

Slow Cooking Greats: 222 Delicious Slow Cooking Recipes



**From Apple Pork Roast in
Crockpot to Slow-Poke
Jambalaya Crockpot
*222 Top Slow Cooker and
Crock Pot Recipes***

Jo Frank

Slow Cooking Greats:

222 Delicious Slow Cooking Recipes - From Apple Pork Roast to Slow-Poke Jambalaya Crockpot

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Foreword

If you like fuss-free cooking, you need this book. If you don't think you CAN cook, it's a definite must-have!

With 222 recipes guaranteed to make your mouth water, this book is a long-awaited treasure. The recipes are easy, the ingredients are easy to get and the featured masterpieces are unbelievably easy to make.

There is an excellent recipe for Crockpot Coq Au Vin, or try the wonderful Crockpot Rice Pudding with Fruit. My favorites are the rather unusual ones – how about Cider Stew? Or ever heard of Crockpot Pizza? Of course, there's plenty for everybody's tastes, from Minestrone Soup to Honey Wheat Bread – and all so incredibly easy to make.

This book will also give you the inspiration to experiment with different ingredients, since you'll find the extensive index to be extremely helpful. Each recipe is truly superb, wonderfully easy to put together, and you won't have to make or purchase a ton of condiments before you can start – just open the book and jump right in.

The list goes on and on: Apple-Glazed Roast Pork, Chicken and Herb Dumplings, Chicken and Artichoke Casserole, Hungarian Goulash, Macaroni and Beef Stuffed Cabbage, Potato, Onion and Pumpkin Soups, Pineapple Sausage and Bean Crockpot, Vegetable Pasta, Raisin Sour Cream Pie, Red Devil's Food Cake, Winning Wings in Sweet and Sour Sauce, and New England Chuck Roast to name a few...

For family, friends, or creative self indulgence, this book is your ultimate reference guide to great comfort food for all seasons. Enjoy!

Jo Frank

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Apple Pork Roast in Crockpot

		1/4 cup	White wine
2 lb	Boneless pork	1 tsp	Beef bouillon granules
1 Tbs	Cooking oil	1/4 tsp	Salt
1	Carrot; small chunks	1/4 tsp	Ground cinnamon
2	Stalks celery; chopped	6 oz	Frzn apple juice concentrate
3 Tbs	Quick-cooking tapioca (thawed, but NOT diluted)		

Procedure

- 1 Trim any fat from pork. Cut in half, if necessary, to fit into crockpot. Pl carrots, and celery into bottom of Pammed crockpot. Sprinkle tapioca over t Add apple juice concentrate combined with other ingredients and add. Cover Cook on Low for 10-12 hours or on high for 5 to 6 hours.

Servings: 4

Apple-Glazed Roast Pork- Crockpot

4 lb	Trimmed pork loin roast	1/4 cup	Apple juice
	Salt to taste	3 Tbs	Brown sugar
	Pepper to taste	1 tsp	Ground ginger
6	Quartered apples		

Procedure

- 1 Procedures: 1. Rub roast with salt and pepper. Brown pork roast under broiler to remove excess fat; drain well. 2. Place apple quarters in bottom of crockpot. Place roast on top of Apples. 3. Combine apple juice, brown sugar, and ginger. Spoon over top surface of roast, moistening well. 4. Cover and cook on Low setting for 10 to 12 hours or until done. 5. NOTE: Use natural, non-sweetened apple juice in this.

Servings: 8

Baked Apples - Crock-Pot

	Apples; 6-8, washed/cored	1 tsp	Cinnamon
2	Tbs Raisins	2 Tbs	Butter
1/4	cup Sugar		

Procedure

- 1 Mix raisins and sugar; fill center of apples. Sprinkle cinnamon and dot with butter. Put in Crock-Pot; add /2 c water. Cover; cook on Low 7 to 9 hour [High: 2 1/2 to 3 1/2 hours].

Servings: 6

Barbecue/crockpot

1	lb	Stew beef; cubed	1/2	cup	Packed brown sugar
1	lb	Pork; cubed	1/4	cup	Vinegar
1/4	cup	Chili powder	1	tsp	Mustard
1		lg Green pepper; chopped	1	tsp	Worcestershire sauce
1		lg Onion; chopped			Salt
1		cn Tomato paste			Pepper

Procedure

- 1 Mix well and cook about 10 hours on low in a crock pot. Stir and serve.

Servings: 1

Bavarian Pot Roast for Crockpot

3	lb	Pot roast	4	md	Apples
1	Tbs	Oil	1	md	Onions, sliced
1 1/2	tsp	Salt	1/2	cup	Apple juice
1/8	tsp	Black pepper	4	Tbs	Flour
1/2	tsp	Ginger, ground	4	Tbs	Water
3		Cloves			

Procedure

- 1 Rub top of meat with oil. Dust with salt, pepper, and ginger. Insert cloves into meat. Core and quarter apples. Put apples and onions in bottom of crockpot. Cut roast into 2-3 pieces. Put on top of apples and onions. Add apple juice. Cook on low while you're at work.
- 2 Come home, remove roast and apples. Make paste of flour and water. Add paste to liquid in crockpot and stir. Replace roast, cook on high until thickened.
- 3

Servings: 6

Bbq Crockpot Beans

1	cn	Pork and beans; LARGE	BBQ Sauce about 1/3 lg. bottle
1/2	cup	Ketchup; or more	Brown sugar; if you like
2	Tbs	Dry mustard	
1/2	cup	Frozen chopped onion	

Procedure

- 1 Put it all in the crockpot and cook on LOW 10 to 12 hours. If too liquid, turn on HIGH and cook uncovered until thickened as desired.

Servings: 6

Beef Stew, Crock #2

2	lb	Beef chuck or stew meat, cut in 1" cubes	1	Bay leaf
			1	tsp Paprika
1/4	cup	Flour	4	Carrots, sliced
1 1/2	tsp	Salt	3	Potatoes, diced
1/2	tsp	Pepper	2	Onions, chopped
1 1/2	cup	Beef broth	1	Stalk celery, sliced
1	tsp	Worcestershire sauce	2	tsp Kitchen Bouquet (optional)
1		Clove garlic, minced		

Procedure

- 1 Place meat in crock pot. Mix flour, salt and pepper and pour over meat; stir to coat meat with flour. Add remaining ingredients and stir to mix well. Cover and cook on low (200 degrees) for 10 to 12 hours or high (300 degrees) for 4 to 6 hours. Stir stew thoroughly before serving.
- 2 To cook on the stove:
- 3 Mix the flour, salt and pepper together. Coat meat with flour mixture. In a large fry pan, wok, or Dutch Oven, brown the meat in a little oil (cooking a little meat at a time until all is browned). Place meat in a large pot and add about 3 cups beef broth, Worcestershire, garlic, bay leaf, paprika, carrots, onions and celery. Stir to mix. Cook over medium heat until it comes to a slow boil, reduce to low and continue cooking (4 hours or so) until the liquid is reduced and meat is tender, stirring frequently. Add potatoes and continue cooking about another 30 minutes or until potatoes are tender. Do not use Kitchen Bouquet. If necessary, add a little flour mixed with water to thicken.

Servings: 1

Beef Stroganoff (Crockpot)

2	lb	Beef to round steak, trimmed fat	3/4	cup	Homemade or canned beef broth
1/2	lb	Fresh white mushrooms, sliced	3/4	tsp	Dry mustard
			1/4	tsp	Garlic pepper
1		bn Scallions, chopped	1 1/2	cup	Sour cream
1		md Onion, sliced	1/2	cup	Quick-mixing flour
1/4	tsp	Dried thyme leaves			
3/4	cup	Dry sherry			

Procedure

- 1 Cut the beef into thin slices across the grain. Place in a -quart electric slow cooker. Add the mushrooms, scallions, onion, thyme, sherry, broth, dry mustard, and garlic pepper. Mix well.
- 2 Cover and cook on the low heat setting about 8 hours, or until the beef is tender, stirring once, if possible. Increase the heat setting to high.
- 3 Mix together the sour cream and flour until thoroughly blended. Stir a little of the hot liquid from the slow cooker into the sour cream mixture; then stir the sour cream mixture into the slow cooker, mixing well. Cover and cook on high 30 to 40 minutes, or until thickened slightly.
- 4

Servings: 1

Black Bean Chili - Crockpot

3 cup	Black beans; raw	8 oz	Tomato paste or sauce (or whatever the chili mix calls for)
1	Onion; chopped		
1	cn Diced chilis		
1	Chili mix		

Procedure

- 1 Soak the beans overnight, drain; add the onion, chilis and the ingredients from the chili mix. Be sure to add anything the chili mix calls for. Throw everything in the removeable bowl of the crock pot and add enough water just to cover the beans. Put in microwave on high for minutes, medium for 60 minutes, then low for 90 minutes. You can also use the crockpot and cook it all day. Serve over rice.

Servings: 1

Boston Brown Bread - Crockpot

1	cup	Whole wheat flour	1/2	cup	Dark molasses
1	cup	Rye flour	1 1/2	cup	Buttermilk
1	cup	Yellow cornmeal	1	cup	Seedless raisins
2	tsp	Baking soda	2	cup	Hot water
1 1/2	tsp	Salt			

Procedure

- 1 Boston Brown Bread 3 to 4 hours This is great with baked beans and franks. It's dark and dense, and leftovers make wonderful toast. To Cook: In a large bowl, combine the whole wheat and rye flour, cornmeal, baking soda, and salt. Make a well in the center and pour in the molasses, buttermilk, and raisins. Stir until all the ingredients are combined. Grease a 2- quart mold, flour it, and fill. The batter should not fill more than 2/3 of the mold. Cover with foil and tie with string. Set the mold on a trivet in the bottom of the slow cooker. Pour the hot water into the pot, cover the pot, and cook on High for 3 to 4 hours. The bread is done when the top is dry and recedes from the edge of the mold. Cool the bread on a rack for 10 minutes, then turn out and serve. Makes 1 loaf.

Servings: 1

C/p Crockery Cocoa

		6 cup	Water
3 1/2 cup	Nonfat milk powder	1 tsp	Vanilla
1/2 cup	Sugar	1	x Ground cinnamon
1/2 cup	Unsweetened cocoa powder		

Procedure

- 1 Combine dry milk powder, sugar, and cocoa powder. Add water and vanilla; stir well to dissolve. Cover; cook on low setting for 3 to 4 hours or or high setting for 1 to 1 1/2 hours. Before serving, carefully beat cocoa with rotary beater to make frothy. Ladle into mugs; top with marshmallows and sprinkle with cinnamon, if desired. Makes 9 (6 oz. each) servings.

Servings: 4

Chicken A La King, Crockpot

1/4 cup	Onion, finely chopped	3 cup	Chicken or turkey, cooked and cubed
1/4 cup	Celery, finely chopped		
1/4 cup	Green pepper, finely chopped	1/2 tsp	Seasoned salt
		1/8 tsp	Pepper
1/4 cup	Pimento, chopped	10 oz	Can cream of mushroom soup
4 oz	Mushroom stems and pieces, drained	13 oz	Can evaporated milk

Procedure

- 1 Put all ingredients into an electric slow cooker; mix. Cover and cook on low for 2 to 3 hours, or until thoroughly heated; stir once. Serve in patty shells or over hot fluffy rice. To reduce fat in this dish, use Campbell's Healthy Choice Cream of Mushroom Soup, chicken breast meat cooked without fat, nonfat evaporated milk and serve over white or brown rice cooked without added fat.

Servings: 6

Chicken and Herb Dumplings - Crockpot

3	lb	Chicken	1	cup	Dairy sour cream
		Salt and pepper	1	cup	Packaged biscuit mix
2		Cloves garlic, minced	1	Tbs	Chopped parsley
1/4	tsp	Powdered marjoram	6	Tbs	Milk
1/4	tsp	Powdered thyme	10		Small white onions
1		Bay leaf	2		Whole cloves
1/2	cup	Dry white wine (optional)			

Procedure

- 1 Sprinkle chicken with salt and pepper, place in crockpot. Insert cloves in one onion. Put all onions into pot. Add garlic, marjoram, thyme, bay leaf and wine. Cover and cook on low 5 to 6 hours. Remove bay leaf and cloves.
- 2 Stir in sour cream. Increase heat to high and combine biscuit mix with parsley.
- 3 Stir milk into biscuit mix until well moistened. Drop dumplings from teaspoon around edge of pot. Cover and cook on high for 30 minutes.
- 4

Servings: 5

Chicken And Sausage Gumbo (crockpot)

1/3 cup	All-purpose flour	1/2	Inch thick
1/3 cup	Cooking oil	1 cup	Chopped onion
3 cup	Water	1/2 cup	Chopped green pepper
12 oz	Fully cooked smoked sausage links, sliced and quartered	1/2 cup	Chopped celery
		4	Cloves garlic, minced
2 cup	Chopped cooked chicken	1 tsp	Salt
2 cup	Sliced okra OR one 10-oz package frozen whole okra, sliced	1/2 tsp	Pepper
		1/4 tsp	Ground red pepper Hot cooked rice

Procedure

- 1 For roux, in a heavy 2-quart saucepan stir together flour and oil till smooth. Cook over medium-high heat 5 minutes, stirring constantly. Reduce heat to medium. Cook and stir constantly about 15 minutes more or till a dark, reddish brown roux forms. Cool.
- 2 In a 3 1/2, 4-, 5-, or 6-quart crockery cooker place water. Stir in roux. Add sausage, chicken, okra, onion, green pepper, celery, garlic, salt, pepper, and red pepper. Cover; cook on low-heat setting for 10-12 hours or on high-heat setting for 4 1/2 to 5 hours. Skim off fat. Serve over rice. Makes 6 servings.

Servings: 1

Chicken Crockpot Stew

		2	md Onions; cubed
3	Chicken leg quarters skinned	1 cup	Frozen corn; thawed
1/3 cup	Water	1	cn Tomato sauce (8 oz.)
1	cn Cream of mushroom soup	1	package Onion dry soup mix
	Salt and pepper;to taste		
3	md Potatoes; cubed		

Procedure

- 1 Cut up leg quarters. Mix mushroom soup with water in crockpot Add chicken, salt and pepper. Cook for 1 hour on HIGH. Then add all other ingredients and cook on LOW for 8 hours or 4 hours on HIGH. Serve hot with crackers.

Servings: 4

Chicken Fricassee for the Crockpot

4 To 5	lb	stewing chicken,	1		Bay leaf
		Cut into serving pieces	1	cup	Chicken broth
2	tsp	Salt	1/2	cup	Flour
1	tsp	Paprika	1/2	cup	Water
2		md Onions, sliced	1		package (10 oz.) noodles,
3		Stalks celery, sliced			cooked
2		Carrots, pared and sliced			And drained
					Chopped parsley

Procedure

- 1 Rinse chicken pieces and pat dry. Season with salt and paprika. Place sliced vegetables and bay leaf in crock pot. Place chicken on top of vegetables. Pour in chicken broth. Cover and cook on LOW setting for to 12 hours. One hour before serving; turn to HIGH setting. Remove chicken pieces; bone and return meat to the crock pot. Make a smooth paste of flour and water and stir into liquid in crock pot. Cover and cook until thickened. Serve over hot noodles; sprinkle with chopped parsley.

Servings: 6

Chicken Kona (Crockpot)

3	lb	Chicken, in large pieces/quar (up to 4)	1/4	cup	Dry white wine
		Salt and pepper	1/2	cup	Water
			1/2	cup	Honey
1/2	cup	Chopped green onions			
1/2	cup	Soy sauce			

Procedure

- 1 Sprinkle chicken with salt and pepper. Place in Crockpot. Combine onion, soy sauce, wine and water. Pour over chicken. Cover and cook on Low for 3-4 hours or until chicken is tender. Remove chicken from pot.* Arrange on broiler pan. Brush honey on chicken. Broil until golden brown, brushing with honey several times. * Chicken and sauce may be refrigerate and browned at a later time, if desired.

Servings: 6

Chicken Spaghetti - Crockpot

4 To 6	chicken leg quarters	5	Cloves garlic, chopped or pressed
	A bit of chicken stock, water, or white vermouth	2	(16 oz) cans of tomato sauce
	A few bay leaves	16 oz	Can of stewed tomatoes
1	md Yellow onion, chopped	16 oz	Can of tomato puree
	A few Tbsp olive oil	2	Or 3 ribs of celery, sliced, optional

Procedure

- 1 Here's what I've done a time or four. This "recipe" has not been cooked often enough to be stabilized and really called a recipe. Still, there have been no complaints and many requests for seconds.
- 2 A tsp to a Tbsp or so of the following (to taste): Onion powder Garlic powder (NOT garlic salt) Ground black pepper Ground red pepper (cayenne) Ground white pepper Basil Parsley Paprika Oregano Spaghetti
- 3 Put the chicken into a crockpot early in the day. It's fine if they are still frozen. Add as little liquid as possible. Water, chicken stock, or a bit of white vermouth, or a combination works fine. Add a couple of bay leaves, and some salt. Turn the crockpot on low and go to work (or carry on your normal day's activities).
- 4 When you get home, or in the evening, turn off the crockpot. Put water on to boil the spaghetti. Remove chicken from the crockpot and discard skin and bones.
- 5 In a deep pot, heat olive oil. Add onion and garlic and cook until the onions are clear. Add tomato sauce, stewed tomatoes, tomato puree, the chicken and about a cup of the chicken broth from the crockpot. (If you add too much broth, the sauce will be too soupy; if you add too little, the chicken taste will be a bit weak.) Stir, cutting up the whole tomatoes. Add celery, onion powder, garlic powder, peppers, basil, parsley, paprika, and oregano. Cook, stirring from time to time, while the water for the spaghetti comes to a boil. Cook spaghetti, drain and serve with grated Parmesan cheese on the side.

Servings: 6

Chicken with Dumplings (Crockpot)

- | | | | |
|---|--------------------|-----|-------------------|
| 1 | Chicken, cut up | 1 | Onion; cut |
| 6 | sm Potatoes; cut | 1/2 | cup Chicken broth |
| 4 | Carrots; sliced | 1/2 | tsp Basil |
| 2 | Celery stalks; cut | | |

Procedure

- 1 --DUMPLINGS-- c Flour ts Baking powder /2 ts Salt /2 c Milk tb Salad oil
- 2 Place all but dumpling ingredients in a crock pot. Cook on low 8 hours. Turn pot to high. Mix dumpling ingredients together. When boiling, drop spoonfuls of dumpling on top of chicken or vegetables, keeping them out of liquid if you can. Cover and steam 30 minutes. DO NOT LIFT LID WHILE DUMPLINGS ARE COOKING or they will be soggy and no amount of cooking will make them un-soggy.

Servings: 6

Chili (Crockpot)

- | | | | | |
|------|--|------|-----|-----------------------------------|
| 3 | One pound cans kidney beans
drained | 1 | cup | Diced celery |
| | | 1 | | Glove minced garlic |
| 2 | One pound cans tomatoes - cut
up | 4 -6 | Tbs | chili powder |
| | | 1 | tsp | Cumin salt and pepper to
taste |
| 2 lb | Ground beef browned and
drained | | | |
| 2 | md Onions coarsely chopped | | | |

Procedure

- 1 Put all ingredients in Crockpot in order listed. Stir once.
- 2 Cover and cook on Low for 10 12 hours or High 5 - 6 hours.

Servings: 8

Chinese Style Country Ribs (Crockpot)

1/4 cup Soy sauce

1/4 cup Orange marmalade

2 Tbs Catsup

1 Clove garlic, crushed

3 lb Country style spareribs ,
(3 to 4)

Procedure

1 Combine soy sauce, marmalade, catsup and garlic. Brush on both sides of ribs. Place in Crockpot. Pour remaining sauce over all. Cover and cook on Low for 8-10 hours.

2

3

Servings: 4

Chocolate Angel Food Cake

1 1/2 cup	Powdered sugar	1 1/2 tsp	Cream of tartar
3/4 cup	Cake flour	1 cup	Granulated sugar
1/4 cup	Cocoa	1 1/2 tsp	Vanilla
1 1/2 cup	Egg white (about 12)	1/4 tsp	Salt
At room temperature			

Procedure

- 1 Move oven rack to lowest position. Heat oven to 375*. Mix powdered sugar, flour and cocoa, set aside. Beat egg whites and cream of tartar in medium-large bowl on medium speed until foamy. Beat in GRANULATED SUGAR on high speed, Tbs at a time, adding vanilla and salt with last addition of gran.sugar. Continue beating until stiff and glossy. DO NOT UNDERBEAT!! Sprinkle pow.sugar-flour mixture, 1/4 c. at a time, over meringue, folding in just until sugar-flour mixture disappears. Push batter into ungreased tube pan, 10x4". Cut gently through batter. Bake 30-35 minutes or until cracks in cake feel dry and top springs back when touched lightly. Immediately turn pan upside down onto glass bottle or metal funnel. Let hang 2 hours or until completely cool. Remove from pan. NOTES: I sift the powdered sugar, flour and cocoa together once, seems to come out a little better.

Servings: 16

Chops in a Crock Pot

6	Pork chops, browned	10 1/2	oz	Cream of chicken soup
1	Onion, chopped	2	tsp	Worcestershire sauce
3	Tbs			Catsup

Procedure

1 Place all into crock pot and simmer about 4-5 hours. Serve with rice, noodles or potatoes.

2

Servings: 6

Chunky-Style Crock-Pot Applesauce

lg Apples; cored/sliced/peeled*

Procedure

- 1 Put ingredients in the crock-pot. Cover; cook on Low 8 to 10 hours [High 3 to 4 hours]. Serve warm. Add cream if desired.

Servings: 1

Cider Stew for Crock Pot

			2 cup	Apple cider
2	lb	Beef stew meat 1-inch cubes	1 Tbs	Vinegar
3	Tbs	Flour	3	Potatoes, pared & quartered
1		Apple, chopped	4	Carrots, quartered
2	tsp	Salt	2	Onions, sliced
1/4	tsp	Pepper	1	Stalk celery, sliced
1/4	tsp	Thyme, dried		

Procedure

- 1 Coat the meat with the mixture of flour, salt, pepper and thyme. In a skillet or large saucepan brown the meat in 3 T of oil. Drain off the fat. Place the vegetables and the chopped apple in the crock-pot. Combine the apple cider and vinegar. Place the meat on top of the vegetables. Pour the cider vinegar mixture over the meat. Cover and cook 10 to 12 hours on low heat. Turn cooker to high heat. Blend 1/2 cup of cold water with 1/4 cup of flour. Stir into stew. Cook and additional 15 minutes or until thickened.

Servings: 6

Congressional Bean Soup (Crockpot)

1 lb	Small white beans	2 Tbs	Parsley, chopped
8 cup	Water	1 tsp	Salt
2 cup	Ham, diced	1/4 tsp	Pepper
1 cup	Onion, diced	1	Bay leaf
1 cup	Celery, chopped		

Procedure

- 1 Assemble ingredients in Slow Cooker. Cover and cook on low 8-10 hours or until beans are tender.

Servings: 6

Country Chicken/crockpot

3	lb	Chicken	3		Sprigs fresh herbs*
		Salt and pepper	2		lg Cloves garlic, minced
1		lg Onion, cut in wedges	1 1/2	tsp	Curry powder
1		Green pepper, diced	1	lb	Can tomatoes*
2		Celery stalks, diced	3	Tbs	Raisins
1/3	cup	Carrots, sliced, optional			

Procedure

- 1 *Can use 1 tsp dried herbs. Do not drain tomatoes, but cut up pieces. Place all ingredients in crock pot. Cover, turn on LOW and cook 8 to hours. If you are around, baste the chicken with the juices once in a while. Skim off fat before serving. Garnish with slivered almonds and parsley if you wish.

2

Servings: 4

Country-Crock Chicken Soup

		1/4	tsp	Leaf thyme
2	Onions; chopped	3	Tbs	Dry parsley flakes
3	Carrots; sliced	1		package Frozen peas (10 oz.)(opt.)
2	Stalks celery; sliced			
2	tsp Salt	1 2-1/2	lb	whole fryer
1/4	tsp Pepper	4	cup	-Water
1/2	tsp Basil	1	cup	Noodles

Procedure

- 1 Place all ingredients in crockpot, except noodles, in order listed. Cover and cook on LOW 8-10 hours (HIGH: 4-6 hours) One hour before serving, remove chicken and cool slightly. Remove meat from bones and return meat to crockpot. Add noodles. Turn to HIGH. Cover and cook hour.

