



## **E-Cookbooks Crockpot Recipe Sampler**

VJJE Publishing Co.

# Table of Contents

|   |    |
|---|----|
| <a href="#"><u>Introduction</u></a> .....                 | 1  |
| <a href="#"><u>Personalized Cooking Aprons</u></a> .....  | 2  |
| <a href="#"><u>Autumn Pork Chops</u></a> .....            | 3  |
| <a href="#"><u>Beef Bourguignon</u></a> .....             | 4  |
| <a href="#"><u>Chicken Livers</u></a> .....               | 5  |
| <a href="#"><u>Chinese Country Ribs</u></a> .....         | 6  |
| <a href="#"><u>Coca–Cola Pot Roast</u></a> .....          | 7  |
| <a href="#"><u>Corned Beef And Cabbage</u></a> .....      | 8  |
| <a href="#"><u>Crockpot Corn</u></a> .....                | 9  |
| <a href="#"><u>Enchiladas</u></a> .....                   | 10 |
| <a href="#"><u>Fall Lamb And Vegetable Stew</u></a> ..... | 11 |
| <a href="#"><u>French Onion Beef</u></a> .....            | 12 |
| <a href="#"><u>Fresh Artichokes</u></a> .....             | 13 |
| <a href="#"><u>Ham And Scalloped Potatoes</u></a> .....   | 14 |
| <a href="#"><u>Hawaiian Chicken Breasts</u></a> .....     | 15 |
| <a href="#"><u>Home–Style Bread Pudding</u></a> .....     | 16 |
| <a href="#"><u>Hungarian Goulash</u></a> .....            | 17 |
| <a href="#"><u>Italian Chicken</u></a> .....              | 18 |
| <a href="#"><u>Lemon Roast Chicken</u></a> .....          | 19 |
| <a href="#"><u>Marinated Beef Pot Roast</u></a> .....     | 20 |
| <a href="#"><u>Meatloaf</u></a> .....                     | 21 |
| <a href="#"><u>New England Boiled Dinner</u></a> .....    | 22 |
| <a href="#"><u>Potato Stuffed Cabbage</u></a> .....       | 23 |
| <a href="#"><u>Savory Swiss Steak</u></a> .....           | 24 |

# Table of Contents

|  |    |
|--|----|
| <a href="#"><u>Slow Cook Jambalaya</u></a> .....       | 25 |
| <a href="#"><u>Super Easy Crockpot Roast</u></a> ..... | 26 |
| <a href="#"><u>Sweet &amp; Sour Chicken</u></a> .....  | 27 |



## **Crockpot Recipe Sampler**

Enjoy 100,000 World Class Recipes:

**[Visit The E-Cookbooks Library](#)**

We encourage you to pass along this e-cookbook  
to a friend ... Show them you have good taste!

---

***Free Recipes In Your Email!***

Subscribe to the **VJJE Recipe Weekly**  
and enjoy new recipes each week.

It's fun and it's FREE!

**[Click Here To Subscribe](#)**

## Personalized Cooking Aprons



*a great gift idea for anyone ... including yourself!*

We'll inscribe two lines of YOUR text in a variety of colors YOU choose. You can be like a professional chef with a name and title! Create a personalized cooking apron for yourself or as a great gift idea for anyone that cooks.

Or, choose from over thirty professionally designed styles of aprons with colorful themes.

**[Click HERE For Cooking Aprons!](#)**

# Autumn Pork Chops

---

6 Thick pork chops  
2 Medium acorn squash  
3/4 teaspoon Salt  
2 tablespoons Margarine, melted  
3/4 cup Brown sugar  
3/4 teaspoon Kitchen Bouquet  
1 tablespoon Orange juice  
1/2 teaspoon Orange peel, grated

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.

# Beef Bourguignon

---

4 pounds lean beef, cubed  
1 cup red wine  
1/3 cup oil  
1 teaspoon thyme  
1 teaspoon black pepper  
8 slices bacon, diced  
2 cloves garlic, crushed  
1 onion, diced  
1 pound mushrooms, sliced  
1/3 cup flour

Marinate beef in wine, oil, thyme and pepper 4 hrs at room temp. or overnight in the fridge. In large pan, cook bacon until soft. Add garlic and onion sauteeing until soft. Add mushrooms and cook until slightly wilted. Drain beef reserving liquid. Place beef in slow cooker. Sprinkle flour over the beef stirring until well coated. Add mushroom mixture on top. Pour reserved marinade over all. Cook on LOW 8–9 hrs.

# Chicken Livers

---

1 pound Chicken livers  
1/2 cup Flour  
1 teaspoon Salt  
1/4 teaspoon Pepper  
3 Bacon slices, diced  
3 Green onions, with tops, chopped  
1 cup Chicken bouillon  
1 can (10 1/2 oz.) Golden Mushroom soup  
1 can Sliced mushrooms, 4-ounce (drained)  
1/4 cup White wine -- dry or sauterne

Cut chicken livers into bite-size pieces; toss in flour, salt and pepper. Fry bacon pieces in large skillet; remove when brown. Add flour-coated chicken livers and green onion to bacon grease in skillet; saute until lightly browned. Pour chicken bouillon into skillet and stir into drippings. Pour all into crockpot. Add browned bacon bits and all remaining ingredients. Cover and cook on Low 4 to 6 hours. Serve over rice, toast or buttered noodles.



## Chinese Country Ribs

---

2 cups Ketchup  
2 tablespoons Honey  
2 tablespoons White Vinegar  
2 tablespoons Soy sauce  
1/4 teaspoon Five spice powder, (opt.)  
1 small Onion: finely chopped  
2 teaspoons Fresh ginger, minced  
1 Garlic clove, minced  
1 teaspoon Cornstarch, dissolved in 1 Teaspoon cold water  
4 pounds Country ribs:, cut into individual  
Hot cooked rice

In a 3–1/2 quart slow cooker, combine ketchup, honey, vinegar, soy sauce, five–spice powder, onion, ginger and garlic. Position a broiler rack 6 inches from the source of the heat and preheat the broiler. Broil the ribs, turning once, until browned. About 10 minutes. Transfer the ribs to the slow cooker. Stir to coat the ribs with the sauce. Cover and slow cook until ribs are tender, 5–6 hours on LOW. Transfer the ribs to a platter and cover with aluminum foil to keep warm. Skim the fat from the surface of the sauce. In a medium saucepan bring the sauce to a simmer over a medium heat. Cook until reduced to about 1 cup. (6–8 minutes) Stir in the cornstarch mixture and cook just until thickened. Pour the sauce over ribs and serve immediately with hot cooked rice.

## Coca-Cola Pot Roast

---

3 pounds Beef  
2 tablespoons Oil  
1 can Tomatoes  
1 cup Coca-Cola  
1 each Onions, chopped  
1 package Spaghetti sauce mix  
1-1/2 teaspoons Salt  
1/2 teaspoon Garlic salt

Brown meat in oil for ten minutes on each side; remove to crockpot. Drain fat. Break up tomatoes in their juice; add remaining ingredients, stirring until spaghetti sauce mix is dissolved. Pour over meat. Cover; simmer until meat is tender. Thicken gravy; serve over sliced meat.

## **Corned Beef And Cabbage**

---

2 medium Onions, sliced  
2 1/2 pounds Corned beef brisket  
1 cup Apple juice  
1/4 cup Brown sugar, packed  
2 teaspoons Orange peel, finely shredded  
2 teaspoons Prepared mustard  
6 Whole cloves  
6 Cabbage wedges

Place onions in crockpot. Trim away any fat that might be present on the brisket. If needed, cut brisket to fit into crockpot; place on top of onions. In a bowl, combine apple juice, sugar, orange peel, mustard, and cloves; pour over brisket. Place cabbage on top of brisket. Cover; cook on low setting for 10 to 12 hours or high setting for 5 – 6 hours.

## Crockpot Corn

---

1 large Bag frozen corn  
8 ounces Pkg. cream cheese  
1 Stick margarine  
Salt and pepper to taste

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.

# Enchiladas

---

1 pound Hamburger  
1 Onion, chopped  
4 1/2 ounces Can chopped chilies  
1 can Mild enchilada sauce  
10 1/2 ounces Golden mushroom soup  
10 1/2 ounces Cheddar cheese soup  
10 1/2 ounces Cream of mushroom soup  
10 1/2 ounces Cream of celery soup  
1 package tortilla chips

Brown hamburger and chopped onion, pour off grease. Put all ingredients in crock pot except Doritos chips. Mix and cook low 4 to 6 hours. Last 15 minutes before you are ready to eat, add tortilla chips and stir.

## Fall Lamb And Vegetable Stew

---

2 pounds Lamb stew meat  
2 Tomatoes  
1 Summer squash  
1 Zucchini  
1 Potatoes  
1 can Mushrooms, sliced  
1/2 cup Bell peppers, chopped  
1 cup Onions, chopped  
2 teaspoons Salt  
1 each Garlic cloves, crushed  
1/2 teaspoon Thyme leaves  
1 each Bay leaves  
2 cups Stock, chicken  
2 tablespoons Butter  
2 tablespoons Flour

Peel, seed, and chop tomatoes. Slice summer squash and zucchini. Dice potatoes. Place lamb and vegetables in crockpot. Mix salt, garlic, thyme, and bay leaf into stock; pour over lamb and vegetables. Cover and cook on low 8 hours. (Don't peek. Lifting the lid prolongs cooking time.) Turn to high. Blend flour and butter, then shape into small balls. Drop into stew and cook, stirring several times, until thickened. Serve over hot noodles or rice.

## French Onion Beef

---

- 1 1/4 pounds Boneless beef round steak
- 1 package (8 oz) fresh sliced mushrooms
- 1 large Onion sliced into rings
- 1 can French onion soup condensed
- 1 package 15 minute herb stuffing mix
- 1/4 cup Margarine or butter, melted
- 4 ounces Shredded mozzarella cheese

Cut beef into 6 serving-size pieces. Layer half of the beef, mushrooms and onion in 3 1/2 to 4-quart slow cooker; repeat layers. Pour soup over ingredients in slow cooker. Cover; cook on low setting for 8 to 10 hours or until beef is tender and no longer pink. Before serving, toss stuffing mix and contents of seasoning packet with melted margarine and 1/2 cup liquid from pot. Place stuffing on top of contents in slow cooker; cover. Increase heat to high setting. Cook 10 minutes or until stuffing is fluffy. Sprinkle with cheese; cover. Cook until cheese is melted.

## Fresh Artichokes

---

2 large Fresh artichokes  
6 cups – Water, hot  
4 slices Lemon, thin slices  
1/3 cup Butter; or margarine, melted  
3 tablespoons Lemon juice  
1/4 teaspoon Seasoned salt

With sharp knife, slice about 1" off top of each artichoke; cut off stem near base. With scissors, trim about 1/2" off top of each leaf. With sharp knife, halve each artichoke vertically; then scoop out and discard the fuzzy center or choke. Place artichoke halves in slowcooker; add hot water and lemon slices. Cover and cook on HIGH 4 to 5 hrs. or until done. Drain; serve with sauce. Lemon butter sauce – combine all ingredients.



