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CROCK POT RECIPES

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ACORN SQUASH

3 acorn squash, cut in half and seeded

2 teaspoons salt
1/2 teaspoon pepper
1/2 cup water
6 tablespoons butter
2 tablespoons brown sugar
3 slices bacon, diced

Season squash with salt and pepper. Sprinkle with other ingredients. Pour water into cooker. Add squash, alternating so they do not rest directly on top of each other. Cook on high 1 hour. Reduce to low and cook for 5 to 6 additional hours. Serves 6.

ALL DAY CROCK POT 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 crock pot, 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.

ALL DAY MACARONI AND CHEESE

8 ounces elbow macaroni, cooked and drained
4 cups(16 ounces) shredded sharp Cheddar Cheese
1 can (12 ounces) evaporated milk
1 1/2 cups milk
2 eggs
1 teaspoon salt
1/2 teaspoon black pepper

Place the cooked macaroni in crock pot that has been sprayed with nonstick cooking spray. Add the remaining ingredients, all except 1 cup of the cheese, mix well. Sprinkle with the remaining 1 cup of cheese and then cover and cook on low setting for 5 to 6 hours or until the mixture is firm and golden around the edges. Do not remove the cover or stir until it has finished cooking.

ANGEL CHICKEN

6 boneless chicken breasts
1/2 cup butter
1 pkg dry Italian salad dressing mix
1 can golden mushroom soup
1/2 cup white wine (cooking wine or regular drinking wine)
4oz. onion & chive cream cheese
pkg angel hair pasta (cook according to box directions)

Place chicken in crock pot. In sauce pan melt butter. Stir in Italian salad dressing mix, soup, cream cheese & wine. Pour over chicken. Cook on low for 4-5 hours. Pour over cooked angel hair pasta or any kind of noodle you desire. (Rice works well also).

ANNE'S CHICKEN

1 frying chicken, cut up
Salt & pepper
1 can cream of mushroom soup
1/2 c. sauterne or sherry
2 tbsp. butter or margarine, melted
2 tbsp. dry Italian salad dressing mix
2 (3 oz.) pkgs. cream cheese, cut in cubes
1 tbsp. onion, chopped

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

APPLE AND BROWN SUGAR CORNED BEEF

1 corned beef brisket
1 quart apple juice
1 cup brown sugar
1 Tbsp prepared mustard
8 small red potatoes
2 medium carrots, pared and cut into chunks
1 onion, peeled and cut into eights
1/2 head cabbage, cut into chunks

Place all ingredients in large crock pot (cut meat in half if necessary). Stir to mix.

Cook on high for 4 to 5 hours on high or 8 to 10 hours on low. Remove meat and vegetables and some of the cooking liquid. Slice meat thinly across the grain. Serve with the vegetables and some of the liquid.

Use left over corn beef the next day.....layer in crock pot with sauerkraut and Swiss cheese. Warm and serve on rye bread with 1000 Island dressing!

APPLE BETTY

6 cups thinly sliced apples
1 cup granulated sugar
1 tablespoon all purpose flour
1 teaspoon cinnamon
juice and zest of 1 lemon
1/2 cup melted butter
3 cups soft bread crumbs

In a large bowl combine apples, sugar, flour, cinnamon and lemon zest. In another bowl, combine butter and bread crumbs. In prepared slow cooker, layer one third of bread crumb mixture, then one half of apple mixture. Repeat layers of bread crumbs and fruit, then finish with a final layer of bread crumbs on top. Cover and cook on high for 4 hours until bubbly and brown.

APPLE BROWN BETTY

3 lbs. cooking apples
10 slices of bread, cubed (about 4 cups)
1/2 tsp. cinnamon
1/4 tsp. nutmeg
1/8 tsp. salt
3/4 c. brown sugar
1/2 c. butter or margarine, melted

Wash apples, peel, core, cut into eighths; place in bottom on crock. Combine bread cubes, cinnamon, nutmeg, salt, sugar, butter; toss together. Place on top of apples in crock. Cover. Place crock into outer shell. Cook on low setting 2 to 4 hours. Makes 6 to 8 servings.

APPLE BUTTER

apples -- cut up, to fill 3 1/2 qt. crock pot
1 cup brown sugar
1 cup apple cider
juice of 1 lemon
1 tablespoon cinnamon

Cut blemishes off apples and cut into chunks to fill 3 1/2 qt. crock pot. Add sugar, cider and lemon juice. Cover and cook on Low for 8 hours. Stir. Add cinnamon and cook another 10 hours. Stir occasionally until brown. Run through Food mill or any strainer to strain out seeds and skins. I used the blender. To thicken, if not thick enough, return to slow cooker and cook on High uncovered until desired consistency.

YIELD: Makes 3-4 pints.

APPLE BUTTER #2

Peel and core apples, cut in quarters, enough to fill a 4 quart crock pot to about 1 1/2 inches from the top:

ADD:

4 tsp. Cinnamon
1/2 tsp Cloves

1/2 tsp Salt
3 Cups Sugar

Start on high with about 4 TB water, till it gets hot, then turn on low and cook all day. When it is done and apples are fully cooked down put small amounts into food processor and zap quickly till smooth.

NOTE: If you are canning this, put into jars and seal while "HOT".

APPLE BUTTER #3

4 lbs apples, cored and sliced (don't peel)
1 1/3 cups packed brown sugar
1 cup apple cider
grated zest and juice of one lemon
3 TBS grated ginger

Combine apples, brown sugar, apple cider, zest, juice. Cover and cook 8-10 hours on low, till apples are very soft. Then stir in ginger, increase heat to high, uncover and cook (stirring now and then) till mixture is reduced to about 3 cups for 8 to 10 hours. Put the resulting mash through a food mill.

APPLE BUTTER #4

12 to 14 apples
2 cups apple juice
sugar
cinnamon
all spice
cloves

Wash, core, and quarter apples (do not peel). Combine apples and juice in lightly oiled crock pot, cover and cook on low 10-18 hours or high 2-4 hours. When tender put through food mill (I mash through a colander) to remove peel. For each pint of apples add 1 cup sugar and 1/2 tsp each of cinnamon, cloves and allspice. Stir and cook on low another 6-8 hours, stirring every 2 hours. Remove cloves after 3 hours and allow to cook down. Spoon into pint jars.

APPLE BUTTER #5

2 qt. sweet cider
4lbs apples, peeled, cored & sliced
3 C. sugar
1/4 tsp. cinnamon
1/4 tsp. allspice
1/8 tsp. cloves
1 tsp. salt

Place apples & cider in crock pot. Cover & cook on LOW 10 - 12 hrs. DO NOT STIR!!!!!!! Put apples through a strainer (a fine mesh strainer works well too). Mash apples. Add equal parts sugar stirring well between each, add spices & salt STIR WELL!! Return to crock-pot. Cook on HIGH 1 hr. Pour into 1/2 pint jars, seal and process 10 min. If you don't want to process keep it refrigerated! makes 5 half pints.

APPLE CAKE DESSERT

6 apples peeled, cored and sliced
sugar
cinnamon
8 oz of yellow cake mix
1/4 c melted butter or margarine

Put slices of apples in CP. Pour half a package of dry cake mix over apples. Drizzle butter over cake mix. Sprinkle cinnamon and sugar mixture over that and cook on low 1 1/2 to 2 hours. Keep checking and it's done when the apples are soft.

APPLE CARAMEL DESSERT

2 med apple
1/2 c apple juice
7 oz caramel candy
1 tsp vanilla
1/8 tsp ground cardamom
1/2 tsp ground cinnamon
1/3 c peanut butter, creamy

7 slices angel food cake
1 qt vanilla ice cream

Peel, core and cut each apple into 18 wedges; set aside. Combine apple juice, unwrapped caramel candies, vanilla, cardamom and cinnamon. Drop peanut butter, 1 tsp at a time, over ingredients in crock pot and stir. Add apple wedges; cover and cook on LOW for 5 hrs. Stir thoroughly, then cook 1 hr more. Serve approx 1/3 cup of warm mixture over a slice of angel food cake or ice cream.

APPLE CIDER

1 gallon of apple cider

Put it in a crock pot.

Add 3 cinnamon sticks, about a tsp of whole cloves, and about 3 or 4 whole allspice. Slice up an orange and put orange rings in there. Put it on low and let it simmer all day. It's easier if you can put the spices in cheese cloth but I don't always have that. Also, taste it after about 4 or 5 hours to make sure it's not getting too strong. Remove the spices and oranges when the flavor reaches the taste you prefer.

APPLE CIDER STEW

1-2 lbs. beef or venison stew meat
8 carrots, sliced thin
6 potatoes, sliced thin
2 apples, chopped
2 tsp. salt
1/2 tsp. thyme
2 tbsp. minced onion
2 c. apple cider

Place carrots, potatoes, and apples in crock pot. Add meat and sprinkle with salt, thyme, and onion. Pour cider over meat and cover. Cook on low heat 10-12 hours. Thicken gravy.

APPLE COCONUT CRISPS

4 large Granny Smith apples, peeled & coarsely sliced (about 4 cups)
1/2 cup sweetened flaked coconut
1 tablespoon flour
1/3 cup brown sugar
1/2 cup butterscotch or caramel ice cream topping (fat-free is fine)
1/2 teaspoon cinnamon
1/3 cup flour
1/2 cup quick rolled oats
2 tablespoons butter or margarine

In a casserole 1 1/2-quart baking dish that fits in the crock pot, combine apples with coconut, 1 tablespoon flour, 1/3 cup brown sugar, and cinnamon. Drizzle with the ice cream topping. Combine remaining ingredients in a small bowl with a fork or pastry cutter and sprinkle over apple mixture. Cover and cook on high for 2 1/2 to 3 hours, until apples are tender. Serve warm with vanilla ice cream or whipped topping.

APPLE DESSERT

6 apples, peeled and sliced
2/3 cup raw oatmeal
2/3 cup sugar
1/3 cup flour
1 tsp cinnamon
1/4 tsp nutmeg
1/4 tsp ginger
1/3 cup butter or margarine, melted

Mix oatmeal, sugar, flour, and spices in small bowl. Stir melted butter into mixture until it is crumbly.

Put about half of sliced apples in crock pot and spoon about half of oatmeal mixture on top. Cover with the rest of the apples and top with the rest of the crumbly mixture. Cook on high about 2 1/2 hours.

APPLE DESSERT

2 Cups milk
1/4 cup brown sugar
1 tbsp melted butter
1/4 tsp salt
1/2 tsp cinnamon
1 cup rolled oats, regular
1 cup chopped apples
1/2 cup raisons

Spray or butter inside of crock pot. add ingredients to pot and stir cover and cook on low overnight.

APPLE GLAZED PORK ROAST

4 lb. pork loin roast
6 apples
1/4 cup apple juice
3 T. brown sugar
1 t. ginger, ground

Rub roast with salt and pepper. Brown pork roast under broiler to remove excess fat; drain well.

Core and quarter apples. Place apple quarters in bottom of crock pot. 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 for 10-12 hours, until done.

APPLE GLAZED PORK ROAST #2

3-4 lb port lion roast, well trimmed
salt & pepper
4 to 6 apples, quartered
1/4 cup apple juice (didn't have any, used orange)
3 Tbl brown sugar
1 tsp ground ginger

Place apple quarters on bottom of CP. Place roast on top. Sprinkle w/salt &

pepper. Combine apple juice, sugar & ginger. Spoon over roast, covering entire top. Cover & cook on LOW 10-12 hrs. TASTY! :o) The apples will look gross, but they are tasty too.

Leftover pork roast: shred, mix with barbeque sauce. Serve with white rice and pineapple.

APPLE POT PIE

8 Tart Apples peeled and sliced
1 1/4 t ground cinnamon
1/4 t allspice
1/4 t nutmeg
3/4 cup milk
2 T butter soften
3/4 c sugar
2 eggs
1 t vanilla
1/2 c Bisquick
1 c Bisquick
1/3 c brown sugar
3 T cold butter

Toss apples in large bowl with cinnamon, allspice, and nutmeg. Place in lightly greased crock pot.

Combine milk, softened butter, sugar, eggs, vanilla, and the 1/2 c Bisquick. Spoon over apples.

Combine the 1 cup Bisquick and brown sugar. Cut the cold butter into mixture until crumbly. Sprinkle this mixture over top of apple mixture.

Cover and cook on low 6-7 hours or until apples are soft.

APPLE SAUCE

About 3 pounds apples, peeled, cored, and sliced
1/3 cup sugar
1 cinnamon stick

2 TBS lemon juice
nutmeg

Put apples in cooker, sprinkle w/sugar and add cinnamon stick. Sprinkle lemon juice on. Cover and cook on low for 6 1/2 to 8 hours till apples form a thick sauce. Sprinkle with nutmeg to taste.

ARROZ CON POLLO

4 Chicken breast halves, skin and excess fat removed
1/4 teaspoon salt
1/4 teaspoon pepper
1/4 teaspoon paprika
1 tablespoon oil
1 medium onion, chopped
1 small red pepper, chopped
1 clove of garlic, minced
1/2 teaspoon dried rosemary leaves
1 14 1/2 ounce can crushed tomatoes
1 10 oz package frozen peas

Season chicken with salt, pepper, and paprika. In a medium skillet, heat oil over medium-high heat. Add chicken and brown. Put chicken in the Crock-pot.

In a small bowl, combine remaining ingredients except the peas. Pour over chicken. Cover: cook on Low 7-9 hours (High 3-4 hours) One hour before serving, add peas. Serve over rice.

Makes 4 servings.

ARTICHOKE, CHICKEN AND OLIVES

1 1/2 lbs skinless, boneless chicken breast halves and/or thighs
2 c sliced fresh mushrooms
1 (14.5 oz) can diced tomatoes
1 (8 or 9 oz) pkg. frozen artichokes
1 c chicken broth
1 med onion, chopped

1/2 c sliced pitted ripe olives (or 1/4 cup capers, drained)
1/4 c dry white wine or chicken broth
3 tbsp quick cooking tapioca
2-3 tsp curry powder
3/4 tsp dried thyme, crushed
1/4 tsp salt
1/4 tsp pepper
4 c hot cooked couscous

Rinse chicken & set aside. In a 3 1/2 qt crock pot combine mushrooms, undrained tomatoes, frozen artichoke hearts, chicken broth, onion, olives, & wine/broth. Stir in tapioca, curry powder, thyme, salt, & pepper. Add chicken. Spoon some of the tomato mixture over chicken. Cover & cook on LOW for 7 to 8 hours or on HIGH for 3 1/2 to 4 hours. Serve with hot cooked couscous. Serves 6.

ARTICHOKES

5 artichokes, remove stalks and tough leaves
1 1/2 ts salt
8 peppercorns
2 stalks celery, cut up
1/2 lemon, sliced
2 c boiling water

Combine all ingredients in crock pot. Cook on High 4 - 5 hours.

AUTUMN CHICKEN

2 large or 4 small chicken breasts
2 parsnips 2 carrots
1 acorn squash
1 14.5 oz. can of chicken broth
garlic
salt
pepper
nutmeg
honey

Peel and chop carrots and parsnips and place them in the bottom of the crock pot.

Sprinkle with garlic (I used a teaspoon of pre-chopped garlic. I'm not sure how many cloves of fresh garlic that would be.) Place chicken on top. Pour in broth. Cut squash into chunks and slice off the skin. Place on top of chicken. Sprinkle desired amounts of salt, pepper and nutmeg on top of squash and drizzle enough honey on top to lightly cover the squash. Cook on low 8-10 hours.

AUTUMN PORK CHOPS

6 pork chops
2 medium acorn squash -- unpeeled
3/4 teaspoon salt
2 tablespoons melted butter
3/4 cup brown sugar -- packed
3/4 teaspoon brown bouquet sauce
1 tablespoon orange juice
1/2 teaspoon orange peel -- grated

Trim excess fat from chops. Cut each squash into 4 to 5 crosswise slices; remove seeds.

Arrange 3 chops on bottom of slow-cooking pot.

Place all squash slices on top; then another layer of remaining 3 chops.

Combine salt, butter, sugar, bouquet sauce, orange juice, and orange peel. Spoon over chops.

Cover and cook on low for 4 to 6 hours or until done.

Serve one or two slices of squash with each pork chop.

AUTUMN PORK ROAST #2

3 to 4 lb. pork roast
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 crock pot.

Combine remaining ingredients. Pour over roast. Cover. Cook on low for 8 to 10 hours. or on High for 4-5 .Makes 6 to 8 servings.

AZTEC BLACK BEANS

1 lb. dried black beans (or turtle beans)

16 oz. jar of salsa (your favorite kind)

Rinse black beans, removing any stones or foreign objects. Cover with water, soak all night.

Drain beans and place in cp with salsa. Add enough water to just cover beans. Cover and cook on low 8-10 hours.

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[Top](#)

BLONDIE'S CROCK POT CARNE GISADA

3 lbs beef stew meat

2 cans diced ROTEL tomatoes with green chilies

salt and pepper to taste

3 cloves garlic minced

1 cup chopped onion

3 TBSP flour

1/2 tsp cumin

1/2 tsp oregano

1 tsp chili powder

1/4 cup water

1 diced bell pepper

1. place stew meat, 1/4 cup water, salt and pepper in crock pot. turn heat to high

and let simmer for 1 1/2 hours.

2. Drain juice from tomatoes into measuring cup. Add tomatoes garlic and onions to crock pot STIR let simmer on high for 30 minutes

3. Add cumin, oregano, and chili powder to crock pot and stir.

4. Blend juice and enough water to equal 1 1/2 cups liquid and flour stir into meat/veggie mixture. Let cook on LOW for 3-4 hours until sauce is nice and thick (if you like runnier gravy three hours is good) Serve with warm flour tortillas.

BUFFALO CHICKEN BREASTS

4 Boneless, Skinless Chicken Breasts

1/4 cup hot sauce

2 Tablespoons vinegar

2 Tablespoons melted butter

Paprika

Place chicken in crockpot. Mix together remaining ingredients and pour over chicken. Sprinkle with paprika.

Cook on Low for 6 to 8 hours.

BAKED APPLES

2 tbsp raisins

1/4 cup sugar

6 to 8 apples, washed and cored

1 tsp cinnamon

2 tbsp butter

Mix raisins and sugar, fill center of apples. Sprinkle with cinnamon and dot with butter. Put in crock pot; add 1/2 cup water. Cover; cook on Low 7 to 9 hours.

BAKED BEANS

1 pound dried small white beans -- rinsed
4 1/2 cups water
1/3 cup molasses
1/4 cup brown sugar
1 onion -- chopped
1/4 pound salt pork -- cut into 1" cubes
1 tablespoon Dijon-style mustard
1/2 teaspoon salt

In slow-cooker, combine all ingredients. Cover and cook on LOW 13 to 14 hours, stirring occasionally, if possible.

BAKED BEANS #2

1 lb ground beef
3/4 lb bacon fried and diced
1 onion lg chopped and browned
1 lge can pork and beans
1 16 oz kidney beans canned
1 16 oz buttered lima beans canned
1 cup catsup
3 Tbsp white vinegar
1/4 cup liquid smoke
1 tsp salt
dash pepper

Directions:

Put all ingredients in crock pot cook 4-6 hrs on low. The longer you cook it the better it will taste.

BAKED BEANS #3

2 cans canellini beans
2 cans black beans
2 cans red kidney beans
1 can chick peas
2 diced onions
2 tablespoons mustard (from the fridge - the wet kind)

1 cup molasses
1/2 cup brown sugar
3/4 cup maple syrup

Rinse and drain beans and set aside.

On bottom of crock pot place diced onions, then dump on beans (don't mix just dump 'em all on). Then drizzle on all other ingredients. Mustard stays lumpy - it's ok. If you wish to add bacon - pre cook 1 lb. crumble and put over top of entire mixture.

DON'T STIR. It will look dry for awhile. Crock Pot on High for 6-8 hours (I do 5-6) stirring once about 3/4 of the way through.

BAKED BEANS #4

24 to 32 oz. canned Pork and Beans, undrained
3/4 cup firmly packed brown sugar-I use light rather than dark
1 cup ketchup
1 large onion, diced
1 tsp. prepared mustard
2 to 3 slices bacon

Combine all ingredients in CP. Cover and cook on low about 6 hours. If you prefer, can be baked in oven. Use a greased 2qt casserole. Put bacon on top and bake at 350°F 1 1/2 hours. The CP version is soupier.

BAKED BEANS #5

2 large cans baked beans
1/4 cup molasses
1/4 cup ketchup
1/4 cup barbeque sauce
salt, pepper, garlic powder and diced onions to taste

Cook 6 hours on low.

BAKED BEANS #6

Brown 1/2 lb ground beef

3/4 pound bacon (cooked and crumbled)

1 c. chopped onion

In the crock pot:

2 20 oz. cans pork & beans

1 16 oz. kidney beans (drained)

1 16 oz. butter lima beans (drained)

1 c. Ketchup

1/2 c. brown sugar

3 T. white vinegar

1 tsp. black pepper

1 tsp. salt

Add beef and bacon & onion to beans. Cook on low 4-6 hours.

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.

BAKED HAM IN FOIL

Pour 1/2 cup water in Crock-Pot. Wrap precooked 3 to 4 pound ham in foil, place in Crock-Pot. Cover and cook on High 1 hour, then Low 6 to 7 hours or until ham is hot. If desired, sprinkle ham with liquid smoke before wrapping in foil.

If cooking larger ham, cook 1 hour on high then low 8 to 10 hours.

BANANA BREAD

1 3/4 c flour
2 tsp baking powder
1/4 tsp baking soda
1/2 tsp salt
1/3 c shortening
2/3 c sugar
2 eggs, well beaten
1 1/2 c banana, well mashed, overripe
1/2 c walnuts, coarsely chopped

Sift together flour, baking powder, baking soda and salt. With electric beater on low, fluff shortening in a small bowl, until soft and creamy. Add sugar gradually. Beat in 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 walnuts. Turn into a greased and floured baking unit or a 2 1/2 quart mold and cover.

Place on a rack in crock pot. Cover crock pot, 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.

BANANA NUT BREAD

1/3 c shortening
1/2 c sugar
2 eggs
1-3/4 c all purpose flour

- 1 tsp baking powder
- 1/2 tsp baking soda
- 1/2 tsp salt
- 1 c mashed ripe bananas
- 1/2 c chopped walnuts

Cream together shortening and sugar; add eggs and beat well. Sift dry ingredients; add to creamed mixture alternately with banana, blending well after each addition. Stir in nuts. Pour into well-greased 4-6 cup mold (I used a ceramic soufflé dish). Cover with foil and tie a string tightly around it to keep foil down. Pour 2 cups hot water in slow-cooking pot. Place mold on rack or trivet (I modified a metal veggie steamer) in pot. Cover with crock pot lid and cook on high 2 to 3 hours or until bread is done. Be sure not to check bread during the first 2 hours of cooking.

BARBECUE #1

- 1 cup chopped celery
- 1 medium onion chopped
- 1 Tbsp. butter

Sauté until golden brown.

- 2 Tbsp. vinegar
- 1 Tbsp. brown sugar
- 3 Tbsp. Worcestershire sauce
- 1 Tbsp. lemon juice
- 1 tsp. salt (optional)
- 1 tsp. mustard
- 1 cup ketchup
- 1 cup water
- 2 lbs. ground beef

Combine all ingredients in a large saucepan. Cook slowly for 2 -2½ hours.

BARBECUE #2

Source: The Best of Electric Crockery Cooking

- 1 1/2 lb boneless chuck steak, 1 1/2" 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" wide. Place these in the crock pot. In a small bowl, combine the remaining ingredients. Pour over the meat, and mix. Cover and cook on Low for 3 to 5 hours.

BARBECUE BRISKET

First I make a batch of homemade:

Barbeque Sauce

- 1 TBS liquid smoke
- 1 TBS crushed garlic
- 1 large onion chopped
- 2 TBS cider vinegar
- 1 TBS loose brown sugar (not packed)
- 3 TBS fresh squeezed lemon juice
- 1-14 oz. bottle of ketchup
- 1/2 tsp chili powder
- 4 TBS Worcestershire
- 1 TBS dry mustard powder
- 1 cup water or red wine
- 1 tsp salt
- 1/8 tsp black pepper
- 1 TBS honey

Mix together and heat on range.

Then prep the brisket by removing all silver skin if the butcher didn't already do this, place it in the crock pot, pour the homemade sauce over it and let it go on low. The length of time cooking will depend on how large a brisket you got.

When done, remove lid from crock pot and using two forks shred the brisket. Terrific served on rolls or buns. It's also good served like tacos with all the trimmings in soft or regular taco shells.

BARBECUED CHICKEN #1

4-6 pieces chicken
1 bottle BBQ sauce
1/2 cup white vinegar
1/2 cup brown sugar
1 tsp. mesquite seasoning
1/2 tsp. garlic powder
1/2-1 tsp. red pepper flakes

Mix BBQ sauce with all ingredients listed under it. Place chicken in crock pot. Pour sauce over all.

Cook slowly in crock pot about 4-6 hours. Serve with baked beans, potato salad and coleslaw

BARBECUED CHICKEN #2

1 frying chicken cut up or quartered
1 can condensed tomato soup
3/4 cup chopped onion
1/4 cup vinegar
3 Tablespoons brown sugar
1 Tablespoon Worcestershire sauce
1/2 teaspoon salt
1/4 teaspoon sweet basil
1/4 teaspoon thyme

Place chicken in slow cooker. Combine all other ingredients and pour over chicken. Cover tightly and cook at "low" for 6-8 hours. Makes 4 servings.

BARBECUED CHICKEN #3

1 Chicken, cut up and skin removed
1 cup ketchup
3/4 cup brown sugar
3 tablespoons Worcestershire sauce

Place chicken in crock pot. Combine remaining ingredients and pour over chicken. Cook 4 hours on high or 8-10 hours on low. Delicious!

BARBECUED POT ROAST #1

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

Sprinkle salt over the roast and place in slow-cooker. 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.

BARBECUED PORK ROAST #2

1 pork roast (or beef)
Juice of 1 lemon
1 small onion, cut up
1 teaspoon sugar
1 bottle barbecue sauce

Cook roast covered in water (start with hot water) in crock pot overnight on low 10-12 hours. Pour off water and pull meat into shredded pieces. Sauté onion in a little butter. Combine barbecue sauce, onions, sugar and juice of lemon with meat in crock pot and cook on high for 1 1/2 to 2 1/2 hours, or on low for 3 to 6 hours.

BARBECUE PORK SANDWICHES

1 pork roast
1 bottle bar-b-cue sauce

About 1/2 to 1 cup water

Just throw in crock pot on high for about 6 hrs. or low for about 10 hrs.

When it's done, just remove meat from bone and serve on hamburger buns or rolls with more barbeque sauce or ketchup, etc.

BBQ CHICKEN

1 2-3 lb. whole chicken
1 bottle any kind BBQ sauce

Place entire chicken, not cut up if possible, into crock pot. Cover chicken with BBQ sauce. Allow to cook 8-10 hours on low. Chicken will completely fall apart upon completion of cooking. Serve as sandwiches and enjoy!

BBQ TURKEY SANDWICHES

1/2 onion and 1 clove garlic sautéed then put in crock pot

Add:

1C catsup
1/3 C Brown sugar
1/4 t chili powder
1/4 t salt pepper to taste
1T vinegar (optional)
diced (cooked) turkey

Let cook all day then serve on bread for sandwiches.

BARBEQUE CHICKEN

1 frying chicken , cut up
1 can tomato soup, condensed
3/4 cup onion, chopped
1/4 cup vinegar

3 tablespoons brown sugar
1 tablespoon Worcestershire sauce
1/2 tsp. salt
1/4 tsp. sweet basil
1/4 tsp. thyme

Place chicken in crock pot. Combine all other ingredients and pour over chicken. Cover and cook on low for 6 to 8 hours.

BAVARIAN POT ROAST

3 to 4 lbs pot roast (organic or free range if possible)
1 teaspoon vegetable oil
1 teaspoon salt
1/8 teaspoon pepper
1/2 teaspoon ground ginger
3 whole cloves
4 medium apples -- cored and quartered
1 small onion -- sliced
1/2 cup apple juice or water
3 tablespoons flour (up to 4 tbs.)
3 tablespoons water (up to 4 tbs.)
Serves 6 to 8

Wipe roast well and trim off excess fat. Lightly rub top of meat with oil. Dust with salt, pepper, and ginger. Insert cloves in roast. Place apples and onions in Crock Pot and top with roast (cut roast in half, if necessary, to fit easily). Pour in apple juice. Cover and cook on Low for 10 to 12 hours or on High for 5 to 6 hours. Remove roast and apples to warm platter. Turn Crock Pot to High setting. Make a smooth paste of the flour and water; stir into Crock Pot. Cover and cook until thickened.

BEEF AND BEAN BAKE

3 bacon slices
1/2 pound ground round
1 cup finely chopped onion
1 (15.5 oz) can lima beans, drained
1 (15 oz) can pork and beans, undrained

1 (15oz) can light red kidney beans, drained
1/2 cup ketchup
1/2 cup barbecue sauce
1/4 cup firmly packed brown sugar
1 tsp dry mustard

1. Cook bacon until crisp, crumble and set aside.
2. Cook beef and onion in skillet and crumble.
3. Place bacon, beef mixture and other ingredients in slow cooker. Stir well. Cover and cook on high 1 hour. Reduce to low and cook 3-4 hours.

6 servings (1 cup) 6 points

BEEF AND BEANS #1

1 1/2 lbs of stewing beef
1 tbsp. prepared mustard
1 tbsp. taco seasoning
1/2 tsp. salt
1/4 tsp. pepper
2 garlic cloves minced
1 can 16 oz diced tomatoes, undrained
1 med. onion chopped
1 can Kidney beans rinsed and drained
1 can chili beans
(I also added 1 can of black beans)

Combine mustard, taco seasonings, salt , pepper and garlic in a large bowl. Add beef and toss to coat!

Put the beef in your crock pot and add the rest of the ingredients. Cover and cook for 6 -8 hours on LOW.

Serve over hot rice.

BEEF AND BEANS #2

Cut up left over roast beef in bite sized cubes

Large can beans
Large can diced tomatoes
1/2 c. finely chopped onion
1 c. mild or medium salsa
2/3 c. long grain rice
1 t. salt
1/4 t. pepper
1/4 t. garlic
1 c. water

Combine, stir, and cook on low for 8 - 9 hours, or high 4 - 4 1/2 hours. Makes 8 cups.

BEEF AND BRATWURST

I only have a small crock pot (2 1/2 quart) so make adjustments accordingly

1 lb of beef
1 bratwurst
3 potatoes, cubed skin on
1/2 a small white onion
3 medium portabello mushrooms quartered
1 packet of beef au ju
5 cups water

Put water and au ju powder in crock pot first, stir it up so it's mixed properly, then dump everything else in the pot. Cook on low until the meat is cooked, didn't time it so I can't say how long it took, kick it up to high for 20-30 minutes before serving so it's nice and hot. Supremely tasty, had to stop myself from drinking all the broth before the stew was done. Definitely have a loaf of French bread handy.

BEEF AND CHIPOTLE BURRITOS

1 1/2 lb. boneless beef round steak, cut 3/4" thick
1 14 1/2 oz. can diced tomatoes
1 sm. onion, chopped
1 to 2 canned chipotle peppers in adobo sauce, chopped (my local stores didn't carry this - of course- so I substituted a jar of salsa with chipolte, I think it was Old El Paso or Pace)

1 tsp. dried oregano, crushed
1/4 tsp. ground cumin
1 clove garlic, minced
6 9-10" tomato-flavored or plain flour tortillas, warmed
3/4 c. shredded sharp cheddar cheese (3 oz.)
1 recipe Pico de Gallo Salsa (we're talking real life here - I substituted a small jar of regular salsa :)
Shredded jicama or radishes (optional, VERY optional!)
Dairy sour cream (optional)

Directions: Trim fat from meat. Cut meat into 6 pieces. In a 3 1/2 or 4 qt. crockery cooker place meat, undrained tomatoes, onion, peppers, oregano, cumin, and garlic.

Cover; cook on low-heat setting for 8 to 10 hours or on high-heat setting for 4 to 5 hours. Remove meat from cooker. Using 2 forks, shred meat. Spoon one-sixth of the meat onto each warm tortilla just below the center. Top with cheese, Pico de Gallo Salsa, and if desired, jicama or radishes and sour cream. Roll up tortilla. Makes 6 servings * Prep time: 20 min.

Pico de Gallo Salsa: Combine 2 medium finely chopped tomatoes; 2 tbsp. finely chopped onion; 2 tbsp. snipped cilantro; 1 serrano pepper; finely chopped; and dash sugar. Cover; chill several hours.

BEEF AND GRAVY

2-3 pounds roast cut into bite sized pieces
1 packet Lipton's Onion soup mix
2 cans Cream of mushroom soup

Place pieces of roast in crock pot. Sprinkle packet of onion soup on meat. Cover with cream of mushroom soup. Let cook up to 9 hours. Stir about 1/2 way through cooking (but I'm sure you could just stir at the end). Serve over mashed potatoes or pasta.

BEEF AND GRAVY #2

1 lb Swiss steak or round steak cut into chunks
1 can condensed beefy mushroom soup (I used Campbell's)

- 1 can water
- 1 packet Lipton onion soup mix

Cook on high for at least 8 hrs. The beef comes out really tender and tasty.

Serve over noodles, potatoes, or rice

BEEF BARLEY SOUP

- 1 pound stew beef
- 2 cup carrots, sliced thin
- 1 cup celery, thin sliced
- 3/4 cup chopped green pepper
- 1 cup chopped onion
- 1/2 cup barley
- 1/4 chopped parsley
- 3 beef bouillon cubes or equivalent beef base
- 2 tsp. salt
- 3/4 tsp. dried basil
- 2 tbsp. catsup

Layer in crock pot: Vegetables and meat then barley and remaining ingredients. Cover with 5 cups water. Do not stir. Cook on low for 9 to 11 hours. Serves 4 to 6.

BEEF BOURGUIGNON

- 1 Cup Dry red wine
- 2 Tablespoons Olive oil
- 1 Large Onion -- sliced
- 1/2 Teaspoon Thyme
- 2 Tablespoons Parsley -- chopped
- 1 Bay leaf
- 1/4 Teaspoon Pepper
- 2 Pounds stewing beef, cut into 1 1/2-inch cubes
- 3 Slices Bacon (thick-cut is possible) -- diced
- 12 Small White onions
- 1/2 Pound Sliced mushrooms
- 2 Cloves Garlic -- minced
- 1 Teaspoon Salt

Combine first seven ingredients, mix well, add beef. Marinate at least 3 hours (overnight if refrigerated) Drain meat, reserving marinade. In skillet, sauté bacon and remove. Brown meat in bacon fat. Combine beef, bacon, vegetables and seasonings in slow cooker. Pour over enough marinade to cover. Cook on low 8-10 hours.

BEEF BOURGUIGNON #2

1 lb. bacon, cooked, reserve grease
3 lbs. beef, cubed
1 bottle red wine
1 lb. onion, chopped
1 lb. celery
1 lb. carrots, chopped
2 cloves garlic, chopped
Chopped shallots (optional)
1 bay leaf
Salt & pepper
Flour

Slowly cook bacon in large baking pan; remove. Dredge beef cubes in flour, brown in bacon fat. Transfer meat from skillet to heated platter. Sauté vegetable and garlic in bacon fat; remove. Drain fat from pan. Gently combine beef, vegetables, bacon and half the wine. Add bay leaf and salt and pepper to taste. Cook on low 8 - 10 hours.

BEEF BURGER STROGANOFF

1 1/2 lbs lean ground beef
3 slices bacon, diced
1 small onion, chopped
2 tbs flour
1/4 tsp paprika
1 tsp salt
1 can (10 3/4oz) condensed cream of mushroom soup
2 tbs dry red wine
1 cup dairy sour cream
6 to 8 hamburger buns, toasted and buttered

In large skillet, brown beef and bacon until red color disappears. Drain. In crock pot, mix together drained beef, bacon, onion, flour, paprika, and salt. Stir in undiluted soup and wine. Cover pot and cook on low 4 to 5 hours. Stir in sour cream. Spoon mixture over toasted buns. Serves 6 to 8.

BEEF BURGUNDY #1

2 slices bacon -- chopped
2 pounds sirloin tip or round steak -- cut in 1 inch cubes
1/4 cup flour
1 teaspoon salt
1/2 teaspoon seasoned salt
1/4 teaspoon marjoram
1/4 teaspoon thyme
1/4 teaspoon pepper
1 clove garlic -- minced
1 cube beef bouillon -- crushed
1 cup Burgundy wine
2 tablespoons cornstarch

In large skillet cook bacon several minutes. Remove bacon and set aside. Coat beef with flour and brown on all sides in bacon mixture. Combine steak, bacon drippings, cooked bacon, seasonings, bouillon and Burgundy in crock pot. Cover and cook on low for 6 to 8 hours or until meat is tender. Turn control to high. Add cornstarch (dissolved in 2 tablespoons water); cook on high 15 minutes. Serves 6.

BEEF BURGUNDY #2

3 lbs beef, cut in large cubes-can use stew beef or round steak
1 can Minestrone Soup
1 can Tomato Bisque Soup
1 can Cream of Mushroom soup
1 envelope dry onion soup mix
1 soup can Burgundy wine

Flour and brown meat. Place in crock pot. Mix remaining ingredients and pour over meat. Cook on low 6-8 hours. Serve over noodles or rice. You could cook the rice at home and reheat in the micro at work.

BEEF BURGUNDY #3

1 10 oz pkg fresh pearl onions
1 2 pound top round steak
2 1/2 cups sliced onions
1 minced garlic clove
Cooking Spray
1/3 cup all purpose flour
1 10.5 oz can condensed beef broth, undiluted
1/2 cup dry red wine
2 TBS tomato paste
1/2 tsp dried thyme
1/2 tsp salt
1/4 tsp pepper
1 bay leaf
1 8oz package fresh mushrooms
3 cups hot cooked egg noodles (6oz uncooked)

1. Drop pearl onions in boiling water 1 minute. Drain and peel.
2. Trim fat from steak and cut until 1 1/2" cubes. Place large nonstick skillet on medium high heat and sauté steak 5 minutes or until browned. Place steak in slow cooker. Add sliced onion and garlic to skillet. Coat with spray and sauté 5 minutes or until tender. Sprinkle flour over onion mixture and cook 1 minute stirring constantly. Gradually add broth, wine and tomato paste stirring constantly. Cook 1 minute or until thick. Add pearl onions, thyme, salt, pepper, bay leaf and mushrooms.
3. Pour wine mixture over beef in slow cooker. Cover with lid, cook on high 1 hour and low 4-5 hours. Discard bay leaf. Serve over noodles.

6 servings

BEEF BURGUNDY #4

2lbs. beef cubed into 1" pieces
1 envelope dry onion soup mix
1 can cream of mushroom soup

- 1 (4oz) can whole mushrooms
- 1/2 cup red wine

Combine all of the above in a crock pot. Stir together well then cover. Cook on low for 8 hours. Makes its own gravy. Serve over noodles.

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 crock pot. 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 crock pot, cover and cook on HIGH for 30 minutes, then on LOW 6-7 hours.

BEEF FAJITAS

- 1 1/2 pounds beef flank steak
- 1 cup chopped onion
- 1 green sweet pepper, cut into 1/2 inch pieces
- 1 jalapeno pepper, chopped
- 1 Tbsp. cilantro
- 2 garlic cloves, minced (or 1/4 tsp. garlic powder)
- 1 tsp. chili powder
- 1 tsp. ground cumin
- 1 tsp. ground coriander
- 1/2 tsp. salt
- 1 can (8oz) chopped tomatoes

12 8inch flour tortillas

Toppings: sour cream, guacamole, shredded cheddar cheese and salsa

Cut flank steak into 6 portions. In any size crock pot combine meat, onion, green pepper, jalapeno pepper, cilantro, garlic, chili powder, cumin, coriander and salt. Add tomatoes. Cover and cook on low 8-10 hours or high 4-5 hours.

Remove meat from crock pot and shred. Return meat to crock pot and stir. To serve, spread meat mixture into flour tortillas and top with toppings. Roll up.

BEEF FOR SANDWICHES

1 roast

1 packet Italian dressing mix or Ranch dressing mix OR 2 packages onion soup mix

1 cup water

Place all in crock pot, cook on low 8 hours.

BEEF N BREW VEGETABLE SOUP

3 medium onions, sliced

1 lb carrots, cut into 1/2" slices

4 parsnips, cut into 1/2" slices

2 bay leaves

4 cloves garlic, minced

1 TBS snipped fresh thyme or 1 tsp dried thyme, crushed

1/2 tsp pepper

2 TBS quick cooking tapioca

1 1/2 lbs beef stew meat, cut into 1" cubes

1 14 1/2 oz can beef broth

1 12 oz can beer

In a 5 or 6 quart crock pot, place onions, carrots, parsnips, garlic, bay leaves, dried thyme, and pepper. Sprinkle with tapioca. Place meat on top of vegetables. Add beef broth and beer.

Cover; cook on low-heat setting for 10 to 12 hours or on high-heat setting for 5 to 6 hours. To serve, remove bay leaves; if using fresh thyme, stir in now.