Servings: 4

Courthouse Crockpot Spaghetti Sauce

Procedure

- 1 1/2 lb Ground chuck; browned 1/2 c Onion; chopped 1 cl Garlic 1 cn 14.1/2-oz. tomatoes 1 cn 6-oz. tomato paste 1/2 ts Salt 1 ts Dried oregano 1/4 ts Thyme Bay leaf
- 2 In a crockpot, combine all of the ingredients. Stir thoroughly and cook on low for 10 to 12 hrs., or on high for 4 to 5 hrs.
- 3

Servings: 6

Crazy Crockpot Pork Chops

MICKEY ITCHON

1 tsp Butter

4 Loin pork chops; lean

Salt & Pepper; to taste

2 med Onions; sliced

Spices of your choice

Procedure

- 1 Stand chops in crockpot, thin side down. Sprinkle with salt, pepper and spices of your choice. Cover with the onion slices, which have been separated into rings. Place butter on top, and cook on LOW heat for 6 to 8 hours, or until chops are tender and onions are done. The result is moist, tender chops with a deep brown color as if broiled in the oven.

Servings: 4

Crock Pot Baked Beans

1	lb	Dried navy beans, soaked overnight	2	tsp	Dry mustard
			1 1/2	tsp	Salt
6	cup	Water	1/4	tsp	Freshly ground black pepper
3/4	cup	Molasses			
1/2	cup	Black coffee	1		Onion, cut in half
1/4	cup	Dark brown sugar, firmly packed			Stuck with 4 cloves
1	Tbs	Cider vinegar	4		sl Canadian bacon, chopped

Procedure

- 1 Combine beans & water in slow cooker, cover & cook on low heat for 7 hours until tender. Drain; refrigerate in pot. Can be cooked up to 3 days in advance. Stir together molasses, coffee, sugar, vinegar, mustard, salt & pepper in small bowl. Stir into beans in pot. Add onion & Canadian bacon, pushing down into beans. Cook, covered, on low heat for 7 hours, or until beans are flavored through. NOTES Serves 8. 323 calories per serving. 2 g fat. 6% of calories from fat

Servings: 8

Crock Pot Chili

1 1/2	lb	Ground Beef	1	tsp	Salt
1/2	cup	Chopped Celery	1	tsp	Paprika
1/2	cup	Chopped Mushroom	1/2	cup	BBQ Sauce
3/4	cup	Chopped Onion	16	oz	Tomato Sauce
1		Bay Leaf	28	oz	Stewed Tomatoes
2	Tbs	Chili Powder	15 1/2	oz	Kidney Beans
1	tsp	Garlic Powder	1	tsp	Red Cayenne Pepper

Procedure

- 1 Brown beef, drain fat & put in crockpot. Add rest of ingredients, except kidney beans. Cook on low 8-10 hours or on high for 5-6 hours. Stir occasionally. Add beans about 1 1/2 hours before you serve.

Servings: 1

Crock Pot Chili #2

1/2 lb	Dry pinto or kidney beans	2	Tbs	Chili powder
	OR 2 16-oz cans	1	tsp	Pepper
2	cn Tomatoes (14.5oz ea)	1	tsp	Cumin
2 lb	Chuck; browned, *			Salt to taste
2	Medium onions; coarsely chopped, **	4 1/2	cup	Water
1	Green pepper; chopped			
2	Garlic cloves; crushed			

Procedure

- 1 * I buy extra lean and don't brown 1st. ** This works well with red. Stir this once, cover and cook on low for 10 to 12 hours or on high, for 5 to 6 hours.

Servings: 6

Crock Pot Pizza

1 1/2 lb	Hamburger (browned w/onions)	2	lg Bags mozzarella cheese
2/3	package Cooked rigatoni	1	package Pepperoni
2	cn Pizza sauce		Mushrooms

Procedure

1 Layer ingredients in crock pot. Cook low for 5 hours. Makes a full pot.

Servings: 1

Crock Pot Red Beans

1	16 oz	bag	1/4	tsp	Sage
1		Ham bones	1/4	tsp	Marjoram
		OR bone-in ham hocks	1	cup	Red wine
1		lg Bell pepper, chopped	3	Tbs	Garnish
1		lg Onion, chopped			(chopped fresh parsley &
3		Stalks celery, chopped			Green onions)
		(inc leaves)	1	Tbs	Salt
1		sm Carrot, finely chopped	1	tsp	White pepper
1	Tbs	Tabasco sauce	1	tsp	Black pepper
2		Bay leaves	1/2	tsp	Red pepper
4		Cloves garlic, crushed			Kidney beans
1/4	tsp	Thyme			

Procedure

1 Put everything except the garnish in the crockpot on low heat. Cook covered for 6-10 hours. check liquid level, adding water if needed to cover the beans. If there is too much liquid, turn the heat on high and leave the pot uncovered for a few minutes. Reduce heat for several hours or until ready to serve. Beans should be very tender. Remove bones and bay leaves and garnish before serving. Serve over rice with grilled or smoked sausage. May be frozen.

2 water to cover all ingredients

3

Servings: 10

Crock Pot Roast Beef

5 lb	Chuck roast	2 oz	Whiskey
2	cn French Onion Soup	2	Beef bouillon cubes
16 oz	Beer		

Procedure

- 1 Braise roast in 400F. oven for one hour. Add all ingredients together with roast in crock pot. Stir a bit and simmer 4-5 hours.
- 2 Note: Roast can be cut up in chunks to fit in crockpot- after simmering total time it will be very tender and broken in pieces. May be served on buns with Au Jus or with potatoes and vegetables.

3

Servings: 6

Crock Pot RoastKathy Pitts

- | | | | |
|---|-----------------------------------|---|----------------------|
| 1 | Fairly lean pot roast | 1 | Onion, thinly sliced |
| 1 | package Dehydrated onion soup mix | | |

Procedure

- 1 Place half the onion in bottom of roast. Rub the roast with the soup mix. Place roast in pot, and top with remaining onion. Cover and cook on low heat for at least 12 hours. Do not panic and add water--it will make its own juices.
- 2 You can add carrots or potatoes to the roast. Just be sure to place veggies in the bottom, so they will absorb the juices.

Servings: 6

Crock Pot Sauerbraten

Procedure

- 1 /2 lb Pot roast or rump roast /2 c Water /2 c Red wine vinegar md Onions -- sliced Lemon -- sliced TB Sugar Beef bouillon cubes -- crush /4 ts Ginger -- ground Cloves -- whole Bay leaves Pepper corns /2 c Onion -- Chopped /2 c Carrot -- chopped /4 c Celery -- chopped c Gingersnaps -- broken
- 2 In removable liner, combine water, vinegar, sliced onions, sliced lemon, sugar, bouillon cubes, ginger, cloves, bay leaves and peppercorns. Add meat. Cover and refrigerate 36 to 72 hours, turning meat occasionally. The longer the meat marinates, the spicier it gets. Remove meat from marinade; strain marinade, reserve one cup. Place chopped vegetables in bottom of removable liner; place meat on vegetables; pour reserved cup of marinade over all. Place liner in base. Cover and cook on auto 7-8 hours or on low 9-11 hours or on high 5 hours. Remove meat to carving board and let sit 15 to 20 minutes for meat to firm before carving. Add gingersnaps to liquid in cooker and cook on high for 15 to 20 minutes. Slice meat and ladle on sauce.

3

Servings: 10

Crock Pot Spareribs Cantonese

			1		Clove garlic, more to taste
4	lb	Spareribs cut/serving size	1/2	tsp	Ground ginger
1	12 oz	jar orange marmalade	1	dash	Pepper
3/4	cup	Water			
1/2	cup	Soy sauce			

Procedure

- 1 Brown spareribs in skillet. Transfer them to a Crock Pot. Combine remaining ingredients: pour over the spareribs. Cover; cook on high heat setting for 3 1/2 hours. Lift ribs out onto serving platter. Garnish with orange slices.

Servings: 6

Crock Pot Stew

		Salt and pepper;to taste
1	Onion;sliced	1/2 cup Bouillon;prepared or canned
	Vegetables;of choice	1/2 cup Wine
1/2 cup	Bread crumbs	2 Tbs Brown sugar
1/4 cup	Tapioca	
2 lb	Stew meat	

Procedure

- 1 Place onion in bottom of crockpot. Add your preferenece of vegetables, and remaining ingredients. Cover and cook on low at least hours.

Servings: 4

Crock Pot Stew #1

1 lb	Beef stew meat	2 cup	Bouillon (made with 2 cups
2	lg Potatoes, quartered		Water and 2 bouillon
1	lg Onion, quartered	1	cn Cream of mushroom soup
2	Carrots, sliced	1	cn Cream of celery soup
2	Celery, sliced		(do not add water to soup

Procedure

- 1 Layer all ingredients as listed in crock pot. Cook all day on low. May be baked in oven for 5 hours at 225 deg.

2

Servings: 6

Crocked Curried Beef

2	lb	Lean beef round, trimmed	1	tsp	Allspice
		Of fat and cut in 2-in cubes	1		Bud garlic; minced
1	Tbs	Curry powder	1		Lemon; juiced
1	tsp	Cumin seeds	2	Tbs	Raisins
1/2	tsp	Ground cinnamon	1	Tbs	Light soy sauce
1/4	tsp	Ground ginger	2	tsp	Cornstarch
1	tsp	Cloves	1/4	cup	Cold water

Procedure

- 1 -OPTIONAL GARNISHES- Yogurt Lemon wedges c Cilantro; chopped
Fresh parsley; chopped
- 2 Combine ingredients, except cornstarch and cold water in a crock cooker. No pre-browning of the meat or preheating of the cooker is needed. Cover tightly and set on slow heat. Cook 16 to 18 hours or until meat is very tender. Gently stir meat once or twice during cooking time. Twenty or 30 minutes before serving time, stir the cornstarch into cold water and stir this mixture into the crock cooker. Cover and continue to cook at lowest heat, stirring once or twice, until liquid thickens. Serve with dollops of yogurt, lemon wedges, and chopped fresh parsley or cilantro leaves as a garnish, if desired. Makes 8 servings, 175 calories each. Light & Spicy

Servings: 8

Crocked Kielbasa

			1	Med green pepper;chopped
1/2	lb	Lean ground beef	1	tsp Basil, crushed
1	lb	Kielbasa sausage;sliced	1	tsp Oregano, crushed
28	oz	Cn whole tom;undrained	1/2	tsp Thyme,crushed
9	oz	Pk frozen Fr-cut green beans	1/4	tsp Pepper
6	oz	Cn pitted black olives*	1	lb Pasta of your choice
1/2	cup	Red wine	4	oz Parmesan cheese
2 -3		cloves garlic;minced		
1		Med onion;slice rings		

Procedure

- 1 *drained & left whole In a medium skillet, saute ground beef. When browned, transfer to crockpot. Add all other ingred. except pasta & parmesan Simmer on low for 6-8 hrs. Cook pasta according to directions. Ladle crocked Kielbasa over pasta in large bowls. Pass the Parmesan cheese to garnish..

Servings: 6

Crocked Kielbasa

	-)	1	md Onion; sliced into thin rings
1/2 lb	Lean ground beef	1	md Green pepper; chopped
1 lb	Kielbasa sausage; sliced	1 tsp	Basil; crushed
28 oz	Can whole tomatoes undrained	1 tsp	Oregano; crushed
9 oz	Frozen French-cut Green beans	1/2 tsp	Thyme; crushed
		1/4 tsp	Pepper
6 oz	Can pitted black olives drained and left whole	1 lb	Pasta of your choice
		4 oz	Parmesan; freshly grated
1/2 cup	Red wine		
3	Garlic cloves; minced		

Procedure

- 1 In a medium skillet, saute ground beef. When browned, transfer to crockpot. Add all other ingredients except pasta and parmesan. Simmer on low for 6-8 hours. Cook pasta according to directions. Ladle crocked Kielbasa over pasta in large bowls. Pass the Parmesan cheese to garnish..

Servings: 4

Crocked Orange Chicken

		8	oz	Frozen conc. orange juice
6	Chicken breasts; boned/sknnd	1 1/2	cup	Shredded coconut
1/2	tsp	2	cup	Orange segments or canned mandarin oranges
1	tsp	2		Green onions; chopped
	Pepper			

Procedure

- 1 Put chicken, ginger, salt, pepper & frozen orange juice in slow-cooking crockpot and cook on low 6 hours. Serve chicken on hot cooked rice on platter. Topp with coconut, orange segments and green onions. Serve chicken liquid in gravy boat, if desired.

Servings: 6

Crockery Ham

6 lb	Cooked ham.	1/2 tsp	Dry mustard
1 Tbs	Vinegar	1/2 cup	Currant jelly
	Whole cloves	1/4 tsp	Ground cinnamon

Procedure

- 1 Place ham on metal rack or trivet in crock pot. Cover and cook on low to 6 hours. remove ham. Pour off juice; remove rind. score ham; stud with cloves. In small saucepan melt jelly with remaining ingredients. Remove metal rack or trivet. Return meat to crock pot. Spoon sauce over ham. Cover and cook on high for 20 to 30 minutes, brushing with sauce at least once more if possible. Make 8 to 10 servings.

Servings: 8

Crockery-Baked Stuffed Apples

1/4 cup	Brown sugar			Cored
1/4 cup	Raisins	2	tsp	Cinnamon
8	Cooking apples; unpeeled	1 1/2	Tbs	Butter

Procedure

- 1 Mix sugar and raisins and pack mixture into apple centers. Sprinkle with cinnamon and top with heaping teaspoon butter. Put in crockpot with 1/2 cup water. Cover pot; cook on LOW overnight or 8 hours, until apples are tender. Serve warm with cream.

Servings: 8

Crockpot 24-Hour Italian Beef

- | | | | |
|-------|------------------------------|---|----------------------------------|
| 5 lb | Beef rump roast | 1 | package Dry italian dressing mix |
| 2 cup | Water | | Italian seasoning (opt) |
| 1 | package Dry au jus gravy mix | | |

Procedure

- 1 Combine water, gravy mix and dressing mix. Add italian seasoning if desired. Pour over roast in crockpot. Cook on LOW 12 to 15 hours. Remove roast and shred with 2 forks, forming strings. Cook another 10 to 12 hours on LOW. Serve on Italian buns.

Servings: 4

Crockpot Appetizer Ribs

4 lb	Spareribs; cut in ind. ribs	1 tsp	Garlic salt
1 tsp	Salt	8 oz	Russian salad dressing
1 tsp	Pepper	6 oz	Pineapple juice

Procedure

- 1 Sprinkle ribs with salt and pepper. Place in crockpot; pour water over them. Cover and cook on low 6-7 hours or until tender. Drain. Arrange ribs on broiler pan; sprinkle with garlic salt. Make sauce by combining salad dressing and pineapple juice. Brush ribs with half the sauce. Broil until brown, turn, brush other side and brown. Makes 8-10 appetizer servings. *If possible ask the butcher to cut each rib in half, crosswise, so they will be a more convenient size to handle the appertizer.

Servings: 8

Crockpot Apple Cider

- | | | | |
|----|------------------------|---|---------------------------|
| 1 | ga Apple Cider | 2 | Whole nutmegs |
| 12 | Whole cloves | 2 | Chunks crystalized ginger |
| 3 | 3-inch cinnamon sticks | | |

Procedure

- 1 Dump all ingredients in crockpot. Heat on high for 2 hours, and on low to keep warm until ready to serve.

Servings: 20

Crockpot Apple-Glazed Roast Pork

4 lb	Pork Loin Roast, trimmed	1/4 cup	Apple juice, non-sweet
	Salt & pepper to taste	3 Tbs	Brown sugar
6	Apples, quartered	1 tsp	Ground ginger

Procedure

- 1 Rub roast with salt and pepper. Brown pork roast under broiler to remove excess fat; drain well. Place apple quarters in bottom of crockpot. Place roast on top of Apples. Combine apple juice, brown sugar, and ginger. Spoon over top surface of roast, moistening well. Cover and cook on Low setting for 10-12 hours or until done.

2

3

Servings: 8

Crockpot Autumn Pork Chops

		3/4 cup	Brown sugar
6	Thick pork chops	3/4 tsp	Kitchen Bouquet or brn sauce
2	Medium acorn squash		
3/4 tsp	Salt	1 Tbs	Orange juice
2 Tbs	Margarine; melted	1/2 tsp	Orange peel; grated

Procedure

- 1 Trim excess fat from pork chops. Cut each squash into 4 or 5 crossways slices; remove seeds. Arrange 3 chops on bottom of crockpot. Place all squash slices on top; then another layer of three remaining chops. Combine salt, butter, sugar, bouquet sauce, orange juice and orange peel. Spoon over chops. Cover and cook on low 6-8 hours or until done. Serve one or two slices of squash with each pork chop.

Servings: 4

Crock-Pot Baked Potatoes

Potatoes; use 6-12 of them

Procedure

- 1 Prick pots with fork. Wrap them in foil. Fill Crock-Pot with 6 to 12 potatoe s. Cover. Go away. Cook on Low 8 to 10 hours (High: 2 1/2 to 4 hours]. Co me back. Don't you dare add water!

Servings: 1

Crockpot Barbecue

1 1/2 lb	Boneless chuck steak, 1 1/2 inch thick	2 Tbs	Worcestershire sauce
1	Clove garlic, peeled and minced	1/2 cup	Catsup (ketchup)
		1 tsp	Salt
1/4 cup	Wine vinegar	1 tsp	Dry or prepared mustard
1 Tbs	Brown sugar	1/4 tsp	Black pepper
1 tsp	Paprika		

Procedure

- 1 Replace Chuck Steak with Beans
- 2 Cut the beef on a diagonal, across the grain into slices 1 inch wide. Place these in the crockpot. In a small bowl, combine the remaining ingredients. Pour over the meat, and mix. Cover and cook on Low for 3 to 5 hours.

Servings: 5

Crockpot Barbeque Beef

4 lb	Brisket, rump, pot roast OR	1/2	Green pepper,; diced
4 lb	Boneless beef short ribs	1	cup BBQ sauce (your favorite)
1	Onion; sliced		

Procedure

- 1 Brown meat in heavy skillet. Put onion and pepper in bottom of the crockpot, placing the roast on top of vegg and then pour the sauce over meat. When doing short ribs, I layer the meat and veggies, then pour in the sauce. ADD NO ADDITIONAL LIQUID! Cover and cook on LOW for 8 - 10 hours (HIGH for 4 - 5 hours). When meat is done, remove from pot with slotted spatula & place on a broiler pan. Pour some of the juices and sauce over meat and place under broiler for 5 - 10 mins. turning once. You can allow the juices to thicken in the pot to serve with the meat. You can also use that recipe for spareribs, using 2 cups of BBQ sauce for 3 - 4 pounds of spareribs.

Servings: 4

Crockpot Barbeque Beef Sandwiche

3	lb	Lean chuck or arm roast	1	package Hamburger or sandwich buns
1	cup	Bottled BBQ sauce	1	x Sliced red onion
3/4	cup	Water	1	x Sliced dill pickles
1	Tbs	Dried onion flakes		

Procedure

- 1 Trim roast of all visible fat. Place in crock pot and add remaining ingredients. Cover and cook on LOW for 6 to 8 hours, until meat is very tender. Using two forks, shred the meat into bite-size pieces. Turn the heat to HIGH and cook for about 30 minutes, until sauce is reduced. Serve on hamburger or sandwich buns, with sliced onions and sliced dill pickles.

Servings: 6

Crockpot Barbrque Beef

Barbeque buns

- 4 lb Crossrib roast
- 2 Bottles BBQ sauce your choice

Procedure

- 1 Put roast in crockpot with only a small amount of water, maybe 1/2 cup, cook on LOW 8 to 10 hours, depending on the size of the roast. You should be able to shred it apart with a fork. Then add the bbq sauce, heat thoroughly. Serve on large buns.

Servings: 4

Crockpot Barley

Procedure

- 1 into the crockpot I put:
- 2 cup brown rice 1 cup barley 6 carrots, chunked 1 onion, chopped 1/2 pound mushrooms, chopped a dash of garlic spice blend 8 cups water
- 3 put a lid on it and cook on low overnight.
- 4 In the AM I added a dash of Bragg's Aminos for the saltiness I wanted. It was really good and my spouse had seconds. There is enough left for at least one more breakfast for two.

Servings: 1

Yield: 1 Recipe

Crockpot Bbq Beef Sandwiches

3	lb	Lean chuck or arm roast	1	package Hamburger or sandwich buns
1	cup	Bottled BBQ sauce		Sliced red onion
3/4	cup	-Water		Sliced dill pickles
1	Tbs	Dried onion flakes		

Procedure

- 1 Trim roast of all visible fat. Place in crock pot and add remaining ingredients. Cover and cook on LOW for 6 to 8 hours, until meat is very tender. Using two forks, shred the meat into bite-size pieces. Turn the heat to HIGH and cook for about 30 minutes, until sauce is reduced. Serve on hamburger or sandwich buns, with sliced onions and sliced dill pickles.

Servings: 6

Crockpot Bbq Chicken

- | | |
|--|------------------|
| 1 | Onion; cut up |
| 1 | Bottle BBQ sauce |
| Chicken pieces; whatever you like
and however many you need | |

Procedure

- 1 Put chicken in bottom of crockpot (I always skin mine first). and add onions and BBQ sauce. Cook on LOW for about 8 to 10 hours

Servings: 2

Crockpot Beans and Barley

1	Onion, chopped	1/4 cup	Pearl barley
1	Carrot, chopped (I used 2, I Like them)	1/2 cup	Mushrooms, chopped
1 cup	Navy beans, soaked	1 cup	Pinto beans, uncooked
1/2 tsp	Prepared mustard	4 cup	Vegetable broth
1/2 cup	Split peas, dried	3 Tbs	Parsley, minced
		1/4 cup	Lentils, dried

Procedure

- 1 Soak white and pinto beans overnight. Saute onion, mushrooms and carrot in 1 T of vegetable broth until tender. Add drained beans, vegetable bouillon, mustard and parsley, bring to bil. Reduce heat, cover and simmer 45 minutes. Add split peas, lentils and barley. Cover and simmer another hour until all beans are tender. (Note: I like it spicy so I added lots of tabasco and pepper). I know this is more of a "winter recipe" but I think it will be good cold, also. Things got a bit mushy in the crockpot so it might be better to cook on the stove.

2 []

3

Servings: 1

Crockpot Beef

1 1/2 lb	Chuck/round steak	1 lb	Can tomatoes
1/3 cup	Flour	4 oz	Can mushrooms, drained
1 tsp	Salt	2 Tbs	Molasses
1/4 tsp	Pepper	3 Tbs	Soy sauce
1	Large onion, sliced	10 oz	Frozen green beans(french)
1	Large green pepper, sliced		

Procedure

- 1 Cut r.steak into strips & put steak strips, flour, salt and pepper in crock pot, stirring well to coat meat. Add remaining ingredients and cook on low for 8 hours or 5 hours low and 2 hours high.

Servings: 4

Crockpot Beef and Beans

1	lb	Beans, pinto, dried	2		cl Garlic cloves; minced
6	cup	Water; cold	6	oz	Tomato paste
1/2	lb	Salt pork; cut up	1 1/2	Tbs	Chili powder
1	lb	Beef, chuck steak; 1" cubed	1	tsp	Salt
1/2	tsp	Pepper, red; crushed	1	tsp	Cumin seed
1		Onions; chopped	1/2	tsp	Marjoram leaves

Procedure

- 1 Soak beans in water overnight. Brown salt pork in skillet or in the crockpot if you have that type. Combine the soaked beans with water into the crockpot along with the browned salt pork and remaining ingredients. Cover and cook on low for -10 hours.