# Ham And Scalloped Potatoes

---

8 slices Of ham  
10 medium Potatoes, thinly sliced  
1 cup Grated Cheddar  
2 Onions, thinly sliced  
1 can Cream of mushroom soup  
Paprika  
Salt and pepper to taste

Toss sliced potatoes in 1/2 teaspoon cream of tartar and 1 cup water. Drain. Put half of ham, potatoes, and onions in crockpot. Sprinkle with salt and pepper, then grated cheese. Repeat with remaining half. Spoon undiluted soup over top. Sprinkle with paprika. Cover and cook on low 8 to 10 hours. (High: 4 hours).

# Hawaiian Chicken Breasts

---

4 Green onions  
3 Tablespoons Butter  
4 Chicken breast halves  
Flour seasoned with  
salt and pepper  
1 Can sliced pineapple, (14 Ounces)  
1 Avocado  
Rice; hot, buttered

Chop onions using only 1" of green tops. Saute in 1 T of butter until glazed. Transfer to crock pot. Coat chicken breasts in seasoned flour. Saute in butter until brown on both sides. Transfer to crock pot. Drain pineapple. Pour juice over chicken. Cover and cook on low 3–4 hours (high 1 1/2 – 2 hours) or until breasts are tender. Saute pineapple slices in butter until golden. Place on heated plater. Top each with a chicken breast. Slice avocado into 8 lengthwise strips. Place 2 strips on each chicken breast. Serve pan drippings over rice.

## Home–Style Bread Pudding

---

2 Eggs, slightly beaten  
2 1/4 Cup Milk  
1 Teaspoon Vanilla  
1/2 Teaspoon Cinnamon  
1/4 Teaspoon Salt  
2 Cup 1–inch bread cubes  
1/2 Cup Brown sugar  
1/2 Cup Raisins or chopped dates

In medium mixing bowl, combine eggs with milk, vanilla, cinnamon, salt, bread, sugar, and raisins or dates. Pour into 1 1/2–qt. baking dish. Place metal trivet or rack in bottom of crockpot. Add 1/2 cup hot water. Set baking dish on trivet. Cover pot; cook on high for about 2 hours. Serve pudding warm or cool.

# Hungarian Goulash

---

2 Pounds Round steaks, cut in 1/2" – cubes  
1 Cup Chopped onion  
1 Clove garlic, minced  
2 Tablespoon Flour  
1 Teaspoon Salt  
1/2 Teaspoon Pepper  
1–1/2 Teaspoon Paprika  
1/4 Teaspoon Dried thyme, crushed  
1 (14 1/2 oz) can tomatoes  
1 Cup Sour cream  
Noodles

Put steak cubes, onion, 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 8–10 hours Add sour cream 30 minutes before serving, and stir in thoroughly. (High: 4–5 hours, stirring occasionally.)  
Serve over hot buttered noodles.

## Italian Chicken

---

1 frying chicken, cut into pieces  
1 teaspoon seasoned salt  
1/4 cup flour  
1/2 teaspoon salt  
1/8 teaspoon pepper  
2 tablespoons Parmesan cheese, grated  
1/2 cup chicken stock  
1 can mushrooms, drained  
1/2 teaspoon paprika  
zucchini, sliced into medium pieces  
freshly ground black pepper  
parsley to garnish

Sprinkle chicken with seasoned salt. Combine flour, salt, pepper, cheese, and paprika. Coat chicken pieces with mixture. Place zucchini in bottom of Crockpot. Pour stock over zucchini. Arrange chicken on top. Cover and cook on low for 6 to 8 hours or until tender. Turn control to high, add mushrooms, cover, and cook on high for another 10–15 minutes. Garnish with freshly ground black pepper and parsley.

# Lemon Roast Chicken

---

Chicken whole

1 dash Salt

1 dash Pepper

1 teaspoon Oregano

2 Cloves minced garlic

2 tablespoons Butter

1/4 cup Water

3 tablespoons Lemon juice

Wash chicken, pat dry, season with salt and pepper. Sprinkle 1/2 oregano and garlic inside cavity. Melt butter in large frying pan. Brown chicken on all sides. Transfer to crock pot. Sprinkle with oregano and garlic. Add water to fry pan, stir to loosen brown bits. Pour into crock pot. Cover. Cook on LOW 8 hours. Add lemon juice in the last hour of cooking. Transfer chicken to cutting board. Skim fat. Pour juice into sauce bowl. Carve bird. Serve with some juice spooned over chicken.

## Marinated Beef Pot Roast

---

3 pounds roast, trimmed  
2 tablespoons oil  
Flour and water paste, optional  
1 cup tomato juice  
3 tablespoons mustard, prepared  
4 tablespoons worcestershire sauce  
1 teaspoon basil  
1 teaspoon oregano  
1 teaspoon onion powder  
1 teaspoon garlic salt  
1/4 teaspoon fresh ground black pepper

Combine marinade ingredients and pour over roast in a shallow bowl. Cover and refrigerate overnight or for 24 hrs. Remove meat from marinade and pat dry with paper towels. Heat oil in large skillet and brown meat on all sides. Place in cooker. Cover and cook on LOW 8–10 hrs. serve with accumulated gravy. (This may be thickened in a saucepan with flour and water paste if you wish.)

## Meatloaf

---

1/2 cup whole milk  
2 white bread slices  
1-1/2 pounds ground beef  
2 eggs  
1 small onion, peeled  
1-1/2 teaspoons salt  
1/2 teaspoon pepper  
1 teaspoon dry mustard  
12 ounces tomatoes, whole

Place the milk and the bread in a large mixing bowl, and let stand until the bread has adsorbed all the milk. With two forks, break the bread into crumbs. Beat the ground beef into the crumbs until well mixed. make a hollow in the center of the meat and break the eggs into it. Beat the eggs a little; then grate the onions into the eggs. Add salt, pepper and mustard. Beat the eggs into the beef. Shape into a round cake and place in the slow cooker. Drain the tomatoes, and place them on the meat. Cover and cook on Low for 5 to 7 hours. Before serving, uncover the pot; turn the heat to High, and bubble away some of the sauce. It should be thick, not thin.



## **New England Boiled Dinner**

---

3 pounds Corned beef  
6 Carrots, cut in half Lengthwise  
6 Potatoes, cut in half Lengthwise  
1 medium Size head of cabbage  
3 cups Water  
6 Turnips, cut in quarters

Place corned beef and water in Crock Pot Cooker. Cover. Set on high. When steaming vigorously, set to medium and continue cooking 2 1/2 hours. Remove meat from cooker. Put potatoes, turnips, carrots and cabbage in Cooker. Place meat on top of vegetables. Cover and when mixture is steaming briskly, set to medium. Cook for 45 minutes. Ham may be used in place of corned beef, if desired.

# Potato Stuffed Cabbage

---

1 head cabbage  
5 pounds potatoes, peeled  
2 onions  
1/2 cup rice, raw  
1 teaspoon dried dill weed  
1/4 teaspoon black pepper, ground  
2 egg whites  
28 ounces tomatoes  
1 apple, peeled and sliced  
1/4 teaspoon ground ginger

Parboil cabbage and separate the leaves. Slice off part of the heavy stalk of each leaf by slicing parallel to the leaf (do not cut into the leaf). Grate potatoes, small inner leaves of cabbage, and one of the onions. Mix together. Add rice, dill, and black pepper. Beat egg whites until frothy and add to potato mixture. Set aside two or three of the largest leaves. Fill each remaining cabbage leaf with approximately 2 tablespoon of the potato mixture. Fold up bottom of leaf, then fold in the sides, and roll up. Secure with toothpick if necessary. Slice the reserved leaves and line the bottom of crock pot with them. Slice second onion and layer on top of cabbage. Add tomatoes, apple, and ginger. Place rolled stuffed cabbages into pot. Cook at low heat for 4 to 5 hours.

## Savory Swiss Steak

---

1–1/2 pounds Round steak  
1/4 cup Flour  
2 teaspoons Dry mustard  
1 teaspoon Salt  
1/4 teaspoon Pepper  
2 tablespoons Butter  
2 tablespoons Oil  
1 Onion, finely chopped  
2 Carrots, peeled and grated  
2 Stalks celery, finely chopped  
1 can (16 oz) tomatoes  
2 tablespoons Worcestershire sauce  
1 tablespoon Brown sugar

Cut steak into 6 serving–size portions. Coat with a mixture of flour, mustard, salt and pepper. Using a large frying pan, brown meat in half the butter and oil. Transfer to crockpot. Heat remaining butter and oil in frying pan. Saute onions, carrots and celery until glazed. Add tomatoes, Worcestershire and brown sugar. Heat, scraping up drippings. Pour over meat. Cover. Cook on low, 6 to 8 hours, or until tender. Serve meat with sauce spooned over. Sprinkle with parsley.

## Slow Cook Jambalaya

---

- 1 Bell pepper, chopped
- 1 Onion, chopped
- 2 Medium tomatoes, chopped
- 1 cup Chopped celery
- 1 Clove garlic, crushed
- 2 tablespoons Minced parsley
- 2 teaspoons Chopped thyme leaves
- 2 teaspoons Oregano leaves, chopped
- 1/8 teaspoon Cayenne
- 1/2 teaspoon Salt
- 4 ounces Smoked sausage, chopped
- 8 ounces Chicken breast, chopped
- 2 cups Beef broth or bouillon
- 1/2 pound Cooked shelled shrimp
- 1 cup Cooked rice

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.

## Super Easy Crockpot Roast

---

- 1 beef roast, any kind
- 1 package dried brown gravy mix
- 1 package dried Italian salad dressing mix
- 1 package dried ranch dressing mix
- 1/2 cup water

Place beef roast in crockpot. Combine the dried mixes together in a bowl and sprinkle over the roast. Pour the water around the roast. Cook on low for 7–9 hours.

## Sweet & Sour Chicken

---

1 each Carrot, cut in pieces  
1 each Green pepper, cut in pieces  
1 each Onion, quartered  
2 tablespoons Tapioca, quick-cooking  
4 each chicken breast, cut  
8 ounces pineapple chunks in juice, canned un  
1/3 cup Dark brown sugar, firmly pa  
1/3 cup Red wine vinegar  
1 tablespoon Soy sauce  
1 teaspoon Chicken bouillon, instant g  
1/2 teaspoon Garlic powder  
2 tablespoons ginger root, minced  
1 teaspoon cilantro, dried  
Fresh cilantro  
Rice, hot cooked

Put vegetables in bottom of crockpot. Sprinkle tapioca over vegetables. Place chicken on top of vegetables. Combine all other ingredients 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.

# Slow Cooker Shredded Beef Buns

**Recipe Rating:** ★★★★★

**Prep Time:** 10 min

**Total Time:** 4 hr 10 min

**Makes:** 4 servings, 1 open-faced sandwich each



[Nutrition Information](#)

[Kraft Kitchens Tips](#)

[Ratings and comments](#)

[You may also enjoy](#)

- 1 beef flank steak (1 lb.)
- 1 small onion, sliced
- 1 cup sliced mushrooms
- 1 medium tomato, chopped
- 1/2 cup KRAFT Original Barbecue Sauce
- 2 tsp. Italian seasoning
- 2 sandwich buns, split

**PLACE** steak in slow cooker; top with onions, mushrooms and tomatoes. Combine barbecue sauce and Italian seasoning; pour over steak and vegetables.