BEEF POT ROAST #1

- 1 1/2 lb- 2lb. pot roast meat
- 1 dry package of Good Seasons Garlic Dressing
- 1 dry pkg of Italian (or Zesty Italian) Dressing
- 1 can of beer (your choice-not dark)

Place one envelope of Good seasons in bottom of crock pot. Place meat on top, top with other package of dressing and pour beer over all. Let cook 8-10 hours on low. If your a gravy maker, the sauce made into a gravy is YUMMY! I serve this with potatoes.

BEEF POT ROAST #2

- Beef bottom round rump roast, about 2 lb.
- 4 - 6 carrots, peeled and cut into 1-2" chunks
- 1 - 2 onions cut into wedges
- 1/4 - 1/2 cup canned beef broth
- 1 can Campbell's Cream of Chicken & Mushroom Soup
- Mashed potatoes* (made with margarine, milk, and horseradish)

1. Put carrot chunks and onion wedges in bottom of greased 3-1/2 quart crock pot. Brown rump roast on all sides in frying pan and put in crock pot on top of the vegetables.
2. Pour beef broth over meat (more liquid will accumulate as the roast cooks); put lid on and cook on Low for 8 hours.
3. About 45 minutes before it's done, boil the potatoes. Just before you're ready to mash them, take roast out of crock pot and slice it up. Open canned soup and put it in small batter bowl; add just enough juices from the crock pot to stir it and get the lumps out. After you've done so, pour it back into the crock pot and stir to mix. Add the beef slices and stir to cover with gravy.* Put the lid back on.
4. Mash the potatoes, then add some margarine and stir till it's melted. Heat about 1/4 cup milk (whole, if we have it) in the microwave (in a glass measuring cup), then stir it into the potatoes along with salt, pepper, and about 1/2 tsp. or so of horseradish.
5. Serve meat/vegetables beside and gravy on top of potatoes, or all of it on the potatoes. Serve with a green vegetable and baking powder biscuits. YUMMY!!!

Note: By the time the potatoes are drained and mashed, the pot roast is ready to eat, too.

Serves: 4

BEEF STEW #1

2 lbs. stew beef
1/4 c. flour
1 tsp. paprika
4 lg. carrots
3 lg. potatoes
1 c. condensed beef broth
1 1/2 tsp. salt
1/2 tsp. pepper
1/3 c. soy sauce
1 lg. onion
1 can tomato sauce (8 oz.)

Layer potatoes, then carrots. Top with meat; sprinkle meat with soy sauce, salt, paprika, pepper & flour.

Spread with chopped onions. Combine beef broth & tomato sauce & pour overall. Cover & cook on low 7 - 8 hrs. or high 4 - 5 hrs.

NOTES:

Instead of sprinkling the meat with soy sauce, salt, paprika, pepper & flour as the recipes says, I mix those all together in a small bowl. This prevents the flour from becoming clumpy.

Instead of chopped onions, I use 3 or 4 small yellow onions whole (I'm not an onion fan but still like the taste they give the stew.)

I add about 1/4 cup barbecue sauce to the top, before putting the cover on. I use whatever variety of sauce that I have on hand. I don't usually buy the "regular" flavor of any brand, but instead have hickory, brown sugar or garlic and onion flavors. The BBQ sauce adds an extra "kick" to the meat and gravy.

For the beef broth, since I don't usually keep that on hand, I dissolve 1 beef bouillon cube into 1 cup boiling water.

BEEF STEW #2

1 lb. beef bourguignon (or cheaper cut)
3 large sweet potatoes (cut into 1" thick slices)
2 cans beef bouillon (or broth or consommé)
2 small cans tomato paste
3-4 handfuls of assorted veggies (I used frozen green & yellow beans and carrots)
1 lb. fresh mushrooms (quartered)
1 large onion (diced)
2 cloves garlic (minced)
1/4 cup flour

Mix bite sized pieces of meat in flour, brown in some oil along with the diced garlic.

While meat is browning, combine beef bouillon & tomato paste in a crock pot, mix well.

Pre-cook the sweet potatoes until just tender, add to crock pot along with onions and any raw veggies that you may use. Add enough water to cover and cook on low for as long as you want, (I let it cook for about 5 hours.

I added the frozen veggies and some quartered mushrooms for about the last 1 hour or so.

I thickened it with a bit of flour and water, let it cook another 15 minutes uncovered and that was it.

BEEF STEW #3

1 package stew beef
1 can cream of potato soup
1 can cream of mushroom soup
1 - 1 1/2 cans of water

Cook on high all day (7-8) hours

I serve over white rice.

BEEF STEW #4

1 ½ pounds stew beef
Handful of Baby carrots
3 white potatoes
1 large onion cut into wedges
1 can of beef broth (I use Campbell's)
1 clove of garlic minced
2 teaspoons of kitchen bouquet
1 teaspoon of Worcestershire sauce
Add water to fill crock-pot

Cut stew beef into bite size pieces, dredge in flour with salt and pepper. Place into crock-pot. Add beef broth, garlic, onion, carrots and potatoes add kitchen bouquet and Worcestershire sauce. Add water just to top turn crock pot on high and cook for 5-6 hours. Stir occasionally.

BEEF STEW #5

4 lb stew beef, cut into small pieces
2 envelopes dry onion soup mix
2 cans cream of mushroom soup
4 oz jar sliced mushrooms, drained
2 cups Ginger Ale
1 lb carrots, sliced-I use baby carrots and forget the slicing

Mix all ingredients in Crock pot. Cover and cook on low 8-10 hours. Serve with noodles or rice.

BEEF STROGANOFF #1

2 lbs top round steak, sliced thin across the grain
1 lb fresh mushrooms, sliced
1 medium onion, sliced
1/4 tsp thyme
3/4 cup dry sherry
3/4 cup beef broth
3/4 tsp dry mustard

1/4 tsp garlic salt

Put all this in the crock pot, stir well and cook on low for 8 hours. Turn heat to high and mix 1-1/2 cup sour cream 1/2 cup flour, cake flour works too, heat on high for 40 minutes.

Serve over rice or noodles.

BEEF STROGANOFF #2

1 1/2 lb. lean ground beef
1 medium onion, chopped
1 clove garlic, minced
3 Tbsp. tomato paste
1/2 c. beef broth
3 Tbsp. sherry
1 tsp. salt
Dash pepper
1 can mushrooms, drained
1 c. sour cream

Brown ground beef with onion and garlic; drain. Add to crock pot with remaining ingredients except for sour cream. Cover and cook on low for 5 to 7 hours. Stir in sour cream. Heat through. Serve over egg noodles.

BEEF STROGANOFF #3

3 lb. beef round steak, 1/2 inch thick
1/2 c. flour
2 tsp. salt
1/8 tsp. pepper
1/2 tsp. dry mustard
2 med. onions, thinly sliced and separated into rings
2 (4 oz. each) cans sliced mushrooms, drained or 1/2 lb. mushrooms, sliced
1 (10 1/2 oz.) can condensed beef broth
1/4 c. dry white wine (optional)
1 1/2 c. sour cream
1/4 c. flour

Trim all excess fat from steak and cut meat into 3 inch strips about 1/2 inch wide. Combine 1/2 cup flour, the salt, pepper and dry mustard; toss with steak strips to coat thoroughly. Place coated steak strips in crock pot; stir in onion rings and mushrooms. Add beef broth and wine; stir well. Cover and cook on low setting for 8-10 hours. Before serving, combine sour cream with 1/4 cup flour; stir into crock pot. Serve stroganoff over rice or noodles.

BEEF STROGANOFF #4

1 can cream of mushroom soup
1 package onion soup mix
1 package mushroom
1 onion cut in rings
1 package beef stew meat
salt
pepper

Put in crock pot and cook all day.

Add 16 oz sour cream before serving.

Serve over Egg Noodles.

BEEF STROGANOFF #5

2 lbs. Beef round in cubes
21 1/2 oz. Cream of mushroom soup
2 dozen small mushrooms (you can use larger mushrooms and slice them, but I threw little ones in whole instead)
16 oz. Sour cream
3 oz. Cream cheese
Worcestershire sauce
Salt
Pepper

Place beef in bottom of cp and cover with salt and pepper. Pour soup on top of beef. Layer mushrooms on top of soup. Pour on enough Worcestershire sauce to coat each mushroom. Cook on low for 10 hours stirring in the sour cream and cream cheese in the last half hour.

Add 2 tbsp. of cornstarch and a little bit of water to thicken sauce, 30 minutes before stroganoff is done.
Serve over noodles or rice.

BEEF STROGANOFF #6

3 pounds beef round steak 1/2" thick (partially frozen for easy slicing)
1/2 cup flour
2 teaspoons salt
1/8 teaspoon pepper
3/4 teaspoon dry mustard
1/4 teaspoon thyme leaves
2 medium onions thinly sliced and separated into rings
2 cans (4 oz each) sliced mushrooms drained or 1/2 lb fresh mushrooms, sliced
1 can (10 1/2 oz) condensed beef broth (I use Better Than Bouillon double strength)
1/4 cup dry white wine
1 1/2 teaspoons Worcestershire Sauce
1 1/2 cups sour cream
1/4 cup flour
3 tablespoons fresh minced parsley
hot buttered noodles or fluffy rice

Trim all excess fat from steak and cut meat into 3-inch strips about 1/2" wide. Combine 1/2 cup flour, salt, pepper, dry mustard and thyme leaves; toss with steak strips to coat thoroughly. Place coated steak strips in Crackpot; stir in onion rings and mushrooms. Add beef broth, wine and Worcestershire Sauce; stir well. Cover and cook on Low setting for 8 to 10 hours. Before serving, combine sour cream with 1/4 cup flour; stir into Crackpot. Serve Stroganoff over hot buttered noodles; garnish with minced parsley. Add additional sour cream if desired.

BEEF STROGANOFF #7

2pk Beef Stew Meat
1c Cream of Celery
1c Cream of Chicken
2c Golden Mushroom Soup

Put all ingredients in crock pot and stir to coat meat. Cook on High for 6 hours or until meat falls apart with fork. Serve over Egg Noodles or Rice. Serves 4-6

My family likes to take fresh Italian Bread and soak up the gravy. This will make a wonderful gravy and the smells in the house will make your mouth water... ENJOY!!

BEEF TACO BEAN SOUP

2 lbs. rump roast
1 pk taco seasoning
1 can Mexican style diced tomatoes (15 oz.)
1 small can green chilies
1 can tomato sauce (8 oz)
1 onion - chopped
2 beef bouillon cubes
2 cans red kidney beans, (15 oz. each), rinsed, drained
Shredded cheddar cheese

Cut roast into bite sized chunks. Roll in taco seasoning and add to crock pot. Then add the tomatoes, chilies, tomato sauce, onion, and bouillon cubes. Cover and cook on LOW 6 hours or until meat is tender.

Add the drained beans and cook until the beans are heated through; around 30 minutes. Serve topped with cheese, and/or the toppings that you like.

BEEF TIPS

1/2 c Flour
1 ts Salt
1/8 ts Pepper
4 lb Beef or sirloin tips
1/2 c Chopped green onions
2 c Sliced mushrooms (4 oz. can, drained) OR
1/2 lb Mushrooms, sliced
1 can Condensed beef broth, (10 1/2 oz.)
1 ts Worcestershire sauce
2 ts Tomato paste or ketchup
1/4 c Dry red wine or water

- 3 tb Flour
- 1 Buttered noodles

Combine 1/2 cup flour with the salt and pepper and toss with beef cubes to coat thoroughly. Place in crock-pot. Add green onions and drained mushrooms. Combine with beef broth, Worcestershire sauce and tomato paste or ketchup. Pour over beef and vegetables; stir well. Cover and cook on LOW setting for 7 to 12 hours. One hour before serving, turn to HIGH setting. Make a smooth paste of red wine and 3 tablespoons flour; stir into crock-pot, mixing well.

BEEF WITH MUSHROOMS AND RED WINE GRAVY

- 1 1/2 lbs well-trimmed beef stew meat, cut into one inch pieces
- 2 medium onions cut into half inch wedges (I used one large onion)
- 1 pkg sliced fresh mushrooms (8oz)
- 1 envelope beefy onion soup mix
- 3 tbs cornstarch
- salt and pepper to taste
- 1 1/2 cups dry red wine (don't know if it's dry, but I used what I had on hand and it was red zin)

Place beef, onions and mushrooms in a 4qt or larger crock pot. Add dry soup mix. Sprinkle with cornstarch and salt and pepper. Pour wine over all. Cover and cook on low 10-12 hours or high 5-6 hours. Stir well before serving.

6 servings.

BEEFY PASTA SAUCE

- 1.5 pounds ground round
- 2 (15 oz) cans tomato sauce
- 2 (14.5) oz cans diced tomatoes, undrained
- 2 (6oz) cans tomato paste
- 1 (8oz) package sliced fresh mushrooms, or omit
- 1.5 cups chopped onions
- 1 cup water
- 3/4 cup chopped green pepper
- 2 TBS brown sugar
- 2 tsp dried basil

1 tsp dried oregano
1/4 tsp salt
1/4 tsp pepper
1/8 tsp ground red pepper
2 minced cloves garlic
1 beef bouillon cube

1. Cook meat in large skillet on medium-high until brown. Stir to crumble. Drain well and place in crock pot. Add tomato sauce and next 14 ingredients. Cover with lid and cook on high for 1 hour and low for 6-7 hours.

BEER BRAISED BEEF IN CROCK POT

3 lb. lean beef stew meat cut into 1 1/2-inch pieces
1 tsp. salt
1/2 tsp. pepper
2 med. onions, thinly sliced
1 can mushrooms (or pieces) undrained (8-oz.)
1 can beer (12 oz.) dark or light, your choice
1 tbsp. vinegar
2 beef bouillon cubes
2 tsp. sugar
2 cloves garlic, minced
1 tsp. thyme
2 bay leaves

Put the beef in the crock pot. Combine all the other ingredients and pour over the beef. Cook on low for 8-10 hours or on high for 4-5 hours. Before serving thicken juices if desired.

BEER FAJITAS

2 LB TRI TIP MEAT, SLICED 3/4" THICK
1 8 OZ CAN TOMATO SAUCE
1 12 OZ CAN OF BEER (LAGER)
2 TEASPOONS MUSTARD
3 TEASPOONS BUTTER
3 TEASPOONS CHILI POWDER
1 TEASPOON SALT

1 TEASPOON GARLIC
1 MEDIUM GREEN BELL PEPPER SLICED
1 MEDIUM RED BELL PEPPER SLICED
1 MEDIUM WHITE ONION SLICED

1. IN CROCK POT ADD ALL OF THE ABOVE INGREDIENTS AND STIR.
 2. COOK ON LOW FOR 8 TO 10 HOURS. THE LONGER THE BETTER.
 3. CAN BE EATEN WITH TORTILLAS, SERVED OVER RICE, OR EATEN WITH BREAD
-

BEST PORK ROAST

4-5 pound pork roast
6-8 cloves garlic
pepper
basil
1 c dry white wine
onion

Cut 6-8 holes into the roast just big enough to fit a clove of garlic. Put a garlic clove (peeled) into each hole. Rub outside with cracked pepper and basil. Pour dry white wine in the bottom of the Crock Pot. Place roast in the CP put slices or wedges of onion on top and around the roast. Cover and cook on low all day or until done.

If desired you can also place potatoes and carrots in the bottom of the CP, but I usually serve either mashed or baked potatoes and a steamed veggie on the side. Don't forget a nice fresh loaf of bread to go with it too

BIGOS

1 onion -- chopped
1 clove garlic -- minced
2 tablespoons butter
1 pound cabbage
1 quart sauerkraut -- rinsed and drained
1/2 pound mushrooms -- sliced
1 pound boneless pork butt -- cut in 1" cubes
1 pound boneless veal -- cut in 1" cubes

1/2 pound Polish sausage -- sliced 1/2" thick
1/2 cup beef stock
1 cup chopped tomatoes
2 tart apples -- diced
1/2 cup pitted prunes
1 bay leaf
1 teaspoon salt
1/2 teaspoon pepper
1/2 cup red wine

Combine all ingredients in crock pot and cook on low 8 to 10 hours. Serves 6.

BLACK BEAN CHILI

3/4 cup cooked black beans
1 lb. stew beef, cubed
3 tablespoons oil
1/4 cup chopped onion
1/4 cup chopped green peppers
1/2 cup diced green chilies
3 tbsp. tomato paste
3 to 4 beef bouillon cubes, or beef base
1/4 tsp. ground cumin
1 tsp. minced garlic
1/2 tsp. salt and pepper
1 cup shredded Monterey Jack OR cheddar cheese

Brown stew beef in oil with onion and green pepper. Combine all ingredients except cheese and cook 6 to 8 hours on low. Sprinkle cheese over individual servings.

BLACK BEAN CHILI WITH PORK

1 lb. boneless pork, cut into cubes
2 (16 oz.) cans black beans, drained
1 red or yellow bell pepper, chopped
1 med. tomato, peeled, seeded and chopped
1 sm. red onion, thinly sliced
1 clove garlic, crushed

1/2 t. ground cumin
2 t. chili powder
1/2 t. salt
1 can tomato sauce
1/2 c. sour cream
2 T. chopped cilantro

In a crock pot, stir together pork, beans, bell pepper, tomato, onion, garlic, cumin, chili powder, salt, and tomato sauce. Cover and cook on low 8 to 9 hours. Spoon into bowls and top with sour cream and cilantro.

BLACK BEAN SOUP

2 cans, 15 oz. each, black beans, drained and rinsed
2 cans, 4.5 oz, each, chopped green chilies
1 can, 14.5 oz, Mexican Stewed tomatoes, undrained
1 can, 14.5 oz, diced tomatoes, undrained
1 can, 11 oz, whole kernel corn, drained and
4 green onions, sliced
2 to 3 T. chili powder
1 tsp. ground cumin
1/2 tsp. dried minced garlic

Combine all ingredients in a 5 qt. slow cooker (I think it will fit in a 3 qt). Cover and cook on high 5 to 6 hours. Makes 8 cups. I have cooked mine on low all day. I'll serve it with shredded cheddar and sour cream.

BLACK EYED PEAS

1 16 oz bag of dried black-eyed peas
1 small ham hock
1 14 1/2 oz can of diced tomatoes with jalapenos
1 14 1/2 oz can of diced tomatoes with mild green chilies
2 10 1/2 oz cans of chicken broth
1 stalk of celery, chopped
salt and pepper to taste (it doesn't need much, if any)

Pre-soak black-eyed peas according to the instructions on the bag. Combine all ingredients and cook on low for 8-10 hours.

BLACK EYED PEAS AND OKRA

- 2 (16 oz each) packages frozen Black Eyed peas
- 2 cups water
- 1 (15 oz) can Ranch Style Beans with Jalapenos undrained
- 1 cup chopped onion
- 1 cup chopped green pepper
- 1 cup chopped celery
- 1 (12 to 16 oz) package frozen sliced okra
- 1 can Ro Tel tomatoes and Green chilies

Dump all ingredients in Crock Pot. Cook on low 8 to 10 hours. May take even longer. I start mine on high for several hours, then switch to low for the remaining time.

VARIATION: Substitute 4 (15oz) cans of canned Black Eyed peas (undrained) and omit the water.

BLACK FOREST POT ROAST

- 3lbs Top Round Pot Roast
- 1 small onion
- 1 pack button mushrooms
- 3 Tbsp water
- 1/4 cup ketchup
- 1/4 cup red wine
- 2 Tbsp Dijon Mustard
- 1 Tbsp Worcestershire Sauce
- 1/2 tsp table salt
- 1/8 tsp black pepper
- 1 clove garlic
- 2 Tbsp cornstarch
- 3 Tbsp water

Trim all visible fat from meat; place in slow cooker. In a small bowl, combine onion, water, mushrooms, ketchup, wine, mustard, Worcestershire Sauce, salt, pepper, and garlic. Pour over meat. Cover and cook on LOW about 8 hours. Remove meat and slice. Keep meat warm and turn control to HIGH. Dissolve

cornstarch in water; stir into cooker. Cover and cook on High until thickened. Serve with Sauce.

BONELESS TWICE COOKED BBQ RIBS

Throw about 1 1/2 lbs of boneless ribs in the crock pot on low with enough water to cover, about 3 TBS of BBQ sauce, fresh chopped garlic, 1/3 CUP brown sugar and a couple dashes of ketchup.

Cook on low about 5 hours until done.

Throw on the BBQ to crisp them up and baste with more BBQ sauce.

BOSTON BAKED BEANS

1 lb small dry white beans
1 medium onion, chopped
4 slices bacon, chopped
1/4 cup light (mild) molasses
1/4 cup packed dark brown sugar
2 teaspoons dry mustard
1/4 teaspoon ground black pepper
1/8 teaspoon ground cloves
1 1/2 teaspoons salt

1. Rinse beans with cold running water and discard any stones or shriveled beans. In a large bowl, place beans and enough water to cover by 2 inches. Cover and let stand at room temperature overnight. (Or, in a 6-qt sauce pot, place beans and enough water to cover by 2 inches. Heat to boiling over high heat; cook 2 minutes. Remove from heat; cover and let stand 1 hour.) Drain and rinse beans.

2. In 4 1/2 to 5 1/2 quart Crock pot, stir 3 1/2 cups water with beans and remaining ingredients except salt until blended.

3. Cover CP with lid and cook beans on low setting about 14 hours or until beans are tender and sauce is syrupy. Stir salt into bean mixture before serving.

BOURBON BREAST OF CHICKEN

4 chicken breasts halves
1/4 c flour
1/2 tsp paprika
Salt
2 tbsp butter
2 tbsp oil
2 tbsp onion, chopped
2 tbsp parsley, chopped
1/4 tsp dried chervil
1/4 c bourbon
1 (4 oz) can mushrooms, undrained
1 (10 oz) can tomatoes
1/4 tsp sugar
Salt & Pepper

Dredge chicken in flour which has been mixed with paprika and a little salt. Heat butter and oil in a skillet and sauté chicken on both sides until lightly browned. Stir in onion, parsley and chervil and cook a moment. Remove from heat. Place chicken in crock cooker. Combine remaining ingredients and pour over chicken. Cover and cook on LOW for 6 to 7 hours. Serve with noodles or rice. Serves 4

BRACIOLE

2 1/2 pounds Round steak
1/4 to 1/2" thick 1/2 pound Bulk Italian sausage
1 tablespoon Dried parsley flakes
1/2 teaspoon Leaf oregano
2 cloves Garlic -- minced
1 large Onion -- finely chopped
1 teaspoon Salt
1 can Italian style tomatoes -- 16 Oz
1 can tomato paste -- (6 oz)
1 teaspoon Salt
1 teaspoon Leaf oregano

10 large Tomatoes or 2 28 oz cans tomatoes
5 cloves Garlic -- chopped
1 tablespoon Worcestershire sauce
2 teaspoons Salt
2 large Onions -- chopped

1 tablespoon Flour

1 tablespoon Vegetable oil

1 teaspoon Oregano

1 teaspoon Thyme

1 tablespoon Wine vinegar

1 tablespoon Sugar

Trim all excess fat from round steak. Cut into 8 evenly shaped pieces. Pound steak pieces between waxed paper until very thin and easy to roll. In skillet, lightly brown sausage. Drain well and combine with parsley, 1/2 teaspoon oregano, garlic, onion, and salt; mix well. Spread each steak with 2 to 3 tablespoons of sausage mixture. Roll up steaks and tie. Stack steak rolls in crock pot. Combine tomatoes, tomato paste, salt, and 1 teaspoon oregano; pour over rolls. Cover and cook on low setting for 8 to 10 hours. Serve steak rolls with sauce.

SAUCE: Place all ingredients except flour, oil, and vinegar in crock pot; stir well. Cover and cook on low setting for 8 to 10 hours. Remove cover and turn to high setting for the last hour to reduce excess moisture. Before removing sauce from crock pot, stir in flour, oil, and vinegar. Allow to cool. Pour 3 cups of sauce at a time into blender container; blend until smooth.

BRAISED CHICKEN

Chicken legs or thighs - 1.5lbs

Celery - 3 stalks (cubed)

White onion - 1 (cubed)

Garlic - 4 to 6 cloves (crushed)

Ginger - 1 tbsp (diced)

Red chilies - 3 to 5 (diced, optional)

5 spices powder - a pinch (optional)

Light soy sauce - 2 tbsp

Sugar - 2 teaspoons

Chicken soup stock - 1 to 2 cups

Cut the chicken in bite sized pieces. Mix with the diced ginger and red chilies. Add the celery, white onions, garlic in to the slow cooker. Add in the chicken, and the rest of the ingredients.

Cook for 6 to 8 hours on low.

BRAISED CHICKEN CURRY WITH YAMS

Canola oil

2 lbs chicken legs and thighs

2 large white onions chopped

1 tbsp minced garlic

1 tbsp minced ginger

1/3 cup madras curry powder

1 banana

2 bay leaves

4 cups chicken stock

3 large yams, peeled and chopped

salt and black pepper to taste

In a hot stock pot coated with oil, season the chicken and brown on all sides. Put chicken aside. IN the same stockpot, remove all chicken fat, leaving only a coating of oil and sauté onions, garlic and ginger. Caramelize well, then add curry powder. Mix quickly for 2 minutes making sure not to burn the curry powder. Add back the chicken, banana, bay leaves, yams and chicken stock. Check for seasonings. Bring to a boil and then simmer slowly for 1 1/2 - 2 hours.

Serve on basmati rice.

I usually toss it all into the crock pot when I add back the chicken etc.... and leave it on low for about 4 hours.

BREAKFAST CASSEROLE #1

4 medium-sized apples, peeled and sliced

1/4 cup honey

1 tsp. cinnamon

2 Tbs. butter, melted

2 cups granola cereal

Place apples in slow cooker and mix in remaining ingredients. Cover and cook on LOW for 7-9 hours (overnight). Serve with milk.

BREAKFAST CASSEROLE #2

1 32 oz bag of frozen southern style hash brown potatoes
1 lb of bacon cut into pieces, fried and drained
1/2 cup diced onions
3/4 lb cheddar cheese diced
1 dozen eggs
1 cup milk
1/2 tsp dry mustard
salt & pepper

Layer the frozen potatoes, bacon, onions, and cheese in the crock pot in two or three layers. Finish up with cheese. Beat the eggs, milk and mustard, salt & pepper together. Pour over the whole mixture. Cook on low for ten to twelve hours.

BRISKET

1 3-5lb brisket - not too lean
1 can cranberry sauce jellied (soup can size)
1 envelope onion soup mix
1 12oz bottle beer or more as needed - I prefer dark, but use the kind of beer you enjoy drinking

Place brisket in crock pot, use onion soup mix as a "dry rub" rub all over top and press into roast with fingers. Spoon out cranberry sauce and crumble with hands over top of brisket. It tastes better if you get your hands a little dirty! Slowly pour in beer so that the roast is covered.

If your cooker is large enough, I cut up carrots and potatoes and place around the brisket to have on the side with dinner. Add more beer if needed to cover added vegetables.

Cook on low for 8-10 hrs. I put mine on the 'auto' setting and it's done in 8 hrs easy. Go another hour if it's not falling apart when you pierce it with a fork.

BROCCOLI SOUP

Serving Size : 8

4 tablespoons margarine
1/2 cup finely chopped celery

1 cup chopped onion
1 carrots -- thinly sliced (1 to 2)
1 cup water
1/4 cup rice
1/8 teaspoon cayenne pepper
2 heads broccoli (about a pound)
1 can cream of broccoli soup
3 cups 2% low-fat milk
paprika -- for garnish

Sauté onion, carrot slices and celery in margarine until tender. Stir in water, rice, pepper, and cream of broccoli soup. Stir until smooth. Cover and cook over low to medium heat for 15 minutes. Cut off broccoli stems and slice into very thin pieces - the size of a match stick. Separate tops into florets and steam broccoli until tender. Save a few tops for garnish. Stir broccoli into soup and cook until everything is tender and hot. Now you have a choice. You can place a whole batch of soup into your blender, add the milk and blend until smooth. Or, you can put just half the soup in your blender - add the milk and still have some whole pieces of veggies to eat or you can just add the milk and leave all the pieces of veggies alone and enjoy the soup like it is. Anyway, you want to reheat the soup but do not boil. Garnish bowls of soup with paprika and broccoli florets.

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.

Sauté:

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, sauté remaining ginger & garlic in 2 T. oil. Add onions and fresh pepper, sauté for about 5 min. Add chopped broccoli, cashews and tamari; stir-fry until broccoli is bright green. Toss sauté with sauce, mixing in the minced scallions as you toss. Serve over rice.

BROWNEED ONIONS

Slice onions thin, then pile in crock pot. You can use as many onions as you want. Top with up to a 1/2 cup of butter, put on low and cook overnight (about 10 hours). Wake up to the smell of onions cooking. If they are not browned to your liking, turn up to high for about 1-2 hours. You can also dump in the rest of the ingredients for French or regular onion soup.

BROWN RICE AND CHICKEN

1 c. diced cooked chicken
2 onions, chopped
2 stalks celery, chopped
2 c. cooked brown rice
1/4 c. dry white wine
2 c. chicken broth
1 c. sliced almonds

Combine all ingredients in slow cooker. Cook on low 6 to 8 hours or on automatic 4 to 5 hours. Serve with sliced almonds lightly toasted.

BRUNCH CASSEROLE

Serving Size : 7

1 1/2 lb Ground beef
1 ea Onion -- large; finely chopped
2 tb Olive oil or butter
2 ea Garlic -- cloves; minced
1 can Mushrooms -- sliced; drained; 4 oz
2 ts Salt
1/2 ts Nutmeg
1/2 ts Oregano -- leaf
1/2 pk Spinach -- chopped; frozen (thawed and drained)
3 tb Flour
6 ea Eggs -- beaten
1/4 c Milk -- scalded
1/2 c Cheddar cheese -- sharp; grated

In skillet, lightly brown ground beef and onion in olive oil; drain well. Place in well-greased crock-pot. Stir in remaining ingredients except eggs, milk and cheese until well blended. Beat eggs and milk together. Pour over other ingredients; stir well. Dust with additional nutmeg. Cover and cook on LOW setting for 7 to 10 hours or until firm. Just before serving, sprinkle with grated cheese. 6 to 8 servings (About 2-1/2 quarts)

BUFFALO CHICKEN BREASTS

4 Boneless, Skinless Chicken Breasts
1/4 cup hot sauce
2 Tablespoons vinegar
2 Tablespoons melted butter
Paprika

Place chicken in crackpot. Mix together remaining ingredients and pour over chicken. Sprinkle with paprika.

Cook on Low for 6 to 8 hours.

BURRITOS CROCK POT STYLE

2 lb. beef roast
1 chopped onion
1 can chopped peppers (10 oz.)
2 cans tomato sauce (4 oz. each)
1 tbsp. chili powder
salt and pepper to taste

The night before you plan to serve, put roast in crock pot and leave on low all night. Next morning, add the rest of the ingredients. Cook on low all day.

Pre-heat oven to 350°. Spread cooked filling on extra large fat-free flour tortillas. You can add refried beans, sour cream, grated cheese and shredded lettuce as you prefer. Fold and wrap in aluminum foil. Bake in preheated oven 10 to 15 minutes.

Your favorite salsa can be added before or after baking.

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[Top](#)

CABBAGE ROLLS

12 large cabbage leaves
1 pound lean ground beef or lamb
1/2 cup cooked rice
1 (6 oz.) can tomato paste
3/4 cup water
1/2 tsp. salt
1/8 tsp. pepper
1/4 tsp. leaf thyme
1/4 tsp. nutmeg
1/4 tsp. cinnamon

Wash cabbage leaves. Boil 4 cups water. Turn off heat. Soak leaves in water for 5 minutes. Remove, drain and cool. Combine ground meat; rice, salt, pepper, thyme, nutmeg and cinnamon. Place 2 tablespoons meat mixture on each leaf and

roll firmly. Stack in electric slow cooker. Combine tomato paste and water; pour over stuffed cabbage. Cover. Cook on low setting for 8-10 hours.

CAJUN BREW PORK N BEANS

Having a barbeque? Firing up the grill? Here's the pork-n-beans for you.

5 cans Pork-n-Beans (2nd to smallest size)
2 8oz cans tomato sauce
2 onions (chopped)
6 hot links (sliced)
1/4 bottle barbeque sauce (average size)

The following are "to taste"

Worcestershire sauce
Hot sauce
Cajun Seasonings
Liquid smoke
Mustard
Brown Sugar

Mix all ingredients in a crock pot and crank it up to high. Let it cook all day, stirring occasionally.

Can also be made on the stove top, but let it simmer for several hours stirring occasionally.

CARLO'S CHUNKY CROCK POT CHILI

3 16 oz cans dark kidney beans, drained
2 16 oz cans tomatoes with juice (cut up)
2 lbs. ground beef, browned, drained
1 large onion, chopped
3 celery stalks, diced
1 green pepper, seeded, diced
2 garlic cloves, minced
6 Tablespoons chili powder (toasted - see below)
1 jalapeno pepper, seeded, chopped

1 cup of black coffee

Place chili powder in a dry sauté pan and turn the stove on to medium heat. stir it around for a few minutes until you can smell the difference.

Put all of the ingredients in your crock pot. Set on low for 8-10 hrs, or high 5 hours.

CASSEROLE IN THE COOKER

1 package (16 oz) frozen broccoli cuts, thawed and drained
3 cp cubed fully cooked ham
1 can condensed cream of mushroom soup, undiluted
1 jar (8 oz) process cheese sauce
1 cp milk
1 cp uncooked instant rice
1 celery rib, chopped
1 small onion, chopped

In a slow cooker, combine broccoli and ham. Combine the soup, cheese sauce, milk, rice, celery and onion; stir into the broccoli mixture. Cover and cook on low 4-5 hours or until rice is tender. 4 servings.

CHEESY CROCK POT CHICKEN

3 whole boneless chicken breasts
2 cans cream chicken soup
1 can cheddar cheese soup

Remove all fat and skin from chicken; rinse and pat dry, sprinkle with salt, pepper and garlic powder. Put in crock pot and add the three soups straight from the cans. Cook on low all day (at least 8 hrs) do not lift the lid. Serve over rice or noodles. We did noodles and hubby said it tasted like mac and cheese.

CHEESY CROCK POT CHICKEN

6 chicken breasts (boneless & skinless)

salt & pepper to taste
garlic powder, to taste
2 cans cream of chicken soup
1 can cheddar cheese soup

Rinse chicken and sprinkle with salt, pepper and garlic powder. Mix undiluted soup and pour over chicken in the crock pot. Cook on low 6 to 8 hours. Serve over rice or noodles.

I cooked on high for 4 hours and it was fine. I also served mine with rice.

CHEESY CROCK POT CHICKEN AND VEGETABLES

1/3 c. diced Canadian bacon or ham
2-3 carrots, sliced or chopped
2-3 celery ribs, sliced or chopped
1 small onion, sliced or chopped
2 cans mushrooms or 1/4 lb fresh, sliced
1 can green beans, drained very well
1/4 c. water

Layer in crock pot in order given.

2-3 lbs. chicken, cut up. Put on top of veggies, largest pieces first.

2 tsp. chicken bouillon granules
1 Tbs. chopped fresh parsley
3/4 tsp. poultry seasoning

Mix together and sprinkle over chicken pieces.

1 can condensed cheddar cheese soup
1 Tbs. flour
1/4 c. parmesan cheese

Mix together and drop on top of chicken, DO NOT STIR.

Cover and cook on high 3-4 hours, or low 6-8 hours.

Make noodles OR rice OR mashed potatoes to serve over. This is a very versatile dish, use more/less/different veggies (I often clean out the fridge into the crock pot for this) and if the sauce is too thin you can thicken with a little cornstarch or

parmesan cheese before serving.

CHICKEN IN A CROCK POT

2 chicken bouillon cubes dissolved in 1/2 c. hot water

1/4 c. brown sugar

1/4 c. vinegar

1 Tbsp. soy sauce

1/2 c. catsup

Sliced onion

Salt

Enough chicken to feed your family- boneless skinless breasts or thighs work best

Place chicken in crock pot. Sprinkle with salt and top with as many onion slices as desired. Combine rest of ingredients and pour over onions. Cook on low 6 to 8 hours. Great served on potato rolls as sandwiches.

CHICKEN MERLOT WITH MUSHROOMS

"New Flavors From Your Crockery Cooker"

2 1/2 to 3 lbs. meaty chicken pieces, skinned

3 c. sliced fresh mushrooms

1 large onion, chopped

2 cloves garlic, minced

3/4 c. chicken broth

1 6-ounce can tomato paste

1/4 c. dry red wine (such as Merlot) or chicken broth (I used broth)

2 tbsp. quick-cooking tapioca

2 tbsp. snipped fresh basil or 1 1/2 tsp. dried basil, crushed (I used dried)

2 tsp. sugar

1/4 tsp. salt

1/4 tsp. pepper

2 c. hot cooked noodles

2 tbsp. finely shredded Parmesan cheese (I used the kind in a shaker)

Rinse chicken; set aside. In a 3 1/2-4-or 5-quart crockery cooker place mushrooms, onion, and garlic. Place chicken pieces on top of the vegetables. In a bowl combine broth, tomato paste, wine or chicken broth, tapioca, dried basil (if

using), sugar, salt, and pepper. Pour over all.

Cover; cook on low-heat setting for 7 to 8 hours or on high-heat setting for 3 1/2 to 4 hours. If using, stir in fresh basil. To serve, spoon chicken, mushroom mixture, and sauce over hot cooked noodles Sprinkle with Parmesan cheese. Makes 4 to 6 servings. Prep time: 25 min.

Nutrition facts per serving: 469 calories, 12 g. total fat (3 g. saturated fat), 144 mg cholesterol, 468 mg sodium, 41 g carbohydrate, 5 g fiber, 46 g protein. Daily Values: 13% vitamin A, 37% vitamin C, 7% calcium, 35% iron.

CHICKEN WITH CHEESE SAUCE

Serves 2

Place two chicken breast halves in crock pot (frozen or thawed)

Mix together one can cream of chicken soup & half soup can of white wine; pour over chicken

Place two slices Swiss cheese over top of chicken breasts (processed cheese melts and blends more easily)

Cook in crock pot for 2-3 hours (on high) or 3-4 hours (on low)

Serve over steamed rice

(This recipe is also good with a little lemon juice in place of the wine.)

CHILI IN THE CROCK POT

2 onions, chopped

2 cloves garlic (I use the minced kind that comes in a jar)

1 lb. lean hamburger

2 Tbs. chili powder

cumin to taste (I leave this out)

2 cans (16 oz. ea.) tomatoes

2 cans tomato soup

2 cans kidney beans, drained

salt and pepper to taste

optional: shredded cheese and/or sour cream for topping

1. Cook onions and garlic in 2 Tbs. oil till onions are yellow. Add hamburger and cook till browned. Stir in chili powder and optional cumin; cook 2 minutes more. Meanwhile, in crock pot, combine remaining ingredients. Stir in browned meat mixture. Cover and cook on Low setting for 8-10 hours.

To serve: ladle chili into bowls. Top with optional shredded cheese and/or sour cream, if desired.

Note: This can be made on top of the stove, too. Let it cook for 1 hour, but stir, so it doesn't stick to the bottom (this is the nice part of using a CP...no need to worry about sticking).

CHOPS IN A CROCK

6 pork chops, browned (you can skip the browning)
1 onion, chopped
3 T. catsup
10.5 oz can cream of mushroom soup
2 t Worcestershire sauce

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

COMPANY CHICKEN CASSEROLE (CROCK POT)

1 8oz pkg noodles
3 cups diced cooked chicken
1/2 cup diced celery
1/2 cup diced green pepper
1/2 cup diced onion
1 4 oz can mushrooms
1 4 oz jar pimiento
1/2 cup parmesan cheese
1 1/2 cups cream style cottage cheese
1 cup grated sharp process cheese
1 can cream of chicken soup
1/2 cup chicken broth

2 Tbsp. melted butter
1/2 tsp. basil

Cook noodles according to pkg directions and drain and rinse thoroughly. In a large bowl, combine remaining ingredients with noodles until well mixed. Pour mixture into greased crock pot. Cover and cook on low for 6-8 hours or high 3-4 hours. Serves 6

CONGRESSIONAL BEAN SOUP IN A CROCK POT

1 lb Small white beans
8 c Water
2 c Ham, diced
1 c Onion, diced
1 c Celery, chopped
2 tb Parsley, chopped
1 ts Salt
1/4 ts Pepper
1 Bay leaf

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

CREAM CHEESE CROCK POT CHICKEN

1 frying chicken, cut up (I used about 4 pounds of breast and rib chicken pieces)
2 tbsp melted butter
salt and pepper to taste
1 package of dry Italian seasoning mix
1 can cream of chicken soup
1 8 oz brick of cream cheese, cut up in cubes
1/2 C chicken broth
1 large onion
crushed garlic to taste

Brush chicken with butter and sprinkle with the dry Italian seasoning mix (I did two layers in my crock pot to make sure that the Italian seasoning got on all the chicken and not just those pieces on top.)

Cover and cook on low for 6-7 hours.

About 45 minutes before done, brown the onion in the butter and then add the cream cheese, soup, and chicken broth to the saucepan. Add the crushed garlic and stir all ingredients until smooth. Add salt and pepper to taste.

Pour sauce mixture over chicken in crock pot and cook an additional 30-45 minutes. Remove chicken to platter and stir sauce before putting in gravy boat

CROCKED KIELBASA

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

In a medium skillet, sauté ground beef. When browned, transfer to crock pot. 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.