Servings: 8

Crockpot Beef and Peppers

2 lb	Round steak, lean	2 Tbs	Low sodium soy sauce
2	Green peppers, sliced thin	1/2 tsp	Ground ginger
2 Tbs	Dried onions, minced	1	Garlic clove, minced
1 cup	Beef broth	1 tsp	Worcestershire sauce

Procedure

- 1 * Use dried onions or finely chop about 1/2 of a fresh onion.
- 2 Cut the steak into serving size pieces. If desired you can brown the meat in a little hot oil before adding to crockpot. Place the thinly sliced pepper rings in bottom of crockpot, reserving a few to place on top of meat if desired. (Vegetables cook better when placed on bottom of pot.) Arrange the meat on pepper, careful to not stack one piece directly on top of another. Mix all other ingredients and pour over meat and peppers. 2. Cover and cook on low for 8-10 hours or on high for about 4 hours. Serve with mashed potatoes and simply seasoned vegetables.

3

4

Servings: 8

Crockpot Beef Brisket

Beef brisket; choice size

Bottle liquid smoke*

Procedure

- 1 Select a brisket the size you want for the number of people you are serving. The best kind of liquid smoke to use is Colgin's. I can't get in in Indiana, and have to import it from Texas! Shake the desired amount of liquid smoke on the brisket. I use about half a bottle for a large brisket. Sometimes I add a clove or two of garlic, but not always, and not necessary. Cook on low for about 16 hours. I usually start this the evening before I want to serve it the next day--cook it all night, put in in the fridge until afternoon, and then return it to cooking for about 4 to 6 more hours that evening. This long amount of cooking makes it nice and tender. Slice against grain. Serve with potato salad and baked beans. Yum! Yum Yum. I have also wrapped brisket in foil, and cooked it with liquid smoke in the oven for a long time--but crock pot is easier.

Servings: 4

Crockpot Beef Casserole

2 lb	Stewing beef, cubed	1/2 pint	Beef stock
	Seasoned flour		Salt and pepper
1	Onion, thinly sliced		Dried mixed herbs (opt)
4 oz	Mushrooms, sliced		Oil or lard for frying
1	cn 10 oz can, beef/oxtail /tomato soup or		

Procedure

- 1 Coat the meat with the flour. Saute the onion in the oil and transfer to the slow cooker. Brown the meat and place on top of the onions. Add the mushrooms and herbs, then pour over the soup or stock, and cook on High for 4 - 5 hours or on Low for 8 - 10 hours.
- 2 Any beef casserole can be adapted for the slow cooker, remembering that less liquid is needed than with conventional cooking, and the vegetables must be placed in the bottom of the crockpot with the meat on top.

Servings: 1

Yield: 1 Recipe

Crockpot Beef Steak

1 1/2 lb	Chuck or round steak cut into thin strips	1	cn Tomatoes (1 lb.)
		1	cn Mushrooms (4 oz.); drained (optional)
1/3 cup	Flour	2 Tbs	Molasses
1 tsp	Salt	2 Tbs	Soy sauce
1/4 tsp	Pepper	1	package Frozen french-style Green
1	lg Onion; sliced		Beans (10 oz.)
1	lg Green pepper; sliced		

Procedure

- 1 Put steaks strips, flour, salt and pepper in crockpot, stirring well to coat meat. Add remaining ingredients and cook on LOW for 8 hours; or 5 hours on LOW, and 2 hours on HIGH.

Servings: 4

Crockpot Beef Stroganoff

Procedure

- 1 /2 to 2 1/2 lbs boneless beef chunk or round steak ts salt /8 ts pepper /4 ts garlic salt TB Worcestershire sauce /4 1 1/2 cups TB catsup TB dry white wine /4 lb sliced fresh mushrooms /3 c flour c sour cream rice or noodles -- to serve sour cream beef bouillon
- 2 Cut beef in strips or cubes. Coat with salt and pepper .Place in bottom of crock pot. Mix garlic salt, Worcestershire sauce, beef bouillon and catsup. Pour over meat. Cover and cook on Low for 6-8 hours until tender. Trun up to High. Add 2 T. dry white wine and mushrooms. Dissolve flour in small amount of water. Add to meat mixture. Stir to blend. Cook on High for 15 minutes until slightly thickened. Stir in sour cream. Turn off heat. Serve with rice or noodles.
- 3
- 4

Servings: 6

Crockpot Beer Spice Cake

2/3	cup	Butter	1	tsp	Cinnamon
1 1/2	cup	Brown sugar; firmly packed	1	tsp	Allspice
2		Eggs	1 12	oz	can beer (1 1/2 cups)
2 1/2	cup	Flour	1/2	cup	Walnuts; chopped
1 1/2	tsp	Baking powder	1/2	cup	Golden raisins
1/2	tsp	Baking soda			
1/4	tsp	Salt			

Procedure

- 1 Cream butter and sugar until light. Beat in eggs. Combine flour, baking powder, soda, salt, cinnamon and allspice. Add dry ingreds. to creamed mixture alternately with beer. Mix until blended. Stir in walnuts and raisins. Turn into well greased and floured 2 qt. pudding mold. Place in crockery part of pot. Cover top of mold with 4 or layers of paper towels. Place lid LOOSELY on crock pot. Cook on High allowing 3 1/2 hours for 3 qt. pot and 4 hours for 4 1/2 qt. size. Cool on rack 10 minutes, then turn out of pan. Serve warm with Hard Sauce or ice cream. Makes 1 cake.

Servings: 1

Crockpot Boeuf Bourguignon

2 lb	Round steak; cubed	2 Tbs	Catsup
1 Tbs	Cornstarch	6 oz	B&B mushrooms with broth
1 Tbs	Kitchen Bouquet	1 tsp	Salt
4	Carrots; peel & slice	1/2 tsp	Pepper
1 cup	Celery; sliced	1/2 tsp	Marjoram
1 cup	Burgundy wine	1/2 tsp	Thyme
2	Beef boullion cubes		

Procedure

- 1 Toss beef in Kitchen Bouquet. Then add cornstarch. Mix with other ingredients, put in crockpot and cook for 8-10 hours. Serve with broad egg noodles. (Can also fix in casserole and cook at degrees for 3 1/2 hours--stir every 30 minutes or so--but no need to stir in crockpot).

Servings: 4

Crockpot Breakfast

1/2 cup	short grain brown rice	1/2 cup	(or more) s, pitted & chopped
1/2 cup	millet		
1/2 cup	barley	1 tsp	vanilla
8 cups	water	1 tsp	lemon juice

Procedure

- 1 Prepare the night before!. Thoroughly wash all the grains and drain.
- 2 Add all indredients into crockpot and stir to mix.
- 3 Cook on low all night.
- 4 In the morning, stir and serve with milk, cinammon and brown sugar.

Servings: 6

Recipe Type

Breakfast, Vegetarian

Crockpot Brisket

	-		1/2 tsp	Salt
2 1/4 lb	Lean beef brisket	3	cl	Garlic; minced
1 Tbs	Vegetable oil	1	sm	Bay leaf; crumbled
3/4 cup	Red wine; or beer	3		Carrots; cut into 2" sticks
1 Tbs	Dijon mustard	5	sm	Red potatoes; halved
1/2 tsp	Dried whole thyme	1	lg	Onion; quartered
1/4 tsp	Rosemary	2 Tbs		Quick cooking tapioca
1/2 tsp	White pepper	1/4 cup		-Water

Procedure

- 1 Trim fat from brisket. Heat oil in a lg. frying pan. Over med-high heat, brown brisket on all sides. Place carrots, onions, and potatoes in crockpot. Sprinkle tapioca over top of vegetables. Add browned brisket. Combine wine and remaining ingredients. Pour over top of brisket. Cover with lid and cook on HIGH for 4.1/2 hrs. to 5 hrs. or on LOW for 8 hrs. The tapioca will thicken the liquid to make its own gravy.

Servings: 5

Crockpot Brownie Cakes in a Jar

2	CANNING JARS, wide mouth (See note)	1/4 cup	WATER
		3 Tbs	Unsweetened cocoa powder
1 cup	ALL-PURPOSE FLOUR	1/4 cup	BUTTERMILK
1 cup	SUGAR	1	EGG, beaten
1/2 tsp	BAKING SODA	1/2 tsp	VANILLA EXTRACT
1/4 tsp	GROUND CINNAMON (optional)	1/4 cup	WALNUTS, finely chopped
1/3 cup	BUTTER or MARGARINE		

Procedure

- 1 Well grease two 1-pint straight-sided wide-mouth canning jars; line the bottom of each jar with waxed paper. Set aside.
- 2 In a small bowl stir together flour, sugar, baking soda and cinnamon, if desired. Set aside.
- 3 In a medium saucepan combine butter or margarine, water, and cocoa powder; heat and stir till margarine is melted and mixture is well blended. Remove from heat; stir in flour mixture. Add buttermilk, egg and vanilla; beat by hand until smooth. Stir in nuts.
- 4 Pour mixture into the prepared canning jars. Cover the jars tightly with greased foil. (Place greased-side down on each jar).
- 5 Place jars in a 3 1/2, 4, 5, or 6-quart crockery cooker with liner in place. Cover; cook on high heat setting for 2-3/4 to 3 hours or until cakes spring back when touched and a long wooden toothpick inserted near the centers comes out clean. Remove jars from cooker; cool 10 minutes. Unmold cakes; remove waxed paper. Serve warm or cool with ice cream. Makes servings.
- 6 **WARNING:** Use only CANNING JARS for this recipe. Others may not be tempered to withstand the heat. Do NOT use coffee or vegetable cans as most contain lead and are painted or sealed with materials that may give off toxic gases when heated.
- 7 This recipe doesn't say you can seal them up and store them in your pantry but my Kerr Canning book recipe says you can; here's how:
- 8 Remove jars from the oven one at a time, wipe rim of jar clean; put on lid and ring and screw on tightly. Jars will seal as the cake cools. Store like canned goods.
- 9 If you'll be giving these as gifts, take a piece of decorative cloth (about 1-inch larger in circumference than the lid) and put it on top of the lid, then screw on

Crockpot Brownie Cakes in a Jar
the ring. Make sure you screw the lid on very tightly. I like to use pinkie
shears to cut the cloth out with.

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Servings: 2

Crockpot Brunswick Stew #1

1 cup	Tomatoes; cut up (16 oz.)	1		Bay leaf
1 cup	Tomato paste; (6 oz.)	1	tsp	Salt
3 cup	Chicken; cubbed, cooked	1/2	tsp	Rosemary;dried, crushed
1	package Frozen succotash	1/2	tsp	Pepper
	Or 1 pkg. frozen okra;slice	1	dash	Ground cloves
1 cup	Onions; chopped	2 1/2	cup	Chicken broth

Procedure

- 1 In Crockpot, stir together Undrained tomatoes and tomato paste. Add chicken, Frozen succotash or sliced okra, onion, bay leaf, salt, rosemary, pepper and cloves. Stir in chicken broth. Cover; cook on low heat setting for 5 to 6 hours. Before serving, remove bay leaf and stir well. Makes 6 servings.

Servings: 6

Crockpot Brunswick Stew #2

1	Chicken; 2 1/2 to 3 lb	10 oz	Lima beans; frozen and partially thawed
2	quart Water	10 oz	Corn; whole kernel, frozen, partially thawed
1	Onion; chopped	2	tsp Salt
2	cup Ham; cooked, cubed	1	tsp Sugar
3	Potatoes; diced	1/4	tsp Pepper
2	cn Tomatoes; 16 oz, ea, cut up	1/2	tsp Seasoned salt

Procedure

- 1 In a crockpot combine chicken with water, onion, ham, and potatoes. Cook covered on LOW for 4 to 5 hours or until chicken is done. Lift chicken out of pot; remove meat from bones. Return chicken meat to pot. Add tomatoes, beans, corn, salt, seasoned salt, sugar and pepper. Turn control to HIGH. Cover and Cook on HIGH 1 hour. Serve in large individual bowls. Makes 8 servings...

Servings: 8

Crockpot Caldillo (Green Chili Stew)

2	lb	Pork or beef	1	Garlic cloves, crushed
2	Tbs	Oil	2	tsp Salt
3		Potatoes	1	oz Green chilies, diced
1/2	cup	Onion		

Procedure

- 1 Cube meat, sprinkle with salt and fry until brown in oil. Dice potatoes and add to browned meat; slice onions and add, then garlic, salt, chilies and enough water to cover. Continue to add water if necessary. It will have a soupy consistency.

Servings: 4

Crockpot Carmel Apples

2 package Caramels, 14oz 8 md Apples
 each
1/4 cup Water

Procedure

- 1 In crockpot, combine caramels and water. Cover and cook on high for 1 to 1 1/2 hours, stirring frequently. Wash and dry apples. Insert stick into stem end of each apple. Turn control on low. Dip apple into hot caramel and turn to coat entire surface. Holding apple above pot, scrape off excess accumulation of caramel from bottom apple. Place on greased wax paper to cool.

Servings: 8

Crockpot Chicken

1 To 2	carrots, thinly sliced	1	package G-washington chicken or beef bouillon
1 To 2	celery stalks, thinly sliced		
1	Onion, sliced		Pepper
1	Chicken cut up into parts (or 2 chicken breasts if only like white meat)		Garlic powder

Procedure

- 1 Put vegetables in crock pot Place Chicken on top Sprinkle with bouillon and seasonings, add 1/4 cup water and cook on low 8 hours. This is much like a delicious roasted chicken. I hope you like it.

Servings: 6

Crockpot Chicken & Artichoke Casserole

	-	3	Tbs	Sherry
3	lb			
	Broiler-fryer; cut up	1/2	tsp	Dried tarragon
	Salt; to taste	1		cn Mushrooms
1/2	tsp	2	Tbs	(heaping) quick cooking
1/2	tsp			tapioca
1	Tbs	2		Jars marinated artichoke
1/2	cup			hearts; drained, reserve 1
	Rich chicken broth			tbps of the marinade

Procedure

- 1 Wash chicken. Pat dry with paper towels. Season with salt, white pepper, and paprika. Using a lg. frying pan, brown chicken in butter and reserved marinade. Place mushrooms and artichoke hearts in bottom of crockpot. Sprinkle with tapioca. Add the browned chicken pieces. Pour in broth and sherry. Add tarragon. Cover crockpot and turn to LOW heat setting. Cook for 7 to 8 hrs., or cook on HIGH for 5 hrs. If you don't want to brown the chicken first, it's okay.

Servings: 6

Crockpot Chicken & Rice

1/2 lb	Mushrooms, fresh	1 tsp	Poultry seasoning
1/2 cup	Onions, chopped	1/4 tsp	Salt
2 lb	Chicken, raw	2 cup	Water
1 tsp	Chicken bouillon	3/4 cup	Rice, uncooked

Procedure

- 1 Slice mushrooms. Remove skin from chicken. Spray 12" skillet with nonstick spray coating. Brown mushrooms, onion, and chicken pieces on all sides over medium heat about 15 minutes. Stir in seasonings and transfer to crockpot. Can be refrigerated overnight.
- 2 Start crockpot on LOW. When ingredients are heated, add rice. Cook until done.
- 3 PER SERVING: 265 cal, 25g prot, 27g carbo, 6g fat, 67mg chol, 20% of calories from fat

Servings: 6

Crock-Pot Chicken & Rice Casserole

4	lg Chicken breasts	1	cn Cream of mushroom soup (sm)
1	cn Cream of chicken soup (small)		
1	cn Cream of celery soup (small)	1/2 cup	Diced celery
		1 cup	Minute rice

Procedure

- 1 Mix in crock-pot the 3 cans of soup and rice. Place the chicken on top of the mixture, then add the diced celery. Cook for 3 hours on high or 4 hours on low. Makes 4 servings. More rice, about 1/2 cup, and 2 other chicken breasts may be added to make 6 servings.

Servings: 4

Crockpot Chicken & Sausage

1	Tbs	Olive oil	1	cn	Stewed Tomatoes, Italian
			1	cn	Tomato Paste, 6 Oz.
4		Garlic cloves, crushed	1/4	lb	Hot Sausage
1		Onion, med. chopped	2		Chicken breasts
1		Red pepper, chopped	1	tsp	Italian Seasoning
1		Green pepper, chopped			Red Pepper flakes (opt)
1		Zucchini, sml. chopped			
1		cn Mushrooms			

Procedure

- 1 Heat oil in skillet. Sautee onion and garlic until light brown. Remove. Add sausage and chicken to brown in the skillet. Drain and pat dry. In crockpot combine all other ingredients together with the onions and garlic. Add the sausage then top with the chicken breasts. Cover and cook on low setting 6-8 hrs.

Servings: 2

Crockpot Chicken & Sausage Dbcp84b

1	Tbs	Olive oil	1	cn	Stewed Tomatoes, Italian
4		Garlic cloves, crushed	1	cn	Tomato Paste, 6 Oz.
1		Onion, med. chopped	1/4	lb	Hot Sausage
1		Red pepper, chopped	2		Chicken breasts
1		Green pepper, chopped	1	tsp	Italian Seasoning
1		Zucchini, sml. chopped			Red Pepper flakes (opt)
1		cn Mushrooms			

Procedure

- 1 Heat oil in skillet. Sautee onion and garlic until light brown. Remove. Add sausage and chicken to brown in the skillet. Drain and pat dry. In crockpot combine all other ingredients together with the onions and garlic. Add the sausage then top with the chicken breasts. Cover and cook on low setting 6-8 hrs.

Servings: 2

Crockpot Chicken 2

		1	tsp	Basil
1	Boneless chicken in pieces	1/2	tsp	Salt
4	Potatoes; quartered	1/2	tsp	Pepper
5	Carrots; cut in chunks	1/2	tsp	Garlic; powdered
3	Celery stalks; cut in half			
1	cup			Chicken broth; or water

Procedure

- 1 Put 1 cup of water or chicken broth in bottom of pot. Layer potatoes next, then carrots then celery. On top of this add chicken. Sprinkle tsp basil, 1/2 tsp pepper, salt and garlic on top of chicken. Cook on LOW for 6 to 7 hours or on HIGH for 3-1/2 or so hours. You can use a small roast in place of chicken and still get good results.

Servings: 4

Crockpot Chicken and Rice

1/2 lb	Mushrooms, fresh	1 tsp	Poultry seasoning
1/2 cup	Onions, chopped	1/4 tsp	Salt
2 lb	Chicken, raw	2 cup	Water
1 tsp	Chicken bouillon	3/4 cup	Rice, uncooked

Procedure

- 1 Preparation: Slice mushrooms. Remove skin from chicken. Spray 12" skillet with nonstick spray coating. Brown mushrooms, onion, and chicken pieces on all sides over medium heat about 15 minutes. Stir in seasonings and transfer to crockpot. Can be refrigerated overnight.
- 2 Start crockpot on LOW. When ingredients are heated, add rice. Cook until done.
- 3 PER SERVING: 265 cal, 25g prot, 27g carbo, 6g fat, mg chol.

Servings: 6

Crock-Pot Chicken and Rice Casserole

4	lg Chicken breasts	1	cn Cream of mushroom soup (sm)
1	cn Cream of chicken soup (small)		
1	cn Cream of celery soup (small)	1/2 cup	Diced celery
		1 cup	Minute rice

Procedure

- 1 Mix in crock-pot the 3 cans of soup and rice. Place the chicken on top of the mixture, then add the diced celery. Cook for 3 hours on high or 4 hours on low. Makes 4 servings. More rice, about 1/2 cup, and 2 other chicken breasts may be added to make 6 servings.

Servings: 4

Crockpot Chicken Cacciatore

2	Med Onions; peeled, sliced t	1/4	tsp	Pepper
3 lb	Chicken; cut up	1 1/2	tsp	Dried oregano; crushed
2 cup	Garlic; minced	1/2	tsp	Dried basil; crushed
1 cup	Tomatoes; 16 oz	1		Bay leaf
1 cup	Tomato sauce; 8 oz	1/4	cup	Dry white wine
1 tsp	Salt			Spaghetti; cooked

Procedure

- 1 Place onions in slow cooker. On top of onions place chicken pieces, garlic, tomatoes, tomato sauce, salt, pepper, herbs and wine. Cover pot. Cook on low 6 to 8 hours, or high 3 to 4 hours. Serve chicken with its sauce on spaghetti which you have prepared.

Servings: 4

Crockpot Chicken Cacciatore #1

2	Med Onions; peeled, sliced t	1/4	tsp	Pepper
3 lb	Chicken; cut up	1 1/2	tsp	Dried oregano; crushed
2 cup	Garlic; minced	1/2	tsp	Dried basil; crushed
1 cup	Tomatoes; 16 oz	1		Bay leaf
1 cup	Tomato sauce; 8 oz	1/4	cup	Dry white wine
1 tsp	Salt			Spaghetti; cooked

Procedure

- 1 Place onions in slow cooker. On top of onions place chicken pieces, garlic, tomatoes, tomato sauce, salt, pepper, herbs and wine. Cover pot. Cook on low 6 to 8 hours, or high 3 to 4 hours. Serve chicken with its sauce on spaghetti which you have prepared.

Servings: 4

Crockpot Chicken Cordon Bleu

- 4 Boneless chic breast*
- 4 Slices ham
- 4 Slices swiss cheese

Procedure

- 1 *Halve the chicken breasts and pound thin Place 1 slice each of ham and cheese on each breast half Roll up and place into bottom of crockpot. To one can golden mushroom soup add 1/2 can water and 1/4 cup of dry sherry. Mix well and pour over chicken in crockpot. cook on low for 8 hours. Serve over rice or noodles.

Servings: 4

Crockpot Chicken Cordon Bleu #1

		1	cn	Cndsd Cr of Mushroom
3	Chicken breasts; skin & bone			soup
3	Swiss cheese slices; halved	3	Tbs	Milk
3	Ham slices; halved	1	Tbs	Sherry (optional)
2	Tbs Margarine	1/4	tsp	Seasoned pepper

Procedure

- 1 Flatten chicken breasts with wooden mallet. Cover each half breast with a slice of cheese and ham (thinly sliced ham). Secure with toothpicks. In skillet, brown chicken in hot margarine. Arrange in crockpot. Combine soup and remaining ingredients and pour over chicken. Cover pot and cook on low for 4-5 hours. Serve on watercress if desired.

Servings: 4

Crockpot Chicken Kona

		1/2 cup	Soy sauce
3 lb	Chicken parts	1/2 cup	Water
1/2 cup	Green onion; chopped	1/2 cup	Honey

Procedure

- 1 Sprinkle chicken with salt and pepper and place in CROCKPOT. Combine onion, soy sauce and water and pour over chicken. Cover and cook on LOW 3-4 hours or until chicken is render. Remove chicken from pot. Arrange on broiler pan and brush honey on chicken. Broil until golden brown, brushing with honey several times. NOTE: Chicken and sauce may be refrigerated and browned at a later time, if desired...

Servings: 4

Crockpot Chicken Marengo

2 1/2 lb	Chicken; cut up	2	Tomatoes; fresh, quartered
1	package Spaghetti sauce mix 1 1/20 oz	1/4 lb	Mushrooms; fresh
1/2 cup	White wine; dry		

Procedure

- 1 Place chicken parts in crockpot. Combine spaghetti sauce mix with wine and pour over chicken. Cover and cook on low 6-7 hours. Turn control to high. Add tomatoes and mushrooms. Cover and cook on high -40 minutes or until tomatoes are done.

Servings: 4

Crockpot Chicken Noodle Soup

			1/2	tsp	Marjoram		
1		Chicken carcass; (see note)	1		Onion; chopped		
2	quart	Water	1		Bay leaf		
1		Carrot; chopped	2		Celery stalks; chopped		
1	tsp	Salt	6	oz	Noodles; cooked & drained		
1	Tbs	Dried parsley leaves	3		1" squares cheesecloth		
1/4	tsp	Pepper					

Procedure

- NOTE: The chicken carcass should be in pieces. If no carcass, chunks of cooked chicken cut off the bone or chicken parts. Combine carcass or meat in water in crockpot. Add salt, pepper, onion, celery & carrot. Place parsley, marjoram and bay leaf in center of cheesecloth. Gather up sides and tie. Drop in pot with chicken. Cover and cook on LOW for 5-6 hrs. Remove carcass and spice bag from pot. Take meat off bones; return meat to broth. Drop cooked noodles into pot with meat. Cover and cook on HIGH for 20-30 min. Makes 8 servings. (NOTE: Turkey can be used instead of chicken.)