**COOK** for 5 hours on HIGH (or on LOW for 8 to 10 hours). Remove steak from slow cooker; shred with fork. (Or, cut across the grain into thin strips.) Return steak to slow cooker; stir gently to evenly coat with sauce.

**PLACE** 1 bun half on each serving plate; top with 1/4 of the steak mixture.

## KRAFT KITCHENS TIPS

### Great Substitute

Prepare as directed using a variety of meat cuts, such as beef chuck, beef brisket, short ribs, pork shoulder or country style ribs. Less expensive meat cuts benefit most from this cooking method.

### Round Out The Meal

Add a serving of vegetables by serving with a colorful side salad.

## **APRICOT NUT BREAD**

(makes 4 to 6 servings)

3/4 cup dried apricots  
1 cup flour  
2 tsp baking powder  
1/4 tsp baking soda  
1/2 tsp salt  
1/2 cup sugar  
3/4 cup milk  
1 egg, slightly beaten  
1 Tbsp grated orange peel  
1 Tbsp vegetable oil  
1/2 cup whole wheat flour  
1 cup coarsely chopped walnuts

Place the apricots on a chopping block. Sprinkle 1 T flour over them. Dip a knife into the flour and chop the apricots finely. Flour the knife often to keep the cut up fruit from sticking together. Sift the remaining flour, baking powder, baking soda, salt and sugar into a large bowl. Combine the milk, egg, orange peel, and oil. Stir the flour mixture and the whole wheat flour. Fold in the cut up apricots, any flour left on the cutting block and the walnuts. Pour into a well greased, floured bakin unit. Cover and place on a rack in the slow cooker, but prop the lid open a fraction with a toothpick or a twist of foil to let excess steam escape. Cook on High for 4 to 6 hours. Cool on a rack for 10 minutes. Serve warm or cold.

Now before you all ask what a baking unit is (I wondered as I sat and typed this in), I looked it up in the front of the bread section. She says that some manufacturers are making units for slow cookers, but if you don't have one, a 2 pound coffee can works. Pyrex muffin cups also work. Also 1, 1 1/2 and 2 quart molds work.

Do not lift the lid while baking this bread.

## **BARBECUED POT ROAST**

2 lb lean pot roast  
1 tsp salt  
1/2 cup tomato paste  
24 peppercorns  
1 small onion, chopped  
1 tsp worcestershire sauce

Sprinkle salt over the roast and place in crock pot. Spread tomato paste over meat; imbed peppercorns into paste; top with onions and worcestershire sauce. Cover and cook on LOW 8-10 hrs. Serve meat with accumulated gravy.

## **BEEF BOURGUINON**

4 lbs lean beef cubed  
1 - 1 1/2 cups red wine  
1/3 cup oil  
1 tsp thyme  
1 tsp black pepper  
8 slices bacon, diced  
2 cloves garlic crushed  
1 onion diced  
1 lb mushrooms sliced  
1/3 cup flour

Marinate beef in wine,oil,thyme and pepper 4 hrs at room temp. or overnight in the fridge.

In large pan, cook bacon until soft. Add garlic and onion sautéing until soft. Add mushrooms and cook until slightly wilted. Drain beef reserving liquid. Place beef in slow cooker. Sprinkle flour over the beef stirring until well coated. Add mushroom mixture on top. Pour reserved marinade over all.

Cook on LOW 8-9 hrs.



## **BEEF CASSEROLE**

1 1/2 lbs stewing steak  
1 oz plain flour  
2 tblsp oil  
2 large onions  
3 medium carrots  
1 pint beef stock  
salt and pepper

Cut the steak into 1 inch cubes and toss in the flour seasoned with salt and pepper. Brown on all sides in the oil, then remove from the pan. Cut the onions into thin slices and cook in the oil until soft and golden. Slice the carrots thinly and put into the crockpot. Top with the onions and the meat. Add any remaining flour to the fat in the pan and cook for 2 minutes. Work in the stock and stir over low heat until the liquid comes to the boil. Pour into the crockpot, cover and cook on HIGH for 30 minutes, then on LOW 6-7 hours.

## **BEEF ROAST(S)**

Beef Roast(s)

onion

spices

optional: potatoes, carrots, sweedes, turnips

Brown the roast(s) on all sides in a little bit of oil. Place in the crock pot. Add an onion, cut in about 6-8 pieces. Add spices (we don't use salt - we add Mrs. Dash Garlic and Herb, plus some additional garlic and pepper). Cover with water.

Sometimes I add a dash of beef boullion granules. Set on high. I let this simmer away for about 5 - 6 hours. We usually add potatoes (quartered) the last 60-80 minutes. Other root veggies work great too.

Now, for the DOUBLE DUTY:

For the leftovers, I slice the roast somewhat thin, and breakup up the slices (sort of shred it), put it in a sauce pan and add barbecue sauce and a little water. I let this simmer for about 20 minutes, stirring occasionally. If it gets too dry add more sauce or water. Serve on rolls. This is great to take for lunch and heat in the microwave at work.

## **BROCCOLI AND TOFU IN SPICY ALMOND SAUCE**

Sauce:

1/2 c hot water

1/2 c almond butter (original recipe was for peanut butter -I use almond cause I'm allergic to peanut)

1/4 c cider vinegar

2 T tamari sauce

2 T blackstrap molasses

1/4 c cayenne (this is a HUGE amount - I use 1-2 tsp.)

Saute:

1 lb broccoli

2 tsp ginger

4 cloves garlic

1 lb tofu, cubed

2 c onion, thinly sliced

1 c chopped cashews

2-3 T tamari sauce

2 minced scallions

Sauce: In small saucepan, whisk together almond butter and hot water until you have a uniform mixture. Whisk in remaining sauce ingredients and set aside.

Saute: Stir-fry half the ginger and half the garlic in 1 T. oil. Add tofu chunks, stir-fry for 5-8 minutes. Mix with sauce. Wipe wok clean, saute remaining ginger & garlic in 2 T. oil. Add onions and fresh pepper, saute for about 5 min. Add chopped broccoli, cashews and tamari; stir-fry until broccoli is bright green. Toss saute with sauce, mixing in the minced scallions as you toss. Serve over rice.

## CHICKEN WITH CREAM SAUCE

1 large chicken  
1 stalk celery halved (with leaves)  
1 small onion halved  
4 sprigs parsley  
2 whole cloves  
1 carrot peeled and halved  
1 tsp salt  
1 small bay leaf  
1/2 tsp thyme  
water

Sauce:

4 Tbs butter  
1 cup chicken stock  
1/8 tsp pepper  
1/2 cup cream  
1/2 cup flour  
1/2 tsp salt  
1/4 cup chopped parsley

Put the chicken in the crockpot and cover with water. Add celery, carrot, onion and salt. Tie parsley, bay leaf, cloves and thyme in a small square of cheese cloth, add to the pot. Cover and cook on LOW for 7-9 hrs.

Melt 4 Tbs butter in a medium saucepan. Stir in flour and cook over low heat for several mins. Gradually stir in stock. Simmer until smooth. Add salt, pepper, parsley and cream. Remove chicken from pot, slice and serve with the creamy sauce.

## CROCKPOT BAKED STUFFED APPLES

(makes 6 servings)

6 medium tart red apples  
1 cup light brown sugar  
1/4 cup golden seedless raisins  
1 Tbsp grated orange peel  
1/4 cup soft butter  
2 cups very hot water  
3 Tbsp orange juice concentrate

Wash, core and stem the apples, but don't peel them. Stand them in a buttered mold and stuff them with 2/3 cup of the brown sugar, the raisins and the orange peel. fill the tops of the core cavities with butter and sprinkle the remaining sugar over the tops. Place the mold in the slow cooker and pour the hot water into the cooker. Sprinkle the orange juice concentrate over the apples. Cover the cooker and cook on Low for 3 to 5 hours, or until the apples are tender.

## CROCKPOT BANANA BREAD

(Makes 4 to 6 servings)

1 3/4 cup flour  
2 tsp baking powder  
1/4 tsp baking soda  
1/2 tsp salt  
1/3 cup shortening  
2/3 cup sugar  
2 eggs, well beaten  
1 1/2 cups well mashed, overripe banana (2 or 3 bananas)  
1/2 cup coarsely chopped walnuts (optional)

Sift together the flour, baking powder, baking soda and salt. With the electric beater on low, fluff the shortening in a small bowl, until soft and creamy. Add the sugar gradually. Beat in the eggs in a slow stream. With a fork, beat in 1/3 of the flour mixture, 1/2 the bananas another 1/3 of the flour mixture, the rest of the bananas then the last of the flour mixture. Fold in the walnuts. Turn into a greased and floured baking unit or a 2 1/2 quart mold and cover. Place on a rack in the slow cooker. Cover the cooker, but prop the lid open with a toothpick or a twist of foil to let the excess steam escape. Cook on high for 4 to 6 hours. Cool on a rack for 10 minutes. Serve Warm.

## **CROCKPOT BARBEQUE**

(makes 4 or 5 servings)

1 1/2 lb boneless chuck steak, 1 1/2 inch thick  
1 clove garlic, peeled and minced  
1/4 cup wine vinegar  
1 Tbsp brown sugar  
1 tsp paprika  
2 Tbsp Worcestershire sauce  
1/2 cup catsup (ketchup)  
1 tsp salt  
1 tsp dry or prepared mustard  
1/4 tsp black pepper

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.

## **CROCKPOT LACQUERED CHICKEN**

(makes 4 to 6 servings)

1 Tbsp vegetable oil  
2 lb whole chicken  
3 very large onions, peeled and chopped  
5 large tomatoes, chopped  
1 medium orange, unpeeled, seeded, chopped  
1 tsp sugar  
1 tsp salt  
1/8 tsp pepper  
1/2 cup water  
1 bouillon cube, crumbled  
3 heaping Tbsp red currant, raspberry or red grape jelly  
1/4 cup sweet sherry

In a medium skillet, over medium high heat, heat the oil and saute the chicken, turning often, until well browned all over. Remove the chicken to a plate. Saute the onion in the skillet until well browned. Turn into the crockpot. Place the tomatoes, orange, sugar, salt and pepper in the pot and set the chicken on top. Rinse the skillet with the water and scrape into the cooker. Add the bouillon cube. Cover and cook on Low for 5 to 7 hours.

Before serving, remove the chicken to a deep serving dish and keep warm. Turn the pot contents into a skillet, set the heat to high and simmer until thick enough to mound on a spoon. Stir in the jelly and the sherry and cook, stirring until the sauce boils. Do not overcook, lest the sauce lose its shiny quality. If you wish, add some sugar or sweet sherry to further brighten the taste. If sauce is not shiny enough, bring back to a very brisk boil and quickly stir in some jelly. Pour sauce over the chicken.