CROCKETT RICE PUDDING

2 Cups Milk
1/3 Cup Rice
1/4 Cup Sugar
1 Egg
1 tsp. Butter

- 1 tsp. Vanilla
- 1/8 tsp. Cinnamon
- Pinch of Salt
- Pinch of Nutmeg

Grease Crockett. Dissolve sugar in milk and mix all ingredients together. Put in Crockett. Cook on high for 6 hours, stirring occasionally.

CROCK POT 8 HOUR TURKEY STEW

Makes 6 servings

- 3 cups peeled, cubed Potatoes
- 2 cups quartered Mushrooms
- 1 1/2 cups chopped Carrots
- 1 cup coarsely chopped Onions
- 2 cloves Garlic, minced
- 1 tsp each ground Thyme and dried Basil
- 1/2 tsp Black Pepper
- 2 lbs boneless, skinless Turkey breast, cut into 1" cubes
- 2 tbsp All Purpose Flour
- 1/2 cup dry White Wine
- 1/2 cup low-sodium reduced-fat Chicken broth
- 1 1/2 tbsp Tomato Paste
- 1 tsp "lite" Worcestershire Sauce
- 1/4 cup chopped fresh Parsley

Combine the first 8 ingredients in a 3-quart or larger crock pot.

Pat turkey cubes dry and coat with flour. Arrange over top of vegetables.

Mix wine, broth, tomato paste and Worcestershire sauce in a sm. bowl. Pour over turkey.

Cover and cook on LOW setting for approximately 8 hours. During the last hour, stir once or twice, breaking apart any turkey cubes that have stuck together. Be careful not to remove the lid for more than a minute or so. Stir in parsley just before serving.

Note: I have omitted the White Wine and just added extra Chicken Broth in its place. It turned out fine.

CROCK POT BRUNCH FLORENTINE

1 1/2 cup cheddar cheese, grated and divided
1 9 oz package frozen spinach, thawed and drained
1 cup white bread, cubed
1 cup fresh button mushrooms, sliced
1/2 cup green onion, thinly sliced
6 eggs
1 1/2 cups milk
1/2 cup heavy cream
1 tsp salt
1 tsp black pepper
1 tsp garlic powder

Lightly grease the slow cooker. Layer half of the cheddar cheese, spinach, bread, mushrooms and green onions in the bottom of the stoneware.

In a medium mixing bowl, whisk together the eggs, milk, cream, salt, pepper and garlic powder until thoroughly combined. Pour this egg mixture over the layered mixture. Do not mix. Sprinkle the remaining cheese on top.

Cover; cook on High for 1 1/2 to 2 hours.

CABBAGE AND BEEF CASSEROLE

2 lb. ground beef
1 head cabbage, shredded
1 small onion, chopped
1 (16oz) can tomatoes
broth or tomato juice to cover bottom of pot
Garlic salt, thyme, red pepper and a bit of oregano

Brown ground beef and drain. Shred cabbage and chop onion. Put in broth or other liquid to cover bottom of pot. Layer cabbage, onion, spices, meat, and garlic salt. Repeat layers ending with beef. Top with tomatoes, undrained and a dusting of oregano. Cook on high for 1 hour. Stir all together. Cook on low heat until ready to eat, 8-10 hours. Makes 3-4 servings.

CABBAGE BURGER BAKE

6 cups shredded cabbage and carrots
3/4 pound lean ground beef
1/2 teaspoon salt
1/4 teaspoon ground black pepper
1 medium onion -- finely chopped
1 cup long-grain rice
1 26 oz. can chunky low-fat spaghetti sauce
1/2 cup water
1/4 teaspoon dried basil leaves -- crushed
1/4 teaspoon seasoned salt

Place 1/2 of the cabbage and carrots in a slow cooker. Crumble ground beef over top. Sprinkle 1/4 teaspoon of the salt and 1/8 teaspoon of the pepper. Evenly distribute onion, then rice over all. Top with remaining cabbage, salt, and pepper. Combine spaghetti sauce, water, basil, and seasoned salt; pour over cabbage. Cover and cook on LOW 5 to 6 hours or until rice is tender.

CABBAGE CHILI SOUP

3 cups coarsely chopped cabbage
1 cup chopped onions
3 cups tomato juice
1 (10-1/2 oz) can Tomato Soup
10 oz kidney beans, rinsed and drained
2 tsp chili seasoning mix

In a slow cooker, combine cabbage, onion, tomato juice and tomato soup. Add kidney beans and chili seasoning mix. Mix well to combine. Cover and cook on LOW for 6-8 hours. Mix well before serving.

CAFE CHICKEN

4 lbs cut up chicken
1 onion chopped
2 (or more) cloves of garlic, chopped (not pressed)
1 green pepper chopped

- 1 medium ripe tomato, peeled & chopped
- 1 cup dry white wine
- Pinch of Cayenne pepper

Combine all ingredients in slow-cooker. Cover, set on low and cook for 6-8 hours. If you want you can cook for 5 1/2 and then place chicken on cookie sheets with sides and cook for 30-45 minutes at 350°F to crisp up skin. Serve with crusty French bread. Serves 4-5.

CAJUN SAUSAGE & RICE

- 8oz Kielbasa sausage, cut in 1/4" slices
- 1 (14 1/2oz) can diced Tomatoes with liquid
- 1 medium Onion, diced
- 1 medium Green Pepper, diced
- 2 Celery stalks, thinly sliced
- 1 TBSP Chicken bouillon granules
- 1 TBSP Steak sauce
- 3 Bay leaves or 1 tsp dried Thyme
- 1 TSP sugar
- 1/4 to 1/2 TSP Hot Pepper sauce
- 1 cup uncooked instant Rice
- 1/2 cup chopped Parsley (optional)

Combine sausage, tomatoes, onion, green pepper, celery bouillon, steak sauce, bay leaves, sugar and hot pepper sauce in crackpot. Cover and cook on LOW for 8 hours.

Remove bay leaves; stir in rice and 1/2 cup of water. Cook an additional 25 minutes. Stir in parsley if desired.

Makes 5 servings

CAKE (chocolate)

Prepare cake mix as follows:

Combine:

- 1 chocolate cake mix
- 1 chocolate instant pudding (4 serving size)
- 4 eggs
- 1/2 cup oil
- 1 cup water

Line bottom of slow cooker with foil. Pour in batter. Place 5 paper towels between cooker and lid. Put wooden match or equivalent in size between paper and lid to allow steam to escape. Do not lift lid for at least 2 hours. Cook on hi for at least 2 1/2 hours or till toothpick comes out clean when tested. Leave in, shut off cooker to cool at least 20 min. Loosen sides of cake with knife. Invert cake onto plate, foil up. Then on to rack foil side down to cool. Remove foil before serving.

For Carrot cake add to yellow cake mix :

- 1 1/2 tsp cinnamon
- 1/2 tsp nutmeg
- 1 1/2 cups grated carrots
- 3 eggs
- 1/3 cup oil
- 1/2 cup water

Follow same instructions for cooking chocolate cake.

CAULIFLOWER AND POTATO CURRY

- 4 cups potatoes, peeled and quartered
- 1 small cauliflower, cut into florets
- 1 pinch of asafetida
- 3/4 tsp ground turmeric
- 1/2 tsp chili powder
- 1 1/2 tsp ground cumin
- 3/4 tsp salt
- 1 big pinch of sugar
- 2 tomatoes, chopped
- 1 1/4 cups water
- 1/2 tsp garam masala
- 1/2 cup wheat berries (optional)

Add all ingredients to a crock pot and cook on low for approximately six hours. If you're adding wheat berries, cook them on high with an additional cup of water for

an hour, then add remaining ingredients and cook on low. With the wheat berries, if things start drying out, add more water.

CANNELLINI ALLA CATANIA

1 lb Dried canellini beans (white kidney beans)
use white northern if unable to find canellini
6 c Water
2 Hot Italian sausages, sliced
1 lg Onion, chopped
1 lg Garlic clove, minced
2 lg Tomatoes, ripe, peeled and coarsely chopped
1 Bay leaf, crumbled
1/2 ts Thyme, crumbled
1/2 ts Basil, crumbled
3 Strips of orange rind (1in)
1 ts Salt
1/4 ts Pepper
1 ts Instant beef broth

1. Pick over beans and rinse. Cover beans with water in a large kettle; bring to boiling; cover; cook 2 minutes; remove from heat; let stand 1 hour. Pour into an electric slow cooker.

2. Brown sausages in a small skillet; push to one side; sauté onion and garlic in same pan until soft; stir in tomato, bay leaf, thyme, basil, orange strips, salt and pepper and instant beef broth; bring to boiling; stir into beans; cover.

3. Cook on low for 10 hours or on high for 5 hours or until beans are tender.

YIELD: 6 servings

CANTONESE DINNER

1 1/2 lb pork steak 1/2" thick cut into strips
2 Tbsp oil
1 onion large, sliced
1 green pepper small cut into strips
1 4 oz mushroom, drained
1 8 oz tomato sauce can

- 3 Tbsp brown sugar
- 1 1/2 Tbsp vinegar
- 1 1/2 tsp salt
- 2 tsp Worcestershire sauce

Directions:

Brown pork in oil in skillet. Drain on double paper towel. Place pork strips and all remaining ingr. into crock pot. Cover and cook on low for 6 to 8 Hr (high 4 hr)
Serve over hot fluffy rice.

CANTONESE PORK DINNER

- 2 pounds pork steaks
- 2 tablespoons vegetable oil
- 1 onion, thinly sliced
- 1 (4.5 ounce) can mushrooms, drained
- 1 (8 ounce) can tomato sauce
- 3 tablespoons brown sugar
- 1 1/2 teaspoons distilled white vinegar
- 1 1/2 teaspoons salt
- 2 tablespoons Worcestershire sauce

In a heavy skillet, heat oil over medium high heat. Add pork strips and brown. Drain off excess fat. Place meat, onion, mushrooms, tomato sauce, brown sugar, vinegar, salt, and Worcestershire sauce in a slow cooker. Cook on High for 4 hours, or on Low for 6 to 8 hours. Serve hot.

CAPONATA

- 1 lb plum tomatoes chopped
- 1 eggplant in 1/2" pieces
- 2 med zucchini in 1/2" pieces
- 1 onion finely chopped
- 3 stalks celery sliced
- 1/2 c chopped parsley
- 2 Tbsp red wine vinegar
- 1 Tbsp brown sugar
- 1/4 c raisins

1/4 c tomato paste
1 tsp salt
1/4 tsp freshly ground black pepper
3 Tbsp oil cured black olives (optional)
2 Tbsp capers (optional)

Combine tomatoes, eggplant, zucchini, celery, onion, parsley, vinegar, sugar, raisins, tomato paste, salt & pepper in crock pot. Cook, covered on low heat for 5 1/2 hours. Do not remove cover during cooking. Stir in olives & capers, if using. Serve warm or cold.

CARAMEL APPLE EUPHORIA DESSERT

2 md Cooking apples
1/2 c Apple juice
7 oz Caramel candy squares
1 ts Vanilla
1/8 ts Ground cardamom
1/2 ts Ground cinnamon
1/3 c Cream-style peanut butter
7 sl Angel-food cake; or
1 qt Vanilla ice cream

Peel, core, and cut each apple into 18 wedges; set aside. Combine apple juice, unwrapped caramel candies, vanilla, cardamom and cinnamon. Drop peanut butter 1 teaspoon at a time, over ingredients in crockpot. Stir. Add apple wedges; cover and cook on LOW for 5 hours. Stir thoroughly; cover and cook on LOW 1 additional hour. Serve approximately 1/3 cup of warm mixture over a slice of angel food cake or ice cream. Serves 7.

CARAMEL APPLES

2 packages (14oz) bags caramels
1/4 cup Water
8 Medium apples

In crock pot, 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.

CAMELIZED FRENCH ONION SOUP

1 (10.5 oz) can beef consommé, undiluted
1 (10.5 oz) can beef broth, undiluted
2 cup water
1/2 tsp dried thyme
1/4 cup dry white wine
6 cup large croutons
1 cup (4 oz) shredded Swiss cheese

Combine first 5 ingredients in a 3 1/2-quart crock pot. Cook, covered, at HIGH 2 1/2 hours or until thoroughly heated. Stir in wine. Ladle soup into 6 ovenproof bowls, and top evenly with croutons and cheese. Place bowls on a jellyroll pan. Broil 3" from heat (with electric oven door partially open) 5 minutes or until cheese is melted. Serve immediately. Makes 12 cups.

2 extra-large sweet onions (about 3 pounds)
1 (10.5 oz) can chicken or beef broth, undiluted
1/4 cup butter or margarine

Cut onions in half. Cut halves into 1/2" thick slices. Combine all ingredients in a 3 1/2-quart crockpot. Cook, covered, at HIGH 8 hours or until golden brown and very soft. Store in an airtight container. Refrigerate up to 2 weeks or freeze up to 2 months, if desired. Makes 2 cups.

CAMEL RICE PUDDING

3 cups cooked white rice
1/2 cup dried cranberries or cherries or dried, chopped apricots
1 tsp pure vanilla
1 can (14 oz) sweetened condensed milk
1 can (12 oz) evaporated milk
1 TBS brown sugar
1 tsp cinnamon

Spray inside of 2 to 3.5 quart crock pot with cooking spray. (or grease with butter)

Mix all ingredients except sugar and cinnamon in crock. Cover and cook on LOW 3 to 4 hours or until liquid is absorbed. Stir pudding. Sprinkle pudding with sugar and cinnamon. Serve warm. Makes 8 servings.

CARAMEL RUM FONDUE

Serving Size : 12

7 ounces caramels
1/4 cup miniature marshmallows
1/3 cup whipping cream
2 teaspoons rum or 1/4 t rum extract

Combine caramels and cream in crock pot. Cover and heat until melted, 30 to 60 minutes. Stir in marshmallows and rum. Cover and continue cooking 30 minutes. Serve with apple wedges or pound cake.

CARROT CHICKEN

skinless, boneless chicken breasts
1 medium head cabbage, quartered
1 pound carrots, cut into 1" pieces
water to cover
4 cubes chicken bouillon
1 teaspoon poultry seasoning
1/4 teaspoon Greek-style seasoning
2 tablespoons cornstarch
1/4 cup water

Rinse chicken and place in slow cooker. Rinse cabbage and place on top of chicken, then add carrots. Add enough water to almost cover all. Add bouillon cubes and sprinkle liberally with poultry seasoning. Add Greek seasoning to taste (as you would salt and pepper). Cook on low for 8 hours OR on high for 4 hours.

To Make Gravy: When you're nearly ready to eat, pour off some of the juice and place in a saucepan. Bring to a boil. Dissolve cornstarch in about 1/4 cup water (depending on how thick you like your gravy). Add to saucepan and simmer all together until thick. If desired, season with additional Greek seasoning. Serve gravy over chicken and potatoes, if desired.

CATALINA RIBS

- 1 1/2-2 lbs boneless pork ribs
- 1 onion chopped
- 2 cloves garlic, minced
- 1 (8 oz) bottle of Catalina

Place or throw ribs in crock pot. Put in rest of ingredients and cook low for 5-7 hours.

CATTLEMAN'S BEEF AND BEANS

- 1 lb dried pinto beans
- 6 cups water
- 3 lbs. beef brisket or round roast
- 1 large onion, chopped
- 1/2 c dark molasses
- 2 tsp. salt
- 1/2 tsp ground ginger
- 1/2 tsp. dry mustard
- 1/4 tsp. pepper
- 1 bay leaf

Please Note: I will be throwing this on the barbeque before I put in crackpot. This might also be good with barbeque sauce. When you take the meat out and slice pour the barbeque sauce over meat.

1. Rinse beans under running water, Place in a large kettle with water. Bring to boiling; cove kettle; lower heat; cook 15 minutes; let stand 1 hour.
2. Trim all fat from beef; brown meat on all sides in remaining fat in large skillet. (This is where I will barbeque).
3. Place meat in bottom of the slow cooker; add beans and liquid, onion, molasses, salt, ginger, mustard, pepper and bay leaf. Add more water if need to cover meat and beans. Cover.
4. Cook on high for 2 hours, stir beans, adding more liquid if needed to keep beans and meat covered.

5. Turn control to low and cook for 8 hours or until beans are very tender and liquid is absorbed. Taste and season with a spoonful of hot prepared mustard if you wish.
 6. Remove meat to a carving board and cut into slices; spoon beans around beef on platter.
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CHEESEBURGER SANDWICHES

- 1½ lbs. lean ground beef
- ½ tsp. garlic-pepper blend
- 1 pkg. pasteurized process cheese spread, (8 oz.) diced
- 2 Tbsp. milk
- 1 green bell pepper, chopped
- 1 small onion, chopped
- 2 cloves garlic, minced
- 8 sandwich buns

In a large skillet, brown ground beef and garlic-pepper blend until thoroughly cooked. Drain.

In a 3½ to 4 quart crock pot, combine cooked ground beef and all remaining ingredients except buns; mix well.

Cover; cook on low setting for 6 to 7 hours.

To serve: spoon mixture onto sandwich buns.

CHEESE AND MEATBALL SOUP #1

Serving Size : 6

- 2 cups water
- 1 cup corn -- whole kernel
- 1 cup potato -- chopped
- 1 cup celery -- chopped
- 1/2 cup carrot -- sliced
- 1/2 cup onion -- chopped
- 2 cubes beef bouillon

1 jar cheez whiz
1 pound ground beef
1/4 cup bread crumbs
1 large egg
1/2 teaspoon salt
1/2 teaspoon Tabasco sauce

Meatballs:

Mix ingredients together thoroughly. Shape into medium size meatballs. Place uncooked meatballs and all other ingredients, except Cheez Whiz, in electric slow cooker. Stir gently. Cover and cook on setting # 2 (low) for 8 to 10 hours. Before serving add Cheez Whiz, stirring gently until well blended.

NOTES : Serve with a crusty bread.

CHEESE AND MEATBALL SOUP #2

2 c. water
1 c. corn
1 c. potato, chopped
1 c. celery, chopped
1/2 c. carrot, chopped
1/2 c. onion, chopped
2 beef bouillon cubes
1 jar cheez whiz, 16 oz.
24 meatballs

Place all ingredients except meatballs and cheez whiz in crock pot. Cook on low for 8-10 hours. Stir in remaining ingredients just before serving.

CHEESE SOUFFLÉ

14 slices fresh white bread, crust removed
3 c. grated sharp cheese, Cheddar
1/4 c. oleo
6 lg. eggs
3 c. milk, scalded
2 tbsp. Worcestershire sauce

1/2 tsp. salt
Paprika

Tear bread in small pieces. Place 1/2 in well greased crock pot. Add 1/2 cheese, 1/2 butter. Add remaining bread, cheese and butter. Beat eggs, milk, Worcestershire sauce and salt. Pour over bread and cheese. Sprinkle with paprika. Cover and cook on low 4-6 hours. Do not open until ready to serve.

CHEESE SOUP

1/2 stick butter
3 green onions -- chopped
3 stalks celery with leaves -- chopped
2 carrots -- grated
2 cans chicken broth
2 cans cheese soup
1 can cream of potato soup
parsley flakes
Tabasco sauce -- to taste
salt and pepper -- to taste
8 ounces sour cream/or plain nonfat yogurt
3 tablespoons cooking sherry

Melt butter over low heat and sauté onions, celery and carrots. Add chicken broth; cover and simmer for 30 minutes. Add other soups, parsley, Tabasco, salt & pepper. Stir in sour cream. Simmer 15 minutes. Add sherry and stir before serving.

CHEESY BACON DIP

2 pkgs (8 oz) cream cheese, softened, cut into cubes
4 cups shredded Colby-Jack Cheese
1 cup half-and-half
2 T mustard
1 T chopped onion
2 tsp Worcestershire sauce
1/2 tsp salt
1/4 tsp hot pepper sauce
1 lb bacon, cooked and crumbled

Place cream cheese, Colby-Jack cheese, half-and-half, mustard, onion, Worcestershire sauce, salt and pepper sauce in crock pot. Cover and cook, stirring occasionally, on low 1 hour or until cheese melts. Stir in bacon; adjust seasonings. Serve with crusty bread or crackers.

CHEESY CHICKEN ALA TIFFANY

1 can mushroom soup
1 can cream of broccoli soup
1 can broccoli cheese soup
2 pkgs Chicken Breasts (boneless, skinless)
1 can Mixed vegetables
1-2 T Tapioca for thickening
1 cup shredded cheddar cheese

Dice chicken put in crock pot sprinkle with salt and pepper, Pour all three cans of soup over chicken and stir. Cover and cook on low about 4-6 hours. About an hour before serving add mixed veggies, cheese and thicken with tapioca. I served poured over white rice. I thought the flavors blended and complemented each other well.

CHEESY CREAMED CORN

3 16 oz. pkgs frozen corn
1 8 oz. pkg cream cheese
1 3 oz. pkg cream cheese
4 TBLSP butter
3 TBLSP water
3 TBLSP milk
2 TBLSP sugar
6 slices American cheese

Combine all ingredients in cp, mix well. Cover and cook 4 - 5 hours on low, or until heated through and cheese is melted. Stir well before serving.

CHICKEN

- 1 large chicken, cut-up
- 2 c. soy sauce
- 2 c. vinegar

Put in crock pot and cook on high 4-5 hours.

CHICKEN ALA KING

- 1 can cream of chicken soup
- 3 tbsp. flour
- 1/4 tsp. pepper
- Dash of cayenne pepper
- 1 lb. boneless, skinless chicken breasts, cut into cubes
- 1 celery rib, chopped
- 1/2 c. chopped green pepper
- 1/4 c. chopped onion
- 1 package (10 oz.) frozen peas, thawed
- 2 tbsp. diced pimentos, drained
- Hot cooked rice

Combine soup, flour and peppers in crock pot, stir until smooth. Stir in chicken, celery, onion and green pepper. Cover and cook on low 7-8 hours or until meat is cooked through. Stir in peas and pimentos. Cook 30 minutes longer. Serve over rice.

CHICKEN AND DUMPLINGS

- 4 Tablespoons butter
- 1 Tablespoon vegetable oil
- 1 onion -- chopped
- 3 pounds your favorite chicken parts -- cut up
- 2 cups chicken broth
- 2 stalks celery
- 1 tablespoon minced parsley
- 2 carrots -- peeled, sliced
- 1 tsp black pepper
- Salt to taste
- 1/2 tsp ground allspice
- 1 cup dry white wine (optional but really adds a nice taste)

- 1 can refrigerated biscuits
- 1/2 cup heavy cream
- 2 tablespoons flour

In a large skillet, brown onion in butter and oil just until tender, then brown chicken parts and place all in a 6-quart crock pot.

Add remaining ingredients except heavy cream, flour and biscuits. Cook on high 2-1/2 to 3 hours, or on low 5 to 7 hours.

When chicken is done, remove pieces to plate and let cool, then debone. While chicken is cooling, mix flour and cream together, then stir into crock pot. Open biscuits and cut each biscuit into 4 pieces. Drop into crock pot and turn on high. These will need to cook about 30 minutes, until they are firm. Return chicken meat to crock pot after deboning and serve. You can use your own homemade biscuit recipe or canned if you prefer.

CHICKEN & NOODLES

- 4 carrots, sliced
- 4-5 pieces chicken
- 1 small onion, chopped
- 2 cups water
- 4 chicken bouillon cubes
- 1 tsp garlic salt
- salt & pepper, to taste
- 1 lb egg noodles

Place carrots in CP, followed by all ingredients except noodles. Cook on LOW for 8 hours. At the end of cooking time, cook egg noodles on stovetop. While noodles cook, remove chicken from CP & cut into bite-size pieces. Return chicken & noodles to CP. If desired, thicken broth with cornstarch & water. Just be sure to add some of the broth to your cornstarch mixture first. This will prevent any lumps from forming.

CHICKEN AND PASTA

- 1 T cooking oil
- 1 lb boneless skinless chicken breasts (cut into bite sized pieces)

1 can of Cream of Chicken soup

1/2 cup water

1 bag frozen seasoned pasta and veggie combo (I like the one with corkscrew pasta and cheddar cheese)

Heat the oil and then brown the chicken in it. Set the chicken aside and add soup, water, and the pasta/veggie combo. Heat to a boil. Return the chicken to the pan and reduce the heat to low. Cover and cook for 5 min. or until the chicken is no longer pink. Stir occasionally. Serves about 4.

CHICKEN AND RICE

Boneless, skinless chicken breast (2-3 lbs)

Chicken Flavored Rice

Cream of Celery soup

Cream of Chicken soup

1 cup water

salt

Put rice in crock pot, and water. Combine soups and layer on top of rice. Salt chicken and layer chicken in pot. Set on high for 4-5 hours or low or auto shift for 7-10 hours.

CHICKEN AND SAUSAGE PAELLA

2 1/2 to 3 lbs. meaty chicken pieces

1 tbsp. cooking oil

8 oz. cooked smoked turkey sausage, halved lengthwise and sliced

1 large onion, sliced

3 cloves garlic, minced

2 tbsp. snipped fresh thyme or 2 tsp. dried thyme, crushed

1/4 tsp. black pepper

1/8 tsp. thread saffron or 1/4 tsp. ground turmeric

1 14 1/2 oz. can reduced-sodium chicken broth

1/2 c. water

2 c. chopped tomatoes

2 yellow or green sweet peppers, cut into very thin bite-size strips

1 c. frozen green peas

3 c. hot cooked rice

Skin chicken. Rinse chicken; pat dry. In a large skillet brown chicken pieces, half at a time, in hot oil. Drain off fat. In a 3 1/2, 4, or 5 quart crockery cooker place chicken pieces, turkey sausage, and onion. Sprinkle with garlic, dried thyme (if using), black pepper, and saffron or turmeric. Pour broth and water over all.

Cover; cook on low-heat setting for 7 to 8 hours or on high-heat setting for 3 1/2 to 4 hours. Add the tomatoes, sweet peppers, peas, and if using, the fresh thyme to the cooker. Cover; let stand for 5 minutes. Serve over the hot rice.

Makes 6 servings

CHICKEN AND STUFFING

4 Chicken Breast, Boned and Skinned
4 Slices Swiss Cheese
1 Can Cream of Chicken soup
1 Can Cream of Mushroom soup
1 Cup Chicken Broth
1/4 Cup Milk
2 Cups Pepperidge Farm Herb Stuffing Mix
1/2 Cup Melted butter
Salt and pepper to taste

Season chicken breasts with salt and pepper and place chicken breasts in crock pot. Pour chicken broth over chicken breasts. Put one slice of Swiss cheese on each breast. Combine both cans of soup and milk. Cover chicken breasts with soup mixture. Sprinkle stuffing mix over all. Drizzle melted butter on top. Cook on low for 6-8 hours.

CHICKEN BEAN TORTILLA SOUP

4-6 Tbsp. El Cid Mexican Bean Seasoning (more or less to taste)
2 lbs. boneless Chicken
2 cups dry black beans
1/2 cup chopped yellow onion
1/4 cup chopped red bell pepper
1/2 cup chopped celery
1/2 cup chopped carrots

- ½ cup chopped cilantro
- ½ cup shredded Monterey Jack or Cheddar Cheese
- ¼ cup of sour cream
- ¼ cup tortilla strips
- 1 (7 oz.) can diced mild green chilies
- 9 cups water

Crock-Pot Method: Cut meat into 1" cubes. In Crock-Pot, add meat, beans, onions, peppers, celery, carrots, seasoning and 9 cups water. Cook on high for 2 hours, reduce to low and cook for 6-8 hours. Top with cilantro, cheese, sour cream and tortilla strips. Makes 4 or 5 servings.

CHICKEN CACCIATORE #1

- 1 large onion, thinly sliced
- 1 1/2 lb. skinless, boneless chicken breasts
- 2 (6 oz each) cans tomato paste
- 8 oz. fresh sliced mushrooms
- 1/2 tsp. salt
- 1/4 tsp. pepper
- 2 cloves garlic, minced
- 1 tsp. oregano
- 1/2 tsp. basil
- 1 bay leaf
- 1/4 c. dry white wine
- 1/4 c. water

Put sliced onion in bottom of crock pot. Add chicken pieces. Stir together tomato paste, mushrooms, salt, pepper, garlic, herbs, white wine and water. Spread over chicken. Cover; cook on Low 7 to 9 hours (High: 3 to 4 hours). Serve chicken pieces over hot spaghetti or vermicelli. 4 servings.

CHICKEN CACCIATORE #2

- 1 lg. onion, thinly sliced
- 3 lbs. cut up chicken
- 2 (6 oz.) cans tomato paste
- 4 oz. sliced mushrooms
- 1 tsp. salt

1 to 2 cloves garlic, minced
1 to 2 tsp. oregano
1/2 tsp. celery seed
1 bay leaf
1/2 c. water

Place onions in bottom of crock pot. Add chicken pieces. Stir together remaining ingredients. Pour over chicken. Cook on low 7 to 9 hours; high 3 to 4 hours. Serve over spaghetti.

CHICKEN CACCIATORE #3

1 can tomatoes, diced
2 cans (small ones) tomato paste
1/2 c. dry white wine
1 can mushrooms
1 small onion, sliced
4 cloves garlic, sliced
1 Tbl Italian Seasoning
1 tsp basil
1 tsp oregano

Mix all ingredients together and pour over the top of the chicken.
Cook on LOW all day (eight to ten hours).

CHICKEN CACCIATORE #4

1 large onion, thinly sliced
2-1/2-3 lbs chicken cut up
2 6 oz cans tomato paste
4 oz can sliced mushrooms, drained
1 tsp salt
1/4 cup dry white wine
1/4 tsp pepper
1-2 garlic cloves, minced
1-2 tsp dried oregano
1/2 tsp dried basil
1/4 tsp celery seed
1 bay leaf

Place onion in crock pot. Add chicken.

Combine remaining ingredients. Pour over chicken

Cover: Cook on Low 7-9 hours or High 3-4 hours

Serve over spaghetti.

CHICKEN CACCIATORE #5

4 boneless skinless chicken breasts

4 cups baby carrots

4 cups cubed potatoes

1 jar of spaghetti sauce

Put first three ingredients in crock pot; pour sauce on top. Cook on high for 6 hours. Feeds Four.

CHICKEN CASABLANCA

1 large onion, sliced

1 teaspoon fresh ginger, grated

2 cloves garlic, minced

3 large carrots, diced

2 large potatoes, peeled and diced

1 medium zucchini, sliced 1" thick

1 15 oz. can garbanzo beans, drained

3 lbs. Boneless, skinless chicken breast pieces

1/2 teaspoon cumin

1/2 teaspoon turmeric

1/2 teaspoon salt

1/2 teaspoon pepper

1/4 teaspoon cinnamon

1/4 teaspoon cayenne pepper

1 14 1/2 oz. can chopped tomatoes

2 tablespoons chopped parsley

1 tablespoon chopped cilantro

Combine first eight ingredients in crock pot. Combine spices in small bowl and sprinkle over ingredients in crock pot. Add chopped tomatoes. Cover; cook on Low 8 to 10 hours (High 4 to 5 hours). Stir in parsley and cilantro before serving. Serve over cooked rice.

CHICKEN CASSEROLE

4 lg. chicken breasts
1 sm. can cream of chicken soup
1 sm. can cream of celery soup
1 sm. can cream of mushroom soup
1/2 c. diced celery
1 c. Minute Rice

Mix in crockpot the soups and rice. Place chicken on top of mixture, then sprinkle diced celery over chicken. Cook on low for 4 hours. Makes 4 servings.

CHICKEN CORDON BLEU

4-6 chicken breasts (pounded out thin)
4-6 pieces of ham
4-6 slices of Swiss cheese
1 can cream of mushroom soup (can use any cream soup).
1/4 c. milk

Put ham and cheese on chicken. Roll up and secure with a toothpick. Place chicken in crock pot. so it looks like a triangle /_\
Layer the rest on top. Mix soup and milk. Pour over top of chicken. Cover and cook on low for 4 hours or until chicken is no longer pink. Serve over noodles with the sauce it makes.

CHICKEN ENCHILADAS #1

boneless, skinless chicken (can still be frozen)
1 large can enchilada sauce (green or red)
medium or large flour tortillas
shredded cheese

Empty enchilada sauce into the crackpot and place chicken filets into the sauce. Cook on low setting all day. Scoop out chicken and cut or shred onto a plate. Spread a tortilla on another plate and arrange some chicken into a "stripe" down the middle. Sprinkle liberal shredded cheese, and ladle some sauce over it. Roll the tortilla up, ladle more sauce over it, and sprinkle more cheese. Place in the microwave for about 20 seconds on High to melt the cheese. More microwave time may be needed for multiple enchiladas on one plate.

CHICKEN ENCHILADAS #2

1 Lg. can Enchilada sauce
4 chicken breasts
2 cans cream of chicken soup
1 sm. can sliced black olives
2 dozen corn tortillas
1 chopped onion
1 pkg sharp cheddar cheese

Cook chicken and shred. Mix soup, olives and onions. Cut tortillas in wedges. Layer crackpot with sauce, tortillas, soup mix, chicken and cheese all the way to top, ending with cheese on top. Cook on low temp all day.

CHICKEN FRICASSEE

Reduced Fat

1 can reduced fat cream of chicken soup
1/2 soup can water
1/2 cup chopped onions
1 teaspoon paprika
1 teaspoon lemon juice
1 teaspoon rosemary
1 teaspoon thyme
1 teaspoon salt
1/4 teaspoon pepper
4 skinless boneless chicken breast
non-stick cooking spray

Spray crackpot with non-stick cooking spray. Place chicken in crackpot. Mix remaining ingredients together and pour over chicken. Cover and cook on low 6-8 hours.

1 hour before serving, prepare chive dumplings:

3 tbl. shortening
1 1/2 cups flour
2 tsp. baking powder
3/4 tsp. salt
3 tbl. fresh, chopped chives, or 2 tbl. dried chives
3/4 cup skim milk

Mix dry ingredients and shortening. Add chives and milk, combine well. Drop by teaspoons full onto hot chicken and gravy. Cover and cook on high for 45-60 minutes. Serve with mashed potatoes and vegetables, or over hot, cooked noodles.

CHICKEN FRICASSEE

1/2 cups all purpose flour
2 tsp salt
1 1/2 tsp ground mustard
1/2 tsp garlic powder
6 pork chops, trimmed
2 Tbsp vegetable oil
1 can condensed cream of chicken soup, undiluted
1/3 cup water

In a shallow bowl, combine flour, salt, mustard and garlic powder; dredge pork chops. In a skillet, brown the chops on both sides in oil. Place in a slow cooker or crackpot. Combine soup and water; pour over chops. Cover and cook on low for 6-8 hours or until meat is tender. If desired, thicken pan juices and serve with the pork chops.

CHICKEN IN A POT

3 lb whole chicken
2 carrots, sliced
2 onions, sliced
2 celery stalks with leaves,

- 1 ts basil
- 2 ts salt
- 1/2 ts black pepper
- 1/2 c chicken broth or wine

Put carrots, onions, and celery in bottom of CROCK-POT. Add whole chicken. Top with salt, pepper, liquid. Sprinkle basil over top. Cover and cook until done-low 8 to 10 hours. (High 3 to 4 hours, using 1 cup water). Remove chicken and vegetables with spatula.

CHICKEN IN SPICY SAUCE

- 1/2 cup tomato juice
- 1/2 cup soy sauce
- 1/2 cup brown sugar
- 1/4 cup chicken broth
- 3 cloves garlic minced
- 1 whole chicken, cut in skinless serving size pieces or favorite parts

Combine all ingredients except chicken in a bowl. Dip each piece of chicken in the sauce. Place in the slow cooker. Pour remaining sauce over the top. Cook on low for 6-8 hours or high 3-4 hours. Makes 6 servings.

CHICKEN LASAGNA FLORENTINE

- 2 (10.5oz) cans condensed reduced-fat cream of chicken
- 1 pkg frozen chopped spinach (10oz) thawed, drained and squeezed
- 1 (9oz) package frozen diced cooked chicken
- 1 (8oz) carton reduced fat sour cream
- 1 cup 1% milk
- 1/2 cup (2oz) Parmesan cheese
- 1/3 cup chopped onion
- 1/2 tsp salt
- 1/4 tsp pepper
- 1/8 tsp ground nutmeg
- 9 uncooked lasagna noodles
- Cooking Spray
- 1 cup shredded part skim mozzarella

1. Combine first 10 ingredients in large bowl and stir well.
 2. Coat CP with spray and place 3 uncooked lasagna noodles in bottom of cooker. Break noodles in half as necessary to fit. Spread 1/3 spinach mixture over noodles; sprinkle with 1/3 cup mozzarella. Layer 3 more noodles, half REMAINING spinach mixture, and 1/3 cup mozzarella. Top with remaining noodles and spinach. Sprinkle with remaining cheese.
 3. Cover with lid; cook on high 1 hour and reduce to low 5 hours or until done.
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CHICKEN N NOODLES

2 1/2 to 3 1/2 pound broiler/fryer chicken cut up
1 cup chicken broth
2 cups water
1 package (8 ounces) egg noodles
Salt and pepper to taste

Place chicken in crock-pot. Season with salt and pepper; add all liquid. Cover and cook on Low 8 to 10 hours (High 4 to 5 hours) Remove chicken from broth. Turn crockpot to high and add noodles. Bone chicken and cut up meat. Stir chicken into noodles. Cover and cook 30 to 45 minutes, stirring occasionally.

CHICKEN NOODLE SOUP

3 carrots, peeled and cut into chunks
3 stalks celery, cut into chunks
1 large onion, quartered
3 boneless skinless chicken breast halves
2 cans chicken broth
2 to 3 soup cans of water
a generous shake of dried dill and a generous shake of dried parsley
8 oz. noodles - I use the "No Yolks" brand broad noodles

Put vegetables in crock pot. Add chicken. Pour in broth and water. Add dill and parsley. Cover and cook on low 8 hours. Remove veggies and chicken from crock pot. Add noodles, turn to high and heat while you shred the chicken and mince the veggies. Run the veggies through the food processor. Return chicken and veggies to crock pot and heat through. It takes the noodles about 20 minute to cook.

Serves about 6 hungry folks. I use a 5 qt crock pot for this. I also use frozen chicken breast right out of the freezer.

CHICKEN PARMESAN

3 Chicken breasts
1 Egg
1 t Salt
1/4 ts Pepper
1 c Dry bread crumbs
1 1/4 c Butter
1 can Pizza sauce -- 10 1/2 oz
6 slices Mozzarella cheese
Parmesan cheese

If using whole chicken breasts, cut in to halves. In bowl beat egg salt and pepper dip chicken into egg. Then coat with crumbs. In large skillet sauté chicken in butter. Arrange chicken in pot. Pour pizza sauce over chicken. Cover and cook on low 6 to 8 hours. Add mozzarella cheese, sprinkle parmesan cheese on top. Cover and cook 15 minutes. Makes 6 servings.

CHICKEN PARMESAN #2

3 Chicken breasts
1 Small egg plant sliced
1 Egg
10 1/2 oz Can pizza sauce
1 ts Salt
6 Slices mozzarella cheese
1/4 ts Pepper
1 c Dry bread crumbs
1/2 c Butter

If using whole chicken breasts, cut into halves. In a bowl beat egg, salt, and pepper. Dip chicken into the egg, then coat with crumbs. In a large skillet or crackpot with a browning unit, sauté chicken in the butter. Arrange eggplant and the chicken in pot, (place eggplant on the bottom or it will not cook completely.) Pour pizza sauce over the chicken. Cover and cook on low 6 to 8 hours. Add mozzarella cheese; sprinkle Parmesan cheese on top. Cover and cook 15 minutes.

CHICKEN PIZZA

- 4 skinless, boneless chicken breast- cut into bite size pieces
- 1 onion, chopped
- 1 green bell pepper, chopped
- 2 large cans tomato sauce
- 2 large cans diced tomatoes
- 1 tablespoon dried parsley
- 1 tablespoon dried oregano
- 1 tablespoon dried basil
- 1 tsp. thyme
- 4 cloves garlic, pressed
- 1 bay leaf

Place all ingredients in slow cooker. Stir to make sure all chicken is coated well. Cook on Low setting for 8 hours, until chicken and vegetables are tender.

CHICKEN/SAUSAGE CASSOULET

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

Place carrots, limas, celery and onions on bottom of crackpot which has been sprayed with Pam. Combine 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 crackpot and cook on Low heat for 10 hours or on high for 5 hours. Remove bay leaf before serving.

CHICKEN SOUP

2 carrots
2 celery stalks
2 onions
3 boneless, skinless chicken breast
2 tsp salt
1/2 tsp pepper
4 cups chicken broth
4 to 5 cups water
1 T dried parsley
1 T dried dill
6 oz noodles

Slice carrots, celery and onion. Place in crock pot. Add chicken, broth, water, and spices. Cover and cook on low 8 to 10 hours. One hour before serving, remove chicken and vegetables from pot. Add 6oz. noodles to pot, cover and turn to high. While noodles are cooking, shred the chicken and mince the vegetables (I run mine through the food processor). Return chicken and veggies to the pot. Cook till noodles are done.

CHICKEN STEW

2 lb Chicken breasts/skinless Boneless/ cut in 1 inch cubes
2 can Fat-free chicken broth
3 c Potatoes; peel, cube
1 c Onion; chop
1 c Celery; slice
1 c Carrots; slice thin
1 ts Paprika
1/2 ts Pepper
1/2 ts Rubbed sage
1/2 ts Dried thyme
6 oz No-salt-added tomato paste
1/4 c Cold water
3 tb Cornstarch

In a crock pot, combine the first 11 ingredients; cover and cook on HIGH for 4

hours. Mix water and cornstarch until smooth; stir into stew. Cook, covered, 30 minutes more or until the vegetables are tender.

