

The Gentle Meal

A free small-appliance recipe for days when capacity is low

When we're overwhelmed, the hardest part isn't cooking. It's deciding.

This recipe removes as many decisions as possible. Measure. Dump. Start. Stir. Eat.

While your rice cooker does the work, your nervous system gets a chance to do less.

Three Cheese Rice Cooker Mac

Ingredients

- Small shell pasta
- Water
- Pinch of salt
- Butter
- Three cheeses of your choice, shredded
- Fresh cracked black pepper

Directions

1. Add the pasta, water and salt to the rice cooker.
2. Start the rice cooker and let it cook.
3. Near the end of the cycle, stir in the butter and cheeses.
4. Stir until creamy, then season with black pepper.
5. Serve warm and enjoy.

No draining. No oven. No stress. Just food.

Healing doesn't always look like therapy.

Sometimes healing looks like eating a warm meal before making another decision.

Protect the nervous system.

Nourish the body.

Regain lost time.

Loose Gravel Studio