## **CROCKPOT MEATLOAF**

(Makes 6 servings)

1/2 cup whole milk  
2 slices white bread  
1 1/2 lb ground beef  
2 eggs  
1 small onion, peeled  
1 1/2 tsp salt  
1/2 tsp pepper  
1 tsp dry mustard  
1 can (12 oz.) whole tomatoes

Place the milk and the bread in a large mixing bowl, and let stand until the bread has adsorbed all the milk. With two forks, break the bread into crumbs. Beat the ground beef into the crumbs until well mixed. make a hollow in the center of the meat and break the eggs into it. Beat the eggs a little; then grate the onions into the eggs. Add salt, pepper and

mustard. Beat the eggs into the beef. Shape into a round cake and place in the slow cooker. Drain the tomatoes, and place them on the meat. Cover and cook on Low for 5 to 7 hours.

Before serving, uncover the pot; turn the heat to High, and bubble away some of the sauce. It should be thick, not thin.

## **CROCKPOT PORK CHOPS WITH MUSHROOM SAUCE**

(makes 6 to 8 servings)

8 to 10 small, thick porkchops  
2 tsp salt  
1/4 tsp pepper  
1/8 tsp sage  
1 can (12 oz) cream of mushroom soup  
1 Tbsp dried onion flakes

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.

## **DAN'S FAVORITE CHICKEN RECIPE**

1 chicken cut up, or your favorite pieces  
(I use thighs and legs -- about 2 pounds worth)  
1 jar anybody's spaghetti sauce  
dried oregano, garlic salt, or other additives  
1 crock pot  
1 full working day

1. Cut chicken into pieces, if needed.
2. Dump chicken pieces into crock pot.
3. Dump 1 jar spaghetti sauce over chicken.
4. Shake dried oregano and garlic salt (or your other favorite additives to spaghetti sauce), to taste.
5. Put lid on crock pot and turn the pot on LOW.
6. Have a nice day, don't worry, be happy.
7. Come home, fix a pot of rice or pasta, maybe a salad, and a loaf of french bread.
8. CAREFULLY remove the chicken from the crock pot to a serving platter (it's tender and will fall apart at the slightest provocation), then spoon the leftover liquid into a gravy boat or whatever you serve spaghetti sauce in.
9. Fight over who gets the top pieces with all the oregano and garlic salt piled on top.

## **DAVE'S MEAT LOAF**

1 lb extra lean ground beef  
1/4 lb sausage meat  
1/4 cup dark beer  
1 egg  
2 slices of bread torn into soft crumbs  
1 onion, chopped  
3 tblsp chopped parsley  
1/2 tsp ground black pepper  
few drops Worcestershire sauce and tabasco sauce

Combine all ingredients and gently shape into a round loaf. Place on a trivet in crockpot. Cover and cook on low, about 7 to 8 hours. Serve with tomato sauce or chilli sauce. Chill leftovers and slice for sandwiches the next day.

Most soups and stews can be prepared in a crock pot. Just decrease the liquid ingredients (not as much liquid will evaporate from a closed slow-cooker) and let it rip for 6 or more hours.

## **HEARTY BEAN AND VEGETABLE STEW (Vegan)**

(Servings: 12)

1 lb beans, assorted, dry  
2 cup vegetable juice  
1/2 cup dry white wine

1/3 cup soy sauce  
1/3 cup apple or pineapple juice  
vegetable stock or water  
1/2 cup celery -- diced  
1/2 cup parsnips -- diced  
1/2 cup carrots -- diced  
1/2 cup mushrooms -- diced  
1 onion -- diced  
1 tsp basil, dried  
1 tsp parsley, dried  
1 bay leaf  
3 clove garlic -- minced  
1 tsp black pepper -- ground  
1 cup rice or pasta -- cooked

Sort and rinse beans, then soak overnight in water.

Drain beans and place in crockpot. Add vegetable juice, wine, soy sauce, and apple or pineapple juice. Cover with vegetable stock or water; the amount added depends on whether you prefer a soup (more liquid) or a stew (less). The juice adds just a tad of sweetness and the soy sauce adds depth and the tang of salt.

Cook at high for 2 hours. Add vegetables, herbs, and spices, and cook for 5-6 hours at low until carrots and parsnips are tender. When tender, add rice or pasta and cook for one additional hour.

Notes: For beans use 3 or 4 kinds, such as: black, red kidney, pinto, baby lima, lentil, and green and/or yellow split peas.

## **LAMB AND APPLE CASSEROLE**

2 lb middle neck lamb chops  
salt and pepper  
2 medium onions  
2 medium carrots  
1 cooking apple  
1 oz plain flour  
2 tblsp oil  
3/4 pint stock  
1 stick celery

Coat the chops with the flour seasoned with the pepper and salt. Brown on both sides in the oil and remove the chops. Cook the chopped onions in the oil until soft and golden and put into the crockpot. Work any remaining flour into the fat, cook for 2 minutes, and stir in the stock. Bring to the boil, stirring well. Put the thinly sliced carrots, celery and apple into the crockpot. Put the chops on top and pour over the thickened stock, seasoning to taste. Cover and cook on HIGH for 30 minutes, then on LOW 6-7 hours.

## **LAMB & TOMATO CASSEROLE**

2 lb shoulder lamb  
2 oz butter  
1 oz plain flour  
1 tsp marjoram  
8 oz can tomatoes  
1 large onion  
2 tblsp oil  
1/4 pint beef stock  
salt and pepper

Cut the lamb into 1 inch cubes and chop the onions. Cook in the butter and oil until the onions are soft and golden and the lamb is lightly browned. Stir in the flour and cook for 2 minutes. Add seasoning, marjoram, stock and tomatoes with their juice. Bring to the boil, stirring well. Pour into crockpot, cover and cook on HIGH for 30 minutes, then on LOW for 6-7 hours.

## **MARINATED BEEF POT ROAST**

3 lbs lean beef pot roast

2 tblsp oil  
Flour and water paste (opt)

Marinade:

1 cup tomato juice  
3 tblsp made mustard  
4 tblsp worcestershire sauce  
1 tsp basil  
1 tsp oregano  
1 tsp onion powder  
1 tsp garlic salt  
1/4 tsp fresh ground black pepper

Combine marinade ingredients and pour over roast in a shallow bowl. Cover and refrigerate overnight or for 24 hrs. Remove meat from marinade and pat dry with paper towels.

Heat oil in large skillet and brown meat on all sides. Place in cooker. Cover and cook on LOW 8-10 hrs. serve with accumulated gravy. (This may be thickened in a saucepan with flour and water paste if you wish.)

## MARINATED CHICKEN AND PORK

3 lb chicken pieces  
1 lb lean boneless pork cubed  
1 cup dry red wine  
1/2 tsp black pepper  
3 cups beef broth, (Campbell')  
2 cloves garlic, crushed  
3 tomatoes chopped  
1/2 tsp rosemary  
1 tsp salt

Place chicken pieces and pork cubes in a large bowl. Mix all other ingredients thoroughly, pour over chicken and pork. Allow meat to marinate in sauce for about 2 hrs. (you could leave it over night) Transfer chicken, pork and marinade to cooker.

Cover pot, turn on LOW and cook 6-8 hrs. or until chicken and pork are thoroughly cooked. Serves 6.

## Extra Lean Turkey Chili

2 pounds extra lean ground turkey breast {NOTE}  
2 teaspoons garlic powder  
1 teaspoon paprika  
1 teaspoon black pepper  
1 teaspoon cumin  
1 teaspoon oregano  
6 teaspoons chili powder  
1/2 onion, diced  
1/2 teaspoon ground red pepper (add more for hotter chili)  
2 teaspoons flour  
12 ounces crushed tomato, without paste  
1 15 ounce can red kidney beans  
12 ounces of water

Brown extra lean ground turkey in a skillet. Drain fat in colander and rinse with hot water. In a crock pot place 12 ounces of crushed tomatoes. Add 12 ounces of water. Add garlic powder, paprika, cumin, oregano, chili powder, black pepper and diced onion and mix thoroughly. Cook on low for 5 - 6 hours stirring occasionally. Add flour and mix through. Add red kidney beans, mix and let simmer for 30 more minutes. {NOTE} You could use extra lean ground round or sirloin

## ORANGE CINNAMON CHICKEN

3-4 lb chicken cut into serving pieces  
1 cup chicken broth, homemade or canned  
1/4 lb butter  
2 cups orange juice  
1 cup raisins (I used sultanas)

salt and fresh black pepper to taste  
1/4 tsp cinnamon  
2 Tbs flour

Heat butter in large skillet, and brown chicken. Remove chicken pieces to slow cooker as they brown. Combine all other ingredients, except flour, mix well and pour over chicken. Cover pot, turn on LOW and cook 4-6 hours, or until chicken is tender. Remove 1 cup of sauce from the pot and combine with flour, mixing well. Return sauce - flour mixture to pot. Turn pot on HIGH, and cook additional half hour.

## **PAPRIKOSH**

2 lb beef cubes  
5 large carrots (cubed)  
8 large potatoes (cubed)  
2 large onions (sliced thin)  
3 tblsp paprika\*  
salt & pepper to taste

Throw all ingredients into the crockpot, add water to top veggies (it makes a sort of "gravy") and cook on high for 4 hours.

Note: \*I use quite a bit more paprika than this, but you know your own taste.

## **POT-ROAST**

1.5 kg topside  
salt and pepper  
25 g lard  
1 large onion  
1 large carrot  
500 ml beef stock  
1 bay leaf

Season the beef with salt and pepper and brown on all sides in lard. Remove the beef and add the chopped onion and carrot to the fat. Cook until the onion is soft and golden. Put the vegetables into the crockpot and put the beef on top. Bring the stock with the bay leaf to the boil and pour over the meat. Cover and cook on HIGH 30 mins., then on LOW 8-9 hrs. If liked a little flour may be mixed with cold water and stirred into the crockpot an hour before serving to make a thick gravy.

## **QUICK ONION POT ROAST**

1 pkt onion soup mix.  
3 lb lean beef pot roast trim off any fat  
3 tblsp flour in 3 tblsp water, mixed to a paste.

This roast needs no prior browning. Meat brown in the slow cooker and forms a brown gravy. Prepare vegetables separately.

Sprinkle onion soup over the bottom of the crock pot. Add pot roast. Cover and cook on LOW about 10 hrs. or 5 hrs. on HIGH. Pour accumulated juices into a saucepan; skim off fat. Add flour-water paste and bring to the boil, stirring constantly until thickened. Serve over sliced meat.

## **ROB'S VEGGIE CHILI (Vegan)**

olive oil  
1-2 large yellow onions, diced  
2 cloves garlic, minced  
1 red pepper, diced fairly large  
1 green pepper, diced fairly large  
2 28-oz. cans crushed tomatoes  
1 T cumin  
1 tsp cayenne (or to your taste)  
1 pkg frozen corn  
2 cans black beans (or any other kind of beans you like - chickpeas work well, too)  
1-1.5 C picante sauce (Shotgun Willie's green sauce -very hot- works well)

salt to taste  
grated cheddar, if desired  
cashew nuts, if desired

Saute onions in the olive oil. (I used cooking wine instead to cut out the fat). Add garlic a bit later. After onion and garlic are have turned golden brown, add cumin, cayenne, and whatever other spices you might like. Fry for a couple of minutes.