CHICKEN STEW

Yield: 10 servings

2 lb Chicken breasts/skinless Boneless/ cut in 1" cubes
2 c Fat-free chicken broth
3 c Potatoes; peel, cube
1 c Onion; chop
1 c Celery; sliced
1 c Carrots; sliced thin
1 ts Paprika
1/2 ts Pepper
1/2 ts Rubbed sage
1/2 ts Dried thyme
6 oz No-salt-added tomato paste
1/4 c Cold water
3 tb Cornstarch

In a slow cooker, combine the first 11 ingredients; cover and cook on HIGH for 4 hours. Mix water and cornstarch until smooth; stir into stew. Cook, covered, 30 minutes more or until the vegetables are tender.

CHICKEN STEW

2 or 3 uncooked boneless, skinless chicken breasts - place on bottom of crock
Pour over that 1 can of white beans (I use northern beans), undrained
Pour over that 1 can of petite diced tomatoes, undrained
Sprinkle over that chopped onion to taste & 1 yellow pepper, diced
Sprinkle over all S&P, and other favorite spices to taste (I use basil, thyme, rosemary)

Cook on high for 5 hours.

1 Hr. before ready to serve: break up chicken pieces into bite sized chunks & mix in 1 cup of cooked instant rice. Stir & reduce to Low for last hour.

CHICKEN STEW MEXICAN STYLE

- 2 lbs skinless boneless chicken breasts cut into 1 1/2" pieces
- 4 med russet potatoes, peeled and cut very small
- 1 (15 oz) can mild salsa
- 1 (4 oz) can diced green chilies
- 1 (1 1/4 oz) pkg taco seasoning mix
- 1 (8oz) can tomato sauce

Mix all ingredients together in crackpot, cook 7-9 hours on low. Serve with warm flour tortillas.

CHICKEN STROGANOFF

- 1 cup sour cream
- 1 tablespoon Gold Medal all-purpose flour
- 1 envelope (.87 to 1.2 oz) chicken gravy mix
- 1 cup water
- 1 lb. boneless, skinless chicken breast halves, cut into 1" pieces
- 1 16 oz. bag frozen stew vegetables, thawed
- 1 4-oz. jar sliced mushrooms, drained
- 1 cup frozen peas, thawed
- 1 1/2 cups Bisquick Original or Reduced Fat baking mix
- 4 green onions, chopped
- 1/2 cup milk

Mix sour cream, flour, gravy mix and water in 3 1/2 to 4-quart Crock pot until smooth. Stir in chicken, stew vegetables and mushrooms.

Cover and cook on low heat setting 4 hours or until chicken is tender and sauce is thickened. stir in peas. Mix baking mix and onions. Stir in milk just until moistened. Drop dough by rounded tablespoonfuls onto chicken-vegetable mixture.

Cover and cook on high heat setting 45 to 50 minutes or until toothpick inserted in center of dumplings comes out clean. Serve immediately.

CHICKEN THIGHS

6 chicken thighs (remove skin)
1 can Italian-style diced tomatoes (28 oz)
salt and pepper

Throw these in the crockpot and cook on high for about 3 hours. Serve with egg noodles. Can it be more simple?!

IF you don't love garlic, use regular tomatoes, but this had a wonderful garlic flavor, we thought. Even the kids liked it, and they usually won't eat anything with sauce. The "sauce" is VERY liquidy, so if you want a more gravy-ish sauce, add some tapioca at the beginning (I'm doing it that way next time), or partially drain the tomatoes before cooking.

CHICKEN BREASTS & MUSHROOMS

Ingredients

4 chicken breasts
1 can cream of mushroom soup
1 can cream of chicken soup
8 oz. jar sliced mushrooms
1 tsp. sugar
1 tsp. garlic powder
salt & pepper to taste
1 tsp. Greek seasoning
1 pkg. egg noodles, cooked

Preparation

Combine soups, sugar, & mushrooms & place in crock pot. Wash chicken breasts & sprinkle with garlic powder, Greek seasoning, salt, & pepper. Put in crock pot. Cook on high 4-5 hours or low 8-10 hours. Cook noodles according to pkg. directions & add margarine as desired. Serve with prepared chicken breasts.

CHICKEN CREOLE

Ingredients

3 lbs. chicken thighs

1 cup celery, diced
1 red bell pepper, sliced
1 green bell pepper, sliced
1 onion, sliced
1 can sliced mushrooms
1 can tomatoes
1 tsp. garlic powder
1 tsp. sugar
1 tsp. Cajun seasoning
1/2 tsp. paprika
salt & pepper to taste
Louisiana hot sauce to taste
2 cups minute rice, cooked

Preparation

Place chicken in bottom of crock pot. Combine remaining ingredients (except rice) & add to crock pot. Cook on high 4 to 5 hours or on low 7-8 hrs. Cook rice according to package direction. Spoon Creole mixture over hot cooked rice.

CHICKEN AND NOODLES

Ingredients

4 chicken breasts, boned
1 can cream of chicken soup
1 can cream of mushroom soup
1 tsp. sugar
1/4 cup flour 1/2 tsp.
garlic powder
8 oz. sour cream
1 pkg. noodles, cooked

Preparation

Remove bone from chicken breasts & cut into strips. Place in bottom of crock pot. Combine soups, sugar, & garlic powder. Pour over chicken. Cover & cook on high 3 to 4 hours or on low for 7 to 9 hours. Combine flour & sour cream & stir into cooked chicken mixture. Continue cooking 25 to 30 minutes or until thickened. Serve over noodles cooked according to package directions.

CHICKEN TORTILLAS

Meat from 1 whole chicken OR canned chicken or parts

1 can cream of chicken soup

1/2 c. green chili salsa

2 tbsp. quick cooking tapioca

1 med. onion, chopped

1 1/2 c. grated cheese

1 doz. corn tortillas

Black olives

Tear chicken into bite size pieces, mix with soup, chili, salsa and tapioca. Line bottom of crock pot with 3 corn tortillas, torn into bite size pieces. Add 1/3 of the chicken mixture. Sprinkle with 1/3 of the onion and 1/3 of the grated cheese. Repeat layers of tortillas topped with chicken mixture, onions and cheese. Cover and cook on low 6 to 8 hours or high for 3 hours. Garnish with sliced black olives.

CHICKEN & VEGETABLE BAKE

Ingredients

8 chicken thighs

1 pkg. frozen vegetables

2 cans whole potatoes, drained

1 can water chestnuts

1 tsp. garlic powder

Salt & pepper

1 bottle Italian salad dressing

Preparation

Sprinkle chicken with salt, pepper, & garlic powder. Place chicken in bottom of crock pot. Add remaining ingredients. Cook on low for 8 to 10 hours or high for 4 to 6 hours.

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 crock pot 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.

CHILI COKE ROAST

Ingredients

3-5 lb. roast (beef or pork)
1 jar chili sauce or Manwich
1 pkg. onion soup mix
1 can coke

Preparation

Place roast in crock pot & pour remaining ingredient over it. Cook on low for 6-7 hours.

CHILI #1

1 lb ground beef, cooked and rinsed
60-70 ounces rinsed light or dark kidney beans
16 ounces tomato paste
16 ounces peeled chopped tomatoes (reserve liquid)
1/2 small onion, chopped
1 small green pepper, chopped
1 package chili seasonings
cayenne pepper to taste, if desired

Okay, now the hard part, put it all in the crackpot and cook on low until you are ready, I'd recommend at least 5 hours so the peppers and onions are cooked soft. Use the reserved tomato liquid if it seems too thick for your taste. We serve with tortillas, cheese, sour cream, and salsa!

CHILI #2

1 16 oz can kidney beans -- drained
2 14 1/2 oz can tomatoes
2 pounds ground chuck -- coarsely ground
2 medium onions -- coarsely chopped
1 green pepper -- coarsely chopped
2 cloves garlic -- crushed
3 tablespoons chili powder
1 teaspoon pepper
1 teaspoon cumin
salt to taste

Put all ingredients in crock pot in order listed. Stir once. Cover and cook on Low 10-12 hours. (High 5-6 hours).

NOTES : Serve with shredded cheddar cheese and tortilla chips.

CHILI #3

1 lb. dry black beans soaked and cooked
1 can mild enchilada sauce
1 can diced tomatoes
1-1/2 lbs. ground turkey cooked and drained
1 bottle pace picante sauce
1 med. onion sliced
7-10 good shakes Tabasco sauce
2 tbsp. paprika
2 tbsp. garlic powder

Add all ingredients to crock pot, set on low 4-8 hours. Serve.

CHILI CON CARNE

4 pounds ground beef
3 tablespoons shortening
2 cups chopped onion
2 garlic cloves -- crushed
4 tablespoons chili powder
3 beef bouillon cubes -- crushed
1 1/2 teaspoons paprika
1 teaspoon oregano
1 teaspoon ground cumin
1/2 teaspoon cayenne pepper
1/2 cup beef stock
1 can tomatoes -- 28 ozs.
1 can tomato paste -- 8 oz.
4 cans red kidney beans -- 1 lb cans

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.

CHINESE PEPPER STEAK

4-6 servings

1-1 1/2 lbs boneless beef round steak
1 clove garlic minced
1/2 tsp. salt
1/4 tsp. pepper
1/4 cup soy sauce
1 Tbls. hoisin sauce
1 tsp. sugar
1 tomato, seeded, peeled & diced
2 red or green bell peppers, cut into strips
3 Tbls. cornstarch
3 Tbls. water
1 cup fresh bean sprouts
4 green onions, finely chopped
Cooked Rice

Trim fat from steak; slice into thin strips. Combine steak, garlic, salt, pepper, soy sauce, hoisin sauce and sugar in slow cooker. Cover and cook on LOW about 4 hours. Turn control to HIGH. Add tomato and bell peppers. Dissolve cornstarch with water in a small bowl and stir into steak mixture. Cover and cook on HIGH 15-20 minutes or until thickened. Stir in bean sprouts, sprinkle with onions. Serve with rice.

CHINESE PIE

1 to 1 1/2 pounds ground beef
3/4 cup diced bell pepper (green AND red if possible)
3/4 cup diced onion
1 package (dry) brown gravy
4 to 6 medium red or round white potatoes, diced (about 4 cups)
2 tablespoons butter, melted
1 (15 oz) can whole kernel corn, drained (or 2 cups frozen)
1 (15 oz) can creamed corn
salt and pepper to taste

Brown ground beef with diced peppers and onion. Drain well. Place ground beef mixture in crackpot. Toss diced potato with melted butter to coat and add to crackpot; add whole kernel corn and creamed corn. Salt and pepper to taste. Cover and cook on low for 7 to 9 hours. Taste and adjust seasonings. Serves 4 to 6.

CHINESE STYLE COUNTRY RIBS

(6 servings)

1/4 c Soy sauce
1 Clove garlic, crushed
1/4 c Orange marmalade
4 lb Country style spareribs
2 tb Catsup

Combine soy sauce, marmalade, catsup, and garlic. Brush on both sides of the ribs. Place in a crackpot. Pour remaining sauce over all.

Cover and cook on low for 8 to 10 hours. Makes 4 to 6 servings.

CHIPOTLE CHICKEN

4 boneless chicken breasts
1 can of enchilada sauce
2 or 3 regular jars of salsa (If you want it spicy you can put a chipotle chili or two in the sauce (I don't!))

Cook on high for 5 hours when chicken is frozen.

Take meat out and shred. Stir box of instant rice into salsa, let cook, and you have a rice dish!

Serve the chicken on tortillas with whatever toppings you'd like!

CHOCOLATE APPLE CAKE

6 tbsp butter
1/2 c sugar
1/2 c brown sugar
1 c unsweetened applesauce
1 tsp cinnamon
1 tsp pure vanilla extract

3 eggs
4 (1 oz) sq unsweetened chocolate, melted
1 1/2 c flour
2 tsp baking soda
1 tsp baking powder
pinch of salt
1/3 c buttermilk
3/4 c semisweet chocolate chips
1/2 c chopped pecans
Confectioner's sugar

In a large bowl, beat together butter & sugars w/a mixer on HIGH speed 1-2 minutes, or until fluffy. Beat in applesauce, cinnamon, vanilla & eggs until well mixed. Beat in melted chocolate until blended. Add flour, baking soda & powder, & salt. With mixer on LOW speed, beat in dry ingredients, adding buttermilk as you beat. Beat just until evenly mixed. By hand stir in chocolate chips & pecans. Scrape the batter into a WELL BUTTERED 3 1/2 quart crackpot & smooth top. Cover & cook on the HIGH setting 2 1/4 to 2 1/2 hrs, or until a cake tester (toothpick) inserted in the center comes out clean. (Do not cook on the low heat setting for a longer time) Remove lid & let cake stand in crackpot until just barely warm.

To unmold: Run a sharp knife around the inside edges of the crackpot & w/a large spatula, carefully lift out the cake in one piece. Sprinkle with confectioner's sugar over top & cut into wedges to serve.

CHOCOLATE APPLE SAUCE CAKE

6 Tbsp butter
1 cup sugar
1 cup unsweetened applesauce
1 tsp cinnamon
1 tsp vanilla
3 eggs
4 (1 oz) squares unsweetened chocolate, melted
1 1/2 cups flour
2 tsp baking soda
1 tsp baking powder
pinch of salt
1/3 cup buttermilk
3/4 cup semisweet chocolate chips

1/2 cup chopped walnuts
powdered sugar

1. In a large bowl, beat together the butter and sugar w/a mixer on high speed 1-2 minutes, or until fluffy. Beat in the applesauce, cinnamon, vanilla and eggs until well mixed. Beat in the melted chocolate until blended. Add the flour, baking soda & powder, and salt. With the mixer on low speed, beat in the dry ingredients, adding the buttermilk as you beat. Beat just until evenly mixed. By hand, stir in chocolate chips and nuts. Scrape the batter into a WELL BUTTERED 3 1/2 quart slow cooker (crock pot) and smooth the top.

2. Cover and cook on the high setting 2 1/4 to 2 1/2 hours, or until a cake tester inserted in the center comes out clean. (Do not cook on the low heat setting for a longer time)

3. Remove the lid and let the cake stand in the slow cooker until just barely warm. To unmold, run a sharp knife around the inside edges of the crock and w/a large spatula, carefully lift out the cake in one piece. Sprinkle with powdered sugar over the top and cut into wedges to serve.

CHOCOLATE PEANUT BUTTER CAKE

2 c. chocolate cake mix
1/2 c. water
1/3 c. creamy peanut butter
1/2 c. chopped nuts

Combine all ingredients in bowl mixing well. Beat about 2 minutes. Pour batter into greased and floured 2 pound coffee can. Place can in crackpot. Cover top of can with 8 paper towels. Cover crackpot and bake on high 2 to 3 hours.

CHOPS OR RIBS

6 or 8 chops or ribs to fill crock pot
1/4 C chopped onion
1/2 C chopped celery
1 C catsup
1/2 C water
1/4 C lemon juice

- 2 Tbsp brown sugar
- 3 Tbsp Worcestershire sauce
- 2 Tbsp vinegar
- 1 Tbsp mustard
- 1/2 tsp salt
- 1/4 tsp pepper

Mix together & pour over meat in pot. Cook until tender.

CHOW MIEN

- 4 oz. can mushrooms
- 1 1/2 lbs. cubed round steak
- 4 stalks celery
- 2 med. onions
- 1 c. hot water with 3 bouillon cubes
- 3 tbsp. soy sauce
- 2 tsp. Worcestershire sauce
- 1 lb. can Chinese vegetables
- 2 tbsp. cornstarch and 2 tbsp. water

Cook 8 to 10 hours in crockpot - 1 hour before serving add Chinese vegetables and cornstarch and water.

CRISP-FRIED TOFU AND GREENS

- 2 cakes of tofu, frozen overnight and thawed
- 1/2 c water or vegetable stock
- 1 tsp cornstarch
- 1/2 c cornmeal or cornstarch

Marinade:

- 1/3 c soy sauce
- 1/4 c rice vinegar
- 1 T finely grated gingerroot
- 2 cloves garlic, minced or pressed
- dash cayenne

Sauce:

3 T soy sauce
1/4 c dry sherry
2 tsp rice vinegar
2 tsp honey or brown sugar

Vegetables:

3 T oil
3 cloves garlic, minced or pressed
1 c thinly sliced onion
6 c mix of coarsely chopped pak choi, chard, kale,
nappa cabbage or 9 c. chopped spinach

Gently squeeze as much liquid out of thawed tofu as possible. Cut tofu crosswise into 1/2-inch thick slices, then diagonally, to make 4 triangles.* Combine marinade ingredients and mix well. Arrange tofu triangles in one layer in a dish and cover with marinade. Allow to sit for at least 10 minutes to absorb the flavors. Prepare sauce mix by combining all ingredients in a small bowl. In a separate bowl mix the water or stock and the 1 tsp. cornstarch. Dredge marinated tofu pieces in cornmeal or cornstarch and fry over medium heat in 1/8 to 1/4 inch of oil, for 3-4 minutes on each side. Drain and keep warm in 200F oven. Add leftover marinade to sauce mix. Heat 3 T. oil in a wok. Stir-fry garlic and onion until onion is tender. Add greens and continue stir-frying until just wilted but not mushy. Add sauce mix and cornstarch mix and stir-fry just until sauce is thickened. Add reserved fried tofu. Serve with rice.

CHUNKY VEGETABLE CLAM CHOWDER

2 6 1/2 oz cans minced clams
2 c. peeled potatoes, cut into 1/2" cubes
1 c. finely chopped onion
1 c. chopped celery
1 tsp. sugar
1/4 tsp. salt
1/4 tsp. pepper
2 10 3/4 oz cans condensed cream of potato soup
2 c. water
1 c. nonfat dry milk powder

1/3 c. flour
1 c. cold water
4 slices bacon, crisp-cooked, drained, and crumbled
Paprika

Drain clams, reserving liquid. Cover clams; chill. In CP combine reserved clam liquid, potatoes, onion, celery, carrot, sugar, salt, and pepper. Stir in potato sour and 2 cups water. Cover; cook on low heat for 8 to 10 hours or on high heat for 4 to 5 hours. If using low heat setting, turn to high. In a medium bowl combine nonfat dry milk powder and flour. Gradually whisk in 1 c. cold water; stir into soup. Cover; cook on high 10 to 15 minutes or till thickened. Stir in clams. Cover; cook 5 minutes more. Ladle soup into bowls. Sprinkle each serving with crumbled bacon and paprika. Makes 6 to 8 servings.

CLAM CHOWDER

4 cans of Cream of Potato soup
4 cans of New England Clam Chowder
2 cans minced clams with juice
1 onion, chopped and sautéed in
1 stick butter
1 quart half and half

Sauté onions in butter, then add all ingredients in crackpot for 4 hours.

COBBLER

All you do is bake a batch of biscuits and let them cool. Chunk them up and put about half in the bottom of your crackpot.

Mix:

1/4 cup brown sugar
1/2 t. cinnamon
1/2 cup butter

Sprinkle some of that on top. Spread canned pie filling (I thought cherry would be good) on top and repeat until you're out of ingredients. Bake on high for 2 hours.

COCONUT PECAN SWEET POTATOES

2 lb Sweet potatoes -- peel, shred
1/3 cup Brown sugar -- pack
1/4 cup Margarine or butter -- melt
1/4 cup Coconut
1/4 cup Broken pecans -- toast
1/4 tsp Ground cinnamon
1/4 tsp Coconut flavoring
1/4 tsp Vanilla Toasted coconut -- opt

In a 3-1/2 qt slow cooker, combine potatoes, sugar, margarine, coconut, pecans and cinnamon. Cover; cook on LOW for 6 to 8 or on HIGH for 3 to 4 hours.

Stir in coconut flavoring and vanilla. Sprinkle with toasted coconut if desired.

COCONUT THAI SHRIMP AND RICE

2 (10 oz.) cans chicken broth
1 cup water
1 tsp. coriander
1/2 tsp. cumin
1 tsp salt
1/2 tsp cayenne pepper
zest and juice of 2 limes (1/3 cup of juice)
7 cloves minced garlic
1 TBLSP. minced fresh ginger
1 medium onion chopped
1 red bell pepper chopped
1 carrot peeled and shredded
1/4 cup flaked coconut
1/2 cup golden raisins
2 cups converted rice
1 lb. peeled and deveined jumbo cooking shrimp (thawed if frozen)
2 oz. fresh snow peas cut into strips
toasted cocoanut for garnish (optional)

In a 5 qt cp, combine chicken broth, water, coriander, cumin, salt, cayenne pepper, lime zest, lime juice, garlic and ginger. Stir in onion, pepper, carrot,

coconut, raisins and rice.

Cover and cook on low 3 1/2 hours, or until rice is tender. Check after 3 hours and if liquid is absorbed, but rice is not tender, add 1 more cup water.

When rice is tender, stir in shrimp and snow peas. Cook 30 minutes longer. Sprinkle with toasted coconut and serve.

COLA BARBECUE PORK ROAST

1 pork roast
1 1/2 cup cola
1 bottle barbecue sauce

Cut all visible fat from roast, put in crock and cook 12 hrs (I put mine in before bed and let cook all night) on low. Remove meat from crock and drain all juice from crock. Shred meat and return to crock add 1 bottle barbecue sauce and cook 5-6 hrs more. MAKES A LOT!!! Freezes great.

COLA HAM

1/2 cup brown sugar
1 tsp dry mustard
1/4 cup cola
3 to 4 pound pre-cooked ham

Combine brown sugar and mustard. Moisten with cola to make a smooth paste. Reserve remaining cola. Score the ham with shallow slashes in a diamond pattern. Rub ham with mixture. Place ham in crockpot and add remaining cola. Cover and cook on high for 1 hour, then turn to low and cook for 6 to 7 hours. Serves 9 to 12.

CORNED BEEF & CABBAGE

Ingredients

3 carrots, cut into 1 inch pieces

2 lb. corned beef brisket
3 onions, cut into quarters
1 small head of cabbage, cut into wedges
1/2 tsp. garlic powder
1 tsp. sugar
1 cup water
1 tsp. salt

Preparation

Place carrots into bottom of crock pot. Add corned beef brisket & onions. Mix together water, sugar, garlic powder, & salt. Pour into crock pot. Cover & cook on low heat for 8 to 10 hours. Add cabbage wedges to crock pot & push down into liquid. Turn crock pot on high & cook 3 more hours.

COQ AU VIN

12 sm White onions, peeled
4 lb Roasting chicken, cut up
1/2 ts Salt
1/4 ts Black pepper
1/4 c Brandy or cognac
2 ea Cloves garlic, peeled and crushed
1/4 ts Ground thyme
1 ea Bay leaf
1 1/2 c Dry, strong red wine
5 tb All purpose flour
1 c Chicken bouillon
3/4 lb Fresh mushrooms, wiped and stemmed
1 tb Butter or margarine
1/4 ts Salt
1 tb Chopped fresh parsley

To cook: Place the onions in the slow cooker. Remove the fat from the vent of the chicken and dice it. In a large skillet over medium heat, heat the fat until it is rendered. Discard the shriveled bits and sauté the chicken until well browned. Season with 1/2 tsp salt and the pepper. Warm the brandy in a ladle or a small saucepan; light it with match and pour it over the chicken. When the flame dies, lift the chicken into the slow cooker and add the garlic, thyme, and bay leaf. Pour the wine into the hot skillet and scrape up the pan juices. Dissolve the flour in the

bouillon, turn it into the skillet and bring to simmering, stirring briskly to prevent lumps. Turn into the slow cooker. Cover and cook on Low 7-9 hours. Before serving: About 10 minutes before serving, in a medium skillet, sauté the mushrooms in the butter over medium high heat. In about 5 minutes, they will be tender and the moisture will have evaporated from the skillet. Season with 1/4 tsp salt and add to the chicken casserole. If the sauce seems thin, simmer it in the mushroom skillet long enough to thicken to the consistency of heavy cream. Garnish the Coq au Vin with parsley before serving.

COQ AU VIN #2

2-1/2 lb chicken cut up (I used boneless, skinless chicken breasts)
1 clove garlic crushed
1 teaspoon salt
1/4 teaspoon pepper
1/2 teaspoon dried thyme
6 bacon slices, diced
2/3 cups sliced green onions
1 cup chicken broth
8 small white onions, peeled
1 cup burgundy wine
1/2 LB whole mushrooms
chopped parsley
8 small new potatoes scrubbed

In large skillet, sauté diced bacon and green onions until bacon is crisp. Remove and drain on paper towel. Add chicken pieces to skillet and brown well on all sides. Remove the chicken when it has browned and set aside. Put peeled onions, mushrooms, and garlic in Crackpot. Add browned chicken pieces, bacon and green onions, salt, pepper, thyme, potatoes and chicken broth. Cover and cook on Low 6 - 8 hours (High 3-4). During the last hour add Burgundy and cook on high. Garnish with chopped parsley.

CORN CHOWDER

6 slices bacon, diced
1/2 c. chopped onion
2 c. diced peeled potatoes
2 pkgs. (10 oz each) frozen whole-kernel corn, broken apart

1 can (16 oz) cream-style corn
1 Tbs. sugar
1 tsp. Worcestershire sauce
1 tsp. seasoned salt
1/4 tsp. pepper
1 c. water

In skillet, fry bacon until crisp; remove and reserve. Add onion and potatoes to bacon drippings and sauté for about 5 minutes; drain well. Combine all ingredients in CP; stir well. Cover and cook on Low setting for 4 to 7 hours. Makes about 1 1/2 quarts.

CORN CHOWDER #2

3 16oz cans of corn, drained
2 large potatoes, cut into 1" chunks
1 & 1/2 can chicken broth*
1 large onion, diced
1 tsp.. salt
pepper to taste
2 pints half and half*
1/2 stick butter

*adjust volume somewhat lower for thicker chowder

Put everything except the dairy products in the crackpot and cook on low for 7-8 hours. Remove to a blender, and puree. Return to crackpot, add half & half and butter; stir. Cook on high for one hour. Stir and serve. Serves six.

CORNED BEEF AND CABBAGE

Yield: 6 servings

4 1/2 lb. Corned beef brisket
2 md onions, quartered
1 cabbage head, cut in small wedges
1/2 tsp. pepper
3 tbsp. vinegar
3 tbsp. sugar

2 c. water

Combine ingredients in removable liner with cabbage on top. Cut meat to fit, if necessary. Place liner in base. Cover and cook on low 10-12 hours, high 6-7 hours, or auto 6-8 hours.

CORNED BEEF AND CABBAGE #2

3 lb uncooked corned beef brisket (in pouch with pickling juice is okay)
2 carrots, chopped into 2" pieces
5 small red potatoes, halved
1 onion, quartered
1 small turnip, chopped into 2" pieces
3/4 cup malt vinegar
1/2 bottle (6 oz) Irish stout
1 tsp mustard seed
1 tsp coriander seed
1 tsp black peppercorns (whole)
1 tsp dill seed
1 tsp allspice (whole)
1 bay leaf
1 small (2 Lb) head cabbage, cut into wedges

In a LARGE (6.5 qt) Crock-Pot, place the carrots, spuds, onion and turnip in bottom. Add the liquids. Spice rub the brisket. Place on top. Cover and cook on LOW for 8 hours. Add cabbage wedges. Cook an additional 3 hours on LOW. Serve with Coarse Grain Mustard and Horseradish Sauce.

Horseradish Sauce

1/2 pint whipping cream
3 Tbsp prepared horseradish

Whip cream until it peaks, then fold in horseradish.

CORNED BEEF HASH

1 can of corned beef (Or 2 cups of cooked corned beef)
1 med onion shredded

2 med. celery sticks chopped
5 fair sized potatoes chopped
2 tbsp. butter
1 diced green pepper
garlic to your taste (I use about 3 cloves or so)
1 cup mushrooms (I omit this now since my daughter has decided they are gross)
LOL
1 tbsp of worcestshire sauce
a dash or two of Italian seasoning
salt and pepper to taste
2- 10 oz cans of chicken broth

Grind up or chop your corned beef and toss it in the crock pot with all the other ingredients in the list above.

Cook in your crock pot on low for 8 hours. When the potatoes are well cooked I mash them in the pot and add a little water if need be.

CORNED BEEF HASH #2

1 tin of corned beef hash
3 BIG potatoes
3 ribs of celery chopped
1 large onion chopped
2 big cloves of garlic
salt and pepper to taste
a dash or so of basil
2 tins of chicken broth

Fry the Garlic, celery, onion, and salt and pepper in a tbsp of garlic till veggies are tender.

Then toss everything in the crock pot and turn on low for about 5-6 hours.

CORN PUDDING

8 oz. cream cheese, softened
2 eggs, beaten
1/3 cup sugar

8 1/2 oz package corn bread mix
16 oz can cream style corn
2 1/3 cups frozen sweet corn
1 cup milk
2 tablespoons margarine, melted
1 tsp. salt
1/4 tsp nutmeg

Lightly grease CP. In a bowl, blend cream cheese, eggs and sugar. Add remaining ingredients and mix well. Pour into crock pot. Cover and cook on High 3 to 4 hours. Serves 10 to 12

CORNY HAM AND POTATO SCALLOP

5 potatoes, peeled and cubed
1 1/2 cups cubed cooked ham
1 (15 ounce) can whole kernel corn, drained
1/4 cup chopped green bell pepper
2 teaspoons instant minced onion
1 (11 ounce) can condensed cheddar cheese soup
1/2 cup milk
3 tablespoons all-purpose flour

In a 3 1/2 to 4 quart slow cooker, combine potatoes, ham, corn, green pepper and onion; mix well. In a small bowl, combine soup, milk and flour; beat with wire whisk until smooth. Pour soup mixture over potato mixture and stir gently to mix. Cover and cook on low setting for about 8 hours or until potatoes are tender.

COSTA RICAN BEEF & VEGETABLE SOUP WITH YELLOW RICE

Yield: 6 servings

2 lb Lean, boneless beef chuck in 1 1/2 inch cubes
1 lg Onion, thinly sliced
1 c Celery, thinly sliced
3 Cloves garlic, minced
1 Dry bay leaf
1 lg Red bell pepper, seeded and cut into thin, bite-size strips
1 1/2 c Water

2 Cans (about 14 1/2 oz.@) Beef broth

YELLOW RICE

1 lg Ear corn, cut into 3/4 inch thick slices

4 c Coarsely shredded cabbage

1/3 c Lightly packed cilantro leaves

Salt and pepper

THE SOUP: Arrange beef cubes slightly apart in a single layer in a shallow baking pan. Bake in a 500 oven until well browned (about 20 minutes).

Meanwhile, in a 3 1/2 quart or larger crackpot, combine onion, celery, garlic, bay leaf and bell pepper. Transfer browned beef to crackpot. Pour a little of the water into baking pan, stirring to dissolve drippings and pour into crackpot. Add broth and remaining water. Cover and cook on low about 8 hours. About 15 minutes before beef is done, prepare Yellow Rice. While rice is cooking, increase cooker setting to high; add corn. Cover; cook for 5 minutes. Add cabbage; cover and cook until cabbage is bright green, 8 to 10 more minutes. Stir in cilantro; season with salt and pepper.

Ladle soup into wide, shallow bowls; add a scoop of rice to each.

THE RICE:

1 tablespoon salad oil

1 small onion, finely chopped

1 cup long-grain white rice

1/4 teaspoon ground turmeric

1 3/4 cups water

Heat oil in 2-quart pan over medium heat. Add the onion; cook, stirring until onion is soft but not browned, (3 to 5 minutes). Stir in the rice and turmeric; cook, stirring occasionally, for about 1 minute. Pour in the water and reduce heat to low and cook until rice is tender, about 20 minutes.

COUNTRY CAPTAIN CHICKEN BREASTS

The distinctive combination of curry, ginger, and fruit gives this classic Southern dish its character.

2 medium-size Granny Smith apples

1 small onion, finely chopped

1 small green bell pepper, seeded and finely chopped
3 cloves garlic, minced or pressed
2 tablespoons dried currants
1 tablespoon curry powder
1 teaspoon ground ginger
1/4 teaspoon ground red pepper (cayenne)
1 can (about 14 1/2 oz.) diced tomatoes
6 small skinless, boneless chicken breast halves (about 1 3/4 lbs. total)
1/2 cup chicken broth
1 cup long-grain white rice
1 pound large raw shrimp, shelled and deveined
1/3 cup slivered almonds
Salt
Chopped parsley

Quarter, core, and dice unpeeled apples. In a 4-quart or larger electric slow cooker, combine apples, onion, bell pepper, garlic, currants, curry powder, ginger, and red pepper; stir in tomatoes. Rinse chicken and pat dry; then arrange, overlapping pieces slightly, on top of tomato mixture. Pour in broth. Cover and cook at low setting until chicken is very tender when pierced (6 to 7 hours).

Carefully lift chicken to a warm plate, cover lightly, and keep warm in a 200 degree oven. Stir rice into cooking liquid. Increase cooker heat setting to high; cover and cook, stirring once or twice, until rice is almost tender to bite (30 to 35 minutes). Stir in shrimp, cover and cook until shrimp are opaque in center; cut to test (about 10 more minutes).

Meanwhile, toast almonds in a small nonstick frying pan over medium heat until golden brown (5 to 8 minutes), stirring occasionally. Set aside.

To serve, season rice mixture to taste with salt. Mound in a warm serving dish; arrange chicken on top. Sprinkle with parsley and almonds. Makes 6 servings.

COUNTRY CHICKEN STEW WITH BASIL DUMPLINGS

12 small white onions
water
1 pound boneless skinless chicken thighs
1 pound boneless skinless chicken breasts halves
1/2 Tablespoon chopped fresh basil leaves
(or 1/2 teaspoon dried, crumbled)

salt and pepper to taste
1 large red bell pepper cut into 1" squares
4 cloves garlic - thinly sliced
2 cups canned chicken broth
1/3 cup dry white wine
2 Tablespoons all purpose flour
2 Tablespoon butter - room temperature
1 pound fresh asparagus - cut into 1-1/2" lengths

DUMPLINGS:

1 cup buttermilk and baking mix
1/3 cup whole milk
1/4 cup chopped fresh basil leaves (or 1 Tablespoon dried, crumbled)

1. Using a sharp knife, make a small X in the root end of each onion. Bring a saucepan of water to boil. Add the onions, lower the heat, and simmer for 5 minutes. Drain and rinse under running cold water. Slip skins off onions.
2. Rinse chicken and pat dry. Quarter the thighs and chicken breast halves. Stir in basil and season with salt and pepper.
3. Put chicken pieces in a 3-1/2 quart or larger crockery slow-cooker. Top with onions, bell peppers, and garlic. Pour in stock, and wine. DO NOT stir. Cover and cook on LOW for 6 - 8 hours or HIGH for 2 - 2-1/2 hours.
4. Stir the stew. If cooking on LOW, change setting to HIGH. In a small bowl, blend together the flour and butter. Stir into slow-cooker. cook, stirring until sauce begins to thicken, about 5 minutes. Stir in asparagus.
5. In medium bowl, combine dumpling ingredients until evenly moistened. Drop by Tablespoons onto hot stew in 6 small rounds. Cover and cook for another 25 to 30 minutes, until dumplings are cooked through. Serve immediately!

COUNTRY RIBS N KRAUT

3 lbs country style ribs
1 large can sauerkraut
1 1/2 lbs red salad potatoes
Salt and pepper to taste (after cooking)

Add ribs to bottom of crock pot. Wash potatoes and then lay on top of ribs. Add

kraut and simmer on low crock pot setting for 7-9 hours. I usually check them at about 7 hours and see if they need a "boost of heat" and I might cook them on high for an hour. Taste to see if you need salt and pepper. Ribs should fall off the bone! My family likes to mix it all together and add a little BBQ sauce on top.

COUNTRY STEAK WITH GRAVY

1.5 pounds boneless top round steak (1/2" thick)
1 (12oz) jar fat free savory beef gravy (such as Heinz)
2 TBS tomato paste
1/2 tsp salt
1/2 tsp garlic powder
1/2 tsp pepper
1/2 tsp dried thyme
Cooking Spray

1. Trim fat from steak and cut into 6 equal portions. Combine gravy and next 5 ingredients in a small bowl and stir well. Layer gravy mixture and steak in slow cooker coated with cooking spray, beginning and ending with gravy mixture.
 2. Cover with lid and cook on high 1 hour then low 6-7 or until meat is tender.
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COUNTRY STYLE RIBS AND KRAUT

12 oz sauerkraut
brown sugar to taste
1-2 lbs country style ribs

Place the ribs in a crockpot. Sweeten the sauerkraut to taste with the brown sugar. Cook them all day while at work and come home to tender and delicious ribs and kraut. Mash a potato and dinner is ready!

COWBOY STEW

6 servings

1 1/4 lbs beef stew meat

- 4 unpeeled potatoes , cut into 1" cubes
- 1/2 cup chopped onions
- 1 tsp salt
- 1/4 tsp pepper
- 1 (28 oz) can baked beans in barbecue sauce

Mix stew meat thru pepper in crackpot. Spread beans over meat mix. Cover and cook on low heat 8-10 hours until beef is tender.

CRANAPPLE CHICKEN BREAST BAKE

- 4 to 6 boneless, skinless chicken breast halves
- 4 to 6 green onions
- 1/2 cup dried sweetened cranberries
- 1/2 cup chopped dried apple
- 1 clove garlic very thinly sliced
- 2 tablespoons brown sugar
- 2 tablespoons water
- 1 teaspoon lemon juice
- 2 teaspoons butter

Place chicken breasts in a 2-quart (or larger) crackpot. Add remaining ingredients in the order given, dotting evenly with the butter last. Cover and cook on low for 6 to 7 hours. Serve over rice.

Serves 4 to 6

CRANAPPLE SAUCE

- 10-12 medium apples
- 1-2 cups cranberry juice
- lemon juice -- use 1/4 to 1/2 lemon
- 2 tbs sugar -- or up to 1/4 cup if you want it sweet
- 1/4 to 1/2 cup dried cranberries or "craisins" (sweetened dried cranberries)

Wash the apples and chop them up without peeling. Squeeze lemon juice over them as you cut them.

Put apples in crackpot with cranberry juice -- use 1 cup if you want the applesauce

thick, more if you want it thin. Stir in sugar to suit your taste.

Let apples stew on low for 6-8 hours. About an hour or two before serving, stir in cranberries or raisins. (raisins--since they're sweetened use less sugar.)

The applesauce is a very pretty pink and the cranberries & juice give it a nice zing.

As you can see, the recipe is simple and forgiving -- let the apples stew a little longer or a little less -- the longer you stew them the mushier the applesauce will be. It warms up nicely, or you can eat it cold.

CRANBERRY CHICKEN

1 small onion, thinly sliced
1 cup fresh or frozen (unthawed) cranberries
12 skinless, boneless chicken thighs (about 2 1/4 lbs. total)
1/4 cup catsup
2 tablespoons firmly packed brown sugar
1 teaspoon dry mustard
2 teaspoons cider vinegar 1 1/2 tablespoons cornstarch blended w/2 tablespoons cold water
salt

In a 3-quart or larger electric slow cooker, combine onion, cranberries. Arrange chicken on top. In small bowl, mix catsup, sugar, mustard and vinegar and pour over chicken. Cover. Cook at low setting until chicken is very tender when pierced (6 1/2 to 7 1/2 hours).

Lift out chicken when done, blend cornstarch mixture into cooking liquid. Increase cooker heat setting to high; cover and cook, stirring 2 or 3 times until sauce thickens (10 to 15 more minutes). Season to taste with salt; pour over chicken. Makes 6 servings.

CRANBERRY CHICKEN #2

6 boneless, skinless chicken breasts, 3 oz each
8 oz fat-free French dressing or Catalina
1 can cranberry sauce
1 packet onion soup mix

Spray the crock with cooking spray. Mix dressing, cranberry sauce & soup mix in crock. Add chicken and spoon the sauce to cover. Cook on low for 4-6 hours.

Serves 6

CRANBERRY PORK

1 (16 ounce) can cranberry sauce
1/3 cup French salad dressing
1 onion, sliced
3 pounds pork roast

In a medium bowl, combine the cranberry sauce, salad dressing and onions. Place pork in a slow cooker and pour the sauce over the pork. Cook on high setting for 4 hours OR on low setting for 8 hours. Pork is done when its internal temperature has reached 160°F (70°C).

CRANBERRY PORK ROAST

Serves: 4 to 6

4 medium potatoes, peeled and cut into 1" chunks
One 3-pound boneless center-cut pork loin roast, rolled and tied
1 can (16 ounces) whole-berry cranberry sauce
1 can (5.5 ounces) apricot nectar
1 medium onion, coarsely chopped
1/2 cup coarsely chopped dried apricots
1/2 cup sugar
1 teaspoon dry mustard
1/4 teaspoon crushed red pepper

Place the potatoes in a 3 1/2-quart (or larger) slow cooker, then place the roast over the potatoes. In a large bowl, combine the remaining ingredients; mix well and pour over the roast. Cover and cook on the low setting for 5 to 6 hours. Remove the roast to a cutting board and thinly slice. Serve with the potatoes and sauce.