Servings: 8

Crockpot Chicken Stroganoff

- 6 Boneless Chicken Breasts
- 1 lg Container of sour cream
- 1 cn Cream of Mushroom soup (or any of the cream soups)
- 1 package Lipton's dry Onion Soup mix

Procedure

- 1 Mix all together and put into crockpot. Cook on low for 4 -6 hours. Or until chicken is tender. Serve over cooked noodles or rice.

Servings: 4

Crockpot Chicken/sausage Cassoulet

		1	tsp	Chicken bouillon granules
1	package	Frozen lima beans		
		1/2	tsp	Dried basil; crushed
1	cup	Tomato juice		
		1/2	tsp	Dried oregano; crushed
1		Carrot; 1/2 inch	pcs	
		3		Boneless chicken breasts
1		Stalk celery; 1/2"	pcs	
		3		Chicken drumsticks
1		Onion; chopped		
		8	oz	Smoked kielbasa
1		Clove garlic; minced		
1		Bay leaf		

Procedure

- 1 Place carrots, limas, celery and onions on bottom of Pammed crockpot. Combi herbs, juice and bouillon and add to vegetables. Place chicken on top of vegetables. Cut sausage into pieces. Put chicken and sausage on top of vegs Cover crockpot and cook on Low heat for 10 hours or on high for 5 hours. Remove bay leaf before serving.

Servings: 4

Crockpot Chili Beef Short Ribs

3	lb	Short ribs	1/2	tsp	Salt
1	Tbs	Vegetable oil	1	tsp	Pepper
2		Garlic cloves	1		Onion
2	tsp	Chili powder	2		Cans red kidney beans
1	15 oz	tomato sauce			

Procedure

- 1 Put ribs in pot of boiling water, reduce heat and simmer for 10 minutes. Remove ribs from water and drain well to remove as much fat as possible. (This can easily be done the evening before to save time in the morning.) Brown ribs in hot oil. Remove, drain all but 1 tsp fat. Add chopped garlic, lightly brown in oil^^. Add chili powder, tomato sauce, bring to simmer. (I do all of this the evening before to save more time.) Sprinkle ribs with salt and pepper put in crockpot. Add sauce and sliced onion. Cover and slow cook 6 to 8 hours on low. Remove bones from pot, skim off any visible fat. Add kidney beans, cover and cook on high one hour. Serve with cornbread.

Servings: 4

Crock-Pot Chili Con Carne

4	lb	Ground beef	1	tsp	Oregano
3	Tbs	Shortening	1	tsp	Ground cumin
2	cup	Chopped onion	1/2	tsp	Cayenne pepper
2		Garlic cloves; crushed	1/2	cup	Beef stock
4	Tbs	Chili powder	1	cn	Tomatoes; 28 ozs.
3		Beef bouillon cubes; crushed	1	cn	Tomato paste; 8 oz.
1 1/2	tsp	Paprika	4	cn	Red kidney beans; 1 lb cans

Procedure

- 1 Heat shortening in skillet and brown beef, discard fat, Combine all ingredients in removable liner, stirring well. Place liner in base. Cover and cook on low 8-10 hours; high 4-5 hours or auto 6-7 hours

Servings: 10

Crockpot Chili Verde

1	Onion; coarsely chopped	2	lb	Pork, lean; trimmed & cubed
1	Bell pepper, green; coarsely chopped	2	tsp	Oregano
		2	tsp	Sage
4	Garlic clove; minced	1	tsp	Cumin
1 Tbs	Olive oil	1	tsp	Red pepper flakes
4 oz	Green chile, canned diced	1/2	cup	Beer
1	Jalapeño; diced (opt)			
7	Tomatillo			

Procedure

- 1 First, saute one onion and one green pepper, coarsely chopped, with three or four cloves of garlic, minced, in olive oil. Throw into the crockpot. Also throw in a small can of diced green chiles. Depending on your propensity for spicy food, you may add from one to three jalapenos, sliced. Then, throw some tomatillos in the pot. How many? Well, when I got fresh ones in San Diego, I'd get seven or eight. Peel off the husk and coarsely chop. Now that I've moved to Pittsburgh (don't ask me why), I've had to use canned ones on occasion. How many? Well, I don't really remember, it was one medium sized can, I think. Pay attention: I mean tomatillos, not green tomatoes. The Frugal Gourmet substituted celery and tomatoes. I haven't forgiven him yet.
- 2 Take about 2 pounds of lean pork (I trim off all the excess fat I can), cubed, and brown in the pan that you sauteed the onion, etc. in. Into the pot. Now, the seasoning mixture. I prefer to grind up in my mortar oregano, some dried red chile peppers, sage, and cumin seed. Perhaps also some black pepper. I almost never put salt in anything, so I probably wouldn't here either, but you may want to. How much? Well, about 2 tsp each of the oregano and the sage. 1 tsp each of the cumin seed and dried red peppers. Salt and pepper to taste. I probably will add a dash of beer (about 1/2 cup) for obscure reasons.
- 3 This crockpots all day, or could be simmered for probably about 2 hours.
- 4 Traditionally, this is served in bowls, with hot flour tortillas, salsa, and cilantro. You can also have sour cream, grated cheese, olives, and pickled carrots and jalapenos around. Of course, you wrap all this up in the tortillas, making killer burritos.
- 5 I throw one twist into this, a technique that comes from carnitas. After cooking, I separate the meat from the broth, crisp the meat under the broiler, and reduce the sauce in the pan. This adds a great texture to the meat, and keeps the burritos from being too soggy. This is not what the original requester would want to do.

6

Crockpot Chili Verde

Servings: 6

Crock-Pot Continental Chicken

1	package Dried beef	1/4	cup	Flour
8	Chicken breast halves	1/4	cup	Sour cream
	Without skin, boned	1	cn	Mushroom soup,
8	sl Bacon			undiluted

Procedure

- 1 On bottom of greased crock-pot, arrange dried beef. Wrap each piece of chicken with a strip of bacon and lay on top of dried beef. In a small bowl, blend sour cream and flour, add soup and mix thoroughly. Pour mixture over chicken. Cover and cook on low, 8 to 10 hours (or 3 to 5 hours on high heat). Serve over hot noodles.

2

3

Servings: 8

Crockpot Coq Au Vin

3 lb	Chicken	3 cup	Stock, veal; skip if too full
4	Garlic cloves	1 tsp	Thyme leaves
2	Bay leaf	1 Tbs	Parsley leaves
1	Onions, sliced	4	sl Bacon
1	Carrots; whole or sliced	8 oz	Mushrooms, fresh; optional
4	Potatoes; cut into wedges	8 oz	Onions, pearl; optional
2 cup	Wine, red; burgundy suggested		

Procedure

- 1 Remove giblets and neck from chicken. Stuff garlic and bay leaves into chicken cavity. Place in crockpot, breast side down, and add onions, carrots, and potatoes. Add wine and seasonings. If there is still plenty of room in the crockpot, add stock. Remember that chicken juices will raise the liquid level in the crockpot during cooking. Cook on LOW all day.

Servings: 4

Crockpot Corn

1 lg Bag frozen corn
8 oz Pkg. cream cheese

1 Stick margarine
Salt and pepper to taste

Procedure

1 Melt cream cheese and margarine in microwave. Spray crockpot with vegetable spray. Put melted cream cheese and margarine in crockpot. Add corn, salt and pepper. Cook in crockpot for two hours on low.

2 [

Servings: 8

Crockpot Corn and Lentil Soup

			3/4	tsp	Cinnamon
1 1/2	lb	Chicken thighs;boneless &	7	cup	Chicken broth
		;skinless	1	cup	Corn kernels ;cooked
1 1/2	cup	Lentils	2	Tbs	Lemon juice
1		lg Onion ;chopped			Salt
3		Celery ribs ;sliced			Pepper
2	Tbs	Tomato paste			
1	tsp	Turmeric			

Procedure

- 1 Place 1 1/2 pounds boneless and skinless chicken thighs in a crockpot with 1 1/2 cups lentils, 1 large chopped onion, 3 sliced celery ribs, tablespoons tomato paste, 1 teaspoon turmeric, 3/4 teaspoon cinnamon and 7 cups chicken broth. Stir well and cook 3 to 5 hrs on high or 7 to 9 hours on low or until thighs are tender. remove thighs and cut into bite size pieces. Return meat to pot along with 1 cup cooked corn kernels, 2 tablespoons lemon juice, salt and pepper to taste. Stir well and serve hot. Makes 8 servings.

Servings: 8

Crockpot Corn Chowder

		1	Tbs	Sugar
6	sl Bacon; diced	1	tsp	Worcestershire
1/2	cup Onion; chopped	1	tsp	Seasoned salt
2	cup Potatoes; peeled & diced	1/8	tsp	Seasoned pepper
2	package Frozen whole corn broken apart (10 oz. ea)	1	cup	Water
1	cn Cream-style corn (16 oz.)			

Procedure

- 1 In skillet, fry bacon until crisp; remove. Add to drippings, the onion and potatoes and saute about 5 mins. Drain well. Combine all ingredients in crock-pot and stir well. Cook on LOW 4-7 hours.

Servings: 4

Crockpot Corned Beef & Cabbage (St. Paddy's Day)

4 1/2	lb	Corned Beef Brisket	3	Tbs	Vinegar
1/2	tsp	Pepper	1		Cabbage Head, cut in wedges
2		md Onions, quartered	3	Tbs	Sugar

Procedure

- 1 Combine ingredients in removable liner with cabbage on top. Cut meat to fit, if necessary. Place liner in base. Cover and cook on low -12 hours; high 6-7 hours or auto 6-8 hours.

2

Servings: 6

Crockpot Corned Beef and Cabbage

4 1/2	lb	Corned beef brisket	1/2	tsp	Pepper
2		md Onions, quartered	3	Tbs	Vinegar
1		Cabbage head	3	Tbs	Sugar
		Cut in small wedges	2	cup	Water

Procedure

- 1 Combine ingredients in removable liner with cabbage on top. Cut meat to fit, if necessary. Place liner in base. Cover and cook on low -12 hours; high 6-7 hours or auto 6-8 hours.

2

Servings: 6

Crock-Pot Cornmeal Dumplings

1/2 cup	All-purpose flour	1	Egg; beaten
1/3 cup	Cornmeal	2 Tbs	Skim milk
1 tsp	Baking powder	2 tsp	Oil
1 Tbs	Sugar		

Procedure

- 1 In med bowl, stir together flour, cornmeal, baking powder and sugar.
- 2 In smal bowl, mix egg, milk and oil. Stir into the dry stuff, mixing til just combined.
- 3 Drop mixture by rounded teaspoonfuls on top of the soup. Cover; cook minutes more without lifting the lid (no cheating] til the end of cooking. 6 to 8 servings.

Servings: 7

Crockpot Country Pork Ribs

1 Onion; diced

3 lb Country pork ribs

1 Btl BBQ sauce;(Cooks choice)

Procedure

- 1 Put all ingredients in crockpot, cook on low 6-8 hours. Serve with kernal corn or cole slaw.

Servings: 4

Procedure

- Servings: 4

Procedure

- Servings: 4

Crockpot Creole Chicken

		1/4 lb	Cooked ham
1	Fryer chicken cut up	1 tsp	Salt
1	Green pepper, chopped	1/2 lb	Smoked or Polish sausage, sl
6	Green onions , chopped	3 cup	Cooked rice
16 oz	Can tomato paste		

Procedure

- 1 several drops of bottled hot pepper sauce In crockpot combine chicken, pepper, onions, tomatoes, tomato paste , ham, salt and hot pepper sauce. Cover and cook on low 4-5 hours. Turn control to high. Add sausage and cooked rice. Cover and cook on high 20 minutes.

Servings: 4

Crockpot Curried Beef with Fruit

3	lb	Beef Roast; boneless, chuck	1 1/2	tsp	Beef bouillon granules
3/4	cup	Onion	1/4	tsp	Pepper
1	Tbs	Oil	2		Bay leaves
1		cn Pineapple chunks; (juice packed) 15 1/4 oz.	16	oz	Apricot halves; drained
					Hot cooked rice
1	cup	Orange juice	3/4	cup	Peanuts; chopped
3	Tbs	Tapioca; quick-cooking			
3	tsp	Curry powder			

Procedure

- 1 Trim fat from meat; cut meat into 3/4 inch cubes. In a large skillet brown meat cubes and onion, half at a time, in hot oil. In crock pot, [] combine undrained pineapple, orange juice, tapioca, curry powder, bouillon granules, pepper, and bay leaves. Add meat and onion to cooker.
- 2 Cover; cook on low-heat setting for 9 1/2-11 1/2 hours or on high heat setting for 3 1/2-4 1/2 hours. Add drained apricots, cover; cook on low or high heat setting for 30 minutes more. Serve over rice. Sprinkle peanuts on top of beef.

Servings: 9

Crock-Pot Curry

2	lb	Beef round steak*	1	cup	Diced onion
1/2	cup	Flour	2	tsp	Salt
1	Tbs	Curry powder	1/2	tsp	Pepper
2		Garlic cloves; minced	1		cn Beef broth (14 oz)
1	cup	Raisins	2		Apples**
2		Apples;peeled, cored, sliced	1		Fluffy rice

Procedure

- 1 * or lean stewing beef, cut into 1-1/2-inch cubes ** unpeeled, cored, and finely chopped Wipe beef well. Mix flour and curry powder. Coat meat cubes with flour mixture. Place meat in crock-pot. Add garlic, raisins, sliced apples, onion, salt and pepper. Pour in broth and stir to blend. Cover and cook on LOW setting for 8 to 10 hours or until meat is tender. Before serving, stir in additional curry powder to taste (up to 1 tablespoon) and chopped apples. Serve over hot rice. 6 to 8 servings (about 2-1/2 quarts)
NOTE: Three pounds cubed lean lamb may be substituted for the beef.

Servings: 7

Crockpot Dressing

		2	Eggs, well beaten
1	cup	Margarine	1 1/2 tsp Salt
2	cup	Onion, chopped	1 1/2 tsp Sage
2	cup	Celery, chopped	1 tsp Thyme
1/4	cup	Parsley sprigs	1/2 tsp Pepper
2	cup	Mushrooms, 8 oz., drained	1/2 tsp Marjoram, optional
12	cup	Bread cubes, slightly dry	3 1/2 cup Chicken broth or turkey brot
1	tsp	Poultry seasoning	

Procedure

- 1 Melt butter in a skillet and saute onion, celery, parsley, and mushrooms. Pour over bread cubes in a very large mixing bowl. Add all seasonings and toss well. Pour in enough broth to moisten. Add eggs and mix well. Pack lightly into Crockpot. Cover and set to high for minutes then reduce to low to cook for 4 to 8 hours. I have enjoyed this many times at a friend's house. Using this recipe, I'll bet you can modify your own to work perfectly in the crockpot. Sure saves oven space in Thanksgiving!

Servings: 6

Crock-Pot Fifteen-Bean Soup

1	package (20 oz) 15-bean soup mix (throw away the flavor packet!)	2	Stalks chopped celery
		1	Bay leaf
1	lg Onion, chopped	1 dash	Cayenne pepper
1	tsp Garlic		Ground pepper to taste
1	tsp Celery salt	1	package Polska kielbasa, sliced into coins

Procedure

- 1 Soak beans overnight, changing water frequently. Drain. In crock- pot, cover beans with 1 inch water. Add all other ingredients except kielbasa. Cover and cook on high for one hour; turn to low and cook overnight. Stir once or twice during cooking. One hour before serving, check the texture of the soup. If it's too thin, mash some of the beans with a potato masher. Add sliced kielbasa. Cook for one hour. Serve with Tabasco sauce and bread or rice.
- 2 You can substitute turkey kielbasa, if you prefer, for the regular.
- 3 Serves 4 generously.
- 4 NOTE: This soup freezes well. Leftovers are excellent (usually thicker from reheating), and are delicious served over rice.

Servings: 4

Crockpot French Onion Soup

3	Lg Onion; thinly sliced	1	tsp	Worcestershire sauce	
1/2	cup	Butter or margarine	1/2	tsp	Salt
2	Tbs	Instant beef bouillon; or 6	4		Sl French bread; toasted
4	cup	Hot water	1/4	cup	Parmesan cheese; grated

Procedure

- 1 In skillet cook onions in butter, until lightly browned. In crockpot combine browned onions in butter with bouillon, water, Worcestershire sauce and salt. Cover and cook on low 4-6 hours. Top each bowl with Toasted French bread, sprinkled with cheese. Recipe may be doubled, kept hot and served from crockpot.

Servings: 6

Crockpot Hamburger Soup

1 1/2 lb	Lean ground beef	1 cup	Cabbage; sliced
1	md Onion; chopped	6 oz	Tomato paste
1	cup Carrots; sliced	2 tsp	Worcestershire sauce
1	cup Celery; sliced	3 cup	Beef bouillon, or stock

Procedure

- 1 In skillet, brown hamburger and drain thoroughly. Add onion, carrots, celery and cabbage. Combine tomato paste, worcestershire sauce and beef stock/bouillon. Add to crock pot, with Hamburger an stir to blend. Cover and cook on low setting for 8 to 10 hours, or high setting for 3 to 4 hours.
- 2 NOTE:
- 3 This is an upd version of an old chuckwagon recipe. They would use finely diced beef and the vegetables and let them cook all day at roundup time.
- 4

Servings: 8

Crockpot Hungarian Goulash

		1	tsp	Paprika
2 lb	Round steak; cut in cubes	1	tsp	Thyme; dried
1 cup	Onion; chopped	1		Bay leaf
1	Garlic clove; minced	14 1/2	oz	Tomatoes
2 Tbs	Flour	1	cup	Sour cream
1 tsp	Salt			
1 tsp	Pepper			

Procedure

- 1 Put steak cubes, onions, garlic in crockpot. Stir in flour and mix to coat steak cubes. Add all remaining ingredients except sour cream. Stir well. Cover and cook on LOW 8 to 10 hours. Add sour cream 30 minutes before serving. (HIGH 4 to 5 hours)> Serve over hot buttered noodles.

Servings: 6

Crockpot Hunter's Chicken

1	Tbs	Oil				Turmeric
1		Bell peppers; sliced	6	oz		Mushrooms; sliced
1		Onions; sliced	8	oz		Tomatoes
1		Garlic cloves, crushed	1/2	cup		Wine, red
1		Chicken	3	Tbs		Cornstarch
		Cinnamon; stick or ground	1	tsp		Garlic salt
		Curry powder	1/4	cup		Water
		Cumin, ground				

Procedure

- 1 Sliced fresh mushrooms are best, although you can use canned. Brown bell pepper, onion, and garlic in oil in skillet. Also brown mushrooms, if using fresh. Place whole chicken in crockpot; add seasonings and vegetables, topping with vegetables from skillet. Add wine. Cook until done. Remove chicken to warmed platter (in -degree oven). Add water to cornstarch and salt and stir to a paste, then add to crockpot mixture and cook until slightly thickened and bubbly. Spoon sauce over chicken.

Servings: 2

Crockpot Ital. Chicken

- | | | |
|-------------------|---|------------------------------|
| | 6 | Frozen Chicken Breasts; * |
| 1 | | Sm Cabbage; cut in wedges |
| 1 | 1 | Jar Meatless spaghetti sauce |
| cup | 1 | x Parmesan cheese; grated |
| Mushrooms; canned | | |
| 2 | | Tbs Tapioca; quick cooking |

Procedure

- 1 *Remove skin and buy boneless breasts - frozen works well in crockpot. In a 3 1/2 to 6 quart crockery cooker place cabbage wedges, onion and mushrooms. Sprinkle tapioca over vegetables. Place FROZEN chicken pieces atop vegetables. Pour spaghetti sauce over chicken. Cover; cook on low-heat setting for 8-10 hours. Transfer to a serving platter. Sprinkle with Parmesan Cheese. Makes 6 servings.

Servings: 6

Crockpot Italian Chicken

	1	cn Mushrooms; 4 oz, or 1 cup
2 lb	Chicken; cut up	
1	cn Soup; cream of mushroom	Fresh mushrooms
1	package Salad dressing mix	1/2 cup Sour cream
	Seasoned salt and pepper	

Procedure

- 1 Combine all ingredients except mushrooms and sour cream in CROCKPOT. Cook on LOW for 6-8 hours. Add sour cream and mushrooms the last 1/2 hour of cooking

Servings: 4

Crockpot Italian Chicken Dinner

- | | | | |
|---|----------------------------|---|---|
| 1 | Sm Cabbage; cut in wedges | 1 | Chicken; broiler or fryer -
And frozen |
| 1 | cup Mushrooms; canned | 1 | Jars Meatless spaghetti sau |
| 2 | Tbs Tapioca; quick cooking | | Parmesan cheese; grated |

Procedure

- 1 In a 3 1/2 to 6 quart crockery cooker place cabbage wedges, onion and mushrooms. Sprinkle tapioca over vegetables. Place FROZEN chicken pieces atop vegetables. Pour spaghetti sauce over chicken. Cover; cook on low-heat setting for 10 to 12 hours. Transfer to a serving platter. Sprinkle with Parmesan Cheese. Makes 6 servings.
- 2 Notes from Gaye: The original recipe did not indicate the amount of onion to use. I used 1/4 cup dried chopped onion (equivalent to one onion). I used 1 cup of Ragu Garden Style with Tomatoes, Garlic and Onions. Also, I used fresh, skinned chicken n breasts.

Servings: 6

Crockpot Jambalaya

		1	tsp	Dried oregano; opt.
2	Carrots; sliced	1/2	tsp	Dried basil
2	Garlic clove; minced	1	lb	Shrimp; raw, shelled
1	tsp Salt	2	cup	Rice; cooked
1/4	tsp Pepper			

Procedure

- 1 Put chicken and all other ingreds. (EXCEPT SHRIMP AND RICE) in crockpot. Cover pot. Cook on low 4 to 5 hours, or on high 2 to 2 1/2 hours. Place shrimp and rice in slow-cooker. Cover pot. Cook on High for 35 minutes.

Servings: 4

Crockpot Kowloon Chicken

4 1/2 lb	Chicken parts or cut up	1 cup	Water chestnuts; drained an
	frye	4	Green onions; diagonally sl
	Salt and pepper	1/4 cup	Cornstarch
1/4 tsp	Ginger; ground	1/4 cup	Soy sauce
1 cup	Garlic; minced	1 Tbs	Vinegar
1 cup	Chicken broth or boullion		
1 cup	Pineapple slices; 8 1/2 oz		

Procedure

- 1 Sprinkle chicken with salt and pepper and place in crockpot. Combine ginger, garlic, broth and syrup from pineapple. Cut pineapple slices into fourths. Arrange pineapple and water chestnuts over chicken. Pour ginger sauce over all. Cover and cook on low 3-4 hours, or until tender. Add green onions. Dissolve cornstarch in soy sauce and vinegar. Stir into pot. Cover and cook on high 10-15 minutes or until slightly thickened. Serve with crisp Chinese noodles.

Servings: 6

Crockpot Lemon-Garlic Chicken

3	lb	Chicken	1	tsp	Poultry seasoning
1/2	cup	Lemon juice	2	dash	Tabasco
1/2	cup	Garlic cloves; crushed	1	cup	White wine
1	tsp	Seasoned salt			

Procedure

- 1 Skin and cut up chicken. Combine with other ingredients in crockpot. Set on low. Upon return from work, debone chicken. Serve over rice. If you freeze chicken pieces separately, and mix up other ingredients the night before, you can dump it all together quickly in the morning. And if you start with frozen chicken it doesn't fall apart.