Next, add the peppers, saute them for a few minutes. Put the crushed tomatoes, corn, beans and picante sauce into the crock pot, and add the onion mixture. Cook on low about 10 hours. Serve with grated cheddar and cashew nuts, if desired.

## **SPICY WINE POT ROAST**

2 kg topside  
1 onion (chopped)  
1 pkt brown gravy mix  
1 cup water  
1/4 cup tomato sauce (ketchup)  
1/4 cup red wine  
2 tsp made mustard  
1 tsp worcestershire sauce  
1/8 tsp garlic powder  
1/2 tsp dried mixed herbs  
chopped parsley to garnish  
salt and pepper

Sprinkle meat with salt and pepper. Place in crockpot. Combine the remaining ingredients, except parsley, and pour over meat. Cover and cook on LOW 10 hrs. Remove the meat and slice. Thicken sauce with flour mixed in a small amount of water and serve over meat sprinkled with chopped parsley.

## **SZECHUAN-STYLE STIR FRY**

1 lb Meat, cubed  
1/2 lb snow peas  
1/3 c teriyaki sauce  
3 T Szechuan spicy stir-fry sauce  
2 tsp cornstarch  
1 onion, chopped  
3 c chopped bok choy  
2-3 T cooking oil  
1 c broccoli florets  
1 red bell pepper  
1 7-oz. can straw mushrooms  
1 14-oz. can baby corn

Combine teriyaki, stir-fry sauce and cornstarch; set aside. Cut bell pepper in strips. Cut snow peas and baby corn in half. In wok stir-fry onion & bok choy in 1 T. oil for 2 minutes. Add broccoli & bell pepper; stir-fry 2 minutes. Remove from w Stir-fry cubed tofu in 1 T. oil for 2 minutes; add more oil if necessary. Stir sauce mixture and add to tofu; cook until bubbly. Add all vegetables; heat through. Serve over hot rice.

## **TANGY RED BULGAR**

1 tblsp olive or vegetable oil  
1 cup chopped red or green bell pepper, or combination  
1 cup chopped zucchini or yellow squash, or both  
2 1/4 cup Bloody Mary mix or vegetable juice  
1 cup bulgur wheat  
1 tblsp lemon juice  
1 tsp dired basil, crushed, or 1 tablespoon fresh, minced  
1/3 cup chopped green onions



Heat oil in large saucepan over medium heat. Cook pepper(s) and squash(es) until tender-crisp, 3 to 4 minutes, stirring occasionally. Stir in Bloody Mary mix or vegetable juice, bulgur, lemon juice, and basil. Heat to boiling. Reduce heat to low. Cover and simmer 5 to 8 minutes or until liquid is absorbed, stirring occasionally.

Garnish with green onions. May be served warm or as a salad at room temperature.

**To Microwave:**

In a 2-quart microwave-safe casserole dish, combine oil, red pepper and zucchini. Cover with lid; microwave on high 4 minutes or until vegetables are tender-crisp, stirring twice during cooking. Add vegetable juice, bulgur, lemon juice, and basil. Cover and microwave 10 minutes or until liquid is absorbed, stirring twice during cooking. Let stand, covered, 5 minutes. Garnish with green onions.

**Crockpot:**

I have made this in a crockpot, tossing all the ingredients except the basil and green onions in and cooking on low for 8 hours, adding the basil after 7.5 hours, and garnishing with green onions just before serving. The resulting dish is indistinguishable from one made using the stove top method. I refuse to try the microwave method. I generally use only two cups of Bloody Mary mix since the brand I buy comes in quart bottles.

## **Autumn Pork Roast**

- pork loin roast, 4 pounds
- salt & pepper
- 1 c. cranberries, finely chopped
- 1/4 c. honey
- 1 tsp. grated orange peel
- 1/8 tsp. ground cloves
- 1/8 tsp. ground nutmeg

Sprinkle roast with salt and pepper. Place in slow cooking crockpot. Combine remaining ingredients. Pour over roast. Cover. Cook on low for 8 to 10 hours. Pork roast recipe makes 6 to 8 servings.

## **Viennese Style Pot Roast**

- 1 rump roast, or sirloin tip, about 4 pounds
- 2 tablespoons butter
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 1 onion -- chopped
- 2 carrot -- chopped
- 2 turnips -- chopped
- 4 dried figs -- chopped
- 3/4 cup white wine
- 3/4 cup beef stock
- 8 new potatoes
- 4 gingersnap cookies -- crushed

Brown meat on all sides in butter. Put carrots, turnips and potatoes in bottom of crockpot and place roast on top. Add remaining ingredients, except gingersnaps. Cover and cook on low 8 to 10 hours. Add gingersnaps and cook on high, uncovered, until thickened.

Pot Roast Recipe serves 6.

## **Crockpot Barbecue Chicken**

- 1 frying chicken, cut up or quartered, about 3 1/2 pounds parts
- 1 can condensed tomato soup

- 3/4 c. chopped onion
- 1/4 c. vinegar
- 3 tbsp. brown sugar
- 1 tbsp. Worcestershire sauce
- 1/2 tsp. salt
- 1/4 tsp. sweet basil
- 1/4 tsp. thyme

Place chicken in slow cooking pot. Combine all other ingredients and pour over chicken. Cover tightly and cook at "low" for 6 to 8 hours. makes 4 servings. Note: I cut the chicken in pieces and place in my small roaster. I pour sauce over, cover, and place in 325 degree oven and it takes 1 1/2 to 2 hours. You can do 2 or 3 chickens in the roaster, in about the same amount of time, but you need one recipe of sauce for each chicken. I layer the chicken and pour sauce over each layer, You can also use just breast and thighs and it turns out well.

Serves 4

## Crockpot Whole Baked Chicken

- 1 whole chicken
- Salt & pepper to taste
- 1/2 stick margarine or Promise (low fat) butter

Wash chicken and remove giblets from inside. Dry chicken and rub with margarine on all sides. Sprinkle with salt and pepper. Be sure to get some salt and pepper on inside. Put in crockpot in early morning (about 8:00 a.m.). Turn crockpot to low - let cook all day. When returning home from work about 4:00 or 5:00 you will have a delicious baked chicken. Remove from crockpot with spatula to keep from falling apart. You will have about 2 cups of chicken broth in pot. Use for gravy over rice or mix with Stove Top stuffing instead of water.

## Crockpot Candy

- 2 lbs. white almond bark
- 4 oz. bar German chocolate
- 12 oz. pkg. semi-sweet chocolate chips
- 24 oz. jar dry roasted peanuts

Put all ingredients in crockpot; cook 1 hour on high. Do not stir. Turn crockpot to low and stir every 15 minutes for 1 hour. Drop on waxed paper and cool. Store in an air-tight container.

## Chicken In Crock Pot

- 1 broiler cut up or chicken breasts
- 1 can (10 oz.) cream of chicken soup
- 1 sm. cream of mushroom soup
- 1 can mushroom pieces
- 1 bell pepper, sliced
- 1 onion, sliced
- Dash salt, pepper & garlic powder
- 1/2 c. white wine

Wash and dry chicken pieces. Place in crockpot. Mix remaining ingredients and pour over chicken. Cook on low for 6-7 hours or on high for 3-4 hours. Serve with noodles or rice.

## Chicken Parmesan In Crock Pot

- 8 boneless chicken breast halves
- Salt, pepper & Italian seasoning
- 1 can tomato soup
- 1/2-1 can water
- Bay leaf
- Garlic (clove or powder)
- 1 c. shredded Mozzarella cheese
- Parmesan cheese
- Rice or noodles

Brown chicken with salt, pepper and Italian seasoning. Mix tomato soup, water, bay leaf and garlic in crockpot. Put chicken in and cook for 3 to 4 hours until tender. Remove chicken and sauce to casserole dish. Sprinkle with mozzarella and Parmesan cheese. Heat in 350 degree oven until cheese is melted. Serve over rice or noodles.

## Crockpot Robusto Chicken

- 2-4 boneless, skinless chicken breasts
- 1 bottle Seven Seas Robusto Italian dressing
- 1 lb. bag egg noodles
- 4 oz. sour cream
- 1/2 c. Parmesan cheese

Place chicken breasts in crockpot. Pour Italian dressing over. Cover and cook on low 7 hours or high 3 1/2 hours. Remove chicken from crockpot and leave turned on. Add 1/2 the sour cream and stir until dissolved. Cook noodles and drain. Add remaining sour cream and the Parmesan cheese to noodles and mix until dissolved. Serve chicken over the noodles. Pour warm Italian dressing over top. Sprinkle with Parmesan cheese to taste.

## Crockpot Pizza

- 1 1/2 lb. hamburger, browned and drained
- 16 oz (or more) shredded Mozzarella cheese
- 1 chopped onion
- 1 pkg. sliced pepperoni
- 2/3 box rigatoni noodles, cooked
- 1 can cream of mushroom soup
- 1 can mushrooms
- 2 jars pizza sauce

Alternate layers in crockpot as follows: hamburger, noodles, cheese, soup, mushrooms, onions, sauce and pepperoni. Heat 4 hours on low in crockpot.

## All Day Crockpot Delight

- 2-3 lbs. boneless chuck, cut into 1 inch cubes
- 1/2 c. flour
- 1/4 c. butter
- 1 onion, sliced
- 1 tsp. salt
- 1/8 tsp. pepper

- 1 clove garlic, minced
- 2 c. beer
- 1/4 c. flour

Coat beef cubes with the 1/2 cup flour. Brown in melted butter. Drain off excess fat. In crockpot, combine browned meat with onion, salt, pepper, garlic and beer. Cover and cook on low 5-7 hours (all day) until meat is tender. Turn control to high. Dissolve remaining 1/4 cup flour in small amount of water. Stir into meat mixture, cook on high 30-40 minutes. Serve with rice and salad.

## Easy Chicken Crock Pot

- 1 chicken, cut up
- 2 tbsp. melted butter
- Salt and pepper
- 2 tbsp. dry Italian salad dressing (half if sm. chicken)
- 1 can mushroom soup
- 2 sm. (3 oz) pkg. cream cheese, cut in cubes
- 1/2 c. sherry
- 1 tbsp. chopped onion

Wash chicken and pat dry. Brush with butter, sprinkle with salt and pepper sparingly. Place in pot. Sprinkle dry salad mix over chicken. Cover and cook on low 5-6 hours. About 3/4 hour before serving, mix soup, cream cheese, wine and onion in saucepan. Cook until smooth. Pour over chicken, cover and cook 30 minutes. Serve with sauce. Serve with rice or noodles. Serves 4-6.