CRAZY STANDING UP PORK CHOPS

Yield: 4 servings

4 Loin pork chops -- lean
2 md Onions -- sliced
1 ts Butter
Salt & Pepper -- to taste
Spices of your choice

Stand chops in crackpot, 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.

CREAM CHEESE CHICKEN

1 frying chicken -- cut up
2 tablespoons melted butter or margarine
salt & pepper -- to taste
2 tablespoons dry Italian salad dressing
1 can condensed mushroom soup
6 ounces cream cheese; -- cut in 1" cubes
1/2 cup sauterne wine or sherry
1 tablespoon onion -- minced

Brush chicken with butter and sprinkle with salt and pepper. Place in a crackpot and sprinkle dry mix over all. Cover and cook on low for 6 - 7 hours. About 45 minutes before done, mix soup, cream cheese, wine, and onion in a small saucepan. Cook until smooth. Pour over the chicken and cover and cook another 45 minutes. Serve with sauce.

CREAM CHEESE CHICKEN #2

4 chicken breasts
Add:
1/2 cup water

1 packet Italian seasoning

Cook in slow cooker on high for 3 hours.

Add (mixed together in bowl):

1 cup mushroom soup

1 pkg cream cheese (softened)

1 can mushrooms

Let simmer an additional 1-2 hours on low. Serve over egg noodles.

CREAM OF SWEET POTATO SOUP

3 Sweet potatoes, peeled and sliced

2 c Chicken bouillon

1 ts Sugar

1/8 ts Each ground cloves and nutmeg

Salt to taste

1 1/2 c Light cream, half-and-half, or milk

Put sweet potatoes and bouillon in cooker. Cover and cook on high 2 to 3 hours or until potatoes are tender. Force potatoes and liquid through food mill or puree in blender. Put back in cooker with remaining ingredients. Cover and cook on high 1 to 2 hours. Serve hot or chilled with a dollop of sour cream if desired. Makes about 1 quart.

CREAMY HASH BROWNS

1 2-lb pkg frozen cubed hash brown potatoes

8 oz shredded or cubed Velveeta

16 oz sour cream

1 can cream of celery soup

1 can cream of chicken soup

1 lb bacon, cooked & crumbled

1 lg onion, chopped

1/4 C butter or margarine, melted

1/4 tsp pepper

Place potatoes in an ungreased crock pot. In a bowl, combine the remaining ingredients. Pour over potatoes and mix well. Cover and cook on low for 4-5 hours (until potatoes are tender and heated through).

CREAMY ORANGE CHEESECAKE

Crust:

3/4 cup cookie or graham cracker crumbs
2 tablespoons sugar
3 tablespoons melted butter

Filling:

16 ounces cream cheese
2/3 cup sugar
2 eggs
1 egg yolk
1/4 cup frozen orange juice concentrate, thawed
1 teaspoon orange or lemon zest, or dried grated rind
1 tablespoon flour
1/2 teaspoon vanilla

Combine crumbs with sugar; mix in melted butter until well moistened. Pat into a 7-inch spring form pan.

In a medium bowl, cream together the cream cheese and sugar. Add eggs and yolk and beat for about 3 minutes on medium with a hand-held electric mixer. Beat in orange juice, zest, flour, and vanilla. Beat for another 2 minutes. Pour batter into prepared crust; place on a rack or aluminum foil ring in the crockery cooker (so it doesn't rest on the bottom of the pot). Cover and cook on high for 2 1/2 to 3 hours. Turn off and leave for 1 to 2 hours, until cool enough to remove. Cool completely and remove the sides of the pan. Chill before serving, and store leftovers in the refrigerator.

CREAMY RED POTATOES

2 lbs small red potatoes, quartered
2 (8 oz) pkgs. cream cheese, softened
1 can cream of potato soup, undiluted
1 envelope ranch salad dressing mix

Place potatoes in crockpot. In a small bowl, beat cream cheese, soup and salad

dressing, mix. Stir into potatoes. Cover and cook on low for 8 hours or until potatoes are tender. I also added about a tablespoon of milk.

CREAMY SPINACH NOODLE CASSEROLE

Served alongside baked or roasted chicken, this delicious side dish will please every person at your dinner table. Feel free to use low-fat sour cream and cottage cheese or increase the amount of hot sauce! Makes approximately 5 side servings.

8 ounces dry spinach noodles
2 tbsp. vegetable oil
1 1/2 cups sour cream
1/3 cup all-purpose flour
1 1/2 cups cottage cheese
4 green onions, minced
2 tsp. Worcestershire sauce
1 dash hot pepper sauce
2 tsp. garlic salt

1. Cook noodles in a pot of salted, boiling water until just tender. Drain and rinse with cold water. Toss with vegetable oil.

2. Combine sour cream and flour in a large bowl, mixing well. Stir in cottage cheese, green onions, Worcestershire sauce, hot pepper sauce and garlic salt. Fold noodles into mixture until well combined.

3. Generously grease the inside of a slow cooker and pour in noodle mixture. Cover and cook on high for 1 1/2 to 2 hours.

CREOLE BLACK BEANS

1 to 2 pounds Smoked sausage, cut into 1" slices
3 15 oz cans black beans, drained
1 1/2 cups Onions -- chopped
1 1/2 cups Green pepper, chopped
1 1/2 cups Celery, chopped
3 cloves Garlic, minced
2 teaspoons Leaf thyme
1 1/2 teaspoons Leaf oregano

1 1/2 teaspoons White pepper
1/4 teaspoon Black pepper
1/4 teaspoon Cayenne pepper
1 Chicken bouillon cube
5 Bay leaves
1 can 8-oz. tomato sauce
1 cup Water
Hot boiled rice

Brown sausage in a skillet over med. heat. Drain fat and transfer to crackpot. Combine remaining ingredients in crackpot. Cover and cook on low 8 hrs. or on high 4 hrs. Remove bay leaves. Serve over cooked rice. Serves 6 to 8.

CREOLE CHICKEN

8 chicken thighs
1 can diced tomatoes
1 can tomato paste
1 chopped bell pepper
1 chopped onion chopped ham
diced sausage
Tabasco sauce to taste

Throw it all in the crock and cook on low 4-5 hours.

D

[Top](#)

DAY AFTER PORK ROAST CASSEROLE

1 package cooked noodles (any type is fine)
1 package beans (any type is fine)
Beef Bullion
1 package long grain and wild rice
3 potatoes, cut into 1" cubes
Leftover pork from your roast (or any other leftover meat really!)

Salt and Pepper to taste

Fill your crackpot a little more than half way with water, then flavor it with the beef bullion to taste. Add the sliced up potatoes, beans and rice. Cook until potatoes and rice are done, most of the day on low or half of the day on high. Add the pork and let that cook while you boil the noodles. Add the noodles to the pot when they're done. Let cook for 5 to 10 more minutes and serve. :)

DAL (INDIAN SPLIT PEA SOUP)

1 lb Dry yellow split peas
2 Celery stalks; chop fine
1 lg Carrot; chop fine
1 md Onion; chop fine
2 tb Sweet butter
1 tb Curry powder
1 tb Lemon juice
1 Bay leaf
1/2 ts Salt
3 Chicken bouillon cubes
2 qt Water

Place all ingredients in crackpot, stir, cover, cook on low for 7 to 9 hours. Garnish with chopped green pepper. YIELD: 6 servings

DEVILED BEEF

2 pounds chuck roast
1 onion, chopped
1 (6 ounce) can tomato paste
3/4 cup water
1 (1.3 ounce) envelope sloppy joe seasoning
2 tablespoons cider vinegar

Place the beef, onion, tomato paste, water, sloppy Joe seasoning mix and vinegar in a slow cooker. Cook on low setting for 10 hours OR on high setting for 5 hours

DILLED POT ROAST

3 to 3 1/2 lb. roast
1 tsp. dill weed
1/4 c. water
1 tbsp. vinegar
Salt & pepper
3 tbsp. cornstarch
1 tsp. dill weed
1 c. sour cream or plain yogurt

Place roast in slow cooker with dill weed, salt and pepper. Add water and vinegar. Cook for 7 or 8 hours or until tender. When tender, take roast out and turn to high. Mix cornstarch and dill weed and add to juice to thicken. Then stir in sour cream or plain yogurt.

DILLY CASSEROLE BREAD

1 package active dry yeast
1/4 cup very warm water
1 cup cream style cottage cheese, heated to lukewarm
1 tablespoon butter
2 tablespoons sugar
1 tablespoon instant minced onion
2 teaspoons dill seed
1 teaspoon salt
1/4 teaspoon baking soda
1 egg
2 1/4 - 2 1/2 cups flour

Soften yeast in warm water. In mixing bowl, combine cottage cheese, butter, sugar, onion, dill seed, salt, soda, egg, and the softened yeast. Add flour gradually, beating well after each addition to form a stiff dough. Turn into a well-greased Bread'n Cake Bake Pan; cover. Place in crackpot. Cover and bake on high setting for 3-4 hours.

Remove pan and uncover. Let stand for 5 minutes. Unmold and serve warm.

*If you don't have a bread 'n'cake pan use an empty coffee ground can.

DOWN ON THE FARM BEAN POT

4 cups (two 16 oz cans) cut green beans, rinsed and drained and 1/2 cup liquid reserved

20 oz (two 16-oz cans) great northern beans, rinsed and drained

1/2 cup (3 oz) finely diced ham

1/2 cup chopped onion

1/2 cup chunky salsa (mild, medium or hot)

2 Tblspn Brown Sugar

In a slow cooker, combine green beans, great northern beans, ham and reserved liquid. Add onion, salsa, and brown sugar . Mix well to combine. Cover and cook on LOW for 6 to 8 hours. Mix well before serving.

DRESSING

1 stick butter (melted)

2 cups diced onion

2 cups diced celery

1 large skillet cornbread (crumbled)

1 tsp. salt

4 tsp. sage

1/2 tsp. pepper

2 eggs (well beaten)

1 can Golden Mushroom soup

1 can cream of chicken soup

1.5-3 cups chicken broth

3 cups chicken

Mix all ingredients together and cook on high 45 minutes, then on low for 4 hours.

E

[Top](#)

EASY CHERRY COBBLER

- 1 16-oz can cherry pie filling
- 1 package cake mix for 1 layer cake or sweet muffin mix
- 1 egg
- 3 tablespoons evaporated milk
- 1/2 teaspoon cinnamon
- 1/2 cup chopped nuts...optional

Put pie filling in lightly buttered 3 & 1/2 quart crock pot and cook on high for 30 minutes. Mix together the remaining ingredients and spoon onto the hot pie filling. Cover and cook for 2-3 hours on LOW. You may also use a lightly greased soufflé dish in a larger crock pot.

EASY DOES IT SPAGHETTI

- 1 lb. ground chuck
- 1/2 c. chopped onion
- 2 cloves garlic, minced
- 2 (8 oz each) cans tomato sauce
- 1 to 1 1/2 tsp Italian seasoning
- 1 (4 oz) can sliced mushrooms, drained
- 3 c. tomato juice
- 6 oz. dry spaghetti, broken into 4 to 5 inch pieces

Brown ground chuck in skillet, drain and put in Crock-Pot. Add all remaining ingredients except dry spaghetti; stir well. Cover; cook on Low 6 to 8 hours (High: 3 to 5 hours). Turn to high last hour and stir in dry spaghetti. 4 servings.

EASY HOT MARINATED MUSHROOMS

- 2 packages whole fresh mushrooms (8oz each)
- 1 stick butter
- 1 package Italian dressing mix

Wash and drain mushrooms. Place all ingredients in crock pot on high until mushrooms darken and become very tender. Stir mixture occasionally while cooking to thoroughly coat mushrooms. Lower crock pot heat to low to keep

mushroom warm during serving.

EASY SANTA FE CHICKEN

- 1 15 oz can black beans -- rinsed and drained
- 2 15.25 oz cans whole kernel corn -- drained
- 1 cup bottled thick and chunky salsa
- 5 or 6 skinless boneless chicken breasts -- (can use frozen)
- 1 8 oz brick cream cheese -- low fat is fine
- 1 cup shredded cheddar cheese

In a 3.5 or 4 quart electric slow cooker, mix together the beans, corn, and 1/2 cup salsa. Top with the chicken breasts, then pour the remaining salsa over the chicken.

Cover and cook on the high heat setting 2.5-3 hours, or until the chicken is tender and white throughout; do not overcook or the chicken will toughen.

Remove the chicken and cut into bite sized pieces. Add back to the slow cooker.

Add the cream cheese (cut into cubes to melt faster), and turn slow cooker to high heat. Heat until cream cheese melts and blends into sauce.

Serve over rice. Top with shredded cheese.

EASY YUMMY VEGETABLE SOUP

- 1 10-oz package frozen green beans (or two drained cans green beans)
- 1 10-ounce package frozen whole kernel corn (or two drained cans corn)
- 1 cup chopped onion (OR chop up as much onion as you like! I did at least 4 onions)
- carrots--slice up a couple of big ones or use 1/4 to 1/2 a package of bagged baby carrots
- 1 zucchini, chopped
- 2 cloves garlic, minced
- 6 cups vegetable, chicken, or beef broth
- 1 6 oz. can tomato paste
- 2 Tbs parsley
- 1 tsp marjoram

1/2 tsp dried basil
2 bay leaves

Put all ingredients into crackpot, stir, and cook on low setting for 7-9 hours or high setting for 3-4 hours.

If you like, you can add pasta to this. Add about 2 cups of pasta when cooking time is up, then cook for an hour more.

EGGPLANT AND TOMATO STEW WITH GARBANZO BEANS

1 medium eggplant, peeled -- cut in 1/2" cubes
2 cups chopped tomato
1 1/2 cups sliced carrot
15 ounces garbanzo beans, canned -- drained
8 ounces red kidney beans, canned -- rinsed and drained
1 cup chopped onion
1 cup sliced celery
3 cloves garlic -- minced
3 cups vegetable broth
6 ounces tomato paste
1/2 teaspoon dried oregano -- crushed
1/2 teaspoon dried basil -- crushed
1/4 teaspoon salt
1/4 teaspoon pepper
1/4 teaspoon crushed red pepper
1 bay leaf

1. In a 3 1/2, 4 or 5-quart crackpot, combine eggplant, tomatoes, carrots, garbanzo beans, kidney beans, onion, celery and garlic.

2. Combine vegetable broth, tomato paste, oregano, basil, salt, pepper, crushed red pepper and bay leaf. Pour over vegetables.

3. Cover; cook on low-heat setting for 7 to 8 hours or on high-heat setting for 3 1/2 to 4 hours. Discard bay leaf. Makes 6 servings.

ENCHILADAS

1 lb. ground beef
1 small onion, chopped
1 pkg. super sized corn tortillas (10 in a pack)
1 med. sized can mild enchilada sauce
1 can cream of chicken soup
1 lb. sharp cheddar cheese, grated
1 can corn, drained
sliced olives optional

Cook ground beef and onion together and drain off the fat. Stir together enchilada sauce and cream of chicken soup. Cut tortillas in half. Place some sauce in the bottom of your crock pot. Layer 3 tortillas (6 halves) around crock pot and cover center. Spread out half of the beef, top with half of the corn, pour sauce on to cover and then sprinkle with one third of the cheese. Do another layer the same way then top with the rest of the tortillas, cover with sauce and sprinkle with the rest of the cheese. You can also toss in some sliced olives in you'd like. Cook on low 5 1/2 hours and then the another 45 minutes on high.

F

[Top](#)

FAJITAS #1

2 lbs flank steak cut crosswise into 6 pieces
1/4 c. flour
2 red or green peppers sliced
1 onion, thinly sliced
2 TBS. packed brown sugar
3 cloves garlic, chopped
2 tsp cumin
2 tsp ground coriander
1 tsp salt
1/2 tsp pepper
juice of 1 lime
2 TBS Worcestershire sauce
1 pint of cherry tomatoes
8 flour tortillas

2 TBS chopped fresh coriander
Prepared salsa and cilantro, optional

Coat meat with the flour and place in the bottom of the crock pot. Mix 1st 10 ingredients and layer on top of meat in 4 qt crock pot. On low, cook for 8-10 hours stirring in tomatoes during last 30 mins. Warm tortillas. Remove meat from crock pot and shred. Mix with pepper mixture and sprinkle with cilantro. Serve in tortillas and garnish with salsa.

FAJITAS #2

1 to 1 1/2 lb. stew meat -- well browned
1 16-24 oz. jar Pace picante sauce, or 2-3 cups of your homemade salsa
1 green pepper cut into julienne strips
1 medium to large onion cut into rings

Layer meat, pepper, onion, salsa until all ingredients are used. Cook on low heat until done. Serve on flour tortillas with lettuce, cheese, etc.

Substitute boneless skinless chicken breasts, or leftover deboned chicken, turkey, pork or roast.

FALL FRUIT

3 medium apples (peel, core & cut in pieces)
1 large can pineapple chunks in its own juice(drain pineapple and save juice)
1 cup grated cheddar or Colby cheese
3/4 cup sugar
1/3 cup flour

Layer 1/2 of the fruit on bottom then add half the dry ingredients and then half the cheese. Continue layers.

Pour this mixture over last layer:

1/3 cup butter (melted)
1/2 cup pineapple juice

Top with nuts, pecans or almonds. Bake uncovered 30 minutes at 350 degrees. Fix it in the crockpot for 1 hour on high.

FARMER'S PORK CHOPS

4 pork chops
1 clove garlic, chopped
Salt & Pepper to Taste
4 medium potatoes, sliced
2 onions, sliced
1-1/2 cup Sour Cream
1-1/2 teaspoon salt
1/2 teaspoon dry mustard

Trim excess fat from chops and roll in flour. Brown chops and garlic in hot fat. Season. Layer in crock pot potatoes, browned chops, and onions. Blend sour cream, salt, and mustard. Pour over top. Cook on Low 4 - 6 hours.

FARMHOUSE MACARONI AND CHEESE

3 cups cooked elbow macaroni, rinsed and drained
2 Tbsp Hormel Bacon Bits
1/4 cup chopped onion
1-3/4 cup (one 14-1/4 ounce can) stewed tomatoes, undrained
1 - 1/2 cups (6 oz) shredded Kraft reduced-fat Cheddar cheese
1 (10-3/4 oz) can Healthy Request Cream of Mushroom Soup

In a slow cooker, combine macaroni, bacon bits, onion, undrained stewed tomatoes and cheddar cheese. Pour mushroom soup over top. Mix well to combine. Cover and cook on LOW for 6 to 8 hours. Mix well before serving.

FISHERMAN CATCH CHOWDER

1 lb - 1 1/2 lb. fish (use any combo of the following: flounder, ocean perch, pike, rainbow trout, haddock or halibut)
1/2 c Onion; chopped
1/2 c Celery; chopped
1/2 c Pared carrots; chopped
1/4 c Parsley; snipped
1 ts Leaf rosemary
1 can (16 oz.) whole tomatoes; mashed

1/2 c Dry white wine
1 Bottle (8 oz.) clam juice
1 ts Salt
3 tb Flour
3 tb Butter or marg. melted
1/3 c Light cream (half-n-half)

Cut cleaned fish into 1-inch pieces. Combine all ingredients except flour, butter and cream in crackpot; stir well. Cover and cook on LOW setting for 7-8 hours. (On HIGH setting for 3-4 hours.) One hour before serving, combine flour, butter and cream. Stir into fish mixture. Continue to cook until mixture is slightly thickened. 4 servings (about 2 qts.)

FRENCH DIP ROAST

1 large onion, quartered and sliced
1 beef bottom round roast (about 3 lbs.)
1/2 c. dry white wine or water
1 pkg. (3/4 oz) au jus gravy mix
1/8 tsp. seasoned pepper

Place onion in crackpot. Trim excess fat from roast. Cut meat in half if needed to fit in crock pot. Place meat in crock pot over onions. In a small bowl, combine wine (or water), au jus mix and pepper until blended. Pour over roast. Cover and cook on high for 6 hours or on low for 12 hours (until very tender). Remove meat from liquid. Let stand 5 minutes before thinly slicing across grain. Strain broth, if desired; taste for salt. Serve with hard French rolls for sandwiches... use liquid for dipping.

FRENCH DIP SANDWICH #1

1 lean beef roast (3 to 4 pounds)
1/2 cup light soy sauce
1 low-sodium beef bouillon cube
1 bay leaf
3 to 4 whole peppercorns
1 teaspoon each of dried rosemary, crushed, dried thyme and garlic powder
Bread OR rolls of your choice

Remove and discard all visible fat from roast. Place in a slow cooker. Combine soy sauce, bouillon and spices; pour over roast. Add water to almost cover roast. Cover and cook over low heat 10 - 12 hours or until meat is very tender. Remove meat from broth; shred with a fork. Serve on bread or rolls. yield 12 servings.

FRENCH DIP SANDWICH #2

3-4 lb rump roast
1 pkg. au jus mix (dry)
1 pkg. Italian dressing mix (dry)
1 (10.5 oz) can beef broth
1 1/2 cups water
Green pepper, sliced thin (optional)
Onion, sliced thin (optional)
Hoagie buns, sourdough buns or your choice
Swiss Cheese (optional)

Place roast in crock-pot. Mix next 4 ingredients and pour over meat. Cook on LOW for 8-10 hours. Remove roast and if adding peppers and onions put those in the crackpot and turn on HIGH until peppers just start to get limp. Remove veggies and set aside. Reserve juice for serving. Slice meat thinly or pull apart. Pile meat on buns with optional veggies and cover with cheese. Wrap in foil. Heat in 350°F oven for 10 minutes. Serve on plate with cup of juice for dipping.

FRENCH ONION SOUP #1

2 quarts bouillon, beef -- blended
6 cups onions -- thinly sliced
1/4 cup margarine
1 1/2 teaspoons salt
1/4 cup sugar
2 tablespoons flour
1/4 cup cooking sherry -- optional

Pour bouillon in crackpot; cover and set on high. Cook onions slowly in large skillet in margarine; cover and let cook for about 15 minutes.

Uncover and add salt, sugar and flour. Stir well. Add to stock in crackpot. Cover and cook on low for 6-8 hours. Add sherry anytime during the last 2-3 hours of

cooking. NOTE: The sugar aids the browning process. Place a slice of french bread in each serving dish. Place a slice of jack, mozzarella or similar cheese over the bread. Pour hot soup over this combination.

FRENCH ONION SOUP #2

2 pounds onions -- sliced thin
1 tablespoon sugar
1 teaspoon salt
1/4 cup margarine
3 tablespoons olive oil
2 tablespoons flour
2 cans condensed beef broth
2 cans condensed beef consommé
1/2 cup dry white wine
1 teaspoon Worcestershire sauce
3 soup cans water

Topping:

1 loaf French bread -- sliced
olive oil
parmesan cheese -- freshly grated
Swiss cheese -- freshly grated

Melt margarine and olive oil together in large skillet. Add sliced onions, sugar and salt to skillet, sauté approximately 20 minutes or until golden. Sprinkle onions with flour and cook an additional 2 - 3 minutes. To crackpot, add the remaining ingredients and the onion mixture. Cook at least 8 hours or follow individual crackpot directions.

TOPPING:

Brush 1" slices of French bread on both sides with olive oil. Sprinkle one side with parmesan cheese and broil. Put broiled side down in got soup, sprinkle top side of bread with parmesan and top with grated Swiss cheese. Broil until bubbly.

FRENCH ONION SOUP #3

Serving Size 6

- 4 Large Yellow onions -- thinly sliced
- 1/4 Cup Butter
- 3 Cups Rich beef stock
- 1 Cup Dry white wine
- 1/4 Cup Medium dry sherry
- 1 Teaspoon Worcestershire sauce
- 1 Clove Garlic -- minced
- 6 Slices French bread -- buttered
- 1/4 Cup Romano or Parmesan cheese

Using a large frying pan, slowly sauté 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 (200°F) 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.

FRESH TOMATO SAUCE

- 4 cups tomatoes -- peeled, seeded and finely chopped
- 1 medium red or white onion -- minced
- 1 1/2 teaspoons basil (fresh if possible)
- 1 teaspoon sugar
- 1 can tomato paste -- (6 oz)
- 4 garlic cloves -- crushed
- 1/4 teaspoon oregano
- 1 dash red pepper

Combine all ingredients in lightly oiled Crock Pot (I use virgin oil). Cover and cook on low for 6 - 12 hrs., high about 4 hrs.

FRESH TOMATO SOUP

- 8 medium tomatoes
- 1 medium onion -- chopped
- 2 carrots -- peeled and thinly sliced
- 1 garlic clove -- crushed
- 1 tablespoon brown sugar

- 1 tablespoon chopped fresh basil
- 1 tablespoon chopped parsley
- 2 teaspoons Worcestershire sauce
- 1/2 teaspoon salt
- 1/8 teaspoon pepper
- 3 cups chicken broth or bouillon

Drop tomatoes in a pan of boiling water for 15 to 20 seconds; immediately rinse with cold water. Remove skins. Cut in half crosswise; squeeze out and discard seeds.

Combine in slow-cooker with onions, carrots, garlic, brown sugar, basil, parsley, Worcestershire sauce, salt, pepper and broth (or bouillon). Cover and cook on LOW 5 to 6 hours or until vegetables are very soft. Puree in blender or food processor fitted with metal blade. Serve in individual bowls.

G

[Top](#)

GARLIC BROWN SUGAR CHICKEN

Chicken pieces-enough to feed your family-legs, thighs etc.

- 1 cup packed brown sugar
- 2/3 cup vinegar
- 1/4 cup lemon-line soda
- 2-3 Tbls. minced garlic
- 2 Tbls. soy sauce
- 1 tsp. pepper

Place chicken in crackpot. Mix all remaining ingredients and pour over chicken. Cook on low for 6-8 hours. Serve over rice or noodles. You can thicken the juices after cooking with a little cornstarch. If using cayenne pepper, it gives dish a Szechwan flavor.

GARLIC CHICKEN

3-lb. Frying Chicken, cut into serving pieces
Salt and Black Pepper to Taste
2 Tbs. Olive Oil
1/2 cup Dry White Wine
1/8 cup (2 Tbs.) Vermouth
2 Tbs. fresh Parsley, chopped
2 Tbs. fresh Basil, chopped
1 Tbs. fresh Oregano, chopped
Dash of Crushed Red Pepper Flakes
20 cloves Garlic, peeled (20 is correct)
2 stalks Celery, sliced
Juice of 1 Lemon
Peel of 1 Lemon

Remove the skin from the chicken pieces, if so desired. Sprinkle the chicken pieces with salt and pepper.

Warm the olive oil in a heavy skillet over medium-high heat. Brown the chicken on all sides, and remove to a platter when golden.

In a large mixing bowl, blend together the white wine, vermouth, parsley, basil, oregano, and red pepper flakes. Add the garlic and celery, and mix to coat. With a slotted spoon, transfer the coated vegetables to a slow cooker. Add the chicken pieces to the remaining herb and wine mixture and coat well.

Place the chicken on top of the vegetables in the slow cooker. Sprinkle the lemon juice and peel over the top of the chicken. Pour the rest of the wine and herb mixture over the top of the chicken.

Cover and cook on low for 6 hours, or until the chicken is no longer pink in the thickest cuts. Discard the celery and garlic and serve warm.

GARLIC PORK ROAST AND SWEET POTATOES

3 1/2-pound pork boneless loin roast
1 tablespoon vegetable oil
1 teaspoon salt
1/2 teaspoon pepper
3 cups 1-inch pieces peeled sweet potatoes
1 medium onion, sliced
6 cloves garlic, peeled

1 cup chicken broth

1. Remove fat from pork. Heat oil in 10-inch skillet over medium-high heat. Sprinkle pork with salt and pepper. Cook pork in oil about 10 minutes, turning occasionally, until brown on all sides.
 2. Place sweet potatoes, onion and garlic in 3 1/2- to 6 quart slow cooker. Place pork on vegetables. Use small amount of the chicken broth to deglaze skillet. Pour drippings and remaining broth over pork.
 3. Cover and cook on low heat setting 8 to 10 hours or until pork and vegetables are tender. 6 servings.
-

GARLIC POT ROAST

3 lb pork roast
1 T. vegetable oil
1 t. salt
1/2 t. pepper
1 medium onion, sliced
3 cloves garlic, peeled
1 cup chicken broth

Brown pork roast in vegetable oil and sprinkle with salt and pepper. Peel garlic and slice onion, throw in bottom of Crock Pot. Place pork on top of them. Pour broth over pork. Cover and cook on low 8 to 10 hours.

GERMAN BEEF STEW

1 1/2 lbs beef chuck, cut in 2" cubes
2 tbs flour
1/2 tsp celery salt
1/2 tsp garlic powder
1/2 tsp ground ginger
1/4 tsp ground black pepper
1 can (16 oz) diced tomatoes, undrained
2 cups thinly sliced carrots
1 large potato, cut into chunks
1/4 cup sherry

1/4 cup dark molasses
1 cup water

Place beef in slow cooker (crackpot). In a small bowl combine flour, celery salt, garlic powder, ground ginger, and pepper; sprinkle over beef. In a medium bowl, combine tomatoes, carrots, potatoes, sherry, molasses, and water; pour over beef. Cook on low setting for 6 to 8 hours. If desired, add 1/4 cup raisins 30 minutes before serving. Serves 4 to 6.

GLAZED CHICKEN

4 skinless boneless chicken breasts
6 oz. frozen concentrated orange juice
1/2 t. thyme salt pepper

Place chicken in crackpot. Mix the thyme and orange juice and pour over. Cook about 4-5 hours on low. Season to taste. (If you use the frozen chicken breasts they usually don't need additional salt.)

GLAZED CORNED BEEF

4 lb Corned beef
1 1/2 ts Horseradish
Water*
2 tb Red wine vinegar
2 tb Prepared mustard
1/4 cup Molasses

Method:

In crock-pot cover corned beef with water. Cover and cook on low for 10 to 12 hours. Drain cooked corned beef; place on broiler pan or ovenproof platter. Combine mustard, horseradish, wine vinegar, and molasses. Brush on all sides of meat. Brown in 400°F oven for 20 minutes or until it begins to brown; brush with sauce several times while browning. Makes 6 to 8 servings.

GOOEY CHICKEN BURRITOS

2 large chicken breasts
12 oz jar of salsa (I used medium)
1 can of cream of chicken soup
1 can of diced green chilies (mild)
1 1/2 cups of grated cheese (I used a cheddar and jack blend)
1 small onion
A handful of Spanish olives ~sliced
2 tbs. of cooking tapioca
Flour tortillas

Combine all ingredients, except tortillas, in crackpot. Cook on low, 8 hours. Spoon concoction onto warmed tortillas and roll.

GRANNY'S ITALIAN DINNER

4 chicken breasts, cut in half
1 pkg sweet Italian sausage, cut in half
1 Lg. (16 oz) container fresh mushrooms, cut in half
2 Lg. onions, sliced thickly
2 Lg. green peppers, sliced thickly
1 Lg. (28 oz) can stewed tomatoes
1 (8 oz) can tomato sauce
1 Tablespoon Italian seasoning
Salt & Pepper

Mix all ingredients together in crackpot; cook 6-8 hours on low. Serve over pasta with lots of shredded cheddar cheese.

GREAT BAKED BEANS

1 pkg. dried beans, yellow eye, navy, great northern, etc.
4 tbs. granulated sugar
2 scant tsp. salt
1/4 tsp. black pepper
1 tsp. powdered mustard
1/2 c. molasses
1 (2 to 3 oz.) piece salt pork
1 med. peeled whole onion

Soak beans overnight. In a.m. drain and replace water. Parboil 10 to 15 minutes (not longer). Place onion in crackpot. Drain beans and put on top of onion. Add sugar, salt, pepper, mustard and molasses dissolved in 1 1/2 cups of hot water. Add to beans. Add enough hot water to just cover top of beans. Place salt pork on top. Cover and set crock pot on high. Check and add water about every 3 hours, when necessary. Cook 6 to 8 hours.

GREEN BEANS PORTUGUESE STYLE

1/4 pound salt pork
2 pounds fresh green beans
2 medium tomatoes
2 cups beef stock
1/2 teaspoon salt
1/2 teaspoon sugar
1/4 teaspoon pepper

Dice salt pork and spread over bottom of slow-cooking pot. Wash beans. Break each bean into 2 or 3 pieces; place in pot over salt pork. Peel, seed and cube tomatoes; spoon over beans. Add stock with salt, sugar, and pepper. Cover and cook on high for 3 to 4 hours or until beans are tender. Drain and serve hot.

GROUND BEEF & POTATO DINNER

1 1/2 lb. ground beef
1 large clove garlic
1/4 tsp. pepper
1/2 tsp. thyme
6 med. potatoes
2 large onions
1 can cream of mushroom soup (10 3/4 oz.) *cream of chicken works well too
1/2 c. water

Cook ground 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.

GROUND BEEF STROGANOFF

1 1/2 lb. lean ground beef
1 medium onion, chopped
1 clove garlic, minced
3 Tbsp. tomato paste
1/2 c. beef broth
3 Tbsp. sherry
1 tsp. salt
Dash pepper
1 can mushrooms, drained
1 c. sour cream

Brown ground beef with onion and garlic; drain. Add to crock pot with remaining ingredients except for sour cream. Cover and cook on low for 5 to 7 hours. Stir in sour cream. Heat through. Serve over egg noodles.

H

[Top](#)

HAM AND BEAN SOUP WITH VEGETABLES

1 pound Dried Navy Beans soaked overnight
1 Hot pepper
1 Carrot, sliced
Salt and pepper
4 cups Water
1 Ham butt (2 to 3 pounds)
1 Onion, sliced
1 package Frozen peas
2 Garlic cloves
1 Green pepper. diced
1/2 small head Cabbage, shredded

Drain beans. Place all ingredients except frozen vegetables and cabbage in crock

pot. Cover and cook on Low 10 to 12 (or more) hours. Turn to high and remove ham. Add peas, limas and cabbage. Cook for 1 to 2 hours on High or until vegetables are tender. Serve large bowls of this thick soup with crusty French bread.

HAM AND LENTIL SOUP

2 cups lentils
1/2 pound ham -- diced
1 onion -- chopped
1 bay leaf
2 ribs celery -- chopped
1 clove garlic -- minced
salt and pepper -- to taste

Combine all ingredients with 2 quarts water in the crock pot. Cook on low, covered, 8 to 10 hours. Adjust seasonings and serve.

HAM AND POTATOES #1

5 or 6 potatoes, sliced thin
1 to 2 cups ham, cubed
1 medium onion, sliced
1 can Cream of Mushroom soup
1 cup shredded cheddar cheese

Layer one half of the potatoes, ham, and onions in crackpot. Season with salt and pepper then half of the cheese. Add remaining potatoes, ham, onions and cheese. Spread undiluted soup evenly over top so air doesn't reach the potatoes. Sprinkle with paprika. Cover and cook on Low for 8 hours.

HAM AND POTATOES #2

6-8 slices ham
8-10 med. potatoes, peeled and thinly sliced
1 med. onion, peeled and thinly sliced

Salt and pepper
1 c. grated Cheddar cheese
2 cans cream of celery or mushroom soup
Paprika

Put half of ham, potatoes and onions in crock pot. 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 8-10 hours or on high 4 hours.

HAM AND SCALLOPED POTATOES

1 cup water
1/2 tsp. Cream of Tarter
5 medium potatoes
1 cup chopped onion
salt & Pepper to sprinkle

SAUCE

1/4 cup all purpose Flour
1 tsp. salt
1/8 tsp. pepper
2 cups milk

1 cup grated cheddar cheese
2 cups cubed boneless smoked ham

Combine water and cream of tarter in large bowl. Stir and add potatoes. Stir well, this will help keep potatoes from darkening. Drain. Layer potatoes and onion in a crock pot (5 quart) and sprinkle with salt and pepper.

Sauce: Stir flour, salt, and pepper together in a saucepan. Wisk in milk gradually until no lumps remain. Heat and stir till boiling. Pour 1/2 of sauce over potatoes.

Sprinkle cheese and ham over top, then top that with remaining sauce. Cover and cook on low for 9-10 hours or high for 4 1/2-5 hours. Serves 6.

HAM-BEAN SOUP

1 ham bone (with small amount of ham still on)

2 c. Navy beans or mixed beans
8 c. water (3 c. more may be added, after bone is taken out, then cook some more)
1 clove garlic, minced (or 1/2 tsp. garlic powder)
1 tbsp. lemon juice
1 tbsp. honey
1 bay leaf
1 lg. onion, chopped
Salt & pepper, to taste

Wash beans. Put everything in crock pot along with ham bone. Start cooking at high (I usually start it in the evening) and after it starts cooking, turn to simmer. (I cook it all night and until serving time at noon or even later.) I usually remove the bone in the early morning and add more water. Remove bay leaf before serving.

HAMBURGER CHOW MIEN

2 lbs crumbled and cooked ground beef, drained
1/2 cup sliced or diced onion
1 cup sliced celery
1 can sliced water chestnuts
1 can mushrooms
1/2 (or so) rice
2-4 cups water
1/2 cup soy sauce
1/4 cup beef stock or broth
1 tbs brown sugar
Salt/Pepper to taste
1 tbs.corn starch mixed with 1 tbs. water
chow mien noodles

In crackpot put all ingredients from beef to brown sugar and stir until incorporated. Do not put all the water in, just enough to barely cover the ingredients (rice will absorb water as it cooks). Cook on low. After 4-6 hrs mix in 1-2 cups more water until mixture is somewhat runny. Add the cornstarch/water mix and turn on high for about 20 minutes or so. Serve over chow mien noodles.
Serves 4-6

HAMBURGER VEGETABLE SOUP

Tomato soup
Stewed Tomatoes (Italian style)
Hamburger (browned)
Corn
Carrots
Green Beans
Parmesan Cheese

Use 1 can of Soup for each person. 1/4 lb. Hamburger for each person, and 1/4 can veges. for each person.

Brown meat, I usually do it ahead of time and freeze it. Add everything into Crock Pot and leave it on low for about 3 hours (stir occasionally). Top each bowl with parmesan cheese.

HASH BROWN DINNER

1 to 1 1/2 pounds ground chuck, browned and drained
1 medium onion, chopped
1 envelope brown gravy
1 can (16 oz) cream corn
1 1/2 cups shredded cheddar cheese
1 package (16 oz) frozen hash browns, slightly thawed
1 can cream of celery, mushroom, or chicken soup
1/2 cup evaporated milk
salt and pepper to taste

Place ground beef and onion in crackpot; toss with gravy mix. Pour cream corn over ground beef mixture, then add half the cheese. Top with hash browns, and remaining cheese. Mix the soup with evaporated milk and pour evenly over the hash browns. Cook on low for 6 to 8 hours, or on high for 3 1/2 to 4 1/2 hours. If using a 5-quart or larger pot, you may use 2 pounds of ground beef and 32 ounces hash browns. Serves 4.

HEARTLAND SCALLOP

16 oz ground 90% lean turkey or beef

- 1/2 cup chopped onion
- 1 cup (one 8 oz can) cream-styled corn
- 1/2 cup (one 2.5 oz jar) sliced mushrooms, drained
- 1 (10-3/4 oz) can Cream of Chicken Soup
- 6 cups (20 oz) shredded frozen hash brown potatoes

In a large skillet sprayed with butter flavored cooking spray, brown meat and onion. Spoon browned meat mixture into a slow cooker. Add corn, mushrooms, and chicken soup. Mix well to combine. Stir in potatoes. Cover and cook on LOW for 6 to 8 hours. Mix well before serving.

HINT: Raw shredded potatoes may be used in place of frozen potatoes.

HEARTY BEAN POT

- 1 lb. dried Navy or Great Northern Beans
- 1 tsp. Vegetable Oil
- 2 medium Onions, chopped
- 3/4 cup Canadian-style Bacon, diced
- 6 cloves Garlic, minced
- 1 tsp. dried Thyme
- Dash of crushed Red Pepper
- 1/4 cup Molasses or Maple Syrup
- 1/4 cup Ketchup
- 2 Tbs. Worcestershire sauce
- 1 Tbs. Dry Mustard
- 3 cups Water, boiling
- 2 Bay Leaves
- 2 Tbs. Cider Vinegar
- Salt and Pepper to taste

Place the beans in a large bowl and cover with water to soak overnight, or for at least 8 hours.

Drain and rinse the soaked beans, discarding any anomalies; place them in a 3-1/2-quart stock pot.

In a large skillet over medium-high heat, warm the vegetable oil. Add the onions and the Canadian bacon. Cook, stirring often, until the onions are softened, usually about 5 minutes.

Add the garlic, thyme, and crushed red pepper to the mixture and stir in the skillet

for about a minute more. Add the mixture to the beans in the crock pot.

Add the molasses or maple syrup to the crock pot. Pour in the ketchup, Worcestershire, and dry mustard. Stir to combine.

Add the boiling water to the crock pot. Add the bay leaves and cook on high, covered, for about 4 1/2 hours, or on low-temperature setting for 10 or 11 hours.

Remove the bay leaves from the cooked beans and season with a splash of vinegar, salt, and pepper.

HEARTY BEAN SOUP

3 cps chopped parsnips
2 cps chopped carrots
1 cp chopped onion
1-1/2 cps cry great northern beans
5 cps water
1-1/2 lbs smoked ham hocks
2 garlic gloves, minced
2 tsp salt
1/2 tsp pepper
1/8 to 1/4 tsp hot pepper sauce

Soak beans overnight. In a 5 qt. cooker, place parsnips, carrots, and onion. Top with beans. Add water, ham, garlic, salt, pepper and hot sauce. Cook on high several hours till beans are tender. I take the ham hocks out and shred the meat off and put it back in the pot. I also like to add more water.