Servings: 6

Crockpot Macaroni and Beef

1 1/2 lb	Ground beef	1	cn Corn, drained
2	cup Uncooked macaroni	2	cn Tomato soup
1	md Onion, chopped		Salt and pepper, to taste
1	cn Mushroom pieces, drained		

Procedure

1 1 1/2 POUNDS GROUND

2 2 STALKS---

3 Brown ground beef, drain fat; put in crockpot. Cook macaroni according to package directions till barely tender, drain well. (I find that cooking slightly less than half the time given works OK). Put macaroni and remaining ingredients in crockpot, stir to blend. Cook on low 7 to 9 hours or on high for 3 to 4 hours. Serving Size : 6 Preparation Time Categories : Crockpot Amount Measure Ingredient -- Preparation Method ounces Cheddar cheese -- grated 1 Onion -- chopped 4 ounces Mozzarella cheese -- grated 14 ounces Pizza sauce 14 ounces Spaghetti sauce 6 ounces Pepperoni -- sliced 12 ounces Noodles Mushrooms Green peppers Brown meat and onion. Drain grease. Add sauces. Simmer. Boil noodles till al dente; drain. You do not want the noodles to be soft. In crock pot, put a layer of sauce, noodles, meat/sauce mixture, cheeses, pepperoni and as much mushrooms and green peppers as desired. Original recipe said to repeat layers one more time, but I repeated layers a few times more. Cook on high for 30 minutes and then on low for 1 hour (I cooked on low for 2 hours), or until cheese melts. Can be made in a deep casserole dish in the oven at 350~F until cheese melts. Patti Anderson C/p Chicken and Noodles Serving Size : 1 Preparation Time Categories : Chicken Crockpot Amount Measure Ingredient -- Preparation Method ~ cut up 2 Carrots -- cut up 1 large Onion -- sliced 2 teaspoons Salt 1/2 teaspoon Pepper 1 teaspoon Dried basil 4 cups Uncooked noodles 1 chicken -- cut up Place the veggies on the bottom of the pot, put the chicken on top, followed by the seasonings. Pour 3 cups of water over. Set it on low and cook for -10 hrs. Take chicken out (carefully, because it will come off the bones) and put noodles in the broth, turning it up to high. Let the noodles cook for 45 min., while you take the meat off the bones. Mix the meat in. This is like a very thick chicken soup and the basil makes this delicious!

4

5

Servings: 6

Crockpot Macaroni and Beef

Crockpot Meatball/vegetable Stew

		1/8 tsp	Pepper
1 lb	Ground beef	1/2 tsp	Thyme
1	Egg; slightly beaten	2	cn Stewed tomatoes
1/2 cup	Fine dry bread crumbs	10 oz	Green beans
1	Onion; chopped	10 oz	Mixed vegetables
1	Celery top; chopped		
1 tsp	Salt		

Procedure

- 1 Mix ground beef with 1/4 c water and all ingredients except tomatoes and vegetables. Lightly shape into 2 inch meatballs. In skillet, brown meatballs. Pour stewed tomatoes over meatballs, in crockpot. Stir to mix. Cover and cook on low for 4-6 hours. Turn to high, add vegetables and cover and cook for 30-45 minutes more or until vegetables are tender. Check and correct seasonings.

Servings: 4

Crockpot Meatloaf

1	lb	Lean ground beef	3	Tbs	Onion soup mix
1		Egg	1/4	cup	Ketchup
1/3	cup	Oatmeal			

Procedure

1 Combine beef, egg, 3 tb ketchup, soup mix and shape into meatloaf. Place in crockpot and top with remaining ketchup. Cover and cook -10 hours. To freeze shape and put in freezer bag for up to 2 months. Refrigerate the night before cooking.

2

Servings: 6

Crock-Pot Minestrone Soup

1	md Onion; chopped	1	cn Tomatoes; crushed, 28 oz. ca
2	md Carrots; thinly sliced		
2	Celery; 1/2" dice	2	cn Kidney beans; drained 15 1/2
1	md Red bell pepper; seed, 1/2"	2	tsp Marjoram; dried
1	md Zucchini; sliced 1/4" thick	1/4	tsp Black pepper; ground coarsle
2	Cl Garlic; minced		
2	cn Vegetable broth; 14 1/2 oz c	1 1/2	cup Rice; cooked

Procedure

- 1 Add all ingredients except the rice to Crock-Pot. Cover; cook on Low 8 to 10 hours [High: 4 to 5 hours]. Add the cooked rice and stir to combine. Serves 6 to 8.

Servings: 7

Crockpot Moroccan Applesauce Cake

1/2	cup	Butter	1	tsp	Cinnamon
1	cup	Sugar	1/2	tsp	Salt
2		Eggs	1	cup	Chocolate chips
1	tsp	Vanilla	3/4	cup	s; chopped
1	cup	Applesauce			Or raisins
1 1/2	tsp	Baking soda	3/4	cup	Walnuts; chopped
1 1/2	cup	Flour			

Procedure

- 1 Cream butter and sugar. Add eggs one at a time. Beat until smooth. Add vanilla. Combine applesauce and soda. Stir in. Mix flour, cinnamon and salt. Add to creamed mixture. Beat until smooth. Beat until smooth. Mix in choc. chips, s and walnuts. Turn into a greased and floured 2 quart pudding mold. Place in crockery part of crock part. Cover with 4 layers of paper towels. Place lid loosely on top of crockpot so that steam can escape. Cook on High for 3 to 3 1/2 hours, or until toothpick inserted in center comes out clean.

Servings: 1

Crockpot Neapolitan Chicken

6	lb	Chicken pieces	3	Chicken bouillon cubes
1		lg Onion, chopped		Crushed
6		md Potatoes, 1" cubes	1/4	tsp Pepper
2		md Green peppers, in strips	3/4	tsp Basil
1/3	cup	Parsley, chopped	32	oz Spaghetti sauce, (4 cups)
1		Garlic clove, minced		

Procedure

- 1 Combine all ingredients in removable liner. Place liner in base. Cover and cook on auto 5 hours, low 6-8 hours or high 3-4 hours.

2

Servings: 8

Crockpot New England Chuck Roast

3	lb	Beef chuck roast	1	Bay leaf
1	tsp	Salt	2	tsp Vinegar
1/4	tsp	Pepper	5	cup Water
2		Onions; quartered	3	Beef bouillon cubes; crbld
4		Carrots; quartered	1	Cabbage; wedged
1		Celery stalk; chunked		

Procedure

- 1 ----SAUCE---- tb Margarine tb Instant minced oni9n tb Flour /2 c Beef stock
tb Prepared horseradish /2 ts Salt
- 2 Sprinkle meat with seasonings. Place onions, carrots, and celery in crockpot.
Top with meat. Add bay leaf, vinegar and water. Cover pot and cook on low
6-7 hours or until meat is tender. Remove meat, turn on high. Add cabbage
wedges; cover and cook on high 15-20 minutes or until cabbage is done.
Meanwhile, in saucepan, melt margarine. Stir in instant onion and flour (I use
about 1/2 c finely chopped real onion)/ Drain 1 1/2 c broth out of cooking pot.
Add broth, horseradish and and salt into saucepan. Cook over low heat,
stirring constantly, until thickened and smooth. Serve sauce over roast with
vegetables.

Servings: 6

Crockpot or Oven Beef Stew

1 1/2 lb	Stew beef	2 cup	Water
1	cn Tomatoes (28 oz can)	1/4 cup	Celery;chopped
3 Tbs	Instant tapioca	1 cup	Onion; chopped
1	sl Bread; shredded into tiny pieces		Carrots; as many as needed, chunked
	Salt; to taste		Potatoes;as many as needed, chunked
	Pepper; to taste		

Procedure

- 1 Combine all and place in large well greased casserole. Bake at 350 for about 3-1/2 hours. If you cook it in a crockpot, just start it early in the day, and cook on LOW for 8 to 10 hours.

Servings: 4

Crockpot Pizza

1 1/2 lb	Ground beef	4 oz	Mozzarella cheese; shredded
14 oz	Spaghetti sauce	1	package Noodles (12oz)
4 oz	Cheddar cheese; shredded	14 oz	Spaghetti sauce
6 oz	Pepperoni; sliced		Mushrooms; chopped
1	Onion; chopped		Green peppers; chopped

Procedure

- 1 Brown meat and onion. Drain grease. Add sauce. Simmer. Boil noodles until tender; drain. In crock pot, put a layer of sauce, noodles, meat/sauce mixture, cheses, pepperoni and as much green peppers and mushrooms as you want. Original recipe I had said to repeat layers one more time, but I did the layers over a few times more. Cook on HIGH for 30 minutes and then on LOW for 1 hour (I cooked on HIGH for minutes and LOW for 2 hours), until cheeses melts. This can be made in a deep casserole dish in the oven at 350 degrees F. until cheese melts.

Servings: 6

Crockpot Pizza #2

1 1/2 lb	Ground beef	4 oz	Mozzarella cheese; grated
14 oz	Spaghetti sauce	1	package Noodles (12oz)
4 oz	Cheddar cheese; grated		Mushrooms
6 oz	Pepperoni; sliced		Green peppers
1	Onion; chopped		

Procedure

- 1 Brown meat and onion. Drain grease. Add sauces. Simmer. Boil noodles until tender; drain. In crock pot, put a layer of sauce, noodles, meat/sauce mixture, cheses, pepperoni and as much green peppers and mushrooms as you want. Original recipe I had said to repeat layers one more time, but I did the layers over a few times more. Cook on HIGH for 30 minutes and then on LOW for 1 hour (I cooked on HIGH for minutes and LOW for 2 hours), until cheeses melts. This can be made in a deep casserole dish in the oven at 350~F until cheese melts.

Servings: 6

Crockpot Pork and Beans

6	cn	Pork and beans	1	cup	Ketchup
			3		sl Bacon; cut in half
16	oz	Tomato sauce	2	lb	Smoked Sausage; cut into 1" pieces
2	cup	Onion; chopped			
1 1/2	cup	Molasses			

Procedure

- 1 Brown sausages. Place all ingredients into crockpot. Cover and cook 4 hours plus.

Servings: 6

Crockpot Pork Chops/mushroom Sauce

		2	Tbs	Quick tapioca; (heaping)
4	Pork loin chops	2	tsp	Worcestershire sauce
	Cut 3/4 inch thick	1	tsp	Beef bouillon granules
1	Sm. onion; thin sliced	1/4	tsp	Dried thyme; crushed
1	cn Cream mushroom soup	1/2	tsp	Garlic powder
3/4 cup	White wine			Rice; Hot cooked
1	cn Mushroom pieces			

Procedure

- 1 In skillet or oven brown chops. Place browned chops in bottom of crockpot. Combine all other ingredients except rice. Pour over chops. Cover. Cook on for 10-12 hours or on High for 4 1/2 to 5 hours.

Servings: 4

Crockpot Porkchops with Mushroom Sauce

Procedure

- 1 sm pork chops -- 1 inch thick ts salt /4 ts pepper /8 ts sage cn cream of mushroom soup TB dried onions
- 2 Trim the excess fat from the chops and use it to grease a large skillet. Over high heat, brown each chop lightly on both sides. Salt and pepper each as it finishes and place it in the crockpot. Add the sage. Turn the soup (undiluted) and the onion flakes into the still hot skillet. Scrape the pan juices and turn them into the cooker. Cover and cook on Low for 8 to 10 hours.

3

4

Servings: 6

Crockpot Pot Roast

Ingredients Below

Procedure

- 1 -3 potatoes, pared and thinly sliced 2-3 carrots, pared and thinly sliced 1-2 onions, peeled and sliced 1 1/2 tsp. salt 1/4 tsp. pepper -4 lb. brisket, rump roast or pot roast 1/2 c. water or beef consomme Put vegetables in bottom of crockpot. Salt and pepper meat, then put in pot. Add liquid. Cover and cook on low 10 to 12 hours. (High: 5 to 6 hours.) Remove meat and vegetables with spatula and thicken gravy if desired. VARIATIONS Without Vegetables: Season roast with salt, pepper and any other favorite seasonings. Add no liquid. Cook as directed. Onion Mushroom: Omit vegetables. Put meat in crockpot. Add one 4 ounce can sliced mushrooms, drained. Mix 1/2 cup beef consomme and one envelope dry onion soup mix. Pour over all. Cook as directed. NOTE: To keep tops of meat and vegetables moist when cooking smaller amounts, rub 1 tablespoon of butter or oil directly on top of meat.

Servings: 1

Crock-Pot Potato-Cheese Soup

8	Potatoes, cubed	1	tsp	Savory
1	Tbs Chives, chopped	1/2	tsp	Salt
1 1/2	cup Chopped celery	1	cup	Milk
1/3	cup Chopped parsley	2	Tbs	Flour
1/2	cup Chopped onion	2	Tbs	Butter
1/4	tsp Paprika	2 1/2	cup	Grated cheddar cheese
1/4	tsp Celery seed			

Procedure

- 1 Place potatoes, chives, celery, parsley, onion, paprika, celery seed, savory and salt in a slow cooker and add just enough water to barely cover. Cook on high one hour. Turn heat to low and cook 4-5 hours or until potatoes are done. Combine milk and flour in a tightly covered jar and shake to blend evenly. In a small saucepan, melt butter over medium heat. Add flour mixture slowly, and stir constantly 3-4 minutes. Add cheese; stir until melted. Turn crock-pot to high setting. Add cheese mixture to soup and cook until slightly thickened. Serve hot in bowls and garnish with chives, sour cream or bacon bits.

Servings: 8

Crockpot Pumpkin Bread in Jars

1	cup	Flour	2	Tbs	Vegetable oil
1 1/2	tsp	Baking powder	2		Eggs
1	tsp	Pumpkin pie spice	1/2	cup	Pumpkin (canned)
1/2	cup	Brown sugar; firmly packed	4	Tbs	Raisins or dried currants; f

Procedure

- 1 In small bowl combine flour, baking powder and pumpkin pie spice; set aside.
- 2 In med. mixing bowl combine brown sugar and oil; beat till well combined. Beat in eggs. Add pumpkin; mix well. Add flour mixture. Beat just until combined. Stir in raisins.
- 3 Pour pumpkin mixture into 2 well-greased and floured 1/2-pint straight-sided canning jars. Cover jars tightly w/greased foil. Place a piece of crumpled foil in 3-1/2 or 4 qt. crockery cooker with liner in place. Place jars atop crumpled foil.
- 4 Cover; cook on high setting for 1-1/2 to 1-3/4 hours or until a wooden toothpick inserted near centers comes out clean.
- 5 Remove jars from cooker; cool 10 minutes in jars. Remove bread from jars. Cool thoroughly on wire rack. Makes 2 loaves.
- 6 FOR 3-1/2 to 4 QUART CROCKPOTS--Halve all ingredients.
- 7 WARNING: Use only CANNING JARS for this recipe. Others may not be tempered to withstand the heat. Do NOT use coffee or vegetable cans as most contain lead and are painted or sealed with materials that may give off toxic gases when heated.
- 8 This recipe doesn't say you can seal them up and store them in your pantry but my Kerr Canning book recipe says you can; here's how:
- 9 Remove jars from the oven one at a time, wipe rim of jar clean; put on lid and ring and screw on tightly.
- 10 Jars will seal as the cake cools. Store like canned goods.
- 11 If you'll be giving these as gifts, take a piece of decorative cloth (about 1-inch larger in circumference than the lid or as large as you'd like) and put it on top of the lid, then screw on the ring. Make sure you screw the lid on very tightly. I like to use pinking shears to cut the cloth out with.

Servings: 1

CrockPot Quail

8	Quail [cut up]	2	cn Chicken broth
1	cup Flour	1/2	cup White wine [dry]
1/2	cup Peanut oil	2	White onions [thinly sliced]
2	cn Cream of chicken soup	2	Bay leaves
2	cn Cream of celery soup	1/3	cup Parmesan cheese

Procedure

- 1 Rinse the birds and pat dry inside and out, season with salt and pepper to taste and coat with flour. Brown in hot peanut oil in a skillet... 2) Combine the quail with the soups, broth, wine, onions, and bay leaves in a crock pot and cook on high for 4 hours and then reduce heat to low for 7 to 8 hours or 'til birds are tender... 3) Remove bay leaves add the cheese and cook for 30 min more... Serve over rice or noodles...

2

Servings: 8

Crockpot Rice Pudding with Fruit

1/2	ga Milk; * see note	1/4	tsp	Salt; optional	
1	cup	Rice	1	tsp	Vanilla extract
1	cup	Sugar	1/2	cup	Dried apricots or peaches; m
3	Tbs	Margarine; solid	1/4	tsp	Ground cinnamon

Procedure

- 1 Preparation Time: 3:00 * Use half nonfat and half whole milk, or all nonfat for lower fat content.
- 2 Substitute canned milk for the regular milk for a very rich flavor. The cooking time will vary greatly, anywhere from 1-1/2 to -1/2 hours. The longer it cooks the thicker it will be. It is important to have the dried apricots minced. Put all ingredients into crockpot. Stir to blend well. Cover and cook on high - 1/2 hours, stir once after about 1 hour. Or, cook on high for the first 30 minutes, turn to low and cook as long as you desire. Check after the first 2 hours of low cooking and stir. If rice is not absorbing the milk quickly enough, turn the crockpot up to high again. Keep cover on at all times.
- 3 Crockpot temperatures vary widely among different brands. Only experimentation can tell you the correct amount of time for cooking in your crockpot. Rarely will a crockpot recipe fail, though, as the long, slow cooking process does not require precise timing.

Servings: 8

Crockpot Roast

6 lb	Roast	1 1/2 cup	Beef bouillion
1	package Lipton onion soup mix	1	cn Drained sliced mushrooms

Procedure

- 1 Place roast in crockpot. Add onion soup, bouillion, and mushrooms. Cover and cook on high for 6-7 hours. Thicken gravy with a small amount of cornstarch and water one hour before serving.

Servings: 6

Crockpot Roast #1

Ingredients Below

Procedure

- 1 CROCK POT ROAST 2 to 3 potatoes, pared and thinly sliced 2 to 3 carrots, pared and thinly sliced 1 to 2 onions, peeled and sliced 1 /2 t salt 1/4 t pepper 3 to 4 lb. brisket, rump roast or pot roast /2 cup water or beef consomme Put vegetables in bottom of crock pot. Salt and pepper meat, then put in pot. Add liquid. Cover and cook on low 10 to 12 hours. (high: 5 to 6 hours) Remove meat and vegetables with spatula and thicken for gravy if desired. **without vegetables: season roast with salt, pepper and any other favorite seasonings. Add no liquid. Cook as directed.

Servings: 1

Crockpot Round Steak

1 1/2 lb Round steak 1 cn Cream of chicken soup
1 cn Cream of mushroom
 soup

Procedure

- 1 Roll round steak in seasoned flour. Cut into pieces. Brown in skillet. Mix soups together. Put meat and soups in crockpot. Cook until tender, approximately 4 to 5 hours on high.

Servings: 6

Crockpot Salisbury Steak

		1/2	tsp	Salt	
1	lb			Round steak	
		1		cn Tomato soup	
1				cn Mushrooms; drained	
		2	tsp	Red wine vinegar	
1/2	cup			Onions; chopped	
				Salt & pepper; to taste	
1/2	tsp			Sugar	
		1/4	tsp	Ground cloves	
2	Tbs			Tapioca; heaping	

Procedure

- 1 Spray crockpot with Pam. Put onions and mushroom in bottom of crockpot. Cut all fat off of round steak and cut into four to six pieces; place on top of vegg. Combine and add remaining ingredients. Cover crockpot and turn heat Low. Cook for 8-10 hours.

Servings: 3

Crockpot Seasoned Beef in Sauce

2	lb	Round steak	1	tsp	Curry powder
1/4	cup	Flour	1	tsp	Molasses
1/2	tsp	Salt	1/2	tsp	Powdered ginger
1/4	tsp	Pepper	1	cup	Water
2		Onions	1	cup	Sour cream
1	Tbs	Worchestershire sauce	2	Tbs	Horseradish sauce

Procedure

- 1 Combine flour, salt and pepper. Cut round steak into cubes. Toss meat cubes with flour mixture. Brown in a little hot oil. Put in crockpot, add sliced onions, Worchest. sauce, curry, molasses, ginger and water. Cover and slow cook 6 hours. Just before serving add sour cream mixed with horseradish. Serve with rice, peas and cottage cheese/pear salad

2

Servings: 6

Crockpot Sloppy Joes

		1 cup	Water
3 lb	Ground beef	2	package Sloppy Joe seasoning mix
2	Onions; finely chopped		Salt; to taste
1	Green pepper; chopped (opt.)		
2	cn Tomato sauce (8 oz. ea)		

Procedure

- 1 Brown ground beef in skillet. Pour into colander and rinse well. Put into crockpot. Add onions, green pepper, tomato sauce and water. Stir thoroughly. Salt to taste. Cover and cook on LOW for 8 to 10 hours. If too liquid, remove cover for about an hour.

Servings: 12

Crockpot Spaghetti

		2	tsp	Parsley; minced
1	lb			
	Lean ground round	1	tsp	Brown sugar
1				
	Large onion; chopped	1	tsp	Oregano
1				
	cl Garlic; minced	1	tsp	Salt
2				
	cn Tomatoes; cut up	1/4	tsp	Pepper
8	oz			
	Tomato sauce			
1	cup			
	Beef boullion			

Procedure

- 1 Crumble beef, add onion and garlic and cook in skillet until it loses its red color. Drain off excess fat. Combine in crockpot with rest of ingredients. Cook on low 6-8 hours. This freezes nicely.

Servings: 4

Crockpot Special

-		1 tsp	Pepper
2 lb	Round steak; cut in 1/2"cube	1 Tbs	Paprika
1 cup	Onion; chopped	1 tsp	Dry thyme; crushed
1	Clove garlic; minced	1	Bay leaf
2 Tbs	Flour	1	cn Stewed tomatoes
1 tsp	Salt	1 cup	Sour cream; (optional)

Procedure

- 1 Put steak, onion and garlic in crockpot. Stir in flour and mix to coat cubes. Add rest of ingredients except sour cream. Stir well. Cover and cook on LOW for 7 to 10 hours. Add sour cream 30 minutes before serving and stir thoroughly. Serve over buttered noodles.

Servings: 4

Crockpot Spiced Rum Cider

4	Cinnamon sticks; broken	1/3 cup	Packed brown sugar
1 tsp	Allspice; whole		Margarine; or butter
1 tsp	Whole cloves	1 cup	Rum
7 cup	Apple juice		

Procedure

- 1 Preparation Time: 4:00 * Rum is optional; use more or less as desired.
- 2 Tie cinnamon, allspice, and cloves in spice bag or cheesecloth. In a c kpot, combine spice bag, apple juice, rum and brown sugar. Cover; cook on l heat setting for 3 to 4 hours. Discard spice bag. Ladle hot punch into cups loat about 1/2 teaspoon of butter on top of the cider in each cup.

Servings: 10

Yield: 10 servings of 6 ounces each.

Crockpot Steak

1		Flank steak (1-1/2 lbs)	1		lg Onion; chopped
3	tsp	Chili powder	1		lg Carrot; chopped
1/2	cup	Flour	1		lg Green pepper; chopped
1 1/2	tsp	Salt	2		lg Tomatoes; chopped
1/2	tsp	Pepper	1/4	cup	Red wine
3	Tbs	Vegetable oil	1		Hot chilli pepper; seeded

Procedure

- 1 Score steak and rub with chili powder; coat with a mixture of flour, 1/2 teaspoon salt and 1/4 teaspoon of seasoned pepper; pound steak on both sides with a wooden mallet or the edge of a plate to tenderize; cut into 6 pieces. 2. Brown steak in hot oil in a large skillet. Remove and reserve. Saute onion, carrot, green pepper and tomato in pan drippings; add remaining 1 teaspoon salt and 1/4 teaspoon pepper; remove from heat. 3. Combine steak and sauteed vegetables in slow cooker; add wine and hot chili pepper; cover. 4. Cook on low for 8 hours or on high for 4 hours, or until meat is tender.

Servings: 6

Crockpot Steak Roulade

	3/4 cup	Onion; chopped
2 lb	Flank steak	3/4 cup Bacon; chopped
1 tsp	Salt	1/4 cup Water
1 tsp	Pepper; or to taste	

Procedure

- 1 Trim fat off steaks. Season with salt and pepper. Mix onion and bacon, spread over each steak. Roll steaks (as you'd do for a jelly roll), tie rolls tightly in several places with a string. Put steaks into slow cooker. Add water. Cover pot. Cook on LOW for 8 hrs. If you want to serve this with gravy, remove meat when done, and thicken liquid with a mixture of flour and water and cook it in crock pot set at High for 15 minutes.