## Ground Beef and Vegetable Casserole - Crock-Pot

- 2 lg.-sized potatoes, sliced
- 2 to 3 med. carrots, sliced
- 1 (#2) can peas, well drained
- 3 med. onions, sliced
- 1 1/2 lbs. ground beef, browned
- 2 stalks of celery, sliced
- 10 oz. can tomato soup
- 10 oz. can water

Place layers of the vegetables in the order given in 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 over the layers. Cover and set on low for 6 to 8 hours, stirring occasionally. Serves 4 to 5.

## Crockpot Ham

- 1 small ham
- Apple juice to cover
- 1 c. brown sugar
- 2 tsp. dry mustard
- 1 tsp. ground cloves
- 2 c. white raisins

Cook ham in juice 8-10 hours on low. Before serving turn oven to 375 degrees. Make a paste of the sugar, mustard, cloves and about 1 tablespoon of the hot juice. Smear on ham. Place ham in a baking pan and

pour in a cup full of the hot juice and the raisins. Bake 30 minutes or until the paste has turned into a glaze.

## **Ham In Crock Pot**

- 2 1/2 c. diced ham
- 8 med. sliced potatoes
- Salt and pepper
- 2 sm. onions, sliced
- 1 green pepper, sliced

Place in layers in crockpot. Add 1 can cheddar cheese soup, 2 tablespoons water, and squirt of prepared mustard. Cook on low setting all day.

## **Crockpot Italian Beef**

- 4 to 5 lb. pot roast of beef
- 3 c. water
- 1 tsp. salt
- 1 tsp. pepper
- 1 tsp. oregano
- 1 tsp. onion salt
- 1 tsp. garlic salt
- 1 tsp. basil
- 1 pkg. Good Season salad dressing
- 1 onion (optional)

Pour ingredients over beef and cook on low all day in a crockpot. Shred beef and return to broth for 15 minutes. Serve on buns or over French bread.

## **Italian Sausage With Spaghetti (For Crock Pot)**

- 2 lbs. Italian sausage (sweet, hot, or mild)
- 48 oz. spaghetti sauce
- 1 (6 oz.) can tomato paste
- Green pepper, sliced thin
- 1 lg. onion, sliced thin
- 1 tbsp. Parmesan cheese
- 1 tsp. parsley flakes
- 1 c. water

## **Crockpot Lasagna**

- 1 box rigatoni, cooked
- 1 1/2 lbs. ground chuck, browned & drained
- 1 lg. pkg. sliced pepperoni
- 1 green pepper, chopped
- 2 lg. pkgs. Mozzarella cheese
- 2 lg. cans pizza sauce
- 1 med. onion, chopped
- 2 lg. cans mushrooms
- Green olives, sliced

Begin with layer of sauce on bottom of crockpot. Stir all remaining ingredients together. Place in crockpot and cook on low for 5 hours.

## Lazy Crockpot Chicken

- 1 pkg. boneless chicken breasts
- 1 can cream of mushroom soup
- 1/4 c. flour
- 1 jar sliced mushrooms
- Salt, pepper and paprika

Rinse chicken breasts. Put salt, pepper and paprika on BOTH sides. Place in crockpot. Mix other ingredients together. Add to crockpot. Cook on LOW all day. Serve over noodles or mashed potatoes.

## Lemonade Chicken in the Crock Pot

- 4-6 pieces of chicken (breasts and legs)
- 1 (6 oz.) can frozen lemonade, thawed
- 2 tbsp. brown sugar
- 3 tbsp. ketchup
- 1 tbsp. vinegar
- 2 tbsp. cornstarch
- 2 tbsp. cold water

Arrange chicken pieces in crockpot. Combine lemonade, brown sugar and ketchup and mix well. Pour over chicken. Cover. Cook on high 3-4 hours or low 6-8 hours. Remove chicken from pot, cover to keep hot. Transfer liquid to saucepan. Skim fat; combine cornstarch and cold water and add slowly to liquid, while stirring over low heat. When thickened, serve with chicken over hot rice. Serves 4-6.

## Baked Lemon Chicken-Crockpot

- 1 (3 lb. or larger) broiler-fryer, whole or chicken breasts
- 1 tsp. crumbled dry oregano
- 2 cloves garlic, minced
- 2 tbsp. butter
- 1/4 c. sherry or water
- 3 tbsp. lemon juice
- Salt and pepper

Wash chicken and giblets; pat dry. Season chicken with salt and pepper. Sprinkle half of garlic and oregano inside cavity of chicken. Melt butter in frying pan and brown chicken. Transfer to crockpot. Sprinkle with remaining oregano and garlic. Add sherry to frying pan, stir to loosen brown bits. Pour into crockpot. Cover, cook over low (200 degrees) for 8 hours. Add lemon juice last hour. Transfer chicken to cutting board. Skim fat from juices and pour to a serving bowl. Carve chicken. Serve with juices over chicken.

## Barbara's Macaroni And Cheese In Crock Pot

- 1 lg. box macaroni, cooked and drained
- 2 tbsp. oil
- 2 sticks margarine
- 1 lg. can evaporated milk

- 1 1/2 c. milk
- 1 lg. onion, chopped fine
- 3 c. Cheddar cheese, grated (12 oz.)
- 1 can Cheddar cheese soup

Oil crockpot, mix all ingredients, using only 1/2 of grated cheese. Put mixture in crockpot and put remaining cheese on top. Let simmer in crockpot for 4 or more hours.

## Crockpot Mexican Beef

- 1 1/2 lb. round steak, cut in bite size pieces
- 1/4 tsp. pepper
- 1/2 tsp. garlic salt
- 1 tbsp. chili powder
- 1 tbsp. prepared mustard
- 1 chopped onion
- 1 beef bouillon cube, crushed
- 1 (16 oz.) can tomatoes, cut up
- 1 (16 oz.) can kidney beans, drained

Mix meat, salt, pepper, chili powder and mustard in pot. Cover with onion, bouillon cube, and tomatoes. Top with beans. Cover and cook on low 6-8 hours. Mix and serve with rice.

## Crockpot Meatball Meal

- 3 lb. 5 oz. can pork and beans
- 1/4 c. Worcestershire sauce
- 1/2 c. brown sugar
- 1/4 c. ketchup
- 2 tsp. chili powder
- 1 1/2 - 2 lbs. ground beef
- 1 - 1 1/2 c. Minute Rice
- Salt and pepper to taste

Empty pork and beans into crockpot. Add Worcestershire sauce, brown sugar, ketchup and chili powder to suit your own taste. Mix ground beef, rice, salt and pepper; form into balls and brown. Then add them into crockpot on top of beans. Slice onion and green peppers. Place on top of meat balls. Salt and pepper lightly. Cook on high for 1 hour. Turn down to low-medium for 3 to 4 hours.

## Crockpot Meat Loaf

- 16-18 cheese crackers
- 1 sm. onion, chopped
- 2 tbsp. green pepper, minced
- 1/4 c. chili sauce
- 1/2 c. milk
- 2 eggs, slightly beaten
- 3/4 tsp. salt
- 1/8 tsp. pepper
- 1 1/2 lbs. lean ground beef

Crush the crackers. In mixing bowl combine crumbs with onion, green pepper, chili sauce, milk, eggs, salt

and pepper; mix in ground beef. Form into a 6 or 7 inch round loaf. Place in a slow cooking pot. Cover and cook on low for 6-8 hours or until done.

## **Crockpot Patties**

- 2 lbs. ground beef
- 1 egg, beaten
- 1 c. chopped onion
- 1/2 c. diced Cheddar cheese
- 2 tbsp. ketchup
- 2 tbsp. evaporated milk
- 1/2 c. cracker crumbs
- Salt and pepper
- 1 can mushroom soup (do not mix with meat)

Mix ingredients together and form into patties. Roll in flour and brown in a small amount of oil or margarine. Put in crockpot in layers with undiluted mushroom soup. Cook on high 4 hours.

## **Crockpot Ravioli Casserole**

- 1 (10 oz.) pkg. frozen chopped spinach
- 1 (8 oz.) pkg. twisty noodles
- 1 lb. hamburger
- 1/2 lb. Italian sausage
- 1 onion, finely chopped
- 2 tbsp. oil
- 2 (8 oz.) cans tomato sauce
- 1 tsp. salt
- 1 tsp. oregano
- 1/2 c. Parmesan
- 1 c. (4 oz.) shredded Monterey Jack cheese
- 3 green onions, chopped

Defrost spinach. Squeeze dry. Cook noodles in boiling, salted water until tender. Drain. Brown meats and onion in oil until crumbly. Add tomato sauce, salt and oregano. Cover. Simmer 30 minutes. Mix in spinach. Turn crockpot on high after buttering bottom and sides. Spoon half the noodles into the buttered crock pot. Top with half of meat mixture and half the Parmesan cheese. Cover with layers of remaining noodles, meat and Parmesan cheese. Sprinkle with Jack cheese and green onions. Cook on high for one hour. Serves 8.

## **Crockpot Roast Beef**

- 3-4 lb. thawed, boneless roast
- 1 (10 oz.) pkg. au jus mix
- 1 (7 oz.) pkg. Good Seasons Italian salad dressing mix
- 1 (10.5 oz.) can beef broth
- 1/2 soup can water

Place roast in crockpot. Combine sauce and pour over beef: Cover and cook on low for 8 hours.

## **Good Season's Crockpot Chicken**

- 4-6 chicken breasts
- 1/4 c. white wine



- 1 pkg. Good Seasons Italian salad dressing mix

Brown chicken breasts in skillet. Place chicken in crockpot. sprinkle dressing mix over chicken. Add wine. Cover and cook on high for about 4 hours.

## **Kathy's Crockpot Sweet N Sour Chicken**

- 6 med. carrots, cut into 1/2" chunks
- 1/2 c. finely chopped green pepper
- 1 sm. onion, finely chopped
- 3 split chicken breasts (remove skin, optional)
- 1/2 tsp. salt
- 1 (10 oz.) jar Sweet N Sour sauce
- 1 (15 oz.) can pineapple chunks, drained
- 2 tbsp. cornstarch

Place all ingredients in crockpot with chicken on top. Cover and cook on low 6-8 hours. Remove chicken and thicken with 2 tablespoons cornstarch dissolved to a medium thick paste with water. Pour over chicken breasts - or remove chicken from bone and come with sauce mixture. Serve with steamed white or brown rice.

## **Crockpot Taco Casserole**

- 1 lb. ground meat
- 1 med. onion, chopped
- 1 clove garlic, minced
- 1/2 c. green pepper, chopped
- 2 drops Tabasco sauce
- 15 oz. can tomato sauce
- 1 tsp. chili powder
- 1 c. frozen corn
- 2 (16 oz.) cans chili with beans
- 3/4 lb. grated cheese
- Nacho cheese tortilla chips

Brown hamburger and drain. Add onion, garlic and pepper and cook until transparent. Add remaining Tabasco, tomato sauce, and chili powder. Grease crockpot and layer in 5 layers, beginning with meat mixture and nacho cheese tortilla chips. 6-8 hours on low.

