, the kind you linger over with a glass of wine and good conversation.

# Why I love this Italian Stracotto pot roast

This recipe is so lovable because it's a perfect blend of simplicity, tradition and comfort. Stracotto celebrates the art of slow cooking where time transforms humble ingredients into something extraordinary. The tender beef, infused with flavors of wine, herbs and tomatoes feels like I am a little girl in my mothers kitchen.

What I like most is how easy and versatile this pot roast recipe is. With just 15 minutes of prep time and 3 hours of cook time you have a meal that's steeped in tradition and it's delicious. Not only is it easy to make it's versatile too. You can serve it with polenta, mashed potatoes or even pasta to soak up the rich savory sauce.

For me Italian stracotto pot roast isn't just a meal , it's a connection to family, tradition, and the simple joys of Italian cooking. Every bite has the flavors of my childhood , and I love that it can create those same cherished memories for others. Whether served on a special occasion or as a hearty Sunday dinner, Italian stracotto pot roast is a timeless recipe that showcases the warmth and love of Italian cooking. Try it for yourself, and let me know your experience with this recipe. I love hearing from you and it helps others . THANKS!!!

## Ingredients

- 3-4 Lbs. chuck roast
- 2 Tbsp. olive oil
- 1 cup diced pancetta
- 2 Tbsp. minced garlic
- 1 cup each chopped onion+ carrots + celery
- 1 cup red wine

- 3 cups beef broth
- 1 14 oz. can crushed tomatoes
- a few sprigs of rosemary, thyme and a few bay leaves
- salt and pepper to taste

## Instructions

1. Start by salt and peppering the meat. Then in a dutch oven in the olive oil over medium high heat sear the meat on all sides.
  2. Remove and in the same pot add the pancetta and cook until crisp . then add in the carrot, celery and onions and cook until soft and translucent.
  3. deglaze the pan with the red wine waiting until it evaporates before adding the beef stock. Then add in the stock, marinara sauce , the herbs and return the meat back to the dutch oven.
  4. Simmer covered for 2 1/2 -3 hours or until the meat is fork tender. ENJOY!!!!
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## Stove top pot roast

## Stove top Pot roast

This easy stove top pot roast makes a delicious dinner, perfect for family meals or holiday dinners. With melt in your mouth juicy beef cooked with potatoes and carrots until tender in a flavorful beef gravy.

When it comes to comfort food nothing beats a hearty pot roast. This easy stove -top pot roast is a timeless classic,

every bite will melt in your mouth. It's the kind of dish that fills your kitchen with warm inviting aromas. Perfect for serving over mashed potatoes, pasta or with crusty bread.

## **Why You will love this stove top pot roast recipe**

Simple ingredients; You only need a handful of pantry ingredients and fresh produce to create a delicious meal

One-pot wonder: Everything cooks together in one pot with just 15 minutes of prep time and 2 1/2 hours of cook time.

Delicious flavor: The beef slow cooks to tender perfection, while the potatoes and carrots soak up all the self make gravy.

This stove-top pot roast is proof to the magic of slow-cooked meals that fill your home with warmth. Whether you're serving it for a cozy family dinner or a special occasion , this hearty dish is sure to impress family and friends. If you try this recipe, let me know how it turns out- I would love to hear your thoughts. Happy cooking!!!!

## **Ingredients**

- 3 Lb. piece of chuck roast
- 2 Tbsp. olive oil
- 2 onions sliced
- 3-4 cloves of garlic
- 1 cup red wine
- 4 cups beef broth
- 1 cup marinara sauce
- a few bay leaves
- 4 large carrots peeled and cut into large pieces
- 4 medium potatoes cut in half
- salt and pepper to taste

# Instructions

1. Salt and pepper the meat Then in a dutch oven over medium high heat in the olive oil sear the meat on all sides. Remove and set aside
  2. In the same pan add the onion and garlic cook until soft and translucent. Deglaze the pan with the red wine. Waiting until it evaporates before adding the beef stock, bay leaves and marinara sauce.
  3. Return the meat to the dutch oven cover and simmer for 2-2 1/2 hours. or until the meat is fort tender. Then add the carrots and potatoes and cook for an additional 15 – 20 minutes or until the vegetables are fort tender. Top with fresh Italian parsley. ENJOY!!!!
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# Italian Holiday chicken Soup

Italian Holiday Chicken Soup is a cozy, festive dish that's perfect for the colder months. Made with tender chicken, juicy meatballs, hearty greens, and fragrant herbs, it's the kind of soup that warms the soul and brings a comforting taste of Italian tradition to your holiday table.