Servings: 6

Crockpot Steak Soup

			2	Beef boullion cubes
1	lb	Ground beef steak; browned and drained	1/2 tsp	Black pepper
4		cn Beef consomme (10 oz ea)	1	package Frozen mixed vegetables
1/2	cup	Carrots; diced	1/2 cup	Onions; diced
1/2	cup	Celery; diced	1/2 cup	Butter
1		cn Whole tomatoes; chopped	1/2 cup	Flour
1 1/2	tsp	Kitchen bouquet		

Procedure

- 1 Place all ingredients except butter and flour into crockpot and cook at low for 6 to 8 hours. One hour before serving raise temp. to high. Prepare a roux with the butter and flour. Add to pot and let cook for another hour.

Servings: 8

Crockpot Stroganoff

1 1/2 lb	Ground beef		Salt and pepper
1 1/2	Onions; sliced	1/4 tsp	Paprika
1	Cloves garlic; minced	1	cn Cream of celery or mushroom
2	Tbs Flour	1 cup	Sour cream

Procedure

- 1 Brown ground beef; drain fat. Add onions and garlic. Stir until wilted. Add flour, salt, pepper and paprika. Mixing well. Stir in undiluted soup; mix well. Put all in crockpot on low for 6 hours. When you get ready to serve add sliced mushrooms and sour cream. Serve over noodles rice or potatoes.

Servings: 6

Crockpot Stuffed Cabbage

24	CABBAGE LEAVES	1 lb	LEAN GROUND BEEF
1 cup	CHOPPED ONIONS	2	MINCED GARLIC
1/2 cup	MINUTE RICE	1/2 tsp	SALT
1/8 tsp	PEPPER	1/4 tsp	LEAF THYME
1/4 tsp	NUTMEG	1/4 tsp	CINNAMON
6 oz	CAN TOMATO PASTE	3/4 cup	WATER

Procedure

- 1 WASH CABBAGE LEAVES. BOIL 4 CUPS WATER. TURN HEAT OFF. SOAK LEAVES IN WATER FOR 5 MINUTES. REMOVE, DRAIN AND COOL. COMBINE REMAINING INGREDIENT EXCEPT TOMATO PASTE AND WATER. PLACE 2 TBSP OF MIXTURE ON EACH LEAF AND ROLL FIRMLY. STACK IN CROCKPOT. COMBINE TOMATO PASTE AND WATER AND POUR OVER STUFFED CABBAGE. COVER AND COOK ON LOW SETTING FOR 8 TO 10 HOURS

Servings: 6

Crockpot Stuffed Turkey Breast

			1/2	tsp	Poultry seasoning
1/4	cup	Margarine; melted	5	lb	Turkey breast
1		Onion; chopped	1	tsp	Salt
1/2	cup	Celery; chopped	1/2	tsp	Pepper
2 1/2	oz	Bacon Croutons	1/2	cup	Dry white wine (optional)
1	cup	Chicken boullion			
2	Tbs	Parsley; minced			

Procedure

- 1 Combine margarine, onion, celery, croutons, boullion, parsley and poultry seasonings. Cut turkey breast in thick slices from breastbone to ribcage, leaving slices attached to the bone. Sprinkle turkey with salt and pepper. Soak cheese cloth (about 24x36" for each turkey breast) in wine (or water). Set turkey on cheesecloth. Stuff bread mixture into turkey. Fold one end of cheesecloth over the other to cover meat. Place on metal rack in crockpot. Cover pot and cook on low 7-9 hours or until tender. Pour additional wine over turkey while cooking. (I have cooked the giblets for gravy and used this in place of wine to soak the cloth, and also for basting the turkey). Remove from pot and take cheesecloth off immediately. If browner breast is preferred, remove from pot and brown in 400 degree oven for 15-20 minutes. Let stand 10 minutes. Drippings may be thickened for gravy as desired. Serve each person one or more thick slices of turkey with dressing in between.

Servings: 4

Crockpot Stuffing No. 1

		2	Eggs; well beaten
1	cup	Margarine	
		1 1/2	tsp Salt
2	cup	Onion; chopped	
		1 1/2	tsp Sage
2	cup	Celery; chopped	
		1	tsp Thyme
1/4	cup	Parsley sprigs; chopped	
		1/2	tsp Pepper
2	cn	Mushrooms;(8 oz.); drained	
		1/2	tsp Marjoram
		3 1/2	cup Chicken or turkey broth
12	cup	Bread cubes; slightly dry	
1	tsp	Poultry seasoning	

Procedure

- 1 Melt butter in a skillet and saute onion, celery, parsley, and mushrooms. Pour over bread cubes in a very large mixing bowl. Add all seasonings and toss well. Pour in enough broth to moisten. Add eggs and mix well. Pack lightly into Crockpot. Cover and set to high for minutes then reduce to low to cook for 4 to 8 hours. I have enjoyed this many times at a friend's house. Using this recipe, I'll bet you can modify your own to work perfectly in the crockpot. Sure saves oven space in Thanksgiving!

Servings: 6

Crockpot Stuffing No. 2

	2	Tbs	Parsley; chopped
1/3 cup Margarine	1		cn Mushrooms (6 oz.)(Opt.)
1/2 tsp Salt			
1 cup Onion; chopped	1/2	tsp	Poultry Seasoning
1/2 tsp Sage	1		cn Cream of Chicken Soup with water added to = 2 C
1 cup Celery; chopped			
1/4 tsp Thyme and Marjoram (each)	6 1/2	cup	Bread Cubes
	1		Egg; Well Beaten

Procedure

- 1 Saute onions, celery and mushrooms in margarine until tender approximately 7 minutes. Combine all ingredients. Add eggs last. Pour mixture into crockpot. Cover and cook on HIGH 45 minutes. Turn heat to LOW for 5 to 8 hours. Determine if you should use the full amount of liquid by the moistness of the cubes. For large recipe -14 C, double all ingredients, except soup.

Servings: 1

Crockpot Swedish Style Steak

2 1/2	lb	Boneless round steak	1/4	cup	Flour
1		Bouillon cube, crumbled	1	tsp	Dill weed
3/4	cup	Water	1		md Onion, sliced
		Salt and pepper	1	cup	Sour cream

Procedure

- 1 Cut steak into serving-size pieces. Sprinkle with salt and pepper. Place in a crock-pot. Add dill, onion, bouillon cube and 1/2 cup water. Cover and cook on low for 6 to 8 hours. Remove meat. Thicken juices with flour dissolved in 1/4 cup cold water

Servings: 6

Crockpot Sweet & Sour Chicken

		1/3	cup	Red wine vinegar
1	Carrot; cut in pieces	1	Tbs	Soy sauce
1	Green pepper; cut in pieces	1	tsp	Instant Chicken bouillon
1	Med Onion; quartered	1/2	tsp	Garlic powder
4	Boneless chicken breasts; *	1		Med Green pepper; strips
3	Tbs Instant tapioca; (heaping)	10		Fresh cilantro leaves; opt.
8	oz Pineapple chunks; canned, **	1		x Rice; hot, cooked
2	Tbs Candied ginger; or fresh,			
1/3	cup Dark brown sugar; packed			

Procedure

- 1 Please note: The original recipe for this calls for green peppers. Since my husband will not them, I substituted cilantro to give it more flavor. I also put in fresh minced ginger instead of powdered which the original recipe calls for. *Remove all skin and any fat from chicken before cooking. ** DO NOT DRAIN the pineapple, include the juice in the crockpot.***Mince the ginger if using fresh ginger. For crockpot cooking -Put vegg. in bottom of crockpot. Sprinkle tapioca over vegetables. Place chicken atop vegetables. Combine all other ingreds. except rice in a small bowl. Pour over chicken. Cover crockpot and turn to low and cook for 8-10 hours. Before serving make rice. Serve over rice. Leftovers can be reheated in microwave. To cook in oven: Put vegetables in bottom of a greased pan. Sprinkle vegg. with tapioca. Add chicken to pan. Combine all other ingreds. except rice in a small bowl. Pour over chicken. Cover pan tightly with foil. Bake in 300 deg. oven for 2 hours. Before serving make rice. Serve over rice. Leftovers can be reheated in microwave.

Servings: 4

Crockpot Sweet & Sour Chicken

1	Carrot; cut in pieces	1/3 cup	Red wine vinegar
1	Green pepper; cut in pieces	1 Tbs	Soy sauce
1	Med Onion; quartered	1 tsp	Instant Chicken bouillon
4	Boneless chicken breasts; *	1/2 tsp	Garlic powder
3	Tbs Instant tapioca; (heaping)	1	Med Green pepper; strips
8	oz Pineapple chunks; canned, **	10	Fresh cilantro leaves; opt.
			Rice; hot, cooked
2	Tbs Candied ginger; or fresh,		
1/3	cup Dark brown sugar; packed		

Procedure

- 1 *Remove all skin and any fat from chicken before cooking. ** DO NOT DRAIN the pineapple, include the juice in the crockpot. ***Mince the ginger if using fresh ginger. For crockpot cooking -Put veds. in bottom of crockpot. Sprinkle tapioca over vegetables. Place chicken atop vegetables. Combine all other ingreds. except rice in a small bowl. Pour over chicken. Cover crockpot and turn to low and cook for -10 hours. Before serving make rice. Serve over rice. Leftovers can be reheated in microwave. To cook in oven: Put vegetables in bottom of a greased pan. Sprinkle veds. with tapioca. Add chicken to pan. Combine all other ingreds. except rice in a small bowl. Pour over chicken. Cover pan tightly with foil. Bake in 300 deg. oven for 2 hours. Before serving make rice. Serve over rice. Leftovers can be reheated in microwave. /NC

Servings: 4

Crockpot Swiss Cube Steaks

3	Cube steaks	1/2	Envelope Onion soup mix
1	cn Cream of mushroom soup, (reduced calorie)	1/4 cup	Water

Procedure

- 1 Stir together soup, mix, and water. Place all ingredients in crock pot; simmer on low all day; serve sauce over rice or mashed potatoes. Per serving: 560 Calories; 43g Fat (71% calories from fat); 34g Protein; g Carbohydrate; mg Cholesterol; 1017mg Sodium

Servings: 3

Crockpot Swiss Steak

6	Cube steaks	1	Envelope onion soup mix
2	cn Cream of mushroom soup	1/2 cup	Water

Procedure

- 1 Place all ingredients in crock pot; simmer on low all day; serve sauce over rice or mashed potatoes.
- 2 While not gourmet fare, this is the type of home cooking that is very tasty, economical, and easy to do for the person that is very busy & wants to put a good dinner on the table for the family. Enjoy!
- 3

Servings: 1

Crockpot Tacos or Burritos

Procedure

- 1 boneless skinless chicken breast halves OR lb sirloin, stew beef, or whatever is lean and on sale pk taco seasoning mix water to cover cheddar cheese -- shredded sour cream refried beans sliced black olives sliced green onions chopped fresh tomatoes salsa shredded lettuce sliced jalapenos tortillas, corn or flour
- 2 Leave meat in whole pieces; you may even put it in frozen. In the morning, put the meat into the crockpot, add taco seasoning mix, and water. Plug it in and turn it on simmer according to manufacturer's
- 3 If you have time in the morning, shred the cheese and lettuce and chop the tomatoes and store in ziplock or Rubbermaid containers in the refrigerator.
- 4 When meat is cooked, remove with slotted spoon to a platter and allow to cool enough to handle. Place chicken breasts or beef on cutting board, and using a fork, shred the meat, while discarding any pieces of fat, etc, that you find. Return shredded meat to crockpot. Warm refried beans in small sauce pan or microwave. Wrap tortillas in foil and warm in the oven. Put remaining ingredients out in dishes on table (or counter) and holler "DINNER!!!" very loudly. The diners can put together their own soft tacos or burritos with the ingredients they like best.
- 5
- 6

Servings: 8

Crockpot Tips

Procedure

- 1 Cookers should be at least half full to get best results
- 2 Don't remove the cover for a 'look see' until at least one hour before the meal is supposed to be ready to eat as heat will escape when you lift the lid and the cooking time will be lengthened as much as 15-20 minutes
- 3 It is not necessary to pre-brown any meats unless they are fatty. If necessary, brown your meat in a separate frying pan and pour off any excess fat before putting the meat in your pot.
- 4 You'll probably end up with more liquid than when you started because almost nothing boils away in a slow cooker, and the foods you have been cooking will have given up some of their own natural juices. Sauces in the slow cooker will, therefore, tend to be on the thin side. To thicken them slightly (for gravies, etc.) ladle out the sauce into a saucepan, boil it down to reduce the liquid volume, add a little flour (or your own heavy gravy recipe) and stir to prevent any burn on.
- 5 Milk, cream, cheese, pasta, rice and fish usually cook in a short time. These types of ingredients should not be added to the cooker until shortly before you are ready to serve. Milk and cream can curdle during long cooking periods and as far as timing for putting in cheese, rice, fish and the like this will generally be included in the recipe.
- 6 Always try to use fresh vegetables when required. If you are forced to use frozen vegetables in any recipe, add them during the last hour of cooking, otherwise they'll lose their bright colors and taste overcooked.
- 7 If your recipe calls for meat and vegetables cooked in a little liquid place the vegetables on the bottom. Position doesn't matter all that much if you're making a stew or chowder which calls for a large amount of liquid.
- 8 The more liquid (juice) the faster the cooking process will be.
- 9 An extra hour on low doesn't mean that your dinner will be burned, but it may produce slightly mushier vegetables and softer meat.
- 10 To vary time at different settings, one hour on high is equal to 2 hours on low.
- 11 You may find that your family prefers a bit more seasonings with long cooking- salt, pepper, hot sauces, etc
- 12 Spices tend to lose their pungency during long cooking so either add whole spices and leaf herbs at the start, or if you're using ground condiments add them during the last hour of cooking time.

Servings: 1

Crockpot Tips I

Procedure

- 1 The crockpot is ideal for working people who must be away from home all day (or for those days when you must run errands or attend meetings, or for when you're entertaining and want to get the food preparation done early.) The food will simmer for 10 to 12 hours on Low if you must be gone all day or you may cook the food in 5 to 6 hours on High. If you are single, you can purchase a Crockpot as small as 1-quart size. It is a very simple appliance to operate and you will find that the cooked food is very tasty. If you a working person or one who knows they will have a very busy day, you can do most of the chopping and measuring the night before. Then refrigerate these ingredients until the next morning. If your crockpot has a REMOVABLE liner, you can assemble and refrigerate the food right in the liner which will be easy to pop in the crockpot the next a.m. Be sure you don't fill the crockpot so full that the food pushes up on the lid. The crockpot depends on the heat that builds up in the container itself. The lid must stay securely on the crockpot while it cooks. Resist the temptation to take a quick peek or stir frequently. Protect the crockery liner. Do not subject it to sudden temp. changes. Do not preheat the cooker and then add food. Do not pour cool water into the crockery liner while it is still hot after food has been removed. The crockpot is great for cooking less expensive cuts of meat such as beef chuck pot roasts, brisket, and pork shoulder roasts, because the long cooking at low heat tenderizes the meat. The low temp. also keeps the meat from shrinking as much as it does during other cooking methods. For recipes that call for small cuts of meat (especially recipes reduced to fit into 1 quart cookers), keep your eyes peeled for specials at the meat counter. When meat is on sale, it's usually sold in lg. pieces. Buy these cuts and divide them into smaller portions. Wrap individually, label and freeze for later use. Also be on the lookout for packed smaller cuts of meat. If your store offers only lg. roasts, ask the butcher to cut a 1 to 1 1/2 lb. piece for you. Freezing chicken pieces before cooking in the crockpot slows cooking of the chicken and assures tenderness without overcooking when the rest of the foods are done. At least a day before CONTINUED IN NEXT NOTE

Servings: 1

Crockpot Tips II

Procedure

- 1 As soon as possible, transfer any leftover food to a storage container and refrigerate or freeze. For extra convenience, use an automatic timer to start the cooker while you're away. However, the food should NOT stand more than 2 hours before the crockpot switches on. If using the timer, assemble the recipe and THOROUGHLY chill it. When time to leave the house, place chilled food in the crockpot. EXCEPTION: If the recipe calls for frozen chicken or fish, do NOT use an automatic timer! The standing time would give the frozen food a chance to thaw, resulting in overcooked fish or chicken. CLEANUP: As soon as you remove the food from the crockpot, unplug it and fill the liner with VERY HOT soapy water. (DO NOT ADD COOL WATER!!) Let the liner soak while you're eating. NEVER IMMERSE THE OUTSIDE PART OF THE COOKER OR LET THE CORD GET IN WATER!! Wipe the outside metal shell with a damp soft cloth and dry with a towel. MAKE AHEAD TIP: The night before, brown the meat, drain well, and wrap in foil. Clean and chop vegetables. Place vegetables, seasonings and liquids into a bowl (or liner, if removable) and chill overnight. Lifting meat loaf into and out of the crockpot is easy if you use foil "handles. Tear off 3 18x2-inch strips of HEAVY foil (or use reg. foil folded to double thickness). Crisscross the foil strips in a spoke design on top of a large sheet of waxed paper. Shape the meat loaf in the center of the spoke. Lift the ends of the foil strips to transfer the meat loaf to the cooker. Leave strips under meat during cooking. The strips will enable you to remove the cooked meat without destroying its shape. Layer foods for best result. First, place vegetables in the bottom of the crockpot. Next sprinkle quick-cooking tapioca over the vegetables. The tapioca will thicken the juices as the meal cooks, making a delicious, ready-to-serve gravy. Finally, set the meat atop the vegetables and place the lid on the crockpot securely. For soup toppers, use crushed crackers, shredded cheese, toasted bread cubes or seasoned croutons, plain or cheese-flavored popcorn, shredded carrot, sour cream and snipped parsley or chives. For more elaborate toppers, cut shapes from toast with cookie cutters. (Fun to float on a soup.) For extra flavor, spread the toast with flavored butter, cheese spread or pesto before cutting. Freeze leftover foods in freezer containers with tight-fitting lids. Food expands when frozen. Leave 1/2" head room below rims of containers. You can also cool soup or broth in ice cube trays.

Servings: 1

Crockpot Turkey

	Pam cooking spray	Carrots; chunked (opt.)
		Potatoes; chunked (opt.)
1	sm Turkey breast; frozen	Onions; chunked (opt.)
1 cup	Chicken broth	
	Salt and pepper; to taste	

Procedure

- 1 Place breast in pot, pour broth over it, add salt and pepper. Cook on LOW 8-10 hours. NOTE: Vegetables may be placed around and under the turkey if desired.

Servings: 4

Crockpot Turkey

- | | | | |
|---|---|---|-------------------|
| 1 | Turkey breast;or boneless turkey,
frozen | | Potatoes;cut up |
| | | | Onions;cut up |
| 1 | cn Chicken broth | 2 | package Gravy Mix |
| | Carrots;cut up | | |

Procedure

- 1 Put turkey in crockpot (I put mine in frozen) add can of chicken broth. Turn crockpot on LOW. Several hours later I put in the carrots, potatoes and onion (You decide on the quantity you want). I cooked it all day (about 8 to 10 hours) Slice the turkey. Make gravy with the liquid in the bottom of the crockpot (I use two gravy pakets mized with one cup water and one cup liquid from the crockpot.) put the veggies in a dish and serve.

Servings: 2

Crockpot Turkey Meatballs

			2	Tbs	Milk
10	oz	Apple jelly	1/4	tsp	Garlic salt
1	Tbs	Vinegar	1	lb	Ground turkey; raw
1		Egg; beaten			Non-stick veg. spray
1/4	cup	Seasoned bread crumbs; fine			

Procedure

- 1 In 3 1/2 or 4 quart crockery cooker: stir together barbeque sauce, jelly, tapioca and vinegar. Cover; cook on high-heat setting while preparing meatballs. For meatballs, in large bowl combine egg, bread crumbs, milk and garlic salt. Add ground turkey and mix well. Shape into 1/2 to 3/4-inch meatballs. Spray a 12-inch non-stick skillet; add meatballs and brown on all sides over med. heat. Drain meatballs. Add meatballs to crockery cooker; stir gently. Cover; cook on high heat setting for 1 1/2 to 2 hours. Makes 30 meatballs. NOTE: for 5 or 6-quart crockpot: Double all ingredients. Prepare as above. Makes 60 meatballs.

Servings: 30

Crockpot Vegetable Beef Soup

		3	cup	-water	
2	lb	Beef shanks, oxtails, Or short ribs	1	tsp	Salt
			1/2	tsp	Pepper
1	cn	Tomatoes (16 oz.)	3		Beef bouillon cubes
2		Carrots; sliced	1		package (10 oz.) Frozen
3		Celery stalks with tops sliced			Mixed
2	md	Onions; diced			Vegetables, Peas,
2	md	Potatoes; diced			Or Lima beans

Procedure

- 1 Put all ingredients in crockpot. Cover and cook on LOW for 12 to 24 hours. Add frozen vegetables during the last 2 to 3 hours.

Servings: 6

Crockpot Winning Wings in Sweet and Sour Sauce

16	Chicken wings	1 cup	Ketchup
4 Tbs	Wine or balsamic vinegar	4 Tbs	Horseradish
1 cup	Apricot conserves fruit juice-sweetened	1 cup	Sweet onion, finely chopped
2 Tbs	Peanut butter (optional)	1 tsp	Hot sauce (optional)

Procedure

- 1 Directions: Pat the chicken wings dry and place then in the crockpot.
- 2 In a bowl, mix together remaining ingredients. Taste-check for a good balance of sweet and sour.
- 3 Pour the sauce over the wings. Cover the crockpot and cook on low until the chicken is tender, usually 4 hours.
- 4

Servings: 16

Crockpot-Barbeque Beef or Pork

			1/4 cup	Black molasses';about
4 lb	To 6 lb Beef or pork or a		2 Tbs	Worcestershire sauce;or less
	combination of both.		4 cup	-water;to cover meat.
2	package	Onion soup mix		
2 12 oz	Bot's	Chili Sauce		
1/2 cup	Brown sugar:	more or less		

Procedure

- 1 In Crockpot on High, place cut up pieces of Beef and pork if you want to combine them, or just one or the other. I use what ever beef is on sale trim as much fat off as I can. Cut in large chunks put in Crock with 1 to 2 packages of onion soup mix. I usually use a good 4 to 6 lb roast we like to freeze it. Use enough water to cover. You can add additional onions and celery to give it more flavor. And cook until fork tender. Remove from Crock, put meat on platter to cool, and save a couple of cups of the juice it was cooked in. Put into the crockpot the Chili Sauce, brown sugar, Molasses(optional) Worcestershire to taste. I do not like it too hot so I don't use more than a couple of tablespoons. Now take your meat on a board and start to shred it with a fork and paring knife, how ever it is easy for you, I don't like it to fine so do not use my processor. Just cut in pieces and shred, OK. Now put it back in crock and add enough of the juice it was cooked in, with the onions from the mix also, it adds to the flavor.Add just enough juice to make it moist, save some of the juice for as it cooks on simmer you may have to add some more. If you use for a cookout, you can keep it plugged in, and keep a check for moistness, when it gets a little dry just add some more juice. I use hamburger rolls. or bakery Hamburger rolls, or Kaiser rolls. What ever you prefer. It goes a long way. Left over's I put in little freezer bags or in the margarine containers, 1/2 lb size, and freeze. Just enough for two sandwich's for lunch. From I take a small portion and just add everything but the sugar and use Twin Brown sugar. Does very well.

Servings: 24

Easiest Crockpot Chicken

- 1 package Chicken breast halves
- 1 cn Cream of chicken soup
- 1 cn Cream of mushroom soup

Procedure

- 1 Skin chicken pieces (or use boneless, skinless chicken breasts). Place in crockpot. Mix together soups, and pour over chicken. Cook on low, all day. Remove chicken from sauce - remove bones. Serve over hot rice. I got this recipe about 18 years ago, and my little old crockpot still does a good job with it! Recipe can easily be increased for a larger pot.