HEARTY BEEF CHILI

"New Flavors from your Crockery Cooker" by Better Homes and Gardens

1 29-ounce can tomatoes, cut up
1 10 ounce can chopped tomatoes and green chili peppers
2 c. vegetable juice or tomato juice
1-2 tbsp. chili powder
1 tsp. ground cumin
1 tsp. dried oregano, crushed

3 cloves garlic, minced
1 1/2 lbs. beef or pork stew meat, cut into 1" cubes
2 c. chopped onion
1 1/2 c. chopped celery
1 c. chopped green pepper
2 15-ounce cans black, kidney, and/or garbanzo beans, drained and rinsed
Toppers such as shredded Mexican cheese or cheddar cheese, dairy sour cream, thinly sliced green onion, snipped cilantro, thinly sliced jalapeno peppers, and/or sliced pitted ripe olives (optional)

In a 6 quart crockery cooker combine both cans of undrained tomatoes, vegetables or tomato juice, chili powder, cumin, oregano, and garlic. Stir in the meat, onion, celery, and sweet pepper.

Cover; cook on low-heat setting for 8 to 10 hours or on high heat setting for 4 to 5 hours. If using low heat setting, turn to high heat setting. Stir in the beans; cook 15 minutes more. Spoon into bowls. If desired, serve with toppers.

Makes 10 servings* Prep time: 20 min.

HEARTY BEEF STEW #1

Serving Size : 8

2 pounds stew beef -- cut in 1" cubes
5 carrots -- sliced
1 large onion -- diced
3 stalks celery -- sliced
1 can tomatoes -- (28 ounce)
1/2 cup quick-cooking tapioca
2 bay leaves
salt and pepper

Trim all fat from meat. Put all ingredients in Crock pot. Mix thoroughly. Cover and cook on low 10-12 hours (High 5-6 hours).

HEARTY BEEF STEW #2

1 lb. stew meat, cut into small cubes 3 potatoes, peeled, cut into cubes

2 carrots, peeled, and sliced thin
2 stalks celery, sliced
1 med zucchini, sliced
2 cans cream of mushroom soup
1 pkg, dry onion soup mix

Mix all ingredients in crock-pot. Cover and cook on low 8-10 hours.

HEARTY POTATO SOUP

6 potatoes -- peeled and cut into 1/2" cubes
2 medium onions -- diced
2 carrots -- thinly sliced
2 ribs celery -- thinly sliced
2 cans {14 1/2 oz. each} chicken broth
1 teaspoon dried basil
1 teaspoon salt
1/2 teaspoon pepper
1/4 cup all-purpose flour
1 1/2 cups half-and-half

Combine first 8 ingredients in a slow cooker. Cook, covered, at High 3 hours or until vegetables are tender. Stir together flour and half-and-half; stir into soup. Cover and cook 30 minutes or until thoroughly heated.

YIELD: 8 1/2 cups

HEARTY WHEAT BERRY BREAKFAST

1 cup Wheat berries, rinsed & drained
2-2 1/2 cups Apple juice
1/2 cup Chopped apricots
1/4 cup Raisins
1/2 tsp Cinnamon
1/4 tsp Allspice
1/4 tsp Clove
1/4 tsp Cardamom

Place everything in the crackpot the night before. Cook on low all night. Serve in

the morning.

HERBED ROAST BEEF

6 servings

3-pound boneless beef tip roast
1 tsp. salt
1 tsp. mixed dried herb leaves
1/2 tsp. pepper
2 cloves garlic, finely chopped
1 cup balsamic vinegar (or use red wine vinegar)

Spray 12" skillet with cooking spray; heat over medium-high heat. Cook beef in skillet about 5 minutes until brown on all sides. Sprinkle with salt, herbs and pepper.

Place garlic in a 4-5 quart slow cooker. Place beef on garlic. Pour vinegar over beef.

Cover and cook on low heat setting 6-8 hours or until beef is tender.

HERBED ROUND STEAK

2 lb. beef round steak
1 tbsp. cooking oil
1 onion
1 (10 3/4 oz.) can cream of celery soup
1 (10 3/4 oz.) can cream of broccoli soup
1 tsp. dried oregano
1/2 tsp. dried thyme
1 tbsp. garlic powder
1 tbsp. Worcestershire sauce
1/4 c. red or white wine
3/4 tsp. salt
1/2 tsp. pepper

Trim fat from steak. Cut meat into serving size portions. In a skillet brown meat in hot oil. Slice onion and place in bottom of 4 quart crock pot. Place browned meat

atop onion. In a bowl combine remaining ingredients; pour over meat. Cook on high heat setting for 5 hours. Serve over rice with steamed broccoli side dish. Serves 4.

HERBED VEGETABLE SOUP

1 10 oz package frozen green beans
1 10 oz package frozen corn
1 cup chopped onion
1 cup finely chopped carrots

(NOTE: The "official" recipe is what I'm posting here but I have to tell you that I just chop up one or two big onions, I don't measure, and I don't chop them finely; same goes for carrots. In fact I dump in way more than one cup of baby carrots and it comes out just fine.)

1 cup coarsely chopped zucchini
2 cloves garlic, minced
6 cups veg. broth
1 6 oz can tomato paste
2 Tbs parsley
1 tsp dried marjoram
1/2 tsp dried basil
1 bay leaf
1 4 oz package small pasta (1 1/2 cups)

1. Put all ingredients except pasta into crackpot. Stir. Cover and cook on low for 7-9 hours or high for 3-4 hours.
 2. Add pasta and cook on low or high for an hour more. Discard bay leaf and serve.
-

HOME STYLE CHILI

3/4 pound beef stew meat, cut into 1/2" pieces
2 (16oz) cans chili beans, undrained
1 (14oz) can stewed tomatoes, drained
1 (10oz) package frozen chopped green peppers
1 cup frozen chopped onion
1 TBS chili powder

8 Tbs light sour cream
8 tsp chopped fresh cilantro

1. Place first 6 ingredients in slow cooker and stir well. Cover with lid and cook on high 1 hour then low 7 hours.
 2. Ladle chili into bowls and top with sour cream and cilantro.
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HONEY MUSTARD BBQ SHORT RIBS

3 to 3.5 lbs beef short ribs
1 tablespoon Dijon-style mustard
1 garlic clove -- crushed
2 tablespoons honey
1/2 teaspoon salt
1/8 teaspoon pepper
1 cup bottled hickory smoked barbecue sauce
2 tablespoons cornstarch
2 tablespoons cold water
cooked noodles

Place short ribs in slow-cooker. In medium bowl, combine mustard, garlic, honey, salt, pepper, and barbecue sauce. Pour over ribs. Cover and cook on LOW 6 to 7 hours or until tender.

Refrigerate several hours or overnight. Skim any solidified fat from top. Remove ribs; heat in microwave or conventional oven. Dissolve cornstarch in cold water. Add to sauce from ribs. Cook and stir in microwave or on stovetop until hot and slightly thickened. Pour hot sauce over warm ribs. Serve on cooked noodles.

HONEY RIBS AND RICE

2 lbs. lean spare ribs
1 can condensed beef bouillon
1/2 c. water
2 tbsp. maple syrup
2 tbsp. honey
3 tbsp. soy sauce
2 tbsp. barbecue sauce

1/2 tsp. dry mustard

Bake ribs at 350°F for 1 hour (1/2 hour per side) or broil for 15 to 20 minutes to remove fat. Cut into single servings. Combine ingredients in crackpot, stir to mix. Add ribs. Cover and cook overnight or on low for 8 hours. Serve over rice.

HOT-AND- SPICY SLOPPY JOES

Adjust the "Hot-and-Spicy" part by using regular tomato juice and cut down on the amount of peppers.

1 1/2 lbs. ground beef
1 lg. onion, chopped (1 cup)
1 clove garlic, minced
1 can hot-style tomato juice or vegetable juice cocktail (6 oz.)
1/2 c. catsup
1/2 c. water
2 tbsp. brown sugar
2 tbsp. chopped canned jalapeño peppers (optional)
1 tbsp. prepared mustard
2 tsp. chili powder
1 tsp. Worcestershire sauce
8 hamburger buns
shredded Cheddar cheese

In a large skillet cook ground beef, onion, and garlic till meat is brown and onion is tender. Drain off fat.

Meanwhile, in a 3 1/2- or 4-quart crockery cooker combine tomato juice; catsup; water; brown sugar; jalapeño peppers, if desired; mustard, chili powder; and Worcestershire sauce. Stir in meat mixture. Cover; cook on low-heat setting for 10 to 12 hours or high-heat setting for 3 to 5 hours. Toast buns; spoon meat mixture over buns and sprinkle with cheese.

Serves 8

HOT CIDER PUNCH

2 parts apple juice

1 part cranberry juice
2 or 3 cinnamon sticks
1 tsp. allspice

Heat in crock pot.

HOT CITRUS CIDER

2 qts. apple cider
3 c. water
1 (6 oz.) can frozen orange and pineapple juice
1/2 c. light molasses
4 inch stick cinnamon
1 tsp. whole cloves
Apple slices

Put all ingredients except apples in dutch kettle. Bring to simmer for 10 minutes. Transfer to crockpot on low and top with apple slices. Serve as needed. May be topped with whipped topping in mugs.

HOT SPICED CRANBERRY CIDER

1/2 gal. cider
1/4 gal. cranberry juice
3 cinnamon sticks
1/2 tbsp. cloves
1 tbsp. allspice

Mix all together and simmer in a crock pot for 2-3 hours. Serve hot.

HOT MULLED CIDER

1/2 c. brown sugar
1 tsp. whole allspice
1 tsp. whole cloves
1/4 tsp. salt
Dash of ground nutmeg

3 inches stick cinnamon
2 qt. apple juice
Orange slices

Mix all ingredients together. Heat and serve in crock pot.

HOT SPICED CRANBERRY PUNCH

1 qt. cranberry juice
1 qt. apple cider or pineapple juice
1 tsp. whole cloves
1/2 tsp. whole allspice
2 sticks cinnamon
1/2 c. brown sugar

Combine and heat until bubbly, 17 to 20 minutes. Strain spices before serving. This works well to put in crock pot. Heat on high until hot. Keep on low while serving.

HOT DOG CHILI

1 (15oz) can of chili with beans
1 (6oz) can tomato paste
1/4 cup minced green pepper
1/4 cup minced onion
1 tsp. prepared mustard
1/2 tsp salt
1/2 tsp. chili powder
8-10 frankfurters
8-10 frankfurter buns

In slow-cooking pot, combine chili with beans, tomato paste, green pepper, onion, mustard, salt, and chili powder. Cover and cook on low for 3 to 4 hours. In large saucepan, drop frankfurters into boiling water; simmer several minutes. Toast buns. Serve frankfurter on each bun. Spoon chili mixture onto frankfurters.

HOT DOGS AND BEANS

4 lb can baked beans
1/4 tsp onion powder
1/4 c ketchup
1/4 c sugar
3/4 c diced onion
1/3 c light molasses
1/4 c barbeque sauce
1 lb hot dogs, chopped

Mix together and cook on low for 8 hours. If sauce is runny, lift cover for last hour or two.

HOT GERMAN POTATO SALAD

6 cups (30 oz) sliced raw potatoes
1 cup chopped onion
1 cup chopped celery
1 cup water
1/4 cup cider vinegar
1/4 cup Sugar Twin or Sprinkle Sweet
2 Tblsp quick cooking tapioca
1/4 tsp black pepper
2 tsp dried parsley flakes
1/4 cup Hormel Bacon Bits

In a slow cooker, combine potatoes, onions, and celery. In a medium bowl, combine water, vinegar, Sugar Twin, tapioca, black pepper, and parsley flakes. Pour mixture over potato mixture. Mix well to combine. Cover and cook on LOW for 8 hours. Stir in bacon bits. Serve warm.

HOT N SOUR SOUP

1/2 lb Lean pork, cut into strips
1 t Sesame oil
1/4 lb Fresh mushrooms, sliced
1/4 t Dried red pepper flakes
1 Can sliced water chestnuts
1 c Cubed firm tofu

1/2 c Bamboo shoots, sliced
2 c Chicken broth
2 T Soy sauce
2 c Water
2 T Rice wine vinegar
Green onions, chopped

In a slow cooker combine pork, mushrooms, water chestnuts, bamboo, vinegar, soy sauce, oil, pepper flakes, tofu, broth and water. Cover and cook on low for 7-8 hours. Serve hot, garnish with green onion.

HUNGARIAN CABBAGE ROLLS

1 large head of cabbage
3/4 pound ground pork
3/4 pound ground beef
1 small onion -- chopped
1 cup rice
1 egg -- beaten
1 tablespoon salt
1/2 teaspoon pepper
1 tablespoon paprika
2 cups sauerkraut -- rinsed and drained
1 1/2 cups tomato juice
1 1/2 cups water
1 cup sour cream

Remove core from cabbage, place in a large bowl and pour boiling water over to cover. Let stand until the cabbage has wilted, about 5 minutes. Drain and remove the leaves, leaving them whole. Trim off the heavy stem and flatten leaves. Combine meats, onion, rice, egg, salt, pepper, and paprika. Put about 2 tablespoons of this mixture on each leaf, fold sides in and roll up. Place rolls seam side down in pot. Spread the sauerkraut on top of the rolls and add tomato juice and water. Cook on low, covered, for 6 to 8 hours. Remove cabbage rolls to a warm platter. Blend 1/2 cup of the broth with the sour cream and pour over cabbage rolls.

Serves 6.

[Top](#)

INDIAN PUDDING

1 c. yellow cornmeal
1/2 c. molasses
1/4 c. sugar
1/4 c. butter
1/4 tsp. salt
1/4 tsp. soda
2 eggs
6 c. hot milk

Mix all of the ingredients with half of the milk, in a saucepan. Stir and bring to a simmer. Stir in the rest of the milk and transfer to crock pot.

ITALIAN BEEF

1-3 pound rump roast, trimmed -- (3 to 5 pounds)
1 package Good Seasons Italian Dressing Mix
1 cup water
1 package au jus gravy packet
2 teaspoons Italian seasoning
6 pepperoncini peppers

Mix together water, gravy mix, dressing and Italian seasoning. Pour over roast in crock pot. Add peppers if desired. Cook on Low about 5-7 hours. Break up roast and cook 1 hour more. Serves 6.

ITALIAN BEEF SANDWICHES

3-4 pound rump or rolled beef roast

Rub with garlic on bottom of crockpot Put 1 package of Good Seasons Italian Dressing and 1/2 to 1 cup of pepperoncini juice. These are peppers if you don't know! Cook all that in crockpot for 8 hours or longer. I cook mine the night before.

A few hours prior to serving; shred meat with fork. add 1 package Au Juse. Add water if you need more juice. Serve on hard rolls with peppers.

ITALIAN CHICKEN STEW

4 boneless skinless chicken breast halves, cut into 1 1/2" pieces
1 can Cannelloni Beans (I couldn't find these on the shelf and just substituted white beans)
1 can kidney beans
1 14 oz can of diced tomatoes undrained
1 cup chopped celery
1 cup sliced carrots
2 small garlic cloves coarsely chopped
1 cup water
1/2 cup dry red wine
3 tbsp. tomato paste
1 tbsp. sugar
1 1/2 tsp. dried Italian Seasonings

In a 4 qt. Crock pot combine chicken, beans, tomatoes, celery, carrots and garlic; mix well. In medium bowl, combine all remaining ingredients; mix well. Pour over chicken and vegetables; mix well.

Cover and cook on low setting for 8-10 hours or on high for 5-6, or till vegetables are tender.

ITALIAN CHICKEN STEW

Serves: 8

12 Tyson boneless, skinless chicken thighs
2 cans (14.5 oz) diced tomatoes with Italian herbs
2 cups cubed zucchini squash
1 cup fresh pearl onions, peeled
1 cup fresh baby carrots
2 Tbsp tomato paste
2 cloves garlic, minced
1 Tbsp sugar
1/2 tsp crushed red pepper flakes

1/2 tsp salt
8 cups cooked pasta

Cut chicken into 1" pieces. Combine all ingredients in large crackpot; mix well. Cook on low setting at least 6 hours or until internal juices of chicken run clear. Serve half of stew (about 4-1/2 cups) over 4 cups (8 oz uncooked) hot cooked pasta. Serve with mixed green salad and soft breadsticks, if desired. Freeze remaining half of stew in tightly sealed nonmetallic container or freezer bag.

ITALIAN SAUSAGES

3-4 lbs. Italian sausages (sweet or hot)
2 medium green peppers, sliced
1 large onion, sliced
28-30 oz jar favorite spaghetti sauce

Cook sausage whole in covered frying pan. Drain and slice. Put all ingredients in crackpot and cook 2-3 hours on high. Turn to low to keep warm.

ITALIAN STEAK

Ingredients

1 1/2 pounds round steak
1 15 1/2 ounce can spaghetti sauce w/mushrooms
1 teaspoon salt
1/2 teaspoon oregano
1/4 teaspoon pepper
1 16 ounces can whole small onions

Directions

Cut steak into 5 or 6 serving-size pieces. Coat with salt, oregano, and pepper. In crock-pot, pour spaghetti sauce over the meat. Cover and cook on low for 7 to 9 hours or until meat is tender. Turn control to high; add onions. Cook on high for 10 to 15 minutes.

[Top](#)

KIDNEY BEANS

2 30-oz cans kidney beans, rinsed and drained
1 28-oz diced tomatoes, drained
2 med red bell peppers, chopped
1 C ketchup
1/2 C. packed brown sugar
1/4 C. honey
1/4 C. molasses
1 T. Worcestershire
1 tsp. ground mustard
2 med. unpeeled red apples, cored and cut into pieces

Combine the beans, tomatoes, bell peppers, ketchup, brown sugar, honey, molasses, Worcestershire sauce, and ground mustard in the crackpot. Cover and cook on low for 4-6 hrs. Stir in apples. Cover and cook 2 hrs longer.

KALUA PORK

4 to 5 pound pork butt
1 tablespoon liquid smoke
2 1/2 tablespoons Hawaiian salt (or regular sea salt)

Preheat oven to 325°F. Rub pork with liquid smoke and 1 1/2 tablespoons of the Hawaiian salt. Wrap pork in foil and seal completely. Place pork in roasting pan and bake for 5 hours. After baking, shred pork, sprinkle with the remaining Hawaiian salt. Makes 10 servings.

KIELBASA #1

3 pounds of Kielbasa
3 jars of Peach Preserves

Just slice the Kielbasa in coins and pour the preserves on top, no need to stir. Put crackpot on LOW for 4 or 5 hours

KIELBASA #2

- 3- pounds of Kielbasa
- 1- 2pound box of dark brown sugar

Cut up Kielbasa into 1/2" chunks, put into crock pot. Add whole box of brown sugar. No need to stir until brown sugar starts to liquefy. Cook on low for 5 hours.

KILLER CHICKEN CHILI

- 2 cups cooked, chopped chicken
- 48 oz canned great northern beans
- 16 oz shredded Monterey jack cheese
- 16 oz jar salsa *
- 1 14 oz. can chicken broth
- 1 12 oz can beer

Toppings (optional):

- Crushed tortilla chips or tortilla strips
- Shredded cheese
- Sour Cream
- Green Onions

Stir all chili ingredients together and cook on low for 6 hours or more.

Serve with toppings, if desired.

L

[Top](#)

LACQUERED CHICKEN

- 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 sauté the chicken, turning often, until well browned all over. Remove the chicken to a plate. Sauté the onion in the skillet until well browned. Turn into the crackpot. 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.

LASAGNA #1

- 1 lb ground beef
- 1 large onion, chopped
- 2 garlic gloves, minced
- 1 can (29 oz) tomato sauce
- 1 cp water
- 1 can (6 oz) tomato paste
- 1 tsp salt
- 1 tsp dried oregano
- 1 package (8oz) no-cook lasagna noodles
- 4 cps (16 oz) shredded mozzarella cheese
- 1 1/2 cps (12 oz) small-curd cottage cheese

1/2 cp grated Parmesan cheese

In a skillet, cook beef, onion and garlic over med. heat until meat is no longer pink; drain. Add the tomato sauce, water, tomato paste, salt and oregano; mix well. Spread a fourth of the meat sauce in an ungreased 5-qt slow cooker. Arrange a third of the noodles over sauce (break the noodles if necessary). Combine the cheeses; spoon a third of the mixture over noodles. Repeat layers twice. Top with remaining meat sauce. Cover and cook on low for 4-5 hours or until noodles are tender. Yield: 6-8 servings.

LAYERED BEEF AND TATERS

1 lb. ground beef
1 can tomato sauce
1 can mexi-corn drained
1/4 cup minced onion
1 tsp. salt
Dash of pepper
1 1/2 cups dried mashed potato flakes
1 1/2 cup sour cream
1/3 cup water
1 1/2 cups grated cheddar

In skillet brown your hamburger, and drain well. Place beef in the crackpot and add tomato sauce, corn, onion, salt and pepper. Mix well!

In bowl mix the potato flakes, with sour cream and water. Spread potato mixture over the beef. Top with grated cheese. Cover and cook on Low for 7-10 hours!

LAYERED ENCHILADA CASSEROLE

1 can whole tomatoes
1 small onion, cut into pieces
1 clove garlic, minced
1/2 tsp. ground red pepper
1/2 tsp. salt
1 (6 oz.) can tomato paste
1 lb. ground beef, browned
2 c. shredded cheddar cheese

9 corn tortillas

Blend tomatoes (undrained), onion and garlic in blender or food processor. Pour into med sauce pan. Add red pepper, salt and tomato paste. Heat to a boil; simmer for 5-10 min. Place 3 tortillas in bottom of crackpot. Layer on tortillas 1/3 of the ground beef, 1/3 of the sauce and 1/3 of the cheddar. Repeat layers two more times. Cover and cook on Low 6-8 hours.

LAZY CABBAGE ROLLS

1 1/2 lbs ground beef
1 medium onion chopped
1/2 cabbage, shredded
1 cup raw, long cooking rice
2 cups water, boiling
1 large can diced tomatoes
1 small can tomato paste
salt and pepper

Brown the ground beef and onion together. Drain the fat. Put cabbage and rice into crock pot. Add boiling water. Mix in the ground beef and onion and seasonings. (I also add some basil). Cook on low for 3 hours. Add tomatoes and paste. Mix well. Continue cooking until the cabbage is soft (about 3 hours).

LAZY DAY BEEF AND VEGETABLE SOUP

2 1/2 pounds beef for stew, cut into 3/4" pieces
2 cans (14 to 14 1/2 ounces each) ready-to-serve beef broth
1 can (15 ounces) chickpeas, drained
1 can (15 ounces) diced tomatoes with garlic and onions, undrained
1 cup water
1 teaspoon salt
1 teaspoon dried Italian seasoning, crushed
1/2 teaspoon pepper
2 cups frozen mixed vegetables
1 cup uncooked ditalini or other small pasta
Shredded Romano cheese (optional)

1. Combine beef, broth, chickpeas, tomatoes, water, salt, Italian seasoning and

pepper in 4 1/2 to 5 1/2-quart slow cooker; mix well. Cover and cook on HIGH 5 hours or on LOW 8 hours. (No stirring is necessary during cooking)

2. Stir in mixed vegetables and pasta. Continue cooking, covered, 1 hour or until beef and pasta are tender. Stir well before serving. Serve with cheese, if desired.

LEMONADE CHICKEN

4 to 6 pcs chicken (breasts and legs)
1 6 oz can frozen lemonade -- thawed
2 tablespoons brown sugar
3 tablespoons ketchup
1 tablespoon vinegar
2 tablespoons cornstarch
2 tablespoons cold water

Arrange chicken pieces in crackpot. 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.

LEMON BAKED CHICKEN

16 oz skinned and boned uncooked chicken breast, cut into 4 pieces
1 lemon
1 tspn lemon pepper
1 tspn paprika

Place chicken pieces in a slow cooker. Squeeze juice of half a lemon over chicken. Sprinkle lemon pepper and paprika over top. Cut remaining lemon half into thin slices. Arrange slices around chicken. Cover and cook on HIGH for 4 hours.

LEMON GARLIC CHICKEN #2

2 pounds chicken breast halves
1 tsp. dried oregano leaves, crushed
1/2 tsp. seasoned salt
1/4 tsp. pepper
2 Tbsp. butter or margarine
1/4 cup water
3 Tbsp. lemon juice
2 cloves garlic (more or less to taste), minced
1 tsp. chicken bouillon granules
1 tsp. minced fresh parsley

Remove skin and excess fat from chicken; rinse and pat dry.

In small bowl, mix oregano, seasoned salt and pepper; rub into chicken, using all of the mixture. In a large skillet over medium heat, brown chicken in butter. Transfer chicken to a slow cooker.

Place water, lemon juice, garlic and bouillon granules in skillet. Stirring over medium heat, bring to a boil, loosening browned bits from bottom of skillet. Pour over chicken.

Cover and cook on high for 2-1/2 to 3 hours or on low for 5 to 6 hours or until chicken is almost tender.

Add parsley and baste chicken. Cover and cook on high for 15 to 30 minutes or until chicken is tender and juices from chicken run clear when cut along bone in thickest portion.

Serve with rice pilaf.

LEMON PEPPER ROUND STEAK

1-1/2 to 2 lbs round steak
2 tbsp vegetable oil
1/2 cup flour
1/4 tsp lemon pepper seasoning
1/2 tsp seasoned salt
1/3 cup water
1 can cream of celery soup

Cut steak into cubes. I usually do 1x2", or so. Mix flour & seasonings. Coat meat thoroughly. Heat oil in skillet and brown meat. Place browned meat in crackpot.

Combine water & soup. Pour over meat. Shake on additional lemon pepper and seasoned salt if desired. Cook on low for 7-8 hours.

LEMON POPPY SEED UPSIDE CAKE

This cake makes its own custard-like topping.

1 pkg. Lemon-Poppy seed Bread Mix
1 egg
8 ounces light sour cream
1/2 cup water

Sauce:

1 tablespoon butter
3/4 cup water
1/2 cup sugar
juice from one lemon (about 1/4 cup)

Mix the first 4 ingredients together until well moistened. Spread batter in a lightly greased 3 1/2 quart crackpot. Combine sauce ingredients in a small saucepan; bring to a boil. Pour boiling mixture over the batter; cover and cook on high for 2 to 2 1/2 hours. Edges will be slightly browned. Turn heat off and leave in the pot for about 30 minutes with cover slightly ajar. When cool enough to handle, hold a large plate over the top of the pot then invert.

LEMON POT ROAST

Yield: 4 servings

2 1/2 lb Chuck roast
1 1/2 c Water
1/2 c Lemon juice
1 Onions, chopped
1 ts Salt
1 ts Celery salt
1 ts Onion salt
1/4 ts Black pepper
1/4 ts Marjoram, ground

1 ea Garlic cloves, crushed

Put roast in a shallow pan or marinating container. In a medium bowl, combine remaining ingredients. Pour over roast. Cover; refrigerate at least 4 or up to 24 hours. Remove roast from marinade; place in a crock pot. Cover and cook on low 8 hrs, high 4hrs, or until tender when pierced with fork.

LENTIL SOUP

1 c. dry lentils
1 c. chopped carrot
1 c. chopped celery
1 c. chopped onion
2 cloves garlic, minced
1/2 tsp. dried basil, crushed
1/2 tsp. dried oregano, crushed
1/4 tsp. dried thyme, crushed
1 bay leaf
3 1/2 c. chicken broth or veggie broth
1 1/2 c. water
1 (14 1/2 oz) can Italian-style stewed tomatoes

1/4 c. snipped fresh parsley
2 Tbs. cider vinegar

Rinse lentils. In CP place lentils, carrot, celery, onion, garlic, basil, oregano, thyme, and bay leaf. Stir in broth, water and undrained tomatoes. Cover; cook on low-heat setting for 12 hours or on high-heat setting for 5 to 6 hours. Discard bay leaf. Stir in parsley and vinegar (if desired). Makes 6 servings.

LOW FAT GLAZED CHICKEN

6 ounces orange juice, frozen concentrate-thawed
3 chicken breasts, split
1/2 tsp marjoram
1 dash ground nutmeg
1 dash garlic powder (optional)
1/4 cup water
2 Tbsp cornstarch

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 pieces into the orange juice to coat completely. Place in crackpot. Pour the remaining orange juice mixture over the chicken. 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 crackpot cooking. When chicken is done, remove to serving platter. Pour the sauce that remains 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.

LOW FAT TURKEY

1 and 1/2 pounds Turkey Breast (boneless)
1 package of dry gravy mix
1 cup of Dry White Wine
1 Onion (Cut into four slices)
2 Small Potatoes
2 Small Turnips
Baby Carrots

Cut off any fat, season with pepper and brown whole piece of turkey in skillet sprayed with Pam. Also add onion and brown. Make sure that turkey is browned on all sides and ends. Turn with spoons, so the breast is not pricked with a fork. Spray crock pot with Pam and put carrots on the bottom, next add potatoes, turnips and onions. (I like turnips and hubby likes potatoes, so I do both) Place turkey on top of vegetables. Mix gravy with the wine and a 1/4 to 1/2 cup of water. Pour on top of the turkey and vegetables.

Note: While I am browning turkey, I turn the crock pot on high to heat, first spraying with the Pam. I also heat the gravy mixture before pouring on turkey and veggies.

Cover and cook on high for a couple of hours and then turn to low for three hours. You could put it on longer on the low setting. Just depends what your schedule is.

I check every so often to make sure turkey is moist. Thicken gravy if necessary.

To Serve: Slice turkey and put gravy on top and serve with the veggies. This would serve 2-3, but the turkey does shrink, so one has to determine how large a serving they want to serve. I would suggest 4-5 ounces.

LOW FAT VERSION OF SWISS CHICKEN

Boneless skinless chicken breasts (4-6)
low fat thin-sliced Swiss cheese (enough to cover all slices of chicken)
1 can fat-free cream of mushroom soup
1/4 C. skim milk
minced garlic, tarragon, or marjoram to taste
1 C+ very small bread cubes
butter flavored Pam

Layer chicken and Swiss cheese. Use just enough cheese to place on top of each piece of chicken. Mix soup, milk, spices/herbs and pour over chicken. Place on low for 3 hours. Add bread cubes on top, stir in a little to just moisten the stuffing a bit. Spray over top with butter-flavored Pam (must be butter flavor to get the effect of butter!) Cook another 1-2 hours on low. Do NOT overcook!

M

[Top](#)

MACARONI PIE

1 box macaroni -- (8 ounces - cooked)
3 cups grated cheese
1 can evaporated milk -- (16 oz.)
1 1/2 cups sweet milk
2 eggs
1/4 cup margarine
1 teaspoon sugar
Salt and pepper to taste

Combine cooked macaroni with other ingredients and pour into a greased crackpot. Cook 3 1/2 hours on medium heat.

MAC N CHEESE

8 oz macaroni noodles, cooked in salted water.
1/2 c. butter
3 c sharp cheddar cheese, grated
1 12 oz can evaporated milk
1 1/2 c whole milk
2 eggs

Grease cp lightly w/spray on oil. Cook noodles in salted water, add to cp. Add butter and cheese, mix. Add milk, evaporated milk, and beaten eggs. Season w/ salt and pepper. Cover and DO NOT LIFT LID!!!! Cook for 3 hrs on low.

MAPLE COUNTRY RIBS

3 pounds country-style pork ribs
1 cup pure maple syrup
1/2 cup applesauce
1/4 cup ketchup
3 tablespoons lemon juice
1/4 teaspoon of each: salt, pepper, paprika, garlic powder and ground cinnamon

Mix and cook 4-6 hours on LOW.

MAPLE COUNTRY STYLE RIBS

1 1/2 pounds country style ribs
1 tablespoon maple syrup
1 tablespoon soy sauce
2 tablespoons dried minced onion
1/4 teaspoon ground cinnamon
1/4 teaspoon ground ginger
1/4 teaspoon ground allspice
1/2 teaspoon garlic powder
1 dash ground black pepper

Combine ribs, maple syrup, soy sauce, minced onion, cinnamon, ginger, allspice, garlic powder and pepper in a slow cooker. Cover and cook on Low for 7 to 9 hours.

MAPLE GLAZED SWEET POTATOES

5 medium sweet potatoes
1/4 cup brown sugar
1/4 cup pure maple syrup
1/4 cup apple cider
dash salt & pepper to taste

Peel & slice sweet potatoes. Place in CP. Whisk remaining ingredients together & pour over potatoes. Cover & cook on low 7 to 9 hours. Stir a few times if possible to keep them coated.

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
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.

MEATBALL APPETIZER

1 large bag frozen Meatballs
1 large bottle teriyaki sauce

Combine in crackpot. Cook on high 2-3 hours.

MEATBALLS

1 pound of ground beef
1 pound of ground pork
1 package of Lipton Onion Soup mix
1 onion, chopped
2 cloves of garlic
1 green pepper, chopped
4 mushrooms, sliced
2 eggs
1/2 cup of bread crumbs
1/4 cup of barbecue sauce

Make them into balls then put them in crackpot with spaghetti sauce of your choice, and cook on low all day.

MEATBALLS

1 large bag frozen Meatballs
1 cup of ketchup
1/2 cup of chili sauce
1 tbsp. of Worcestershire sauce
3 cups brown sugar

Stir it all up, pour it over your meatballs in your crackpot, cook on low for 3 or 4 hours.

MEATBALLS IN JELLY

2 lbs. Ground Beef
1 C. Dry Bread Crumbs
2/3 C. Dry Onion
1/2 C. Milk
2 eggs slightly beaten

2 T. Parsley
2 t. Salt
1 C. Worcestershire sauce

Sauce:

24 oz. Chili Sauce
20 oz. Grape Jelly or Jam

In a medium size saucepan, simmer meat balls slowly in sauce for 1- 2 hours or let it simmer in the Crock Pot for at least 4 hours so the sauce gets into the meatballs.

MEATBALLS IN SUN DRIED TOMATO GRAVY

1 cup boiling water
1/4 cup dry packed sun dried tomatoes
1 small onion chopped
1 stalk celery chopped
2 tsp chopped fresh basil
2 tsp chopped fresh oregano
1 TBS Worcestershire sauce
1 10 1/2 ounce can condensed beef broth
1/4 tsp salt
1/8 tsp ground black pepper
1 pound extra lean ground beef
1/2 pound mild Italian sausage
1/2 cup Italian style dry bread crumbs
1 egg slightly beaten
1/4 cup milk
3 TBS cornstarch
1/4 cup cold water

In a medium bowl, pour boiling water over tomatoes. Cover and let stand about 15 minutes or until softened. Drain and finely chop. Combine tomatoes, onion, celery, basil, oregano, Worcestershire sauce, beef broth, salt and pepper, in a 3 1/2 quart slow cooker. In a medium bowl, combine beef, sausage, bread crumbs, egg and milk, mixing well. Form into 20-22 meatballs about the size of golf balls. Place meatballs in tomato mixture in slow cooker. Cover and cook on LOW 4-5 hours or until vegetables are tender. Turn control to HIGH. In a small bowl, dissolve cornstarch in cold water. Stir into slow cooker. Cover and cook on HIGH

15-20 minutes. Serve sauce over meatballs. Makes 6-7 servings.

MEATLOAF #1

1 1/2 lb. ground beef
1 egg, beaten
1/2 c. bread crumbs
1/2 c. tomato juice
3 Tb chopped onion
3 Tb chopped bell pepper
3 Tb chopped celery
2 Ts seasoned salt
1/4 Ts Thyme
Catsup or Chili Sauce
5 pepper rings

Using a fork, mix all the ingredients, except catsup and pepper rings. Shape into a loaf and put into greased crackpot. Top with catsup and pepper rings. Cover and cook on high for 1 hour, then on low 6-8 hours.

MEATLOAF #2

1 slice of bread
1/4 cup of milk
1 egg, beaten
1 medium onion, chopped
1-1/2 tsp curry powder
2 tsp lemon juice
1/4 cup chopped almonds
8 dried apricots, soaked and chopped
1/4 cup chutney
salt and pepper
1-1/2 lb. ground beef
2 bay leaves, broken in several places

Soak bread in milk, squeeze dry. Mix egg with milk. Add all ingredients, except bay leaves to ground beef; blend well. Shape into a loaf. Insert bay leaves in top of meat loaf. Place in crackpot on sliced vegetables or accessory meat rack. Cover and cook on low setting for 8 to 10 hours. Remove bay leaves before serving!

MEATLOAF #3

1 egg
1/4 cp milk
1/2 cp bread crumbs
1/4 cp finely chopped onion
2 tblsp finely chopped green pepper
salt
pepper
1 1/2 lbs ground beef
1/4 cp ketchup

In a bowl, beat egg and milk. Stir in the bread crumbs, onion, green pepper, salt and pepper. Add the beef and mix well. Shape into a loaf. Place in crackpot and spread ketchup on top of loaf. Cover and cook on high one hour; reduce heat to low and cook another 7-8 hours.

MEDITERRANEAN BEEF SOUP

2 medium zucchini cut into bite sized pieces
1 large chopped onion
1 (2 inch) cinnamon stick
3/4 pound stew meat cut into bite sized pieces
2 (14.5oz) cans diced tomatoes with oregano, basil and garlic, undrained
1/2 tsp pepper
Cooking Spray
3.5 cups hot cooked orzo (about 1 3/4 cups uncooked rice shaped pasta), cooked without salt or fat

1. Place first 6 ingredients in slow cooker coated with spray. Stir well. Cover and cook on high 1 hour and low 7-9 hours. Discard cinnamon stick. Serve over cooked orzo.

7 servings-1 cup soup and 1/2 cup pasta-6 points

MEDITERRANEAN STEW

- 1 Eggplant -- chopped
- 2 Zucchini -- chopped
- 1 Red or green bell pepper -- Seeded/chopped
- 1 Onion -- chopped
- 3 lg Tomatoes -- chopped
- 2 can Garbanzo beans -- (14 oz.) Drained/rinsed
- 1 can Artichoke hearts packed in Water -- (14 oz.) Drained/quartered
- 1 tb Oregano
- Freshly ground black pepper
- Salt
- Crushed red pepper flakes -- To taste/opt
- 1 pk Egg noodles -- cooked

Add all ingredients except for noodles to the crock pot and stir well. (Sometimes I also add a Tbsp. of tomato paste for a thicker stew.) Cook on low for 8 hours. Serve over the cooked noodles.

MEXICAN BEANS FROM DRY BEANS

- 6 tsp. El Cid Bean Seasoning
- 2 cups any beans: Pinto, Black, Kidney or Black Eye Peas
- 7 cups water

Crock-Pot Method: In Crock-Pot add beans, 6 tsp. seasoning and 7 cups water. Cook on high for 2 hours, reduce to low and cook for 8-10 hours. Makes 4 or 5 servings.

MEXICAN FIESTA

- 1 bag white corn tortilla chips
- 1 pound lean ground beef
- 1 can ranch style beans
- 3 cups cheddar cheese -- grated
- 1 can cream of mushroom soup
- 1 can cream of chicken soup
- 1 can Mild rotel tomatoes and chiles
- 2 teaspoons chili powder
- 1/2 cup onion -- chopped

Spray crock pot with non-stick spray and cover the bottom with slightly crushed chips. Combine soups, rotel, chili powder, and onion in a separate bowl and blend well with a whisk. Brown ground beef in a skillet, drain fat, and add ranch style beans to it and mix together. (Do not drain the beans). Layer half of the beef mixture over the chips, then half of the soup mixture over the beef, ending with half the cheese over the beef. Repeat these layers once more beginning with chips and ending with cheese. Cook on high in crock pot for three hours.

MEXICAN POTATO CORN CHOWDER

14 small potatoes, peeled and diced
1 can (17 oz.) cream style corn
1 can (12 oz.) whole kernel corn-do not drain
2 tbsp. chicken bouillon powder
1 can (4 oz.) diced green chilies
1 tbsp + margarine
1 lg. onion (brown), diced fine
1 green pepper, diced fine
Seasonings*
2 c. medium Cheddar cheese, shredded
1 1/2 c. Monterey Jack cheese, shredded

Cover potatoes with water and boil gently, uncovered until you can pierce them easily with a fork. Add sauteed onion and green pepper. Stir in corns, chilies and seasonings (*Lawry's season salt, garlic powder, dash of Worcestershire sauce). Heat until bubbly. Place in large (5-6 qt.) crock pot on high until it bubbles again and then turn to low. Stir in shredded cheese. Simmer on low for at least 1 hour.

MEXICAN POT ROAST

3 lb. well trimmed boneless beef bottom round roast
1/2 tsp each salt and pepper
2 cups bottled salsa
1 can (4 oz) chopped green chiles
1 can (16 oz) tomato paste
1/2 cup water
1 envelope (1.25 oz) taco seasoning mix

Rub the roast with the salt and pepper and set aside. Mix remaining ingredients in a small bowl. Pour half of the sauce into a 4 qt. or larger CP. Add the roast. Pour remaining sauce over the roast. Cover and cook on low 8 to 10 hours or until meat is very tender. Remove roast from CP, skim fat off top of sauce. Slice meat against the grain and serve with the sauce.