Growing up, our holiday gatherings always began with a warm bowl of this chicken soup. The kitchen would be filled with the sounds of simmering broth, lively conversations, and the excitement of the meal to come. I remember watching my family carefully prepare each ingredient, knowing that every step was part of a recipe passed down through generations.

Now, each time I make this soup, I'm transported back to those cherished gatherings—and I feel just a little bit closer to home.

# Prepping for this Italian Holiday chicken soup

1. For prepping your Italian holiday chicken soup here's a step- by- step guide to keep it easy and organized.
  1. Gather your ingredients. I used chicken breast to keep it easy and chicken stock to add flavor. You can use a whole chicken or bone in chicken pieces for richer flavor.
  2. Make the little meatballs ahead of time. They can be made a day ahead or weeks ahead and frozen. In fact when I make Mama's meatballs I often make tiny ones too to keep in the freezer for ready made meals.
  3. The egg croutons can also be made ahead of time and like the little meatballs they can be frozen and thawed out the day you are ready to serve. These prep steps will make the cooking process smooth and ensure your Italian holiday chicken soup comes out delicious.

## Ingredients

- 2 chicken breast
- 3 cups chicken stock
- 2 cups water
- 1 whole onion
- 2 celery stalks
- 2 carrots
- salt and pepper to taste
- 2 cups little meatballs
- 2 cups chopped Tuscan kale, escarole or spinach
- Egg croutons

# Instructions

1. In a stock pot place the chicken, onions, carrots, stock and water bring to a simmer . Skim off the foam, then cover and simmer for one hour.
2. In the meantime make mama's meatball, but make them small , teaspoon size then bake them and set aside. Then make the egg croutons by mixing 4 eggs with 1 cup of grated parmesan, 1 Tbsp. pf chopped Italian parsley and salt and pepper to taste. Pour the egg mixture into a greased 12 x 8 cookie sheet and bake for 10- 12 minutes or until the eggs are set. Let cool before cutting into small dice.
3. After the stock has simmered for 45 minutes, remove the onion, carrots, and celery and discard. Then shred the chicken and return it back to the stock pot along with the meatballs and greens of your choice and simmer 10 minutes longer.
4. To serve your chicken soup, place a hand full of the egg croutons in the bottom of a soup bowl pour the soup over them and top with freshly grated parmesan. ENJOY!!!

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## Italian Spezzatino beef stew

## Italian spezzatino beef stew

Italian spezzatino beef stew is a delicious beef stew full of fork tender beef in a red wine tomato sauce. Yes, spezzatino is the Italian word for beef stew. It's a hearty, comforting dish made with chunks of meat simmered in a flavorful broth, often with tomatoes, onions and carrots. And sometimes peas

and potatoes.

The stew is cooked slow allowing the meat to become melt -in - your-tender and the sauce a rich deep flavor.

Italian spezzatino beef stew has a more Italian wine-infused, and lighter flavor, while beef stew is thicker and heartier taste. Hearty, filling and comforting it is usually prepared for Italian family meals.

## **What I used to make this Italian spezzatino beef stew**

**Beef:** I use a good quality beef chuck roast , but stewing beef works perfectly.

**Mushrooms:** I like to use brown mushrooms such as cremini or baby portabellas, but any mushroom works fine

**Tomatoes :** I used fresh tomatoes you can use a good quality canned tomato.

**Stock:** I use beef stock , but vegetable or chicken stocks are great alternatives.

Italian spezzatino beef stew gets even better the next day, so make a large pot. It's also freezer friendly.

As always if you make this recipe please leave a comment, with your experience. I love hearing from you it's my favorite part and it helps others. THANKS!!!

## **Ingredients**

- 2 Lbs. beef chuck cut into large dice
- 1 cup diced pancetta
- 1/2 cup flour
- 1/3 cup olive oil

- 2 cups chopped tomatoes
- 2 cups sliced mushrooms
- 1 cup red wine
- 3 cups beef stock
- 1/2 cup Italian parsley
- 1 Tbsp. each thyme + oregano + rosemary

## Instructions

1. Start by salt and peppering the meat then coat with flour. In a dutch oven in olive oil over medium high saute the meat with the pancetta until browned.
2. Then add the onion, celery, carrots, and simmer until soft. Add the mushrooms and tomatoes and cook for a few minutes to combine the flavors and ingredients. Then deglaze the pan with the red wine waiting until it evaporates before adding the beef stock and herbs.
3. Simmer covered for 2 to 2 1/2 hours or until the meat is fork tender. ENJOY!!!!