Servings: 4

Easy Chicken and Dumplings - Crockpot

FOR 3 1/2 QUART				
3	lb	Chicken, cut up	3	Stalks celery, cut in 1 inch pieces
1/2	cup	Chicken bouillon broth	3	sm Carrots cut into 1 inch pieces
2	tsp	Salt	2	cup Packaged biscuit mix
1/2	tsp	Pepper	3/4	cup Milk
1/2	tsp	Poultry seasoning	1	tsp Parsley flakes

Procedure

- 1 Wash chicken pieces; cut away excess fat. Place raw chicken pieces in crock with largest bony pieces on bottom. Add bouillon broth; sprinkle chicken with salt, pepper, poultry seasoning. Add celery and carrots on top. Cover. Place crock into outer shell; cook. For 3 1/2 quart: Cook on Low setting, 8 to 10 hours or High setting 4 to 4 1/2 hours. For 5 1/2 quart: Cook on Low setting, 6 to 8 hours or High setting, to 3 1/2 hours. Combine biscuit mix, milk, parsley flakes; stir until just moistened. Drop dumpling mixture by spoonfuls (about 8) over steaming chicken; cover, cook on High setting 30 minutes in 3 /2 quart; 15 to 20 minutes in 5 1/2 quart. (Do not remove the cover during the steaming of the dumplings). Serve immediately - when dumplings are at their best. Makes 4 servings.

Servings: 4

Easy Crockpot Beef Dinner

1 lb	Chuck or other cut beef	1	cn Stewed Tomatoes; 14.5 oz.
1	Onion; sliced	1	package Lipton
2	Garlic cloves;chopped		Onion/Mushroom Soup
2	Carrots; sliced	1 Tbs	Kitchen Bouquet
2	Celery stalks; diced	1 Tbs	Worcestershire sauce
		1	cn Mushrooms (optional)

Procedure

- 1 TO MAKE THICKER GRAVY (OPT- tb Flour
- 2 Add the onion, garlic, carrots, celery to the crockpot. Place meat on top of vegetables. Add the Worcestershire sauce, Kitchen Bouquet, dry soup mix. Last, pour the stewed tomatoes over the top. I cooked this on Low heat for 7 hrs then added the mushrooms and let it cook for an hour or so more. When done, remove the meat and if a thicker gravy is desired, stir in 2 T flour and set crockpot to high while stirring for a minute or so. Serve with rice or noodles. (Or can add cut up potatoes with the vegetables)

Servings: 2

Easy Crockpot Roast for Sandwiches

4 lb Roast	1 Jar Salad Peppers
1 package Italian Seasoning Mix	1 cn Beer

Procedure

1 to 4 lb roast (chuck, round, or whatever), 1 pkg Italian seasoning mix (dry, kind used to make salad dressing), 1 jar of salad peppers (temperature dependent on preference [hot or medium recommended]), 1 can of beer (again your choice). Cook on low overnight, break up and serve on hoagie rolls. Called Italian Beef.

2

Servings: 1

Family Crockpot Meatloaf

			1/3	cup	Catsup
3	lb	Chuck steak; ground	3	Tbs	Worcestershire sauce
3		Eggs; beaten	1	tsp	Beef base; or crushed bouillon cubes
3/4	cup	Milk			
1 1/2	cup	Bread crumbs; 3 slices	1	tsp	Sage
2	Tbs	Instant minced onion			

Procedure

- 1 FOR THE GLAZE tb Catsup tb Corn syrup
- 2 Thoroughly mix all ingredients except the 2 tblsp. catsup and corn syrup. Shape into a round loaf and place in removable liner. Combine the 2 tblsp. of catsup and the corn syrup and spread over the loaf as a glaze. Cover and cook or LOW for 5-6 hours, or HIGH for 3 hours.

Servings: 6

Favorite Vegetable Crockpot

		1	Tbs	Parsley flakes
8	Potatoes*	5	cup	Water
1	Onion, chopped	1/3	cup	Butter or margarine
4	Carrots, peeled and sliced			Ham - cubed to taste
2	Stalks celery, sliced	13	oz	Can evaporated milk
4	Chicken bouillon cubes			

Procedure

- 1 *Peel & cut potatoes into bite-sized pieces. Put all ingredients except evaporated milk in crock pot. Cover and cook 10 to 12 hours. Stir in evaporated milk during last hour. Add flour to thicken, if desired. This is made in the crock-pot-very easy and yummy!

Servings: 4

Flageolets a la Crockpot C/p

1 lb	Dried flageolets*	1	Bay leaf
2 cup	Chicken broth	1/4 tsp	Dried thyme
3 cup	Water	1 pinch	Dried rosemary
1	Onion; chopped	1 tsp	Salt

Procedure

- 1 Pick over beans. Wash under cold water. Add water and soak overnight ~ or, bring to boil, boil for two minutes, cover and allow to set in water for one hour. Add all ingredients, except salt, to crockpot and cook on low for 8 to 10 hours. Add salt during last hour of cooking. *NOTE: If you can find flageolets, fresh or dried, fine, if not; use baby limas. These beans go great with roast lamb.

Servings: 8

French Onion Soup (Crock Pot)

4	lg Yellow onions; thinly sliced	1	tsp	Worcestershire sauce	
		1		Cl Garlic; minced	
1/4	cup	Butter	6	sl French bread; buttered	
3	cup	Rich beef stock	1/4	cup	Romano or parmesan cheese
1	cup	Dry white wine			
1/4	cup	Medium dry sherry			

Procedure

- 1 Using a large frying pan, slowly saute the onions in butter until limp and glazed. Transfer to crock pot. Add beef stock, white wine, sherry, Worcestershire and garlic. Cover. Cook on low (200F) 6 to 8 hours. Place french bread on a baking sheet. Sprinkle with cheese. Place under preheated broiler until lightly toasted. To serve, ladle soup into bowl. Float a slice of toasted french bread on top.

Servings: 6

Frozen Bread Loaves - Crockpot

Frozen bread loaf

Grease

Procedure

- 1 Use slow cooker to thaw and raise bread. It gives it a beautifully brown crusty round loaf. Generously grease frozen bread loaf. Place in completely greased baking pan. Place pan in pot, cover and heat on low 2 to 3 hours, or until bread is thawed and starting to rise. Turn to high and bake 2 to 3 hours or until it is brown and tests done.

Servings: 4

German Chocolate Cake

1/2	cup	Boiling water	4		Egg whites; stiffly beaten
4	oz	Sweet cooking chocolate			Coconut pecan frosting:
2	cup	Sugar	3		Egg yolks
1	cup	Butter; softened	1	cup	Evaporated milk
4		Egg yolks	1	cup	Sugar
1	tsp	Vanilla	1/2	cup	Butter
2 1/4	cup	All purpose flour; or	1	tsp	Vanilla
2 1/2	cup	Cake flour	1 1/3	cup	Flaked coconut
1	tsp	Baking soda	1	cup	Pecans; chopped
1	tsp	Salt			
1	cup	Buttermilk			

Procedure

- 1 Heat oven to 350. Grease 2 square pans, 8x8x2-inches or x9x2-inches, or 3 round pans, 8x1-1/2-inches or x1-1/2-inches. Line bottoms of pans with cooking parchment paper or waxed paper. Pour boiling water over chocolate, stirring until chocolate is melted; cool. Mix sugar and margarine in medium bowl until light and fluffy. Beat in egg yolks, one at a time. Beat in chocolate and vanilla on low speed. Mix flour, baking soda and salt. Add alternately with buttermilk, beating after each addition until batter is smooth. Fold in egg whites. Divide batter between pans. Bake 8-inch squares 45-50 minutes, 9-inch squares 40-45 minutes, 8-inch rounds 35-40 minutes, 9-inch rounds 30-35 minutes or until wooden pick inserted in center comes out clean. Cool cakes 10 minutes. Invert on wire rack and cool completely. Fill layers and frost top of cake with Coconut-Pecan Frosting.
- 2 Coconut-Pecan Frosting. Beat egg yolks and milk in 2-quart saucepan. Stir in sugar, margarine and vanilla. Cook over medium heat about 12 minutes, stirring occasionally, until thick. Stir in coconut and pecans. Beat until frosting is of spreading consistency.

Servings: 16

Gold Cake (The Basic Crockpot Cake)

2	cup	Flour	1	cup	Sugar
1/4	tsp	Cream of tartar	1	tsp	Ground nutmeg or mace
1/4	tsp	Salt	6		Eggs
1	cup	Butter			

Procedure

- 1 Set crockpot at High 20 minutes before beginning. Fit in liner. Butter and flour 8-cup-capacity baking tin. Mix flour, cream of tartar, and salt; set aside. Cream butter, then add sugar, vanilla, and mace. Beat until fluffy. Add eggs, one at a time, beating 1 minute after each. Blend in flour mixture; do not overmix. Spread in tin, and put on lid or lay terry towel over it. Put in crockpot, cover and bake 3 hours or until cake has begun to pull from sides. Uncover. Let stand in tin on cake rack about 10 minutes, then turn out to cool. Dust with confectioners' sugar, slice and serve. Two secrets for cake-baking in crockpot: use less than c sugar for every 2 c flour. And use a liner. (Kitchen parchment to be used as a liner is available in most department store housewares sections. It's reusable and keeps food from sticking. Substitute buttered or oiled brown shopping bag paper, if you want)

Servings: 16

Gormet Leg Of Lamb (crock-pot)

5 lb Leg of lamb
1 Garlic clove
1/4 cup Coarse salt

2 Tbs Peppercorns, cracked
1/4 cup Bandy or cognac
2 cup Dry red wine

Procedure

- 1 Trim excess fat from lamb. Cut garlic into 4-6 pieces. Make slits in lamb to insert garlic slivers. Sprinkle with coarse salt and pepper. Place lamb in a large bowl, pour cognac or brandy over the lamb. Refrigerate several hours or overnight, turning meat and brushing with brandy or cognac several times. Drain meat and put it and red wine in a slow-cooker; Cover and cook on low 10-12 hours or until done.

Servings: 8

Ground Beef and Potato Casserole (Crockpot)

1	lb	Lean ground beef	1	cup	Water
1		md Onion, chopped	3	Tbs	Dry sherry
5 1/4	oz	Package Cheddar and bacon potatoes	1/2	cup	Chopped roasted red peppers
15 1/4	oz	Can whole kernel corn, well drained.	4	oz	Can diced green chiles
10 3/4	oz	Can condensed cream of potato soup or cream of mushroom soup			

Procedure

- 1 In a large skillet, cook the beef and onion on top of the stove over medium-high heat, stirring often, until the beef is browned and crumbly, 6 or 8 minutes. Drain off excess fat.
- 2 Scatter the dried potatoes over the bottom of a 4-quart electric slow cooker. Sprinkle on the corn. IN a medium bowl, whisk together the undiluted soup with the sauce mix packet from the package of potatoes, the water, and sherry until thoroughly blended. Stir in the roasted red peppers and green chiles. Drizzle about a third of this soup mixture over the corn and potatoes (do not mix). Top with the cooked beef and onion. Pour the remaining soup mixture evenly over the top (do not mix).
- 3 Cover and cook on the low heat setting 4 to 4 1/2 hours, or until the potatoes are tender. Serve at once.
- 4

Servings: 1

Hanburger Crockpot Casserole

		1 1/2 lb	Ground beef; lean, browned
2	lg Potatoes; sliced	2	Celery stalks; sliced
1	cn Peas; well drained (#2 can)	1	cn Tomato soup
2	md Carrots; sliced	1	-soup can water
3	md Onions; sliced		

Procedure

- 1 Place layers of the vegetables in order given in the crockpot. Season each layer with salt and pepper. Put the lightly browned ground beef on top of the celery. Mix the tomato soup with the water and pour into the crockpot. Cover and cook on LOW for 6 to 8 hours.

Servings: 4

Honey Wheat Bread (Crockpot)

2	cup	Dry Milk, warm/reconstituted	1	package	Active dry yeast
2	Tbs	Vegetable Oil	3	cup	Whole wheat flour
1/4	cup	Honey	3/4	cup	All-purpose flour (to 1 Cup)
3/4	tsp	Salt			

Procedure

- 1 Preheat Crockpot (3 1/2 or 5 quart) on high 30 minutes. Combine warm, not hot , milk, oil, honey, salt, yeast, and half the flour. With electric mixer, beat well for about 2 minutes. Add remaiing flour; mix well. Place dough in well greased Bread 'n Cake pan;cover. Let stand for 5 minutes. Place pan in crockpot. Cover and bake on high setting for 2 to 3 hours. Remove pan and uncover. Let stand five minutes. Unmold and serve warm. Note: Fresh milk may be used if scalded.

2

Servings: 1

Hot Fruit Dessert/crockpot

3	Grapefruit, peeled	1	cn (20 oz) pineapple chunks
	Sectioned	1	cn (16 oz) sliced peaches
1	cn (11 oz) mandarin orange	3	Bananas, sliced
	(well-drained	1 Tbs	Lemon juice
1	cn (16 oz) fruit cocktail	1	cn (21 oz) cherry pie filling

Procedure

- 1 Make sure the fruit is well-drained. Place all ingredients in cooker. Toss gently. Cover and cook on low about 4 hours. Makes about 2 quarts.

2

Servings: 2

Hot Mulled Cider - Crock-Pot

1/2	cup	Brown sugar	1 1/2	tsp	Cloves; whole
2	quart	Cider vinegar	2		Cinnamon
1	tsp	Allspice; whole			Orange slices

Procedure

- 1 Put all ingredients in crock-pot. If desired, tie whole spices in cheesecloth or put in tea strainer. If spices are added loose, strain before serving. Cook over; cook on Low 2 to 8 hours. Serve from the crock pot with a ladle.

Servings: 1

Introduction To Baking in Crock-Pots #1

Procedure

- 1 Baking in a Slow Cooker As mentioned before, under some circumstances (when it is cooking stews and casseroles and braising meats, for instance) a slow cooker acts as a Dutch oven. But at other times it can be like a small real oven or a steamer. Because it uses up so few energy-pennies a day, it is economical to use for baking small quantities. Baking in an oven, unless you really need lots of space, heats a large area when a smaller one would do. If things baked in your slow cooker don't come out just right the first time, experiment a little, and eventually you'll turn out surprisingly handsome baked goods. Test one or two recipes here in your baking equipment ~ you may want to halve some of the recipes. To do much baking in a slow cooker, you must have one of the larger units. The low, small units can't handle much. But it is fun to try half recipes in them, and all the other recipes in this section can be halved and cooked in smaller units. One of the manufacturers - notably - are marketing baking units that fit inside slow cookers. If your slow cooker isn't equipped with a baking utensil, you can easily improvise. Study the commercial baking units offered, and you'll see they are tall so that doughs can rise high. They are lidded to keep the steam, which forms inside the cover of the slow cooker, from falling back into the batter or dough. Below the lid, there are vents in the sides of the container so that steam from the cooking batter can escape into the slow pot. A cover to keep steam from falling into the batter and venting to let steam out of the cooking utensil are the essential elements in baking improvisations. A two-pound coffee can is a good substitute. Muffin tins don't fit slow cookers. However, Pyrex muffin cups do. I make a double-decker layer of them, using Pyrex cups or a plate to cover the bottom layer and a piece of foil to keep steam from the top layer. About 6 Pyrex muffin cups, each 2 1/2 inches across, fit several of the slow-cooker models on the market--making half the average recipe. (If you have mixed up a batch of ingredients and find it doesn't fit the intended baking equipment, cook in a mold. Custards cook beautifully in a souffle dish or casserole. Use a 1/2 quart size, topped with a loosely placed foil lid to keep condensing steam from falling into custard. Also use a Pyrex cup as a rack on the floor of the slow-cooker; and crumpled foil pressed over the upended bottom of the Pyrex cup stabilizes the casserole resting on top.) One thing you'll find helpful for baking is a trivet or a metal rack. If your cooker doesn't come equipped with one, measure the cooker's diameter and buy one, or use a Pyrex cup, as explained above. In my experience, breads and cakes are more successful

Introduction To Baking in Crock-Pots #1

when they sit a little above the floor of the slow cooker than when they sit right on it.

2

3

Servings: 1

Introduction To Baking in Crock-Pots #2

Procedure

- 1 **About Baking Recipes** When you are baking in a slow cooker, prepare the dough or batter as you would when cooking in conventional utensils; then pour the batter or place the dough in a container the right size to fit inside your slow cooker. The large cookers will take 1-, 1 1/2-, and 2- or 3-quart molds. The molds' high sides are important. The dough or batter needs space to rise under a cover. Since molds don't come equipped with covers or lids, use a plate or piece of foil to cover the mold and to keep steam from dampening the dough. A mold can sit on a Pyrex cup if you have no trivet. Some doughs and batters don't need to be protected from the steam - for instance, Plum Pudding is steamed rather than baked. Other batters are dense enough to take all the steam likely to fall on them without harm. But other batters, such as Pound Cake, should be kept away from steam. Moist cakes and tea breads come out very well in the slow cooker. And you'll find it is fun to experiment with making homemade breads of all sorts from scratch. Among the recipes that follow are some basic combinations. Use these to adapt your own favorite recipes for fruit breads, yeast breads, and buns.
- 2 **Using the Timer for Baking** While some baked goods turn out well cooked on Low, many of the recipes call for cooking on High for just a few hours (not 8 to 10 hours!). Mix your batter and use a timer to start the slow pot going in your absence. That lets you leave whenever you like and come back to the aroma of ready- to-eat muffins or cake. If you delay baking goods containing baking powder and baking soda, they may end up flatter than they should be. This may be because the baking powder or baking soda warmed up as soon as the ingredients were mixed and had lost its rising power by the time baking began. Keep all the ingredients cooled when you time your baking to start several hours after the batter has been mixed. If the recipes call for water in the slow cooker before baking starts, add an equivalent of ice cubes for timer-started baking. You won't get the kind of richly browned tops on goods baked in slow cookers that you get in an oven. Icing or glaze will mask that for party occasions. But in truth it's such a treat to have comfort foods without seeing the cook slaving over the stove for an hour before it is served that no one will mind much.
- 3 **Don't Lift the Lid During Baking** During the early part of the baking, don't lift the lid. You will let out heat and delay the baking process. When the baked goods are almost done, lift the lid and test quickly for doneness by inserting a toothpick in the center of the cake or bread.

- 4 Puddings, Custards, and Compotes Some other breakfast foods from Grandmother's day are stewed dried fruits such as prunes, raisins, and apricots. These (as well as fresh fruits) can be cooked overnight in the cooker and be ready to eat when you get up. Or they can be cooked overnight and chilled all day, to provide economical and richly nutritious desserts for dinner. In many areas, electrical rates are lower at night than during the day. In these areas, overnight cooking has a double appeal: you rise to a delicious breakfast at half the price! Custards and puddings respond beautifully to the slow, gentle heat of the slow cooker. Some require covering to keep steam from the ingredients. I've included two basic rice pudding recipes that will give you an idea of what the cooker can do in this area. Caramel Custard - one of the world's favorite desserts - also turns out well in a slow cooker.

5

6

Servings: 1

Korean Vinegar Chicken Crockpot

8	Boneless, skinless chicken	2	Garlic cloves, minced
	Breasts	dash	of pepper
1/2 cup	Apple cider vinegar	1 Tbs	Worchestershire sauce
4	Bay leaves		

Procedure

- 1 Simmer all ingredients in medium sized non- aluminum pan over medium heat for 1 hour. Do not boil vinegar out.
- 2 This is also a great recipe to put into the crockpot on low and let cook all day (around 8 hours). Great served over rice for a fast dinner. To keep the liquid from boiling out, we double the amount of vinegar (dilute with a little water or chicken broth).

Servings: 4

Low-Fat Glazed Chicken in Crockpot

6	oz	Orange juice, frozen	1	dash	Ground nutmeg
		Concentrate, thaw	1	dash	Garlic powder
3		Chicken breasts, split	1/4	cup	Water
1/2	tsp	Marjoram	2	Tbs	Cornstarch

Procedure

- 1 * Garlic is optional.
- 2 Combine thawed orange juice concentrate (not regular orange juice) in bowl along with the marjoram, garlic powder and nutmeg. Split the chicken breasts to make 6 serving sizes. Dip each piece into the orange juice to coat completely. Place in crockpot. Pour the remaining orange juice mixture over the chicken. 2. Cover and cook on low for 7-9 hours, or cook on high for 4 hours if you wish. Precise cooking time is not important in crockpot cooking.
3. When chicken is done, remove to serving platter. Pour the sauce that remains in crockpot into a saucepan. Mix the cornstarch and water and stir into the juice in pan. Cook over medium heat, stirring constantly, until thick and bubbly. Serve the sauce over the chicken.

3

4

Servings: 6

Low-Fat Healthy Chili in Crockpot

1 lb	Beef stew meat; trimmed	2	Garlic cloves; minced
6 oz	Tomato paste	1 Tbs	Chili powder
1 cup	Chopped onions; 2 medium oni	1 tsp	Ground cumin
2	Bell peppers; diced	1/2 tsp	Dried oregano; crushed

Procedure

- 1 Preparation Time: 12:0 Trim the beef of all visible fat. Cut into 1/2 inch cubes. Place meat in crockpot and stir in tomato paste to completely coat meat. Add the remaining ingredients and stir to blend. DO NOT add any additional liquid. Cover and cook for 12 hours on LOW heat. When done, you can skim the fat from surface and discard.

2

Servings: 4

Mary's Honey Orange Crockpot Chicken

8	Chicken thighs, frozen	1 -2	tsp	fresh garlic, minced		
1/2	cup	Honey	2	tsp	Shoyu, (soy sauce)	
1	cup	Orange juice	1	10	oz	pkg frozen broccoli
2	cup	Chicken broth, *				flowerets, thawed, optional
1/2	tsp	Salt	2	Tbs	Cornstarch	MIXED WITH
1	Tbs	Dry mustard	1/4	cup	Water	
1 -2	tsp	fresh garlic root, minced				Cooked rice

Procedure

- * I use homemade chicken stock, but 1 can of chicken broth works well when you don't have any homemade stock at hand. Put the frozen chicken in the crockpot right out of the freezer. Whisk all other ingredients (except cooked rice, broccoli, cornstarch and water) together and pour over the chicken. Turn the crockpot on low and cook for four to five hours. If you desire, you may top with one 10 ounce package of frozen broccoli flowerets about one hour before the chicken is finished. Before serving, remove the chicken and broccoli and stir in the cornstarch mixture. Put crockpot on high until the broth bubbles and thickens. Turn crockpot off. Fix a pot of rice (or pasta) and you have a very easy, delicious meal. NOTE If you don't have fresh ginger root and garlic, you can substitute Gilroy's garlic and ginger blend.

Servings: 1

New England Style Baked Beans -Crockpot

1/2	cup	Chopped onion	1/2	cup	Molasses
3 1/2	cup	Dry navy beans	1		Teasoon salt
1/2	cup	Packed brown sugar	1/2	lb	Bacon
1	lb	Smoked ham or	1	tsp	Dry mustard

Procedure

- 1 Completely soften beans as directed above. (Beans should be soft before mixing with sugar and syrup). Drain, reserving 1 cup of liquid. Put beans in CROCK-POT. Add all remaining ingredients along with the 1 cup reserved bean liquid; m ix well. Cover and cook on Low to 12 hours. (High: 4 to 5 hours, stirring occasionally). Cut ham from bone and return to CROCK-POT. If thicker beans are desired, uncover and turn to high during last hour.
VARIATION: Stir in 2/3 cup catsup and 2 tablespoons pre- pared mustard during last hour. From

Servings: 6

Off-The-Shelf Crockpot Soup

1/2	cup	Each of corn, beans,			Parsley, basil
		Carrots	1	tsp	Salt
2		Sliced carrots	1	6 oz	can v8
1	cup	Mixed dried beans (17 bean	1		Enough water to fill the
		Types per pkg)			Crock
1	Tbs	Each: garlic, chives,	1/2	cup	Macaroni (dry)

Procedure

- 1 Cook on high 5-6 hrs till beans are cooked. Add 1/2 c whole wheat macaroni and cook till soft (10-20 min?)
- 2 another one of my pull-it-off-the-shelf crockpot soups
- 3 [*]
- 4

Servings: 1

Onion Soup Crockpot Style

3	Large Spanish onions, sliced	6	Boullion cubes (beef)
4 cup	Boiling water	1/2 cup	Butter or oleo
1 tsp	Worcester sauce		

Procedure

- 1 Saute onions in butter until tendr, about 1/2 hour until golden brown.
Dissolve boullion cubes in boiling water -- add other ingredients & onions.
Cook on high 8 - 10 hours. Ladle into individual dishes & sprinkle with croutons & Mozzarella cheese. Broil or microwave until cheese melts.