## **Wagonmaster Stew**

2-3 lb. boneless chuck roast  
 1/2 C. flour  
 1 tsp. salt  
 1 tsp. pepper  
 1/4 C. olive oil  
 1 large onion; diced  
 1 head garlic; minced  
 1 quart hot water  
 2 packets brown gravy mix  
 1 packet mushroom gravy mix  
 2 bay leaves  
 1 tsp. thyme  
 1 tsp. sugar

2 Tbsp. worcestershire sauce  
1/2 tsp. paprika  
1/2 tsp. tobasco  
5 carrots; peeled & sliced  
4 stalks celery; sliced  
6 med. potatoes; diced  
1 lb. bag frozen corn  
1 lb. bag frozen petite peas  
1 lb. bag frozen green beans  
15 oz. can kidney beans

**How to Prepare:**

Trim excess fat from meat and cut into 1" cubes. In a medium size bowl combine flour, salt, and pepper and stir to mix. Add meat and mix until meat is well coated.

Heat a 12" deep Dutch oven using 24 briquettes bottom heat. Add olive oil then meat and brown meat on all sides. Add onion and garlic and continue cooking until onions are soft and translucent.

Add HOT water, gravy mixes, bay leaves, thyme, sugar, worcestershire sauce, paprika, and tobasco. Stir to mix completely. Bring to a boil then add carrots and celery. Return to boil and let cook 15 minutes.

Stir in remaining ingredients and bring contents to a boil. Cover Dutch oven and reduce briquettes on bottom to 12 and add briquettes to the lid. Simmer for 30-45 minutes or until vegetables are soft.

Serves: 15-20

The Creative Homemaking Guide to

# Crock Pot Recipes



by Rachel Paxton

## **ABOUT CREATIVE HOMEMAKING:**

Visit Creative Homemaking for all of your homemaking needs. Creative Homemaking offers money-saving household hints, recipes, tips to organize your home, home decorating, crafts, family fun, and much more! For more downloads, visit Creative Homemaking today. You can view these booklets online, download them to your computer and print them out, download them and include them on your own web site, and/or e-mail them to your friends!

Available downloads: muffins, quick breads, zucchini, holiday, crock pot, cake, Jello, casserole, zucchini, make-it-yourself household cleaning products, party games and activities for kids.

Looking for quick easy dinner ideas? Receive our free weekly newsletter by sending a blank e-mail message to [FreeRecipes-subscribe@yahoogroups.com](mailto:FreeRecipes-subscribe@yahoogroups.com) or by visiting our web site: <http://www.creativehomemaking.com>

Copyright 1998-2001. Creative Homemaking.

All rights reserved. This booklet may be freely distributed in its original form. No part of this booklet may be reproduced in any manner without written permission from Creative Homemaking. This booklet was published by Creative Homemaking, P.O. Box 4340, W. Richland, WA 99353, USA. E-mail: [rachel@creativehomemaking.com](mailto:rachel@creativehomemaking.com)

## Hamburger & Potato Soup

1 1/2 lb. hamburger  
1 lg. clove of garlic  
1/4 tsp. pepper  
1/2 tsp. thyme  
6 med. potatoes  
2 lg. onions  
1 can cream of mushroom soup  
1/2 c. water

Cook beef and garlic in skillet until lightly browned. Stir in pepper and thyme. Peel and slice potatoes and onions. Put 1/2 potatoes and onions into buttered crock pot. Add browned beef and top with remaining potatoes and onions. Mix mushroom soup with water and spread over top of contents. Cover. Cook on low for 8 to 10 hours or on high for 3 to 4 hours.

## Crock Pot Oyster Stew

8 c. of whole milk  
1/2 c. butter  
2 pints of fresh oysters  
1 1/2 tsp. salt  
2 tsp. Worcestershire sauce

In crock pot heat milk on high for 1 1/2 hours. In saucepan, melt butter and add oysters with liquid. Simmer on low until edges of oysters curl. Add seasonings. Combine with the hot milk in crock pot and simmer on low for 2-3 hours, stirring occasionally.

## Ground Beef & Vegetable Casserole

2 lg. potatoes, sliced  
2 to 3 med. carrots, sliced  
1 can of peas, well drained  
3 med. onions  
1 1/2 lbs. ground beef, browned  
2 stalks of celery, sliced  
1 can of cream of tomato soup  
1 soup can water

Place layers of the vegetables in the order given in crock pot. 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 over the layers. Cover and set on low for 6 to 8 hours, stirring occasionally. Serves 4 to 5.

## Pizza Potatoes

8 med. potatoes  
2 lg. onions  
1 lb. smoked sausage  
1 tsp. salt  
2 (8 oz.) cans pizza sauce

Peel potatoes and cut in half, place in crock pot. Cut smoked sausage into pieces and place on top of potatoes. Chop onion. Pour pizza sauce on top, cook in crock pot until potatoes are tender.

## Chicken Noodle Soup

3 1/2 lb. broiler/fryer chicken, cut up and skinned  
2 med. carrots, peeled and chopped  
1/2 c. onion, chopped  
2 celery stalks, chopped  
2 1/2 tsp. salt  
2 tsp. dried parsley flakes  
3/4 tsp. dried marjoram leaves  
1/2 tsp. dried basil leaves  
1/4 tsp. poultry seasoning  
1/4 tsp pepper  
1 bay leaf  
8 c. water  
2 1/2 c. of medium egg noodles, uncooked

Place first 4 ingredients in crock pot in order listed. Combine salt and next 6 ingredients: sprinkle over vegetables. Add 6 cups water; cover and cook on low setting 8 to 10 hours. Remove chicken and bay leaf; add remaining 2 cups water. Stir in noodles and cook, covered, on high setting 20 minutes. Meanwhile remove bones from chicken and cut chicken into bite size pieces. Add to crock pot, stir to mix. Cook 15 minutes on high setting, covered or until noodles are tender.

## Chuck Wagon Beans

1 lb. beans, any variety, dry  
1 ham hock or shank  
1 lg. onion, chopped  
6 c. of water  
1 tsp. salt  
7 oz green chili salsa (up to 10 oz.) or canned tomato sauce, or stewed tomatoes

Rinse the beans and remove any foreign matter. Mix all ingredients in the crock pot. Cover, set temperature at low, and forget for at least 10 hours. If you have only half a day, cook the mixture 5 or more hours on high.

## Marinated Chicken & Pork

3 lbs chicken pieces  
1 lb. lean boneless pork cubed  
1 c. dry red wine (or water)  
1/2 tsp. black pepper  
3 c. beef broth  
2 cloves garlic, crushed  
3 tomatoes, chopped  
1/2 tsp. rosemary  
1 tsp. salt

Place chicken pieces and pork cubes in a large bowl. Mix all other ingredients thoroughly, pour over chicken and pork. Allow meat to marinate in sauce for about 2 hours. (You could leave it over night) Transfer chicken, pork and marinade to crock pot. Cook on low 6-8 hrs, or until chicken and pork are thoroughly cooked. Serves 6.

## Chicken Parisienne

6 med. chicken breasts  
1/2 c. dry white wine or vermouth (optional)  
1 can cream of mushroom soup  
4 oz. mushrooms, sliced  
1 c. sour cream, mixed with 1/4 c. flour  
Salt and pepper  
Paprika

Sprinkle chicken breasts lightly with salt, pepper, and paprika. Place chicken in crock pot. Mix white wine, soup, and mushrooms until well combined. Pour over chicken. Sprinkle with a little more paprika. Cover and cook on low for 7 to 9 hours or on high 3 to 4 hours. Remove chicken and stir in sour cream mixture during last 30 minutes. Serve sauce over chicken with rice or noodles.

## Chicken Chow Mein

6 chicken thighs, skinned  
6 oz. mushrooms, sliced  
1 onion, sliced  
3 garlic cloves, minced  
1/2 c. Teriyaki sauce  
Parsley  
3 dashes of Tabasco  
2 handfuls of bean sprouts

Put everything except the bean sprouts in a crock pot in the morning. Mix them up and set to low. Should be mostly done when you get back home. Prepare some rice to spoon over. After you start the rice put bean sprouts in the crock pot and mix up. When the rice is done, the chow mein is done. Debone chicken and mix back in. Serve over the rice. Serves 4.

## Teriyaki Chicken

3 lg. frozen chicken breasts, with the ribs still attached (or thighs)  
1 can (16 oz ) of pineapple chunks, partially drained  
4-6 oz. of Kikkoman teriyaki sauce  
If desired you can add vegetables (broccoli, etc...)

Place chicken breasts in crock pot, with meat facing out toward coils. Dump in the pineapple, add teriyaki sauce and veggies, cover. Cook on low for 6-8 hours, high for 4-6 hours (these times are for frozen chicken, less for thawed). Serve over rice.

## Easy Chicken

Take the skin off four boned chicken breasts, place in crock. Sprinkle about 1/2 cup fat-free Italian salad dressing over the chicken. Put lid on crock pot and cook on low setting for 8-9 hours.



## Cajun-Style Buffalo Wings

3 lbs chicken wings  
1 bottle Kraft spicy BBQ sauce  
1 1/2 tsp. red cayenne Pepper  
1/4 tsp. salt  
2 tsp. black pepper  
1/2 tsp. garlic flakes, minced  
1 tsp. onion flakes, minced  
3 tbsp. Worcestershire Sauce  
2 tbsp. jalapeno sauce  
1 tbsp. tabasco sauce  
1 tbsp. Cajun spice

In a crock pot, add chicken, BBQ sauce, and all spices. Stir and heat on low for 4 hours.

## Hungarian Cabbage Rolls

1 cabbage  
1 1/2 lbs. ground beef  
1 onion, chopped  
1 c. rice  
1 egg  
1 tbsp. salt  
1/2 tsp. pepper  
1 tbsp. paprika  
2 c. sauerkraut  
2 c. tomato sauce  
1/2 c. water  
1 c. sour cream

Core cabbage and place in large bowl. Cover cabbage with boiling water and let stand five minutes. If cabbage is very large, repeat this process after you've stuffed half of the leaves. Combine meat, onion, rice, egg, salt, pepper and paprika. Drain cabbage and remove leaves, cutting off the thick end of the stem. Put about two tablespoons of filling on a leaf. Fold sides in and roll. Place seam side down in a slow cooker. Spread sauerkraut on top. Add tomato sauce and water. Cook on low six to eight hours. Remove rolls, blend sour cream with sauce and serve with cabbage rolls.

## Easy Pork Chops

6-8 pork chops  
Ketchup  
1 bell pepper, chopped  
1 onion, chopped  
1/2 c. water

Brown pork chops in a skillet. In a crock pot, layer ingredients as follows: 1 pork chop, 1/6 of onion, 1/6 of bell pepper, enough ketchup to cover with a thin layer, Repeat layers until all ingredients are used. Pour in water. Cook in crock pot on high for 3 hours.

## Crock Pot Lasagna

1 box rigatoni, cooked  
1 1/2 lbs. ground chuck, browned & drained  
1 lg. pkg. sliced pepperoni  
1 green pepper, chopped  
2 lg. pkg. Mozzarella cheese  
2 lg. cans pizza sauce  
1 med. onion, chopped  
8 oz. mushrooms  
Green olives, sliced

Begin with layer of sauce on bottom of crock pot. Stir all remaining ingredients together. Place in crock pot and cook on low for 5 hours.