MEXICAN STYLE POT ROAST

4 pounds chuck roast
1 teaspoon salt
1 teaspoon ground black pepper
2 tablespoons olive oil
1 onion, chopped
1 1/4 cups diced green chile pepper
1 teaspoon chili powder
1 teaspoon ground cayenne pepper
3/4 cup hot pepper sauce
1 teaspoon garlic powder
water as needed

Trim the roast of any excess fat and season with the salt and pepper. Heat olive oil in a large skillet over medium high heat, then sear the meat on all sides. Transfer the roast to a slow cooker. Add the onion, chile peppers, chili powder, cayenne pepper, hot pepper sauce and garlic powder. Add enough water to cover 1/3 of the roast. Cover slow cooker and cook on high setting for 6 hours, checking to make sure there is always at least a small amount of liquid in the bottom. Reduce heat to low setting for 2 to 4 hours, or until meat is totally tender and falls apart. Reserve any remaining liquid for a sauce and thicken, if desired.

MILWAUKEE SWEET TART SUPPER

1 1/2 lb Low-fat turkey kielbasa; cut into 3-inch pieces
3 can (10-oz. ea) Bavarian-style sauerkraut; rinsed and drained
3 lg Peeled Granny Smith apples; cored and cut crosswise into rings
1 md Onion, thinly sliced and separated into rings
1 can (14.5 oz.) Fat-free chicken broth
1/2 ts Caraway seeds
8 md Peeled red potatoes; (about 3.5 lbs.), quartered
1/4 c (1 oz.) Shredded Swiss cheese

Place half of sausage in an electric slow cooker; top with sauerkraut, remaining sausage, apple slices, and onion rings. Pour broth over mixture, and sprinkle with caraway seeds. Cover with lid, and cook on high-heat setting for 4 hours or until apples and onions are tender.

Place potatoes in a saucepan; cover with water and bring to a boil. Cook 20 minutes or until tender; drain.

Arrange sausage mixture and potatoes on individual plates, and sprinkle cheese over sausage mixture. Yield: 8 servings

MINISTRONE SOUP #1

3 c Water
1 1/2 lb Beef shank
1 md Onion, diced
2 Carrots, diced
2 Stalks celery with tops, sliced 1/2 cup vermicelli
1 16-ounce can tomatoes
2 ts Salt
1 Zucchini, sliced
1 10-ounce package (frozen mixed vegetables)
1/2 c Shredded cabbage
1 tb Dried basil
1 Clove garlic, minced
1 pound can garbanzo beans
1 ts Oregano

Place all ingredients in CROCK-POT except zucchini. Stir to mix thoroughly. Cover and cook on Low 10 to 12 hours (High: 4 to 5 hours). During last hour, remove meat and bones. Cut meat from bones and return to soup with zucchini. Turn CROCK-POT to High and cook one hour. Ladle into bowls and sprinkle with Parmesan cheese.

MINISTRONE SOUP #2

1/2-3/4 lb browned ground meat
2 16 oz cans diced tomatoes

1 16 oz can tomato sauce
7 cups water
4 beef bouillon cubes
1/2 onion, chopped
1 clove garlic
1 1/2 tsp Italian seasoning
1 small pkg frozen veggies
1 15 oz can white beans
1 cup pasta

Dump everything except the pasta in the crackpot and simmer on low all day (6-8 hrs). Turn up to high and add the pasta (may need to add more water, just stir and check it out). Simmer on high about 1 hour until pasta is cooked through. Top with parmesan cheese.

MINISTRONE SOUP #3

16 Oz Tomatoes, Stewed -- Canned, Cut In Pieces
2 Medium onions -- chopped
2 Cloves garlic -- crushed
1 Cup Carrots -- Diced
1 Cup Celery -- Diced
1 Large zucchini -- thinly sliced
16 Oz kidney beans -- Canned
6 Oz tomato paste -- Canned
1 Tablespoon Parsley, Freeze-Dried -- Flakes
2 Teaspoons salt
1/8 Teaspoon Black Pepper -- Finely Ground
6 Cups "Beef Style" vegetarian broth
1/4 Pound spaghetti -- cut in 2" pieces
1/2 Teaspoon ground sage
1 Teaspoon dried basil -- crushed
2 Cups Shredded Cabbage -- Optional

Place all ingredients except spaghetti in slow cooker; stir, Cover. Turn heat control to LOW; cook 10 to 12 hours. Add spaghetti. Cover and cook 1 hour longer. Makes about 12 (1 cup) servings.

MOCK BRISQUET

- 1 large sirloin tip roast
- 1 large onion (slivered)
- 1 bell pepper (slivered)
- 1 cup celery (diced)
- 2 cans Golden Mushroom soup
- 1 tsp. red pepper flakes
- 1/2 tsp. garlic powder
- 1/2 tsp. oregano
- 1 tsp. cumin

Mix soup with all spices and a little water to thin. Place roast in the crockpot and pour soup over all. Cook on low about 8 hours. Serve over wild rice or hot noodles if desired or thicken the mushroom gravy on it and serve the gravy over slices.

MONTEREY CLAM CHOWDER

- 1 Carrot, diced (1)
- 1 md Onion, diced (1 1/2)
- 1 Potato, diced (2)
- 1 Stalk of celery, diced (2)
- 1/2 lb Minced bacon (3/4 lb.)
- 1/4 lb Margarine
- 3 Cloves fresh garlic, minced
- 1/2 qt Clam juice
- 1 1/2 c Flour
- 2 c Milk
- 2 c Heavy whipping cream
- 2 c Half-and-half
- 1/2 ts Black pepper
- 1/2 lb Chopped clams (fresh, frozen or canned)
- 1/2 ts Clam base (optional, available in most gourmet shops)

Place vegetables, bacon and margarine in a 5 quart sauce pot. Sauté over medium heat until vegetables are tender. Be careful not to brown or scorch. When vegetables are tender, add flour to make a roux. Cook for two minutes, allowing flour to cook while stirring occasionally. Add clam juice and dairy products. Stir by using a wire whip. Add fresh garlic, black pepper, chopped clams and clam base. Cook over low-medium heat stirring occasionally to prevent chowder from scorching. Cook for two hours or until chowder is brought to desired thickness.

Clam juice can be added to thin chowder down if it gets too thick.

MUSH

- 1 1/2 pounds cubed chicken, pork or beef
- 1/2 cup Italian dressing
- 1 cup uncooked rice
- 1 can cream soup, any flavor
- 1 can diced tomatoes, any style
- 1 cup water or broth

Marinate the meat in the refrigerator for about 2 hours in the Italian dressing. Pour remaining marinade into the bottom of the crock pot. Add rice and tomatoes. Mix cream soup and water/broth until smooth. Pour over everything in the crock pot. Mix together. Add meat. Cook on high about 3 hours. Stir occasionally after the first hour so that the rice cooks evenly.

MUSHROOM CHICKEN

- 1 pound boneless, skinless chicken breasts
- 1 package of chicken gravy mix
- 1 cup white wine
- 1 can of cream of mushroom (or chicken) soup
- 8 oz. cream cheese

Put chicken in crock-pot. Sprinkle gravy mix on top. Pour soup over that, then pour wine over that. Cook on low all day. 30 minutes before serving, put cream cheese in. When ready to serve, remove chicken and whisk the sauce together. Serve over pasta or rice. We like this even without the chicken! It is a good sauce for pasta. I use reduced fat cream of whatever soup and fat free cream cheese.

N

[Top](#)

NEOPOLITAN TOSTADA

3/4 lb Ground turkey
1 Eggplant; cubed
1 c Salsa
1 6 oz can tomato paste
1/4 c Fresh parsley; chopped
1 tb Chili powder
1 ts Ground cumin
1 ts Dried oregano
1 10 oz pkg frozen corn; thaw
4 Pita rounds; halved and toasted
1/2 c Yogurt
2 c Lettuce; shredded
1/2 c Olives; sliced
1/2 c Cheddar cheese; shredded

Combine turkey, eggplant, salsa, tomato paste, parsley, chili powder, cumin, oregano and corn in slow cooker. Cover and cook on low 5 to 6 hours. Stir with a fork to break up large chunks of turkey. Spoon about 3/4 cup cooked turkey mixture on each pita half. Top with yogurt, lettuce, olives and cheese, if desired.

NEW ENGLAND CLAM CHOWDER

1 stick of margarine or butter
2 tbsp onion powder
2 tsp thyme
3 cans whole potatoes, chopped
1 large can clam juice 48 oz
2 stalks celery chopped
2 bay leaves
2 boullion cubes (chicken)
1 pint light cream
1 pint skim milk
3 cans whole or chopped baby clams with the juice included
salt and pepper to taste

This requires a large crock pot, of course you can halve it for regular size.

Start on high heat and add the butter/margarine till it melts. Add the onion powder, thyme and celery. Let that cook for 30 minutes. Some like to make a rue

(spelling), if not then you need to add the clam juice, bay leaves, and boullion cubes, as well chopped potatoes, cream and milk. Let that cook for 2 hours on high, then add your clams, turn the pot to low and let simmer/cook for 2-3 hours. You are in for a treat. For those who wish to do it and go to work, add all ingredients after you have melted the butter, and let it cook on low for the day.

NORTH CAROLINA STYLE PORK

Part 1

1 3-6Lbs Pork Shoulder or Boston butt roast
1 Tbs of Paprika
2 Tbs Brown Sugar
1/2 tsp of salt and pepper

Part 2

8-10 oz Cider Vinegar (experiment to your taste)
4 tsp of Worcestershire sauce
1/2 tsp dry mustard
1/2 tsp garlic salt
1/2 tsp sugar
1/4 to 1/2 tsp of Cayenne Red pepper (experiment to your taste of spicy or mild)

Set pork aside, mix all other ingredients in part 1 together and rub over entire pork roast. Then place in crock pot on high for 6-7 hours finish time. Recommend though place on Low for 10-11 hours finish time.

Mix part 2 ingredients together in medium size bowl, before pork roast is done cooking.

When Pork roast is very tender, with a fork, remove roast from crock pot. Chop roast into a very fine degree (basically as much as you can cut it with a sharp knife and fork). Then take a Tablespoon and ingredients from Part 2 (BBQ sauce ingredients) and apply over the chopped roast. Note: Add as much or as little depending on your taste.

OATMEAL

2 cups milk
1/4 cup brown sugar
1 tablespoon melted butter
1/4 teaspoon salt
1/2 teaspoon cinnamon
1 cup rolled oats
1 cup chopped apple
1/2 cup raisins
1/2 cup chopped walnuts

Grease the inside of slow cooker crackpot. Put ingredients into crackpot and mix with whisk. Cover. Just before going to bed, turn on the crackpot at low speed. The cereal will be ready in the morning.

OLD FASHION RICE PUDDING

2 1/2 cups cooked rice
1 1/2 cups evaporated milk (or scalded milk)
2/3 cup brown sugar
2 Tbls. soft butter
2 tsp. vanilla
1/2-1 tsp, nutmeg
3 eggs beaten
1/2-1 cup raisins

Thoroughly combine rice with all remaining ingredients. Pour into lightly greased crackpot. Cover and cook on High for 1-2 hours or on low for 4-6 hours. Stir during first 30 minutes.

ONE POT CHICKEN AND GRAVY

Boneless, skinless chicken breasts
Potatoes, quartered, with jackets

About 6 stalks celery
1/2 pkg baby carrots
1 can cream of chicken soup
1 pkg dry onion soup mix

Place vegetables on bottom of crock pot. Brown chicken breasts in PAM or vegetable spray. Place over vegetables. Cover with the cream of chicken soup, undiluted. Sprinkle with dry onion soup mix. Do not add water. Cover and cook all day on low, or 6 hours on high.

ORANGE CIDER PUNCH

1 c. sugar
1 or 2 sticks cinnamon
1 whole nutmeg
1 orange studded with 8 cloves
Pinch of cardamom
3 c. of apple juice
2 c. cranberry juice
6 c. orange juice
2 c. vodka (optional)

Mix all ingredients except vodka in crock pot; stir well. Cover and cook 4 to 10 hours on low or high 2 to 3 hours. Just before serving, stir in vodka. Serve hot.

ORANGE CHICKEN

Serves: 6

6 Chicken breasts -- boned and skinned
1/2 teaspoon Ginger
1 teaspoon Salt
Pepper
8 ounces Frozen concentrate orange juice
1 1/2 cups Shredded coconut
2 cups Orange segments or canned, mandarin oranges
2 Green onions, chopped

Put chicken, ginger, salt, pepper and frozen orange juice in crock pot and cook on

low 6 hours. Serve chicken on hot cooked rice on platter. Top with coconut, orange segments and green onions.

ORANGE CINNAMON CHICKEN

6 servings

4 Pounds Chicken pieces
1 Cup Chicken broth
1 Cup Raisins or sultanas
1 Tablespoon Flour
1/4 Pound Butter
2 Cups Orange juice
1/4 Teaspoon Cinnamon
Salt and pepper to taste

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

ORANGE CRANBERRY CHICKEN

1 cup chopped fresh cranberries
2 tablespoons brown sugar
5 slices cinnamon-raisin bread
2 tablespoons melted margarine or butter
1/4 teaspoon grated orange peel
8 chicken breast halves -- boned, skinned
1/4 cup orange juice
2 tablespoons melted butter or margarine
1 orange -- sliced

In medium bowl, combine cranberries and brown sugar; set aside. Toast bread, cut into 1/2-inch cubes.

Combine bread cubes, 2 TBL melted butter, orange peel and cranberry mixture.

Place one chicken breast at a time in a small plastic bag or between sheets of waxed paper. Lightly pound with meat mallet. Repeat with all chicken breasts.

Spoon about 1/3 cup cranberry mixture on center of each. Roll up; skewer to close.

In shallow dish, combine orange juice and 2 TBL melted butter. Roll filled chicken breasts in orange-juice mixture. Place in slow cooker. Cover and cook on LOW about 5 hours.

To serve, spoon drippings over chicken. Garnish with orange slices.

ORANGE GLAZED CARROTS

3 cups Thinly sliced carrots
3 tablespoons Butter or margarine
2 cups Water
3 tablespoons Orange marmalade
1/4 teaspoon Salt
2 tablespoons Chopped pecans

Combine carrots, water, and salt in crock pot. Cover and cook on high 2 to 3 hours or until the carrots are done. Drain well; stir in remaining ingredients. Cover and cook on high 20-30 minutes. Makes 5 to 6 servings.

ORANGE GLAZED CHICKEN BREASTS

1 (6-oz) frozen orange juice concentrate
1/2 tsp. dried marjoram leaves
2 Tbls. cornstarch
6 (6-oz) chicken breast halves
1/4 Cup water

Combine thawed orange juice and marjoram in shallow dish. Dip each breast in orange juice mixture, put in the crock pot, pour remaining sauce over breasts. Cover and cook on low 7-9 hours or on high for 4-5 hours. Before serving, remove chicken breasts from crock pot. Mix water and cornstarch in the sauce mixture; cook covered on high for about 15-30 minutes. Serve over chicken. Serves 6.

ORANGE TERIYAKI CHICKEN

1 pound skinless, boneless chicken breast halves or thighs
1 16 ounce package loose-pack frozen broccoli, baby carrots, and water chestnuts
2 tbsp. quick-cooking tapioca

SAUCE:

1/2 cup chicken broth
2 tbsp. brown sugar
2 tbsp. teriyaki sauce
1 tsp. dry mustard
1 tsp. finely shredded orange peel
1/2 tsp. ground ginger

Cut chicken into 1" pieces.

Place vegetables in crackpot. Sprinkle tapioca over veggies. Place chicken on top of that.

Combine sauce ingredients and pour over chicken.

Cover; cook on low-heat for 4-6 hours or on high for 2-3.

Serve over rice.

P

[Top](#)

PARTY TIME BEANS

30 oz (three 10 oz cans) great northern beans, rinsed & drained
1/2 cup chopped onion
1 full cup (6 oz) finely diced ham
1/2 cup chunky salsa (mild, medium or hot - your choice)
1-3/4 cups (one 15 oz can) Tomato Sauce
2 Tblsp Sugar Twin or Sprinkle Sweet
2 Tblsp Brown Sugar Twin

1/4 tspn black pepper

In a slow cooker, combine great northern beans, onion and ham. Add salsa, tomato sauce, Sugar Twin, Brown Sugar Twin and black pepper. Mix well to combine. Cover and cook on LOW for 6 to 8 hours. Mix well before serving.

PASTA WITH EGGPLANT SAUCE

1 medium eggplant
1 medium onion -- chopped
1 can Italian-style tomatoes -- (28 ounce) cut up
1 can tomato paste -- (6 ounce) Italian-style
4 oz mushrooms sliced and lightly sautéd
2 cloves garlic -- minced
1/4 cup dry red wine
1/4 cup water
5 1/2 tsp dried oregano -- crushed
1/2 cup kalamata olives -- pitted & sliced (or pitted ripe olives)
2 TBS fresh parsley -- snipped
4 cups cooked pasta -- hot cooked penne pasta
1/3 cup Parmesan cheese -- grated or shredded
2 TBS toasted pine nuts -- optional

Peel eggplant, if desired; cut eggplant into 1-inch cubes. In a 3 1/2 to 5 1/2 quart crockery cooker combine eggplant, onion, undrained tomatoes, tomato paste, mushrooms, garlic, wine, water, and oregano.

Cover and cook on low-heat setting for 7 to 8 hours or on high-heat setting for 3 1/2 to 4 hours. Stir in olives and parsley. Season to taste with salt and pepper. Serve over pasta with Parmesan cheese. Garnish with toasted pine nuts. Makes 6 servings.

PEACH BUTTER

6 c. unsweetened peaches
3 c. white sugar
1 1/2 c. apricot nectar
2 tbsp. orange or lemon juice
1 tsp. vanilla

Put peaches through food mill or food processor. Mix all ingredients together well and put in crock pot. Bring to a good boil, uncover and boil until thick or 4 hours, high or low to keep it boiling. When it boils good, remove cover.

PEKING PORK CHOPS

I made a few changes. I used pork chops sliced about 1/2-3/4" thick.....regular pork chops....not thick-sliced. Also....at the end, I mixed a tablespoon of corn starch with 2 tablespoons of the cooking liquid and stirred it in to the pot. I then turned the heat up to high for about 10 minutes to thicken slightly.

I served this with rice and steamed cabbage.

6 pork chops, about 1" thick
1/4 c brown sugar
1 tsp ground ginger
1/2 c soy sauce
1/4 c ketchup
1-2 cloves garlic, mashed
Salt & Pepper, to taste

Trim excess fat from pork chops & place in crock pot. Mix remaining ingredients in small bowl & pour over meat. Cover, turn to LOW & cook 4 to 6 hrs, or until tender. Season w/ salt & pepper, if needed. Serve w/ steamed white rice & Chinese noodles. Serves 6.

PEPPERED BEEF BRISKET IN BEER

1 (4 lb) beef brisket
1 large onion sliced and separated into rings
3/4 tsp pepper
3 tbs all-purpose flour
3 tbs brown sugar
2 garlic cloves, minced
3/4 cup beer
1/2 cup chili sauce

Trim fat from brisket; cut in half. Place onion rings in slow cooker. Sprinkle with

pepper evenly over brisket. Place brisket halves over onion rings. Place flour, br sugar and garlic in a small bowl, gradually add beer and chili sauce, stirring until well blended. Pour over brisket. Cover with lid and cook on high setting for 1 hour then reduce to low setting and cook 6-8 hours our until tender. Makes 12 servings.

PEPPERS AND STEAK

2 lbs. round steak
2 green peppers, seeded and cut into 1/2 in. strips
1 C. beef bouillon
1/4 C. soy sauce
1/2 t. ground ginger
1/2 t. garlic powder

1. Cut steak into serving portions. Place 1/2 the steak in Crackpot.
 2. Arrange peppers on steak. Place remaining steak on top.
 3. Mix remaining ingredients and pour over meat. Cover and cook on Low setting for 8-10 hours or on High for 3-4 hours.
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PEPPER STEAK

1 1/2 lbs. beef round steak -- (1 1/2 to 2)
2 tablespoons Cooking oil
1/4 cup Soy sauce
1 cup Chopped onion
1 Clove garlic -- minced
1 teaspoon Sugar
1/2 teaspoon Salt
1/4 teaspoon Pepper
1/4 teaspoon Ground ginger
4 Tomatoes -- wedged
1 can tomatoes, canned -- undrained
2 green bell pepper -- sliced
1/2 cup water
1 tablespoon cornstarch
cooked noodles
OR cooked rice

Cut beef into 3x1" strips; brown in oil in skillet. Transfer to a slow cooker. Combine the next seven ingredients; pour over beef. Cover and cook on low for 5-6 hours or until meat is tender. Add tomatoes and green peppers; cook on low for 1 hour longer. Combine the cold water and cornstarch to make a paste; stir into liquid in slow cooker and cook on high until thickened. Serve over noodles or rice.

PEPPER STEAK WITH RICE

3 c. hot cooked rice
1 lb. round steak, cut into 1/2" thick strips
1 tbsp. paprika
2 tbsp. butter
1 1/2 cloves garlic, crushed
1 1/2 c. beef broth
1 c. onion, sliced
2 green peppers, sliced
2 tbsp. cornstarch
1/4 c. each of water and soy sauce
2 lg. tomatoes, cut (I used 1 can of stewed tomatoes)

Sprinkle meat with paprika, and brown meat in butter. Add garlic and broth and cornstarch and cover until thickens. Then add everything (except the rice) to the crock, cook for 4-6 hours. Serve over fluffy beds of rice.

PESTO SOUP

1 lb white beans, soaked overnight
1 potato, diced
2 carrots, diced
2 leeks, diced
2 tomatoes, diced
1/4 lb green beans, diced
2 zucchini, diced
2 sage leaves, minced or 1/4 tsp powdered sage
1 tsp salt
1/2 tsp pepper
2 oz vermicelli

Pesto Sauce

3 cloves garlic, minced
6 basil leaves, minced
1/2 cup grated Parmesan cheese
1/2 cup olive oil

Combine all ingredients except vermicelli and sauce in a slow cooker with 2 quarts water. Cover and cook on high 2 hours.

Turn heat to low and cook, covered for 8 hours. Add vermicelli, turn on high and cook, covered for 30 minutes. Combine sauce ingredients, stir into soup and serve.

PHEASANT AND WILD RICE

1 cup raw wild raw rice
1 can cream of mushroom soup
1 can cream of chicken soup
1 can mushrooms
2 1/2 cups water
2 pheasants, cut up, flour and brown
1 pkg instant onion soup mix

Mix rice, canned soup, water, mushrooms and water together in crackpot. Place pheasants in crackpot. Sprinkle with onion soup mix. Cover. Cook on low 6 to 8 hours. Add a splash more water if rice is looking dry towards end of cooking time.

PIEROGI CASSEROLE

4-6 lg. Potatoes peeled and sliced 1/2" thick
4 C. shredded Cheddar Cheese
8oz. Bow-ties pasta
1-1/2 sticks butter or margarine Cut in tab. And used to dot layers.
1 jar bacon bits
salt and pepper to taste
1Cup onion, chopped fine

Cook the pasta till tender but not mushy. Layer the ingredients in crock pot. Cook on low while at work. Stir when you get home and serve.

PIEROGIES IN PEPPER-SHALLOT SAUCE

1 can (28 oz) crushed tomatoes
1 shallot, thinly sliced
1 c chopped sweet green peppers
1/2 tsp olive oil
1/2 tsp red wine vinegar
1/2 tsp Italian herb seasoning
1/2 tsp black pepper

1 lb potato-filled pierogies, fresh or frozen

Combine all ingredients except pierogies in crackpot. Cover and cook on LOW for 5 to 9 hours or on HIGH for 3 1/2 to 5 hours. Add pierogies. Cover and cook for 1 hour. Makes 6 servings

PINA COLADA BREAD PUDDING

1 (1 lb) unsliced loaf French Bread or sourdough bread
1 (10 oz) can frozen Pina colada drink mix
1 (6 oz) can pineapple juice
1 12 oz can evaporated skimmed milk
1/2 cup cream of coconut
2 (7 or 8 oz each) ripe bananas, sliced crosswise
3 eggs
1/3 cup Irish cream or 1/4 cup light rum, optional
1 cup golden raisins
1 8 oz can crushed pineapple and juice
1 tsp grated lemon peel
8 or 10 fresh mint sprigs

With sharp knife, peel crust from bread; discard crust or make into breadcrumbs for use in another recipe. Cut bread into 1-inch cubes; set aside. In blender or food processor fitted with metal blade, combine half or following ingredients: drink mix, pineapple juice, milk, cream of coconut, and banana slices.

Process until pureed, pour puree into 6 cup bowl. Puree remaining half or liquid ingredients and banana slices as well as eggs and liquor. Combine both purees. Combine raisins and crushed pineapple with juice, set aside. Place about 2/3 of bread cube in slow cooker; sprinkle 1/2 tsp grated lemon peel and spread 1 cup raisin pineapple mixture over bread in slow cooker. Top with remaining bread cubes, then with remaining lemon peel and raisin-pineapple mixture. Pour pureed ingredients into slow cooker. Cover and cook on LOW 6 hours. Spoon pudding into 8 or 10 dessert dishes and serve hot. Garnish with mint.

PIZZA BEANS #1

1 lb. pinto beans
3 1/2 cups water
4 tomatoes chopped
1 onion chopped
1/4 cup red or green bell pepper chopped
1 garlic clove crushed
1 tsp salt
1/2 tsp. oregano
1/4 tsp. rosemary
1 cup shredded mozzarella
1/4 cup grated parmesan

Rinse beans and remove any stones or foreign objects. Cover with water and soak overnight

In crock pot, combine all ingredients but the 2 cheeses, Cover and cook on high 6-7 hours until beans are tender. Top with mozzarella and parmesan and cook 10 more minutes or until cheese melts.

PIZZA BEANS #2

1 lb. pinto beans
4 med. tomatoes, peeled and diced
1 onion, chopped
1 clove garlic, crushed
Salt and pepper to taste
1/4 tsp. rosemary
1/4 cup grated Romano or Parmesan cheese

6 cups water
1/4 cup chopped green pepper
1/2 tsp. oregano
1 cup shredded Mozzarella cheese

Soak beans in water overnight. Drain beans, cover with fresh water and simmer for 1 1/2 to 2 hours, until tender. In slow cooker, combine beans with tomatoes, onion, garlic, green pepper, salt and pepper, rosemary and oregano. Add 2 cups liquid from beans. Cover and cook on low for 8 to 10 hours. Turn control to high. Add Mozzarella and Romano cheeses. Cook uncovered on high for 15 to 20 minutes. Turn heat off; let stand for a few minutes before serving to allow beans to absorb some of the liquid.

PIZZA CHICKEN

4 skinless, boneless chicken breasts, cut into bite size pieces
1 onion, chopped
1 green bell pepper, chopped
2 stalks celery, sliced
1 (10.75 ounce) can condensed tomato soup
1 (10.75 ounce) can condensed cream of mushroom soup
2 tablespoons tomato paste
1/2 cup water
1 tablespoon dried parsley
1 tablespoon dried oregano
1 tablespoon dried basil
1 bay leaf
salt and pepper to taste

Place chicken, onion, bell pepper and celery in a slow cooker. In a medium bowl combine the tomato soup, cream of mushroom soup, tomato paste, water, parsley, oregano, basil, salt and pepper. Mix well and pour mixture over chicken and vegetables in slow cooker. Stir to coat and add bay leaf. Cook on Low setting for 8 hours, until chicken and vegetables are tender.

PIZZA PORK CHOPS

6 pork loin chops, 1 inch thick (about 2 1/4 pounds)
1/2 tsp salt

- 1/4 tsp pepper
- 1 Tbsp vegetable oil
- 1 medium onion chopped (1/2 cup)
- 2 cups tomato pasta sauce
- 4 cups cooked orzo
- 1 cup shredded mozzarella cheese (4 oz)

Not in the recipe, but I also had some fresh mushrooms that I added in :)

1. Remove excess fat from pork. Sprinkle pork with salt and pepper. Heat oil in 12" skillet over medium-high heat. Cook pork in oil about 5 minutes, turning once, until brown. Place pork in 3 1/2 to 6 quart slow cooker.
 2. Sprinkle onion (this is where I added the mushrooms) over pork. Add pasta sauce. Cover and cook on low heat setting 4 to 6 hours or until pork is very tender.
 3. Place orzo on platter. Top with pork and sauce. Sprinkle with cheese. 6 servings
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POLENTA

- 2 to 4 tablespoons butter or margarine, melted
- 1/4 teaspoon paprika
- dash cayenne pepper
- 6 cups boiling water
- 2 cups cornmeal (preferably water ground)
- 2 teaspoons salt

Grease the walls of the crock pot with 1 tablespoon of the butter or margarine. Add paprika and cayenne; turn to high. Measure remaining ingredients and add to crock pot with the rest of the butter. Stir well; cover and cook on low for 6 to 9 hours (2 to 3 hours on high), stirring occasionally. To fry, chill in a lightly greased loaf pan and cut into 1/4" slices. Fry in butter until browned. Serves 8 to 10.

POTATO STUFFED CABBAGE

- 1 head cabbage
- 5 lb potatoes -- peeled
- 2 onions
- 1/2 cup rice, raw
- 1 tsp dill, dried

1/4 tsp black pepper -- ground
2 egg whites
1 can tomatoes (28 oz)
1 apple -- peeled and sliced
1/4 tsp ginger, dried -- ground

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 Tbs. 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 crockpot 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.

PORK CHOP DINNER #1

1 1/2 cups Small bite size pieces of carrot
2 1/2 cups Small bite size pieces of potato
1 cup Small bite size pieces of onion
1 cup small bite size pieces of parsnip
6 pork loin chops, trimmed pf fat
1 tsp liquid gravy browner
10 oz can Condensed cream of mushroom soup
1/2 cup water

Put carrot in 5 qt slow cooker. Layer potato, onion and parsnip over top. Brush both sides of pork chops with gravy browner. Lay over parsnip. Stir soup with water together in bowl. Pour over all. Cover. Cook on Low for 9 to 10 hours or High for 4 1/2 to 5 hours. Serves 6.

PORK CHOP DINNER #2

4 Pork Chops
Red Potatoes, quartered, no set amount
1 onion, sliced into rings
2 cans Cream of Mushroom soup (sometimes I use roasted garlic soup, instead)
Salt and Pepper, to taste

I put the pork chops on the bottom of crock. Season chops with salt and pepper. Layer the potatoes on top and season. Last layer will be the onions. Pour the soup over all of this. Cook in crackpot 6-8 hours on low.

PORK CHOPS ALA ORANGE

3 pounds pork chops
2 cups orange juice
2 cans mandarin oranges drained -- (11 oz.)
1 can pineapple tidbits drained -- (8 oz.)
Salt and pepper

Salt and pepper pork chops and put in a crackpot; cover with orange juice. Cook on high 3 to 4 hours or on low 6 to 8 hours. About 30 minutes before serving add the oranges and pineapple just to warm. Can be served with rice or noodles.

PORK CHOPS AND APPLE SLICES

4 pork loin chops (1" thick) well trimmed
2 medium apples peeled, cored and sliced
1 tsp butter
1/4 tsp nutmeg (optional)
salt and pepper

In skillet, brown pork chops quickly; drain well. Arrange a layer of sliced apples in crackpot, then a layer of pork chops; repeat. dot with butter; sprinkle with nutmeg. Add salt and pepper.

Cover and cook on low setting 6 to 8 hours. 4 servings (about 2 1/2 quarts)

PORK HOCKS AND BLACK EYED PEAS

1 1/2 cups dry black-eyed peas
4 small smoked pork hocks (1 1/2 lbs.)
4 cups reduced-sodium chicken broth
1 med. green sweet pepper, chopped
1 med. onion, chopped
1 stalk celery, chopped
2 bay leaves
1/4 tsp. ground red pepper
2 cups sliced okras or one 10 oz. pkg. frozen whole okra, thawed and cut into 1/2" slices

Rinse black-eyed peas; place in a large saucepan. Add enough water to cover peas by 2". Bring to boiling; reduce heat. Simmer, uncovered, for 10 minutes. Remove from heat. Cover and let stand for 1 hour. Drain and rinse peas.

In a 3 1/2, 4-, or 5- quart crockery cooker combine the black-eyed peas, pork hocks, broth, sweet pepper, onion, celery, bay leaves, and red pepper.

Cover; cook on low-heat setting for 8-10 hours or on high-heat setting for 4-5 hours. Add okra. Cover; let stand for 10 minutes or until okra is tender. Remove pork hocks. When cool enough to handle, cut meat off bones; cut meat into bite-size pieces. Discard bones and bay leaves. To serve, stir meat into black-eyed pea mixture.

PORK ROAST WITH SWEET POTATOES

1 (3 lb) boneless pork roast (or cubed lean pork)
2 to 3 large sweet potatoes
1 green bell peppers
1/2 cup apple cider
3 tablespoons brown sugar
1 teaspoon cinnamon
salt and pepper to taste

Put roast or cubed pork in the crock pot. Cut sweet potatoes and green peppers in large pieces and add them. Mix the remaining ingredients and pour over all; cook all day on low or about 4 hours on high. Serve with rice.

POTATO CHILI

Brown 1 lb hamburger w/some all seasoning and chopped onion (however much you like) and 3 or so cloves of garlic in a frying pan; drain oil.

Cut up about 5 sm to med potatoes in 1/4" slices.

Put potatoes in cp, add hamburger. Mix 1 beef bouillon w/a little hot water to dissolve, add to cp.

Blend one 14.5oz can tomatoes in blender (the kind w/added seasonings is fine), add to cp.

Add:

1/2 tsp each onion, garlic salt and cumin

1 Tbls each paprika and chili powder

a couple of shakes of Worcestershire sauce and black pepper

1/2 c water

Cook on high 3 to 4 hrs, or low 6 or 7. Dish out and sprinkle on grated cheddar cheese.

POTATO SOUP

8 potatoes (peeled or not) chopped

1 onion, chopped

2 celery ribs chopped

2 carrots, peeled and chopped small

1 can chicken broth

2 T dried parsley

1 1/2 tsp salt

1/4 tsp pepper

1 cup milk

1/2 cup flour

sliced green onions, grated cheese, and chopped bacon for toppings

Put all ingredients down to and including the pepper into the crackpot. Add water to within 1" of the top of the crackpot (this recipe is for a 5 qt, so adjust accordingly). Cook on high for 8 hours. 1 hour before serving, put milk into a

small container with a lid, add flour and shake till well mixed. Add to the soup.

POTATOES EUPHORIA

2 garlic cloves -- minced
1 teaspoon salt
1/4 teaspoon freshly ground black pepper
8 medium boiling potatoes (about 2 lbs) -- scrubbed and sliced
8 ounces cream cheese -- cut in 1" cubes
4 scallions -- finely chopped

In a small bowl combine the scallions and the garlic. In another small bowl, combine the salt and pepper.

In a well-buttered 3.5-qt slow cooker, layer one fourth of the sliced potatoes. Sprinkle with about 1/4 tsp of the salt and pepper, and top with one third of the cheese cubes and then one third of the scallion mixture. Make a second layer of potatoes, sprinkle with about 1/4 tsp of the salt/pepper mix, and top with half of the remaining cheese and scallion mixtures. Repeat with a third layer of potatoes, sprinkle another 1/4 tsp of salt/pepper mix, and top with the remaining cheese and scallion mixtures. Make a final layer of potatoes and sprinkle with the remaining salt and pepper.

Cover and slow cook for 2 hours on high. Stir the potatoes to distribute the melting cheese, cover and continue cooking until the potatoes are very tender, about 1 hour longer.

Stir the potatoes well to mash slightly and serve immediately.

POT ROAST & POTATOES 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 sm. 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 teaspoon salt. Cook on low for 10-12 hours or high for 6 hours.

To make gravy, pour off 3 tablespoons 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.

POT ROAST IN ONION GRAVY

4-lb. boneless Round Beef Roast, fat trimmed and twine left on
Salt to taste
Freshly ground Black Pepper to taste
2 Tbs. Olive Oil
2 large Onions, thinly sliced
4 cloves Garlic, minced
1 tsp. dried Thyme
1/2 cup Brewed Coffee OR 1 tsp. Instant Coffee dissolved in 1/2 cup boiling water
2 Tbs. Balsamic Vinegar
1 Tbs. Cornstarch
1 Tbs. Water

Season the beef roast with salt and pepper to taste. In a large heavy skillet, warm one tablespoon of olive oil over medium-high heat. Add the beef roast and sear the outside until browned on all sides. Can take up to 5 minutes on each side. Transfer the roast to a 3-1/2-quart slow cooker.

Add the remaining tablespoon of oil to the same skillet and reduce the heat to medium. Sauté the onions, stirring, for about 7 minutes or until they are soft and golden. Add the garlic and thyme; sauté, stirring, for about a minute more. Pour in the coffee and balsamic vinegar, and allow to warm for about a minute; then pour the mixture over the beef in the crock pot.

Cover and cook on high setting until the beef is tender, but not yet falling apart

(usually about 4 1/2 hours). Transfer the beef to a clean cutting board and tent with foil to maintain its heat. Let the roast rest for about 10 minutes.

Meanwhile, pour the juices from the slow cooking into a medium saucepan. Skim off the fat and bring the juices to a boil over medium-high heat.

In a small bowl, blend together the cornstarch and water. Add the mixture to the saucepan and cook, whisking constantly, until the gravy has thickened slightly. Season with salt and pepper to taste.

Remove the twine from the roast beef and carve. Serve warm with the gravy.

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 sm. 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 teaspoon salt. Cook on low for 10-12 hours or high for 6 hours.

To make gravy, pour off 3 tablespoons 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.

PROVENCALE CHICKEN SUPPER

- 4 (6oz) chicken breasts, skinless & boneless
- 2 tsp dried basil
- 1/4 tsp salt, divided
- 1/4 tsp pepper, divided
- 1 cup diced yellow bell pepper
- 1 (16oz) can navy beans, rinsed and drained
- 1 (14oz) can pasta-style chunky tomatoes, undrained

1. place chicken in slow cooker and sprinkle with basil, 1/8 tsp salt and 1/8 tsp pepper.
2. Combine remaining salt, pepper, bell pepper, beans and tomatoes in bowl and stir well. Spoon over chicken. Cover with lid and cook on high 1 hour and low 5 hours. Spoon bean mixture into each of 4 shallow bowls. Top each with 1 breast and 3/4 cup bean mixture.

PUDDING CAKE

- 1 cup Flour
- 1/2 cup Sugar
- 1/2 cup Coarsely chopped pecans -- or walnuts
- 1/4 cup Unsweetened cocoa
- 2 teaspoons Baking powder
- 1/2 teaspoon Salt
- 1/2 cup Milk
- 1/4 cup Oil
- 1 teaspoon Vanilla extract
- 1 cup Boiling water
- 1/2 cup Chocolate syrup
- Whipped cream or ice cream

Mix together first 6 ingredients in 6-cup mold. Stir in milk, oil and vanilla. Mix boiling water and chocolate syrup. Pour over batter . Place small trivet or band from canning jar in bottom of cooker , add 2 cups warm water . Place mold in cooker and cover with 4 layers of paper towels. Cover cooker and cook on high 3 to 4 hours. Serve warm with cream.

PUMPKIN NUT BREAD

(6 to 8 servings)

- 1 1/2 cups all-purpose flour
- 1 1/4 tps baking soda
- 1/2 tsp salt
- 1 tsp cinnamon
- 1/2 tsp fresh grated nutmeg
- 1 cup canned pumpkin (not pie filling)
- 1 cup sugar
- 1/2 cup buttermilk
- 1 egg
- 2 TBS margarine/butter, room temp
- 1 cup chopped pecans (can be left out)

Place a metal rack or trivet in a slow cooker. Grease and flour a 5-6 cup mold. In a large bowl, combine all ingredients except nuts and beat until well blended. Stir in nuts. Spoon into prepared mold. Cover with foil. Pour 2 cups hot water in cooker. Place covered mold on rack/trivet. Cover and cook on HIGH 3 1/2-4 hours. Turn out on cooling rack. Serve warm or cool.

PUMPKIN PIE PUDDING

- 1 can (15oz.) solid pack pumpkin
- 1 can (12oz.) evaporated milk (or skim evaporated)
- 3/4 cup sugar (or sugar substitute)
- 1/2 cup bisquick baking mix (low fat)
- 2 eggs, beaten
- 2 T. butter or margarine., melted
- 2 1/2 tsp. pumpkin pie spice
- 2 tsp. vanilla whipped topping (optional)

In a large bowl mix together the first eight ingredients. Transfer to crackpot coated with Pam. Cover and cook on low for 6-7 hours.

PUMPKIN TEA BREAD

- 1/2 c. oil
- 1/2 c. sugar
- 1/2 c. brown sugar

2 beaten eggs
1 c. canned pumpkin
1 1/2 c. sifted flour
1/2 tsp. salt
1/2 tsp. cinnamon
1/2 tsp. nutmeg
1 tsp. soda
1 c. chopped walnuts

Blend oil and two sugars. Stir in beaten eggs and pumpkin. Sift dry ingredients together. Add and then stir in nuts. Pour batter into greased and floured 1 lb. 10 oz. coffee can. Place can in crock pot. Cover top of can with 6-8 paper towels; place lid on top. Bake on high 2 1/2 - 3 1/2 hours. No fair peeking until last hour.