Servings: 6

Our Crockpot Spaghetti Sauce

		1 1/2	tsp	Dry mustard
2	lb	Ground beef	3	Tbs Quick tapioca (Heaping)
1		Lg onion; chopped	2	tsp Oregano; crushed
2		Garlic cloves; minced	1	tsp Basil
1		cn Mushrooms; drained	1	tsp Salt
1		Green pepper; chopped*	30	oz Tomato sauce
28	oz	Can crushed tomatoes		

Procedure

- * The green pepper is optional. Brown meat. Drain all grease and then blot with paper towels. Spray Pam in crockpot. Add onion, garlic, crushed tomatoes, tomato paste, salt, oregano, basil & mushrooms. Cover crockpot and turn heat to LOW. Cook for approx. hours. Serve over cooked, drained spaghetti noodles.

Servings: 6

Pam's Crock Pot Apple Butter

12	Apples; peel & slice	1	tsp	Sugar + more if tart apples
		1/2	cup	Pineapple juice*
3/4	cup			Brown sugar

Procedure

- 1 Fill crock pot with apples (it may take more than 12?). Add remaining ingredients. (You may substitute vinegar for pineapple juice*) Cook on high 5-7 hours. In the last hour or so, let steam out. Stir now and then. Watch as apples swell some until cooked a bit. Makes 2 pints. by

Servings: 48

Pasta E Fagiole Soup for Crockpot

	Olive oil	1 cup	Elbow macaroni; cooked
		1	lg Can tomatoes
1	lg Onion; chopped		Grated cheese; to taste
1	cn White kidney beans; drained		Chopped parsley; to taste
5	Garlic cloves; chopped		Salt and pepper; to taste
2	cn Chicken broth		

Procedure

- 1 Saute the onion and garlic in olive oil for a few minutes. Chop up or lightly process the tomatoes and place into a crockpot along with the broth and sauteed onion and garlic. Add the parsley and a little salt and pepper, cook for about 3 hours on LOW. Then and only then add the cooked macaroni and beans. Serve with a bit of grated cheese if desired. NOTE: If fresh garden tomatoes are available, remove skins of 6 or 7 and use them instead of canned tomatoes. Oh Mama Mia!

Servings: 4

Peach or Apricot Butter - Crock-Pot

4 cn Peaches; 28 oz. cans, drained 1 tsp Cloves
3 cup Sugar; or 4 to taste 2 Tbs Lemon juice
2 tsp Cinnamon

Procedure

- 1 Drain fruit and de-pit. Puree using blender or food processor. Pour in t t he
crock-pot. Add remaining ingredients. Cover; cook on High 8 to 10 hours.
Remove cover during last half of cooking. Stir occasionally. Store in refri
gerator.
- 2 Variation: Fresh Peach or Apricot Butter - Wash, peel, pit and cook fruit til
soft. Add sugar when cooked [using /2 to 3/4 c sugar to each cup of fruit].
Add spices and cook as directed in recipes.

Servings: 1

Peppers and Steak for Crockpot

2 lb	Lean round steak	1/4 cup	Soy sauce
2	Green peppers, chopped	1/2 tsp	Ground ginger
2 Tbs	Minced dried onion	1/2 tsp	Garlic powder
1 cup	Beef boullion		

Procedure

- 1 Cut steak into serving size portions. Place half the steak in Crockpot. Arrange green peppers on steak. Place remaining steak on top. Mix remaining ingredients and pour over meat. cover and cook on Low setting for 8 to 10 hours, or high for 4 to 5 hours. Each serving: 186 calories. ---

Servings: 6

Picante Pot Roast, Crockpot

3 1/2	lb	pot roast	1 1/4	tsp	Ground cumin
1	Tbs	Vegetable oil	1/2	tsp	Organo leaves
2		Onions cut into wedges	2		ga Cloves, minced
1		8-ounce can tomato sauce	1		Green pepper, coarsely
1	cup	Picante sauce			Chopped

Procedure

- 1 In large dutch oven on stove, brown meat over medium heat in oil; drain. Sprinkle onions over meat; combine tomato sauce, picante sauce, cumin, oregano and garlic; pour over meat and onions. Reduce heat, cover and simmer gently about 2 to 2 1/2 hours, adding green pepper during last 15 minutes of cooking. Remove meat to serving plate; keep warm. Bring sauce in pan to boil, stirring frequently until sauce is thickened (about 5 minutes). Skim fat from sauce; serve sauce and additional picante sauce with meat. On busy days, I just empty everything into the crockpot and let it cook on low for -8 hours!

Servings: 6

Pineapple Sausage & Bean Crockpot Meal

18 oz	Pineapple chunks in light Syrup	Cut 1 inch thick
		2 Tbs Brown sugar
30 oz	Kidney beans, canned	2 Tbs Cider vinegar
1 lb	Reduced fat Polish Kielbasa	2 Tbs Flour

Procedure

- 1 Mix all ingredients in slower cooker or crock pot on low setting for 5 hours or high setting for 3 hours. Stir occasionally. Serves 6. Per serving calories, 12.7 fat.

2

3

Servings: 6

Pizza Crockpot

1 1/2 lb	Ground beef	28 oz	Spaghetti sauce (like Ragu)
1	lg Onion, chopped	12 oz	Noodles (up to 16)
1/2	lg Green pepper, chopped	4 oz	Shredded cheddar cheese (up to 8)
1/2	lg Red pepper, chopped	4 oz	Shredded mozzarella cheese (up to 8)
1/2 lb	Fresh mushrooms, sliced thin	6 oz	Pepperoni slices, cut in quarters

Procedure

- 1 Brown ground beef with the onions and peppers. When just done, add mushrooms and cook for about 1 minute more. Drain fat.
- 2 Cook noodles until al dente. You do not want the noodles to be soft.
- 3 Add spaghetti sauce and simmer until bubbly. Remove from heat. Add noodles and mix well.
- 4 In crock pot, put a layer of the noodle mixture, cheeses and pepperoni. Repeat layers.
- 5 Cook on high for 30 minutes and then on low for 1 to 2 hours.
- 6 This recipe tastes like a piece of pizza in a bowl. Delicious!
- 7
- 8

Servings: 10

Poached Crockpot Chicken

		1 cup	Chicken broth
1	Broiler-fryer (3 lbs.)	1	Bay leaf
1	Piece of celery (2")		Salt and pepper; to taste
1	Carrot		
1/2	Onion		

Procedure

- 1 Wash the chicken and pat dry. Place it in the crockpot. season with salt and pepper. Place the celery, carrot and onion around the chicken. Pour in the broth. Add the bay leaf. Cover and cook on LOW for 7 to 8 hours or till the chicken is tender. Lift the chicken from the pot and let it cool until it is cool enough to handle. Now remove the meat from the chicken and freeze what you're not going to eat that night. You can also strain the stock and refrigerate it. Chill overnight and skim off the fat. Now you will also have delicious chicken broth and can use some of the chicken mixed with the broth for soup. One chicken will give him about 2-1/2 to 3 C of chicken meat and about 1 C of stock. This starts you off with an easy chicken recipe. I'm sure your dad won't eat 3 lbs. of chicken at one sitting, but the beauty of this dish is that the chicken is so versatile! He can freeze the leftover chicken and use it for a chicken salad, sandwich or just as it is! If you get him a 4 1/2 qt. crockpot, it will accommo two whole 3 lb. chickens and just think of all the leftovers he'll have to freeze then!!

Servings: 4

Potato Soup for Crockpot

8	lg Potatoes, cubed	2	Tbs Parsley, dry
2	md Onions, chopped	6	cup Water
2	Tbs Margarine	2	cup Milk
2	Chicken boullion cubes	1/2	cup Flour, mixed with water

Procedure

- 1 Place ingredients 1 through 6 in the crockpot and cook all day on low to mediu m. 1/2 hour to onehour before serving; add milk and flour mixture. After the soup starts to thicken, it is ready to serve.
- 2 NOTE: Add 1/4 pound of Velveeta cheese for Cheese potato soup. I can evaporated milk may be substituted for the regular milk.
- 3

Servings: 8

Pumpkin Pie

filling			
2	cup	pumpkin	1/8 tsp cloves
1		can evaporated skimmed milk, (12 oz)	3/4 tsp baking powder
1/2	cup	egg whites, whipped	1/8 tsp salt
1/2	cup	granulated sugar	2 tsp orange peel, grated
1/2	cup	unbleached flour	topping
1	tsp	cinnamon	1/4 cup brown sugar, packed
1/2	tsp	ginger	1/4 cup rolled oats
1/4	tsp	nutmeg	1 Tbs margarine, melted

Procedure

- 1 Preheat oven at 350. Prepare a pie pan with cooking spray and flour. To prepare, filling, combine pumpkin, milk, and egg whites in a mixing bowl. In another mixing bowl, combine granulated sugar, flour, cinnamon, ginger, nutmeg, cloves, baking powder, salt, and orange peel. Mix wet ingredients with dry ingredients just until moistened. Pour entire mixture into prepared pan. To prepare topping, combine brown sugar, oats, and margarine in a smaller bowl until thoroughly blended. Then, sprinkle over filling. Bake for 50 to 55 minutes. Cool 15 minutes. Refrigerate about hours or until chilled.

Servings: 10

Recipe Type

Pies

Raisin Sour Cream Pie

1		9" baked pie shell	1	Tbs	Lemon juice
1 1/2	Tbs	Cornstarch	3		Egg yolks
1	cup	Sugar; (plus 2 tbsp.)			-----brown sugar meringue
3/4	tsp	Ground nutmeg	3		Egg whites
1/4	tsp	Salt	1/4	tsp	Cream of tartar
1 1/2	cup	Sour cream	6	Tbs	Packed brown sugar
1 1/2	cup	Raisins	1/2	tsp	Vanilla

Procedure

- 1 follow directions for pie pastry above (*see Raisin Crisscross Pie recipe except use 1 1/4 Cups Flour, 1/2 Tsp Salt, 1/3 Cup Shortening, to 4 Tbsp. Cold Water - When shell is rolled out and placed in pie plate, flute edges and prick the shell (bottom and sides) with the tines of a fork. Bake at 450 degrees for 10 to 12 minutes or until golden. Cool (leave in pie plat on a wire rack. Mix corn starch, sugar, nutmeg, and salt in a 2 quart sauce sour cream. Stir in raisins, lemon juice, and egg yolks. Cook over medium heat, stirring constantly, until mixture thickens and boils. Boil and stir 1 minute. Pour into baked pie shell.
- 2 Meringe: Beat egg whites and cream of tartar in a 2 1/2 quart bowl until foamy. Beat in sugar, 1 Tbsp. at a time; continue beating until stiff and glossy. Do not underbeat. Beat in vanilla.
- 3 Spread meringue over filling, carefully sealing meringue to edge of crust to prevent shrinkage or weeping. Bake at 400 degrees until delicate brown, about 10 minutes. Refrigerate any remaining pie immediately.

Servings: 8

Ranch-Style Brisket and Beans (Crockpot)

16	oz	Package dried pinto beans, rinsed, drained, and picked over	1	Tbs	Prepared yellow mustard
			1/4	cup	Red wine vinegar
			1/4	cup	Packed brown sugar
2	cup	Hot water	1/2	tsp	Seasoned salt
1		lg Onion, chopped	1	tsp	Liquid smoke hickory flavoring
1 1/2	cup	Ketchup			
3	Tbs	Worcestershire sauce	3	lb	Boneless beef brisket, trimmed of fat

Procedure

- 1 In a 4- or 5-quart electric slow cooker, combine the pinto beans, water, and onion. In a medium bowl, mix together the ketchup, Worcestershire sauce, mustard, vinegar, brown sugar, seasoned salt, and liquid smoke. Stir half of the ketchup mixture into the beans in the slow cooker. Place the brisket on top of the beans (cut to fit into pot if necessary). Spread the remaining ketchup mixture over the top of the brisket.
- 2 Cover and cook on the low heat setting 9 to 10 hours, stirring once or twice, if possible, until the beans and beef are tender. Skim off any excess fat from the top. To serve, slice the meat across the grain and serve with the beans.
- 3

Servings: 1

Red Devil's Food Cake

1 2/3	cup	All-purpose flour	1	tsp	Salt
1	cup	Granulated sugar	1	tsp	Vanilla
1/2	cup	Packed brown sugar	2	oz	Unsweetened chocolate
1/2	cup	Shortening	2		Eggs
1 1/2	cup	Buttermilk	1		Rec. Creamy Vanilla Frosting
1 1/2	tsp	Baking soda			

Procedure

- 1 CREAMY VANILLA FROSTING-- c Powdered sugar /3 c
Margarine/butter, softened /2 ts Vanilla tb Milk, about
- 2 Melt and cool the 2 ounces of chocolate. Heat oven to 350 degrees. Grease and flour 2 round pans, 8 or 9 x 1 1/2 inches. Beat all ingredients except Creamy Vanilla Frosting on low speed 30 seconds, scraping bowl constantly. Beat on high speed 3 minutes, scraping bowl occasionally. Pour into pans. Bake 30 to 35 minutes or until wooden pick inserted in center comes out clean. Cool 10 minutes; remove from pans. Cool completely. Fill layers and frost cake with Creamy Vanilla Frosting. Creamy Vanilla Frosting: Mix powdered sugar and margarine. Stir in vanilla and milk until smooth and of spreading consistency

Servings: 12

Round Steak Casserole, Crockpot

2	lb	Round steak, cut		Quartered (optional)
1/2		Inch thick	1 1/2	cup Beef broth
		Garlic salt, salt, pepper	1	cn Green beans, drained
1		Onion, thinly sliced	1	cn Tomato soup
3 To 4		potatoes, peeled and	1	cn Tomatoes

Procedure

- 1 Season round steak lightly with garlic salt, salt, and pepper. Cut into serving pieces and place in CROCK-POT with sliced onion which has been separated into rings. Add potatoes and green beans. Top with tomato soup and tomatoes. Cover and cook on Low 8 hours. Remove cover during last half-hour if too much liquid. From Crock-pot cook book,

Servings: 6

Savory Crockpot Sauerbraten

			1/3 cup	Liquid brown sugar*
4	lb	Chuck roast	1/3 cup	Cider vinegar
		Salt & pepper	8	Gingersnaps
2		md Onions; sliced		Noodles...
10 3/4	oz	Can condensed beef broth		

Procedure

- 1 *I just add enough vinegar to make a syrup consistency. Sprinkle roast on all sides w/salt & pepper. Place roast in crockpot, add onion, broth, brown sugar & vinegar. cover tightly, cook 5-6 hours on high. Remove roast & set aside. Add crumbled gingersnaps to the sauce in the crockpot. Stir until sauce thickens. Slice meat and serve sauce over slices. Serve with noodles. This is really good!

Servings: 8

Savory Sauerbraten in the Crock Pot

			1/3 cup	Cider vinegar
4	lb	Chuck roast salt & pepper	8	Gingersnaps
2		Onions;sliced		Noodles
1		cn 10.75oz condensed beef broth		
1/3	cup	Liquid brown sugar		

Procedure

- 1 Sprinkle roast on all sides with salt and pepper. 2.Place roast in crockpot, add onion, broth, brown sugar, and vinegar. 3.Cover tightly, cook 5 to 6 hours on high, turning occasionally. 4.Remove roast and set aside. 5.Add crumbled gingersnaps to the sauce in the crockpot. Stir till sauce thickens. 6.Slice meat and spoon sauce over slices. 7.Serve with noodles.

Servings: 6

Simple Crockpot Chicken

- 2 package Boneless, skinless chicken
Partially frozen); rinsed and patted dry
Parts; (can still be

Procedure

- 1 Place trivet (opt) in bottom of crockpot. Place alum foil on top of trivet, "bowl style", and place chicken parts into the foil "bowl". Turn on LOW and cook for 6-10 hours. I usually put two packs of chicken in and freeze what's left. Use the cooked chicken as you would for any recipe (Sw and Sour, BBQ, etc.) but for an instant dinner, take it out, add a little salt & pepper sprinkled over, and either place it on a plate plain with your veggies, potato, rice or noodles; or put it on a bun with whatever you like on buns. Low in fat, and the amount of salt is controlled, so it's filling and fast without negative side effects. Kids love it. NOTE: I go along with another crockpot user who says she just puts in any old meat, veggies, sauce, etc. I generally buy stew meat or round steak (two tough, cheap meats); add 1/2 to 1 cup tomato sauce or BBQ sauce, whatever's on hand, veggies are optional, and let'er rip. Often I fix the night before and refrigerate overnight. We like to eat around 5:30 PM, so I turn on in the early morning and long cooking is what I look for. I also try to double amounts to lengthen the cooking time, then am able to freeze part, and bring out a week later. Combined with the microwave, I rarely have to stand at the stove.

Servings: 4

Sloppy Joes (Crock-Pot)

3 lb	Ground beef, lean	2	cn	Tomato sauce (8 oz)
2	Onions, med.-chopped	1	cn	Water (8 oz.)
1	Green pepper, seeded-chopped	2	package	Sloppy Joe seasoning

Procedure

- 1 Brown beef in skillet, pour into colander, rinse well, put meat into crock-pot, add onions, green pepper, tomato sauce, and water. Stir thoroughly, add salt to taste. Cover and cook on low for 8 to 10 hours, or on high for 5 hours. If too liquid, uncover and set on high for 30 minutes.

Servings: 10

Slow Hints

Procedure

- 1 -
- 2 To convert favorite recipes for slow cookers: Regular TimingSlow Cooking
 15-30 min.....1 1/2 to 2 1/2 hr on high*; 4-8 on low** 35-45 min.....3 to
 4 hrs on high; -10 on low 50 min -3 hrs.....4 to 6 hrs on high; 8-16 on low
 *High= to 350 degrees F.....**Low= 180 to 190 degrees F TO TEST
 COOKER TEMPERATURE-TIMING: Fill cooker half full of cold tap water.
 Heat, covered on high for 2 1/2 hours. If water boils in less time reduce recipe
 cooking time. If it takes more than 3 hours to boil add cooking time. FOR
 SAFETY: Use pot in a safe place where cord is up out of the way. Never
 store food in crockery pot. sudden temperature changes can crack ceramic
 liners. 180 degrees F. is a minimum safe temperature. Read and use cooker
 instructions carefully. TO SERVE : Garnish with parsley, carrot curls,
 crushed corn chips, tomatoes, sauces, olives, pimentos, mint leaves, lemon or
 orange slices. ADDITIONAL HINTS: Use timer for starting pot and cooking
 when you aren't around; Crossed strips of folded aluminum foil under roast
 will let you lift it quickly and safely to serving dish; Most recipes for low
 temperature can be prepared in half time on high; A slow pot is excellent for
 fondue, dips, hot punch, sauces and as a bun warmer. Hope this helps.

Servings: 1

Slow-Poke Jambalaya Crockpot

1	Bell pepper,chopped	1/8	tsp	Cayenne
1	Onion,chopped	1/2	tsp	Salt
2	Med tomatoes,chopped	4	oz	Smoked sausage,chopped
1	cup Chopped celery	8	oz	Chicken breast,chopped
1	Clove garlic,crushed	2	cup	Beef broth or bouillon
2	Tbs Minced parsley	1/2	lb	Cooked shelled shrimp
2	tsp Chopped thyme leaves	1	cup	Cooked rice
2	tsp Oregano leaves,chopped			

Procedure

- 1 Shell shrimp, halve lengthwise. In slow cooker,combine all ingred. except shrimp & rice. Cover & cook on low 9-10 hours. Turn slow cooker on high, add cooked shrimp & cooked rice. Cover; cook on high 20-30 minutes.

Servings: 6

Spiced Pot Roast for Crockpots

1/2	tsp	Crushed red pepper	1 1/2	Tbs	sugar
4		Cl Garlic, crushed	1	tsp	Salt
1/2	tsp	Cumin	3	Tbs	Poppy seeds
4	tsp	French mustard	1/2	cup	Vinegar
3/4	tsp	Tumeric	1/3	cup	Tomato puree
1 1/4	tsp	ginger	3		Bay leaves
1	tsp	Rosemary	2		Cloves
1	tsp	Lemon pulp	2		Onions, chopped

Procedure

- 1 This is the ROAST WITH SOUL!!!! Place the crushed red pepper, garlic, cumin, mustard, tumeric, ginger, rosemary, lemon pulp, sugar, salt, poppy seeds and vinegar in a blender. Then, blend for about 30 seconds. Put 2 pound beef roast in large bowl and pour blended herbs and spices over meat; let marinate for 6 hours. Heat oil in skillet; add cloves and bay leaves and fry themn for 4 minutes; add onions and fry until they are soft. Turn off heat and let oil become lukewarm. Add meat and simmer for about an hour. Then, pour on tomato puree and increase heat; cook until meat is tender. This is a great recipe to mix together and pour over a roast in a crock pot; let cook for about 8 hours on LOW.

Servings: 6

Swiss Steak-Crock Pot <mom's>

1 1/2 lb	Round steak, chopped	1	md Onion, sliced
2	Tbs Flour	1	Carrot, chopped
	Salt	1	Stalk celery, chopped
	Pepper	15 oz	Tomato sauce

Procedure

- 1 Season flour with salt and pepper. Dredge meat flour. Place vegetables on bottom of crock, add meat, top with tomato sauce.
- 2 Low 8-10 hours High 3-5 hours

Servings: 6

Vegetable Pasta for Crock-Pot

2	Tbs	Butter or margarine	1/2	tsp	Basil; dried
1		Zucchini; 1/4" slice	1/4	tsp	Salt
1		Yellow squash; 1/4" slice	1/2	tsp	Pepper
2		Carrots; thinly sliced	1	cup	Parmesan cheese; grated
1 1/2	cup	Mushrooms; fresh, sliced	12	oz	Fettucine
1		package Broccoli, frozen; cuts	1	cup	Mozzarella cheese; shredded
			1	cup	Cream
4		Green onions; sliced	2		Egg yolks
1		Cl Garlic; minced			

Procedure

- 1 Rub crock wall with butter. Put zucchini, yellow squash, carrots, mushrooms, broccoli, onions, garlic, seasonings and parmesan in the crock-pot. Cover; cook on High 2 hours.
- 2 Cook fettucine according to package directions; drain. Add cooked fettucine, mozzarella, cream and egg yolks. Stir to blend well. Allow to heat for 1 to 30 minutes. For serving turn to Low for up to 30 minutes. Serves 6.

Servings: 6

Working Person's Crockpot Country Pork Dinner

3	lb	Pork loin country-style rib	1/3	cup	Flour
2	Tbs	Salad oil	1 1/2	cup	Apple cider
1	cup	Water	1	Tbs	Salt
1/2	tsp	Pepper	2	lb	Small new potatoes
16	oz	Carrots	1	tsp	Caraway seeds
1		Onion	1		Cabbage

Procedure

- 1 All preparation can be done the night before and assembled in the morning before leaving for work so you'll be greeted with a hearty supper at the end of the day. Chop small head cabbage and medium onion, cut carrots into 2" pieces. In a large plastic bag combine flour, salt and pepper. Drop meat into bag and coat pork loin country-style ribs with flour mixture; reserve leftover flour. In large skillet over med-high heat, in hot salad oil, cook meat, a few pieces at a time, until well browned on all sides, removing pieces as they brown. Reduce heat to med; into drippings in skillet, stir reserved flour until blended. Gradually stir in apple cider. Simmer to thicken to gravy. Remove from heat and set aside. In 6 qt crockpot add potatoes, carrots, onions and cabbage. Sprinkle with caraway seeds. Top with meat. Pour on gravy. Cover crockpot and cook on high for hours or low for 8-10 hours.

Servings: 1

Yummycrockpot Barbecue Pork

- | | | | |
|----|--------------|---------|------------|
| 1 | Boneless | 1/2 cup | Water |
| 15 | Whole cloves | | Pork roast |
| 1 | lg Onion | | |

Procedure

1 bottle of your favorite barbecue sauce 1 tsp. sugar Place onion slices into the bottom of a large crockpot. Dot roast with cloves; place roast in crockpot along with the water. Cover and cook at least 8 hours (or overnight). Take roast from crockpot, remove cloves and shred pork. Discard liquid and onions from crockpot. Place shredded pork, barbecue sauce and sugar in crockpot and cover. Cook at least 2 more hours. Serve on toasted buns with slices of fresh onion (if desired).

2

Servings: 1

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