## Polish Cabbage Rolls

1 green cabbage  
1 lb. ground beef, browned  
1/4 c. uncooked rice  
1 egg  
1 onion, minced  
1 carrot, minced  
1 tsp. salt  
1/2 tsp. pepper  
1/4 c. cider vinegar  
1/2 c. brown sugar  
8 oz. canned tomato sauce

Mix ground beef, rice, egg, onion, carrot, salt and pepper. Mix together vinegar, brown sugar, and tomato sauce. Drop cabbage in boiling water for 5 to 10 minutes. Remove 10 large leaves. Chop remaining cabbage. Place in bottom of crock pot. Place 2 to 4 tablespoons of meat mixture in center of each leaf. Roll up and use toothpick to hold. Place stem side down in crock pot. Pour on tomato mixture. Cover and cook on low for 8 to 10 hours. Serves 6 to 8.

## Meat Loaf

2 lbs. ground beef  
1/2 lb. sausage  
2 med. onions, finely chopped  
1 clove of garlic, chopped  
2 tsp. salt  
1/2 tsp. pepper  
1 c. sour cream  
1 can cream of mushroom soup  
1 1/2 c. bread or cracker crumbs  
1 1/2 c. milk

Soak bread or cracker crumbs in milk. Mix meat, seasonings, and soaked crumbs thoroughly. In a separate bowl, mix sour cream and mushroom soup. Make meat mixture into loaf and pour the sour cream-soup mixture over top. Bake in crock pot 10 to 12 hours on low.

## Crock Pot Pork Chops

6 to 8 lean pork chops  
1/2 c. flour  
1 tbsp. salt  
1 (10 oz.) can chicken and rice soup  
1 1/2 tsp. dry mustard  
1/2 tsp. garlic powder  
2 tbsp. oil

Coat pork chops in mixture of flour, salt, dry mustard, and garlic powder. Brown in oil in skillet. Place browned pork chops in crock pot. Add can of soup. Cover and cook on low for 6 to 8 hours or on high for 3 1/2 hours.

## Porcupine Meatballs

1 1/2 lbs. lean ground beef  
1/2 c. raw rice  
1/2 c. onion, finely chopped  
1/2 c. green pepper, finely chopped  
1 egg  
1 tsp. salt  
1/4 tsp. pepper  
1 (10 1/2 oz.) can tomato soup  
1 can diced tomatoes and liquid

In mixing bowl combine ground beef, rice, onion, green pepper, egg, salt, and pepper. Mix well to blend. Shape meat mixture into 24 meatballs, about 1 1/2 inches in diameter. Place meatballs in crock pot. Pour soup over meatballs. Cover and slow cook for 7 to 8 hours. Makes 4 to 6 servings.

## Italian Sausage Spaghetti

2 lbs. Italian sausage  
48 oz. spaghetti sauce  
1 (6 oz.) can tomato paste  
Green pepper, sliced thin  
1 lg. onion, sliced thin  
1 tbs. Parmesan cheese  
1 tsp. parsley flakes  
1 c. water

Place sausage in skillet and cover in water. Simmer 10 minutes; drain. Meanwhile, place remaining ingredients in crock pot. Add drained sausage and cover; cook on low 4 hours. Increase to high; cook 1 hour more. Cut sausage in bite-size slices and serve over cooked spaghetti. Sprinkle with more Parmesan, if desired.

## Simple Roast Beef

1 beef roast  
8 ounces of mushrooms  
2 potatoes  
4 carrots  
Parsley  
1 can French onion soup

Mix all the ingredients together in the morning, cook on low in the crock pot all day, and you've got one tender roast with gravy too.

## Spanish Rice

1 1/2 lbs. ground beef; browned and drained  
1 med. onion, chopped  
1 green pepper; chopped  
1 (14 1/2 oz.) can tomatoes  
1 (16 oz.) can tomato sauce  
3/4 c. water  
2 tsp. chili powder  
2 tsp. Worcestershire sauce  
1 1/2 tsp. salt  
3/4 c. rice, converted; raw

Stir all ingredients together. Cover and cook on low 7 to 9 hours (High for 3 hours, then switch to low for the remaining time).

## Hungarian Goulash

2 lbs. round steaks, cut in 1/2-in. cubes  
1 c. onion; chopped  
1 garlic clove, minced  
2 tbsp. flour  
1 tsp. salt  
1/2 tsp. pepper  
1 1/2 tsp. paprika  
1/4 tsp. thyme, dried and crushed  
1 (14 1/2 oz.) can tomatoes  
1 c. sour cream  
Noodles

Put steak cubes, onion, and garlic in crock pot. Stir in flour and mix to coat steak cubes. Add all remaining ingredients except sour cream. Stir well. Cover and cook on low 8-10 hours. Add sour cream 30 minutes before serving, and stir in thoroughly. Serve over hot buttered noodles.

## Lazy Man's Beef Sandwiches

3 lbs. pot roast meat  
1 lg. jar of spaghetti sauce (16 and 24 oz size both work)  
1 (8 oz.) jar Picante sauce

Place ingredients in crock pot and cook on high for 6 hours or low for 8 hours. Then take the lid off the pot and stir the meat around until it falls apart. Serve it ladled over toasted English muffins.

## Pot Roast

2 to 3 lg. potatoes, sliced  
2 to 3 carrots, sliced  
1 to 2 small onions, sliced  
1 1/2 tsp. salt  
1/4 tsp. pepper  
3 to 4 pound pot roast  
1/2 c. water

Add all vegetables, salt, and pepper to the crock pot. Add meat and water. Cook at low for 10-12 hours or high for 5-6 hours.

## Tortilla Stack

1 lb. ground beef, lean  
5 corn tortillas, cut into 6 wedges  
2/3 can of undiluted cheddar cheese soup  
2/3 package taco seasoning mix  
2 med. tomatoes, chopped  
1/4 c. sour cream  
1 1/3 c. lettuce, shredded  
Any other desired toppings

Crumble 1/4 of ground beef into bottom of slow cooker. Top with 1/4 of tortilla wedges. In a small bowl mix soup and taco mix. Spread 1/4 of soup over tortillas. Sprinkle with 1/4 of tomatoes. Repeat layering until all ingredients are used. Cover and cook on low 4-5 hours. Spoon onto individual plates. Top each serving with sour cream, lettuce, etc.

## Layered Enchilada Casserole

1 (14 1/2 oz.) can whole tomatoes  
1 small onion, cut into pieces  
1 clove of garlic, minced  
1/2 tsp. cayenne  
1/2 tsp. salt  
1 (6 oz.) can tomato paste  
1 lb. ground beef, browned and drained  
8 oz. cheddar cheese, shredded  
9 corn tortillas

To prepare the sauce, place the whole canned tomatoes, the liquid from the tomatoes, the onion, and the garlic in a blender or food processor. Blend. Pour into a medium saucepan. Add the cayenne, salt, and tomato paste. Bring to a boil. Simmer for 5 to 10 minutes. Place 1/3 of the tortillas in the bottom of the crock pot. Spoon over 1/3 of the ground beef, 1/3 of the sauce, and 1/3 of the cheddar in layers. Repeat each layer twice more. Cover. Cook on low for 6 to 8 hours. Yields 6 servings.

## Sweet & Sour Pork

2 lb. cubed pork  
3 tbsp. soy sauce  
1/4 c. vinegar  
1 small onion  
2 tomatoes, cut in slices  
2 tbsp. cornstarch  
1/4 tsp. ginger  
1/4 c. brown sugar  
2 green peppers; cut into strips

In slow cooker mix pork with cornstarch. Then mix in remaining ingredients except green pepper and tomatoes. Cook on low for 8 hours. Stir in green pepper and tomatoes. Cook on high for 10 minutes. Serve with rice.

## Smothered Steak

1 1/2 lbs. round steak, cut in strips  
1/4 tsp. pepper  
1 green pepper, sliced  
1 (16 oz.) can tomatoes  
3 tbsp. soy sauce  
1/3 c. flour  
1 tsp. salt  
1 lg. onion, sliced  
8 oz. mushrooms  
1 pkg. Frozen french style green beans (10 oz.)

Place steak strips, flour, salt, and pepper in crock pot, stirring well to coat steak. Add remaining ingredients. Cover and cook on low 8 hours or high for 4 hours. Serve with rice.

## Shrimp Marinara

1 (16 oz.) can of tomatoes, cut up  
2 tbsp. minced parsley  
1 clove garlic, minced  
1/2 tsp. dried basil  
1 tsp. salt  
1/4 tsp. pepper  
1 tsp. dried oregano  
1 (6 oz.) can tomato paste  
1/2 tsp. seasoned salt  
1 lb. cooked shelled shrimp  
Grated Parmesan cheese  
Cooked spaghetti

In a crock pot, combine tomatoes with parsley, garlic, basil, salt, pepper, oregano, tomato paste, and seasoned salt. Cover and cook on low for 6 to 7 hours. Turn control to high, stir in shrimp, cover and cook on high for 10 to 15 minutes more. Serve over cooked spaghetti. Top with Parmesan cheese.

## Pot Roast with Sour Cream Gravy

3 lbs. chuck or pot roast  
2 tbsp. flour  
1 tsp. salt  
1/4 tsp. pepper  
1 tbsp. oil  
1/4 c. water  
1 tbsp. vinegar  
1 tsp. dill weed  
5 or 6 small potatoes  
5 or 6 carrots  
1/2 tsp. salt  
1 lg. onion  
1 tbsp. flour  
1 c. sour cream  
1 tsp. dill seed

Coat roast with flour, salt, and pepper. Brown in oil in skillet. Put roast in crock pot, add water and vinegar. Sprinkle dill weed over meat, then add potatoes, carrots, onion, and 1/2 tsp. salt. Cook on low for 10 to 12 hours or high for 6 hours. To make gravy, pour off 3 tbsp. drippings, add flour and heat. Measure rest of drippings, add water to make 1 cup. Add to flour mixture and heat for 1 minute, stirring constantly. Add 1 cup sour cream and dill seed. Heat to boiling.



## Crock Pot Pizza

1 1/2 lbs. hamburger, browned and drained  
16 oz. shredded mozzarella cheese  
1 onion, chopped  
1 pkg. sliced pepperoni  
2/3 box rigatoni noodles, cooked  
1 can cream of mushroom soup  
8 oz. mushrooms, sliced  
2 jars pizza sauce

Alternate layers in crockpot as follows: hamburger, noodles, cheese, soup, mushrooms, onions, sauce and pepperoni. Heat 4 hours on low in crock pot.

## Swiss Steak

1 round steak, cut into serving-size pieces  
1 tsp. oregano  
1/4 tsp. red pepper flakes  
1/4 tsp. pepper  
1 (15 oz. can) tomato sauce  
1 onion, sliced

Flour meat, blend remaining ingredients, except onion. Put meat in crock pot, top with sliced onion, pour on sauce. Cover, cook on low 6-8 hours.