Q

[Top](#)

QUICK AND EASY MUSHROOM CHICKEN DINNER

enough chicken to feed your family (whole, quarters, breasts, thighs - it doesn't matter)

4 medium potatoes, peeled and chunked
4-5 carrots, peeled and sliced
1 chicken bouillon cube, crushed
1 can cream of mushroom soup
1 c. boiling water

Place chicken in crock pot and surround with potatoes and carrots. Mix remaining ingredients in a separate bowl. Pour over chicken, potatoes, and carrots. Cook on low 6-8 hours (you don't have to, but I like to stir the mixture every couple hours). Serve with rolls on the side. When done, chicken will fall apart when stabbed with a fork. If you like gravy on your potatoes, use the sauce in the bottom of the crock pot!

QUICK ONION POT ROAST

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

1 pkt onion soup mix.

3lb lean beef pot roast trim off any fat

3 Tbs flour in 3Tbs water, mixed to a paste.

Sprinkle onion soup over the bottom of the slow-cooker. 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.

R

[Top](#)

RABBIT OR PHEASANT STEW

1 or 2 rabbits or pheasants

Salt, pepper and paprika to taste

1 c. sour cream

1 c. cream of mushroom soup

1/4 tsp. Worcestershire sauce

2 tbsp. instant onions

Season cut up meat. Mix sour cream, soup and Worcestershire sauce. Add instant onions. Cook in slow cooker on low for 8 hours.

RED BEANS

1 lb red kidney beans -- soaked overnight in water

1 1/2 c brown rice

16 oz tomato, stewed

1 ham hock (optional)

1 tsp basil

1 tsp thyme

1 onion, chopped

2 garlic clove or 1/4 tsp garlic powder
White pepper -- to taste
Salt -- to taste

I put everything in the crock pot at the same time, except for the rice. Turn on high for 4 hours, then on low for 6 hours. During the last 1 1/2 hour, put in the rice. The final ingredient is about 1/2 cup of white wine. You can add this whenever. It is optional, of course. My husband really likes it spicy so he adds 1/8 tsp red pepper.

RAISIN BREAD PUDDING

pudding:

8 slices bread, cubed (I use Hearty White Bread by Pepperidge Farms)
4 eggs
2 cups milk
1/2 cup white sugar
1/4 cup butter or margarine, melted
1/4 cup raisins
1/2 tsp. ground cinnamon

Sauce:

2 Tbsp. butter or margarine
2 Tbsp. all-purpose flour
1 cup water
3/4 cup sugar
1 tsp. vanilla extract

Place bread cubes in a greased slow cooker (I used my 5-qt. Rival). In a bowl, beat eggs and milk; stir in sugar, butter, raisins and cinnamon. Pour over bread; stir. Cover and cook on HIGH for 1 hour. Reduce heat to LOW; cook for 3-4 hours or until a thermometer reads 160°F. Just before serving, melt butter in a saucepan. Stir in flour until smooth. Gradually add water, sugar and vanilla. Bring to a boil; cook and stir for 2 minutes or until thickened. Serve with warm bread pudding (it's good with half and half instead, too).

RANCH HAND LIMAS

8 oz ground 90% lean turkey or beef
1/2 cup finely chopped onion
20 oz (two 16 oz cans) butter beans, rinsed and drained
1-3/4 cups (one 15 oz can) Hunt's Chunky Tomato Sauce
2 Tbsp Brown Sugar Twin
1/2 tspn poultry seasoning
1/4 tspn ground sage
1/4 tspn garlic powder

In a large skillet, sprayed with butter flavored cooking spray. Brown meat and onions. Spoon browned meat into a slow cooker. Add butter beans, tomato sauce, brown Sugar Twin, poultry seasoning, sage and garlic powder. Mix well to combine. Cover and cook on LOW for 6 to 8 hours. Mix well before serving

RATATOUILLE

2 lg onions, sliced
1 lg eggplant, sliced
4 sm zucchini, sliced
2 Garlic clove; minced
2 Bell pepper, green; seeded & cut in thin strips
6 lg Tomato; cut in 1/2" wedges
1 ts Basil
2 ts Salt
1/4 ts Pepper
2 T Parsley; chopped
1/4 c Olive oil

Layer half the vegetables in the crock pot in the following order: onion, eggplant, zucchini, garlic, green peppers, tomatoes. Repeat.

Sprinkle basil, salt, pepper, and parsley over top. Drizzle with olive oil. Cover and cook on low 7-9 hours

RAVIOLI CASSEROLE

1.5 lbs lean ground beef
1 medium onion, chopped
2 garlic cloves, minced

- 1 28 oz can peeled tomatoes, in thick tomato puree
- 1 15 oz can tomato sauce
- 2 tsp Italian seasoning
- 1/4 tsp pepper
- 1 lb bow-tie pasta or fettuccine, freshly cooked
- 1 10 oz pkg frozen chopped spinach, defrosted and squeezed to remove excess moisture
- 2 cups ricotta cheese
- 1/2 cup freshly grated Parmesan cheese

In a large skillet over medium-high heat, cook the ground beef, onion and garlic, stirring often to break up lumps, until the meat loses its pink color, about 5 minutes. Tilt the pan to drain off excess fat, then transfer the beef mixture to a 3.5-qt slow cooker.

Add the tomatoes with their puree, the tomato sauce, Italian seasoning, and pepper, stirring to break up the tomatoes with the side of a spoon. Cover and slow cook for 7 to 8 hours on low.

Skim the fat from the surface of the meat sauce. Stir in the cooked pasta, spinach, and ricotta and Parmesan cheeses, and slow cook for 5 more minutes.

RED BEANS AND RICE

- 1 ham bone -- cracked
- 1 pound small dried red beans -- soaked overnight and drained
- 1 onion -- chopped
- 3 cloves garlic -- minced
- salt and pepper -- to taste
- 6 cups hot cooked rice
- 1 cup chopped green onions

Place beans in bottom of crock pot and add remaining ingredients, except rice and green onions, with 1 1/2 quarts water. Cover and cook on high 2 hours. Turn heat to low and cook, covered, 10 to 12 hours. Remove ham bone and mash some of the beans against the side of the pot to thicken the remaining liquid. Remove meat from bone and return meat to pot. Season with salt and pepper and serve with rice, topped with chopped green onions.

RED PORK CHOPS

4-6 pork chops
1 12-oz bottle Hunts Chili Sauce
Ketchup
Water
1/2 cup brown sugar
2 tsp dry mustard

Pour Chili Sauce into crackpot, refill bottle with ketchup and pour into crackpot. Refill bottle with water and pour into crackpot. Add sugar and mustard. Arrange pork chops in pot. Cook on high until done.

REUBEN PARTY SPREAD

1 lb corned beef, chopped
2 cups shredded Swiss cheese
1 8oz can sauerkraut, drained
1/2 cup mayo
1/2 cup Thousand Island dressing

Mix, put in crock pot. Heat until cheese is melted. Serve on rye bread.

RICE AND HAMBURGER

2 lbs. ground beef
2 onions, cut up
1 can tomatoes
1 can tomato soup, undiluted
1 cup cooked rice

Brown beef in skillet and drain. Put browned beef in crock pot; add onion, tomatoes, and soup. Cover and cook for 8 to 10 hours. Add hot cooked rice about 20 minutes before serving.

RICH CHOCOLATE DESSERT

Serves 4

1 package chocolate cake mix
1 pint sour cream
1 package instant chocolate pudding
1 small bag chocolate chip (approx. 6 ounces)
3/4 cup oil
4 eggs
1 cup water

Spray crock pot with non-stick spray. Mix all ingredients. Pour into Crock pot. Cook on low for 6-8 hours. Serve in a bowl with ice cream.

RIO GRANDE MEATLOAF

Cooking Spray
1 (15oz) can black beans, rinsed and drained
1/2 cup chopped onion
1/2 cup chopped green pepper
1/3 cup chopped fresh cilantro
2 TBS seeded minced jalapeno
1 tsp salt
2 tsp ground cumin
2 tsp chili powder
1/2 tsp pepper
4 taco shells, finely crushed
2 large egg whites
3 large garlic cloves, minced
2 pounds ground round
1/2 cup salsa

1. Coat slow cooker with spray. Tear off two sheets of foil long enough to fit in bottom of cooker AND to extend 3 inches over each side of cooker. Fold each foil sheet lengthwise to form a 2 inch wide strip. Arrange strips in a cross fashion in cooker, pressing strips to bottom of cooker and extending ends over sides of cooker.

2. Combine beans, and next 11 ingredients in large bowl and stir well. Crumble beef over vegetable mixture and stir until just blended. Shape into a loaf the shape of your cooker container. Place loaf in slow cooker over foil strips (foil strips become handles to remove meat after cooked).

3. Cover with lid and cook on high 1 hour then on low 2-3 hours or until done. Use foil strips to lift meat from cooker. Cut into wedges. Spoon salsa over wedges.

ROAST #1

1 chuck roast
1 can stewed tomatoes (16 Ozs)
1 onion chopped
2 cloves garlic, to taste
3 ribs celery sliced
3 carrots chunked
salt pepper and red pepper to taste
1/2 tsp EACH thyme, rosemary, basil, garlic powder
4 potatoes sliced
1 tbsp mustard
a dash of Worcestershire sauce
1/4 cup water

In the bottom of a crackpot add the juice of the canned tomatoes, mustard, Worcestershire sauce, water, salt pepper, spices, and minced garlic. next add potatoes, tomatoes, carrots, onion and celery. Rub roast with salt and pepper and place on top of veggies. Cook on low for 8 hours.

ROAST #2

Put the beef roast in.

Add:

1 chopped onion
2 tbsp fresh basil, chopped

Soak 1/3 cup sun dried tomatoes in 1 cup of boiling water. Add a clove of chopped garlic. Soak for 10 minutes, then pour over roast.

Cook on low for 8 hours. Slice beef, serve with sauce, and sprinkle toasted pine nuts on top.

ROAST #3

3 lb tri-tip roast
5 large potatoes
1 large onion
1 envelope onion soup mix (I use Mrs. Grass-the envelopes are larger)
1 can beef broth
2 cans water
2 tsp Worcestershire sauce
salt, pepper and garlic powder to taste

Dice the potatoes and slice the onions and put in bottom of CP. Add remainder of ingredients after the roast is placed on the top of the potatoes and onions. I add the Worcestershire sauce to one of the cans of water. Cook on low 7 hours or so. (depending on size of roast)

ROAST CHICKEN #1

1 whole chicken
salt & pepper
parsley
dried seasoning, i.e. oregano, basil, rosemary, etc.
butter

Rinse chicken thoroughly. Sprinkle cavity with salt, pepper and parsley. Put in crock pot breast side up. Sprinkle a little salt & pepper on it with seasoning of your choice. Dot breast with butter. Don't add any liquid. Cook on high one hour and low for 10-12 hours.

ROAST CHICKEN #2

FRESH BREAD STUFFING

2 tbsp. Hard margarine (butter browns too fast)
1 cup Chopped Onion
1/2 cup Diced Celery

1 tsp. Salt
1/4 tsp. Pepper
1 tsp. Parsley flakes
1/4-1/2 tsp. Poultry seasoning
about 4 cups Bread slices, cubed

CHICKEN

3 1/2 lbs. Roasting chicken
2 tsp. Liquid gravy browner

GRAVY SEE BELOW

FRESH BREAD STUFFING: Melt margarine in frying pan. Add onion and celery. Sauté until soft. Remove from heat. Mix in salt, pepper, parsley and poultry seasoning. Add bread cubes. Toss well. Wrap in foil, leaving an opening at top.

CHICKEN: Brush chicken with gravy browner. Place in 5 qt. crock pot. Place foil pouch over chicken legs. Cover crock pot. Cook on low for 8-9 hours or high for 4-4 1/2 hrs. Make gravy with remaining juice from chicken. Stir stuffing before serving.

ROAST STICKY CHICKEN

4 tsp salt
2 tsp paprika
1 tsp cayenne pepper
1 tsp onion powder
1 tsp thyme
1 tsp white pepper
1/2 tsp garlic powder
1/2 tsp black pepper
1 large roasting chicken
1 cup chopped onion

In a small bowl, thoroughly combine all the spices. Remove giblets from chicken, clean the cavity well and pat dry with paper towels. Rub the spice mixture into the chicken, both inside and out, making sure it is evenly distributed and down deep into the skin. Place in a resealable plastic bag, seal and refrigerate overnight.

When ready to cook chicken put the onions into the cavity, put the bird into the crockpot and do not add any liquid. As the cooking process goes on it will produce

it's own juices. Cook on low 8 to 10 hours

ROASTED VEGGIE TRIO POT

3 cups (15 oz) sliced raw potatoes
3 cups sliced carrots
1/2 cup chopped onions
1-3/4 cups (one 15 oz can) Beef Broth

In a slow cooker, combine potatoes, carrots, and onions. Pour beef broth evenly over top. Cover and cook on HIGH for 4 to 6 hours. Mix well before serving.

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 crock pot. Pour Italian dressing over. Cover and cook on low 7 hours or high 3 1/2 hours. Remove chicken from crock pot 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.

ROSEMARY CHICKEN WITH PASTA

You'll love the aroma that comes from the crackpot when this meal is cooking! Just add a spinach salad & rolls and you have the perfect meal. Enjoy! :)

2 medium onions, sliced or chopped
2 tsp bottled minced garlic or 4 cloves garlic, minced
3/4 lb skinless, boneless chicken breasts or thighs

1 (14.5 oz) can diced tomatoes
1 (6 oz) can tomato paste
2 tbsp wine vinegar
2 bay leaves
1 tsp sugar
1/2 tsp dried rosemary, crushed or 1 tbsp fresh
1/4 tsp salt
1/4 tsp pepper
1 (4 oz) can sliced mushrooms, drained
1 pkg (8 oz) dried pasta (penne, mostaccioli, or elbow macaroni)
Grated Parmesan cheese

In a 3-1/2 to 4-1/2 quart crackpot, place the onions and garlic. Add chicken to crackpot. In a mixing bowl combine undrained tomatoes, tomato paste, vinegar, bay leaves, sugar, rosemary, salt, and pepper; mix well. Pour over chicken.

Cover and cook on LOW heat setting for 7 hours. Or, cook on HIGH heat setting for 3-1/2 hours.

When ready to serve, remove bay leaves. Stir mushrooms into chicken mixture; cook for 5 to 10 minutes more to heat through. Meanwhile, cook pasta according to package directions. Serve the chicken and sauce over the hot cooked pasta; sprinkle with Parmesan cheese. Makes 4 servings.

ROUND STEAK AND RICH GRAVY

2 lbs. round steak
1 can cream of chicken soup
1 envelope dry onion soup mix
1/2 cup water

Cut round steak into serving size pieces. Add rest of ingredients. Cook on low 10-12 hours. Great gravy on mashed potatoes!

RUBY CHICKEN

2 lb Chicken; pieces
1 md Onions; chopped
2 tb Oil

- 2 ts Salt
- 1 ts Pumpkin pie spice
- 1 can Orange juice, concentrated
- 2 ts Orange peel, grated
- 1 lb Cranberries
- 1 c Sugar

Night before: Chop onions, thaw orange juice and chicken, measure spices. In the morning: Add ingredients to crackpot. Cook 8-10 hours, till done. Serve over hot cooked rice.

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[Top](#)

SALSA CHICKEN

- 1 package chicken breast tenders
- 1 16oz. Pace chunky Salsa (mild, medium, or hot)
- 1 can of corn or peas (optional)

Mix all ingredients in a crackpot and crank it up to low. Let it cook for at least an hour and a half. Fix the corn or peas as a side dish to go with the meal.

SAUCY CHICKEN

- 6 drumsticks (skinned)
- 6 thighs (skinned) I am omitting the drumsticks and only using 6 thighs- there is only 3 of us anyway
- 1 (14 oz) can of diced tomatoes with garlic (undrained)
- 1 can tomato paste
- 2 tsp. chicken bouillon granules
- 1/4 cup of chopped onion, dried (I'm sure fresh would work fine too)
- 1/4 tsp. crushed red pepper
- 1/2 tsp. Italian seasoning
- 1/2 tsp. garlic powder

Mix ingredients and pour over chicken. Heat in cp for 1 hour on high heat then on low for 4-5 hours or until chicken is tender. I put the chicken in partially frozen and have it cooking on low only as it will be there until I get off work (about 9 hours).

SAUCY CHICKEN THIGHS

3 lbs bone in/skinless chicken thighs
1 can Italian style diced tomatoes
1 can tomato sauce
1 chopped onion
2 cloves minced garlic
salt and pepper to taste
1 tsp Italian Seasoning

Layer all ingredients in crock pot and cook on high 1 hour then low 6 hours.

Serve with spinach fettuccini, mashed potatoes or rice.

SAUERBRATEN

3-4 lb. roast
3-4 bay leaves
3/4 c. vinegar
3/4 c. brown sugar
14 oz. catsup
1 lg. onion, chopped
1 tbsp. pickling spice
30 ginger snaps

Put all ingredients in pot. Put enough water to cover meat. Cook slow 6 to 8 hours. Remove meat; slice. Put gravy through food mill. Put meat back into gravy.

SAUSAGE AND CABBAGE

1 Kielbasa, or Polish sausage
1 Large onion sliced
4 c Shredded red cabbage

20 oz Pie sliced apples
1 ts Salt
1/4 ts Pepper
1/4 ts Caraway seeds (optional)
1 Bay leaf
1/2 c Beer
1 can Condensed chicken broth

Score kielbasa and put into cooker. Layer onion, cabbage and apples, sprinkling each with salt and pepper and caraway seeds. Add bay leaf. Pour beer and chicken broth over all. Cover and cook on low 6 hours or high 3 hours, or until cabbage is tender. Remove bay leaf before serving. Spoon the vegetables into a heated casserole and top with the cooked sausage.

SAUSAGE IN TOMATO GRAVY

Finely chopped onion
four cans tomato sauce, equal parts water
can tomato paste
can rotell
smoked sausage (four links)
cooked meatballs (optional)

Chop up sausage and make sure meatballs are cooked. Throw all ingredients in crackpot and season to taste. Cook on low for 7-8 hours. Serve over rice.

SAUSAGE KRAUT

1 package bratwurst
1 package fresh sauerkraut
1/2 bag frozen potato chunks
1 small brown onion, chopped
1 can beer
garlic to taste

Add beer to crock pot. Drop sausages in, add onions, sauerkraut and potatoes. Chop garlic and add to top. Simmer 3-4 hours. Very tender and great flavor!

SAVORY BEEF STEW

1 cup sun-dried tomatoes (not packed in oil)
1 1/2 pounds beef stew meat
12 small new potatoes (1 1/2 pounds), cut in half
1 medium onion, cut into 8 wedges
1 bag (8 ounces) baby-cut carrots (about 30)
2 cups water
1 1/2 tsp seasoned salt
1 dried bay leaf
1/4 cup water
2 Tbsp Gold Medal all-purpose flour

1. Rehydrate tomatoes as directed on package; drain and coarsely chop.
 2. Mix tomatoes and remaining ingredients except 1/4 cup water and the flour in 3 1/2- to 4-quart slow cooker.
 3. Cover and cook on low heat setting 8 to 9 hours or until vegetables and beef are tender.
 4. Mix 1/4 cup water and the flour; gradually stir into beef mixture. Cover and cook on high heat setting 10 to 15 minutes longer or until slightly thickened. Remove bay leaf. 6 servings.
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SAVORY SWISS STEAK

1-1/2 lbs round steak
1/4 cup of flour
2 teaspoons dry mustard
salt & pepper to taste
1 teaspoon olive oil
1 onion - finely chopped
2 carrots peeled & grated
2 stalks celery - finely chopped
1 - 16 oz can tomatoes - undrained
2 Tablespoons Worcestershire sauce
2 teaspoons firmly packed brown sugar

Cut steak into 6 serving size pieces. Coat with mixture of flour, mustard, salt & pepper. In a large skillet, brown meat in oil. Transfer to a crockery pot. In the same skillet, sauté onion, carrots, and celery until glazed. Add tomatoes,

Worcestershire sauce, and brown sugar. Heat, scraping up browned bits, and pour over meat. Cover and cook on Low for 6-8 hours, or until tender. Spoon sauce over meat when serving.

SCALLOPED POTATO TOMATO POT

6 cups (20 oz) frozen shredded hash browns
2 cups (one 16 oz can) cut green beans, rinsed & drained
1/4 cup finely chopped onion
1 tsp dried parsley flakes
1 (10-3/4 oz) can Healthy Request Cream of Celery Soup
1-3/4 cups (one 14-1/2 oz can) stewed tomatoes, undrained

In a slow cooker, combine hash browns, green beans and onion. In a medium bowl, combine parsley flakes, celery soup and undrained stewed tomatoes. Add soup mixture to potato mixture. Mix well to combine. Cover and cook on LOW for 6 to 8 hours. Mix well before serving.

SLOPPY JOES

2 pounds ground beef
1 med. onion chopped
1 tsp. salt
1/4 tsp. pepper
1 can condensed chicken gumbo soup
1/4 cup ketchup
1 tbsp. prepared mustard
8 hamburger rolls toasted

IN skillet brown ground beef, and drain well. Combine all ingredients except the hamburger rolls in your Crackpot! Cover and cook on low setting for 6-9 hours or on HIGH for 2-3 hours.

SAUSAGE KRAUT

1 (32 oz) bag sauerkraut (from deli or meat section)

- 1/2 cup dark brown sugar, packed
- 1 large onion, chopped coarsely
- 1 pound Polish sausage, fat-free
- 1 teaspoon caraway seeds, optional

1. Place sauerkraut in colander, and rinse well with cold water. Squeeze dry. Put into a large bowl.
 2. Add brown sugar, onion, and seeds, if desired. Mix well until kraut is a delicate caramel color.
 3. Place kraut mixture in a greased crock pot. Slice the sausage into large chunks, and place on top of the kraut.
 4. Cook on low heat for about 6 hours. If feasible, stir about half way through cooking time.
 5. Serve hot with mashed potatoes....
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SUMMER SQUASH

- 6 medium zucchini or other summer squash (about 2 -- cut into 1/2-inch-thick slices)
- 1 tsp salt -- divided
- 2 TBL olive oil
- 1 med onion -- chopped
- 1 med red bell pepper -- seeded and chopped
- 1 garlic clove -- minced
- 1 cup fresh bread crumbs
- 1/3 cup freshly grated Parmesan cheese
- 1 tsp Italian seasoning
- 1/4 tsp pepper
- 1 TBL unsalted butter -- cut into small cubes

In a large colander, combine the zucchini slices with 1/2 tsp of the salt. Let stand until the zucchini gives off its juices, about 30 minutes. Rinse well under cold running water to remove the salt, drain and pat dry with paper towels.

In a large skillet, heat the oil over medium heat. Add the onion and red bell pepper and cook, stirring often, until softened, about 5 minutes. Add the garlic and cook, stirring often, for 1 minute. Removed from the heat, add the zucchini, and mix well.

In a medium bowl, mix the bread crumbs, Parmesan cheese, Italian seasoning, the remaining 1/2 teaspoon salt, and the pepper.

Place half of the zucchini mixture in a buttered 3.5-qt slow cooker. Sprinkle with half of the crumb mixture. Top with the remaining zucchini mixture, the sprinkle with the remaining crumbs. Dot the top of the crumbs with melted butter.

Cover and slow cook until the zucchini is tender, about 4 to 5 hours on low.

SEAFOOD CHOWDER

1 1/2 pounds fish fillets (haddock, cod, etc.)
1/4 pound bacon -- diced
1 medium onion -- chopped
3/4 cup green onion (with tops) -- chopped
2 medium potatoes -- pared and cubed
1 1/2 cups water
1/2 teaspoon salt
1/4 teaspoon pepper
1 13 ounce can evaporated milk

Cut fish into bite-sized pieces. In small skillet, sauté bacon and onion until golden. Drain and put into Crackpot with fish. Add all remaining ingredients except evaporated milk. Cover and cook on low 6-9 hours or until potatoes are tender. (High 3 1/2 hours) Add evaporated milk during last hour. Serves 8

SENATE BEAN SOUP

1 lb dry navy beans (or Northern beans), soaked overnight
1 lb meaty ham bones or pieces of ham
2 quarts of water
1 tsp. salt
1/4 tsp. pepper
1 medium onion, chopped and sautéed until clear in butter

Put all ingredients in crackpot EXCEPT ONIONS. Halfway through cooking time add the sautéed onions. About 2 hours before serving mash beans with potato masher, which will thicken soup. Cover and cook on Low 10-12 hours or on High 5-6 hours.

SHERRIED CRAB MEAT

2 13-ounce cans crab meat
2 10 -ounce cans golden (or equal amount frozen) mushroom or cream of mushroom
6 tablespoons butter mushroom soup
1/4 cup dry sherry 1/2 teaspoon Worcestershire
1/2 cup light cream sauce
Salt and pepper 3 green onions with tops, finely chopped
2 eggs, beaten

Remove any cartilage or shell from crab meat; break into pieces and place in CROCK-POT. Add all remaining ingredients except eggs. Stir gently. Cover and cook on H high 1 hour, then on Low 2 to 3 hours. Stir in eggs during last hour. Serve over hot toast or in patty shells.

SHRIMP MARINARA

1 (16 oz.) can of tomatoes, cut up
2 tbsp. minced parsley
1 clove of 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.

SILVERADO STEW

1 lb ground beef
1 large onion, diced
1 can of each of the following: All cans either 15 or 16 oz. **DO NOT DRAIN ANY CAN!** Cream Corn, Veg-All, Cut up tomatoes, Peas, Cut green beans
Spanish rice (Old El Paso makes this in the Mex. food section)
Ro-Tel tomatoes and green chilies (this is a 10oz can)
1/2 tsp each: paprika, chili powder, salt

Brown meat and onion; drain. Place in crock pot. Empty cans into pot-remember, do not drain! Add spices, stir, and cover. Cook on low 6 hours. Makes 5 qts.

SIMPLE APPLESAUCE

About 8 cooking apples, peeled, cored, and sliced (though you don't have to peel them if you plan on putting them through a food mill)

1/2 cup water
1/2 cup sugar
cinnamon to taste

Combine apples and water in crockpot and cook on low for about 5 hours or on high for 2 1/2 hours, till apples are soft. Then add sugar and cinnamon and stir. Makes 4 cups of applesauce.

SLOPPY GUISEPPES

1 Tbsp. olive oil
1 large onion, diced
3/4 of 1 large green pepper, seeded and diced
3/4 pound lean ground beef
3/4 pound hot Italian sausage meat
2 cloves garlic, minced
1 medium carrot, peeled and grated
1 stalk celery, sliced thin
2 tsp. dried parsley
1 tsp. dried basil
1 tsp. dried oregano
1 tsp. chili powder, or to taste

- 1 tsp. sugar
- 1/2 salt
- 1/4 tsp. pepper
- 1 jar (26 oz.) Garlic & Cheese Chunky style spaghetti sauce

In a large skillet over medium-high heat, heat oil and sauté onion and green pepper until tender. Stir in both meats and cook until no longer pink. As the meat cooks, break up the large pieces and stir to combine the meats. Drain fat from meat. Return meat to skillet. Add garlic and stir gently until you begin to smell the garlic cooking (about 2 minutes). Place meat in a 3-1/2 quart or larger crackpot. Add remaining ingredients. Stir to blend ingredients. Cook on High for 1 hour then reduce to Low and cook for another 3 to 4 hours. Serve on slightly crusty buns along with a Caesar salad. Garnish with grated Mozzarella cheese.

SMOKY BEEF N BEANS

- 1 lb ground beef
- 1 cup chopped onion
- 12 bacon strips, cooked and crumbled
- 2 cans pork and beans
- 1 can kidney beans rinsed and drained
- 1 can butter beans, drained
- 1 cup ketchup
- 1/4 cup packed brown sugar
- 3 tbsp. vinegar
- 1 tsp. liquid smoke
- 1/2 tsp. salt
- 1/4 tsp. pepper

In a skillet, cook the beef and onion until meat is no longer pink; drain. Transfer to a slow cooker. Stir in the remaining ingredients. Cover and cook on low for 6-7 hours or until heated through.

8 servings

SMOTHERED CHICKEN

- 4 chicken breasts, skinless & boneless
- 12 oz Baby Bella mushrooms, sliced

- 1 can Cream of Chicken Soup (I used Fat Free)
- 1 can Cream of Mushroom Soup (once again, fat free here!)
- 1 can French Onion Soup
- 1 Large onion, sliced
- assortment of vegetables (I used sliced turnips and carrots)

Cut the chicken into bite size chunks and quickly brown in a small amount of olive oil. Remove from pan, set aside and brown onion until almost soft. Add mushrooms and sauté for additional 5 minutes.

Layer vegetables in bottom of crock, add some of the onion/mushrooms, then all of the chicken. Top with rest of onions/mushrooms.

Empty all three soups into sauté pan. Stir and deglaze thoroughly then pour over chicken. Cook on high for 2 hours, then on low for another 2-1/2 hours.

SMOTHERED STEAK

- 1 1/2 pounds round steak -- cut in strips
- 1/3 cup flour
- 1 teaspoon salt
- 1/4 teaspoon pepper
- 1 large onion -- sliced
- 2 green peppers -- sliced
- 16 ounces canned tomatoes
- 10 ounces canned mushrooms -- drained
- 2 tablespoons molasses
- 3 tablespoons soy sauce
- 10 ounces frozen green beans -- French

Put steak, flour, salt and pepper in crackpot. Stir well to coat meat with flour. Add all remaining ingredients, cover and cook on high for 1 hour. Reduce heat to low and cook for another 8 hours, Serve over rice

SNOWY DAY BEEF STEW

Prep time about 30 minutes... cooking time 8 1/4-10 1/4 hours

Filled with colorful vegetables, mushrooms, and potatoes, this stew is such a

complete dish that you need very few accompaniments -- perhaps just a mixed green salad and hot biscuits or crunchy French rolls.

1 medium-size onion, finely chopped
2 medium-size carrots, cut into 1/4" thick slanting slices
1 pound small thin-skinned potatoes, scrubbed and cut lengthwise into quarters
8 ounces mushrooms, sliced
2 to 2 1/4 pounds lean boneless beef round, trimmed of fat and cut into 1 cubes
1/4 cup all-purpose flour
2 teaspoons dry thyme
1 can (about 14 1/2 oz.) stewed tomatoes
1/4 cup red wine or beef broth
1 package (about 10 oz.) frozen peas, thawed
salt

In a 3 1/2-quart or larger electric slow cooker, combine onion, carrots, potatoes, and mushrooms. Coat beef cubes with flour, then add to cooker and sprinkle with thyme. Add tomatoes and wine. Cover and cook at low setting until beef is very tender when pierced (8 to 10 hours).

Skim and discard fat from stew, if necessary. Stir in peas. Increase cooker heat setting to high; cover and cook until peas are heated through (10 to 15 more minutes). Season to taste with salt. Makes 6 to 8 servings.

SOUR-CREAMED POT ROAST

2 bacon slices
1 3-lb. beef chuck roast
3/4 cup chopped onion
1 tsp. salt
1 bay leaf
1/4 tsp. ground cumin
1/8 tsp. pepper
1/2 cup dairy sour cream
3 Tbls. all-purpose flour
2 Tbls. snipped parsley
1/2 tsp. Kitchen Bouquet
Hot cooked noodles

In skillet cook bacon till crisp; drain, reserving drippings. Crumble bacon; wrap and refrigerate. Trim fat from roast; cut in half to fit into crockery cooker. In

skillet brown meat in bacon drippings; drain. Place in cooker. Stir together onion, salt, bay leaf, cumin, pepper, and 1/4 cup water; pour over meat. Cover; cook on low-heat setting for 8-10 hours. Remove roast; discard bay leaf. Skim fat from liquid; pour liquid into saucepan. Return roast to cooker; cover. Blend sour cream and flour; stir into hot liquid. Cook and stir till thickened; do not boil. Stir in parsley and Kitchen Bouquet. Season to taste. Serve meat garnished with bacon. Serve gravy over noodles. Serves 6

SOUR CREAM SALSA CHICKEN

Serving Size : 4

4 skinless boneless chicken breast halves
1 package reduced-sodium taco seasoning mix
1 cup salsa
2 tablespoons cornstarch
1/4 cup light sour cream

Spray the crackpot with cooking spray. Add the chicken breasts. Sprinkle with Taco Seasoning. Top with salsa. Cook on low for 6-8 hours. When ready to serve, remove the chicken from the pot. Place about 2 T cornstarch in a small amount of water. Stir well. Stir the cornstarch mixture into salsa sauce. Stir in 1/4 cup of sour cream.

SOUTHWESTERN BLACK BEAN SOUP

1 pound dried black beans -- rinsed
6 cups beef broth or bouillon
1 large onion -- chopped
2 jalapeno peppers -- seeded, chopped
1 garlic clove -- crushed
1 teaspoon ground cumin
1 teaspoon ground oregano
1 teaspoon ground thyme
1/8 teaspoon ground cloves
2 (1 lb EACH) ham hocks
1/3 cup dairy sour cream or plain yogurt
1 large tomato -- chopped

In slow-cooker, combine dried beans, broth or bouillon, onions, jalapeno peppers, garlic, cumin, oregano, thyme, cloves and ham hocks. Cover and cook on LOW 9-10 hours or until beans are tender. Remove ham hocks; cool. Shred lean meat; discard skin, bones and fat. Return shredded lean ham to pot and reheat on HIGH if necessary. Spoon mixture into individual bowls.

Top each with sour cream and chopped tomato.

SOUTHWESTERN CHICKEN STEW

About 3 boneless skinless chicken breasts (I used 2 cups precooked chicken from the freezer)

1 can Rotel tomatoes

1 can black beans or 1 can of red beans (I used Ranch Style, what we had in the pantry)

2 cans cream of mushroom or cream of chicken soup (I used one can cream of mushroom and one can of cream of poblano pepper, which is made by Campbell's)

2 cans of corn or one bag of frozen corn (it would be good with a combo of yellow and white corn; I just used yellow)

About 2 cups of water or chicken broth (I used water)

Put all ingredients in crackpot. Do not drain cans of corn and beans. Cook on low for about 8 hours. If using whole pieces of chicken, take them out, cut them up, and put them back into the crackpot.

SOUTHWESTERN STYLE CHALUPAS

1 (4 pound) pork roast

1 pound dried pinto beans

1 (4 ounce) can chopped green chile peppers

2 tablespoons chili powder

2 teaspoons cumin

1 teaspoon oregano

salt and pepper to taste

1 quart water

1 (16 ounce) package corn chips

In a slow cooker, combine pork roast, pinto beans, chile peppers, chili powder, cumin seed, oregano, salt, pepper and water. Simmer on low for 4 hours. Remove

roast and pull meat apart; remove any bones or fat. Return pork to slow cooker and continue cooking for 2 to 4 more hours. Add more water if necessary. Place corn chips on a serving plates. Spoon pork mixture over chips and serve with desired toppings.

SOUTHWESTERN VEGETABLE SOUP

2 lbs. ground beef
1 cup onion (diced)
1 cup bell pepper (diced)
1 cup celery (diced)
2 cans Hunt's diced tomatoes
1 pkg. frozen French-style green beans
1 pkg. frozen whole kernel corn
2 cans kidney beans
1 tsp. cumin
3 Tbsp. chili powder
1/2 tsp. garlic powder
1/2 tsp. oregano
1/4 tsp. red cayenne pepper
2 cups cooked rice

Brown ground beef with onion, peppers, and celery. Drain well and rinse with HOT water. Combine with all other ingredients EXCEPT rice in a large crackpot. Simmer on low 4 hours. Add rice about 30 minutes before serving. Add water as desired for the consistency you want. If you like a thick soup, don't add any water. If you like a thin soup, add as much as you like to it.

SOY CHICKEN #1

1 whole chicken, cut into 8 pieces
2 c chicken broth
1/4 c soy sauce
1/4 c Worcestershire sauce
5 or 6 sm to med sized potatoes (or as many as you want/need that will fit)
2-4 carrots
1/2 an onion, chopped
whole garlic cloves, as many as you want (I used 6)
1/2 tsp oregano

seasonings of your choosing

1 tbls oil

Brown chicken in oil in a skillet. Chop potatoes into bite size pieces, dice carrots and onion. Put veggies, including garlic cloves, into CP; add seasonings, soy and Worcestershire sauce. Mix. Add chicken and pour broth over all. Cook on high about 5 hrs, low about 8. If you want the broth to be thicker, you can add 2 tbls flour mixed w/water until smooth about an hour before it's done.

SOY CHICKEN #2

5 lbs of skinless chicken thighs (if I can find it, I also get the boneless, but not necessary)

In the crock pot mix together:

1 cup ketchup

1 cup soy sauce

1 cup sugar

Wash your chicken and add to the sauce and mix well. You can marinate it for a couple of hours or over night in the refrig or just cook it.

Cook on low half a day or all day. Its great as left overs also. I serve it with fresh veggies and white rice. You can use the sauce also over the rice if you so desire.

SPAGHETTI SAUCE #1

1 pound ground beef

chopped onion -- to taste

2 cans tomatoes -- (1 lb.) cut up

1 can tomato sauce -- (8 oz.)

1 can tomato paste -- (12 oz.)

1 cup beef broth (bouillon)

2 tablespoons parsley

1 tablespoon brown sugar

1 teaspoon dried oregano leaves

1 teaspoon dried basil leaves

1 teaspoon salt

1/4 teaspoon pepper

Brown meat and onion in fry pan, drain off fat; transfer to crock pot. Add remaining ingredients. Cover and cook on low for 6-8 hours. Serve over hot spaghetti. Can be made ahead and frozen.

SPAGHETTI SAUCE #2

3- 15 oz cans of tomato sauce
1- 12 oz can of tomato paste
2 tbs of minced onions or
12 cup fresh chopped onions
1 tsp chili powder
1-1/2 tsp garlic powder
1-1/2 tsp Italian seasoning

Cook on low in crackpot for 4-1/2 hrs.

SPAGHETTI SAUCE #3

1-6 pound can of crushed tomatoes
2-15 ounce cans of diced tomatoes (for texture)
1-12 ounce can of tomato paste (to thicken)
1 pound Italian sausage or ground beef (or both), cooked and broken up
1 large green pepper, diced
1 medium onion, chopped
4-8 cloves of garlic, minced
Italian seasoning, oregano, celery salt, celery seed-to taste.

I sauté the peppers, onions, and garlic in a bit of oil, and put it in the crackpot. Then dump everything else in the pot and cook on low all day. As far as seasonings, like I said, you be the judge.

This can be done without the meat, and you mostly need to be sure you have enough seasoning in there, or maybe add some more vegetables.

SPAGHETTI SAUCE #4

1 1/2 lbs ground chuck, browned
1 1/2 cups chopped onion
2 cloves garlic
1 15oz can tomato sauce
2 6oz cans tomato paste
1 tbsp salt
2 tsp dried oregano
1/4 tsp thyme
1 bay leaf

In crock pot combine all ingredients. Stir well, and cook on high 4-5 hours.

SPICED APPLE PORK ROAST

1 3 lb. pork roast (any type)
1 24 oz. jar 'spiced' applesauce
slurry of 2 TBS corn starch and water (Optional)

Place the roast into the crock pot. Pour the jar of apple sauce over the roast. Cover and cook on low for 6-8 hours.

Remove roast, slice and serve over mashed potatoes. If desired, after roast is removed turn crock pot up to high and whisk in the slurry of corn starch and water into the juices and cooked applesauce to make a gravy. Cook on high until desired consistency.

SPICED APPLES

2 quarts peeled, sliced apples
2-1/2 cups water
1/4 cup cinnamon candy
1/2 cup - 3/4 cup sugar, according to your taste preference
1/3 cup Thermo-flo or Clear jell
1/2 tsp ground cinnamon
1/8 tsp salt
1/8 tsp ground nutmeg

Place apples in slow cooker. Combine remaining ingredients and stir until

thickening agent dissolves. Pour over apples. Cover. Cook on high 3 hours. Serve hot with your main meal or chill and serve with whipped cream and chopped pecans, or as a topping for ice cream or as a base for apple crisp.

SPICY BEEF AND POTATOES

2 lb. stew beef
1 - 14 1/2 oz. can of Italian stewed tomatoes
1/2 cup red wine
1 - 2lb. bag of baby potatoes
3 cloves garlic minced
1 tsp each of oregano, cumin and chili powder
1/2 c. BBQ sauce
1/4 c. salsa
2 c. frozen corn
1 tsp. salt
1/8 tsp pepper
2 Tb. flour or cornstarch

Mix salt/pepper/flour with beef and brown beef in 1 Tbsp. of oil in skillet. When browned on all sides, remove from pan and set aside. Place baby potatoes in the bottom of the crockpot. Combine all ingredients except corn and cook on low for 7 hours, high for 4 hours, Add corn during the last hour. If it is too thin, thicken with cornstarch and water mixture.

SPICY POT ROAST

5 lbs blade, chuck or small shoulder roast
2 tbsp (30 ml) shortening
1/2 tsp (2 ml) thyme
2 tbsp (30 ml) sugar
1 tbsp (15 ml) vinegar
1 minced clove garlic, or 1/2 tsp (2 ml) garlic salt
2 cups (500 ml;) tomato juice
1 cup (250 ml) chopped onion
1 bay leaf
1 1/2 (7 ml) salt
1/4 tsp (1 ml) pepper

Brown meat on all sides in shortening. Transfer to crackpot. Combine remaining ingredients and pour over meat. Cover and cook on high setting about 6 hours. Strain gravy and thicken with flour.

SPINACH

2 10 oz pkg frozen chopped spinach
2 cups cream style cottage cheese
1/4 cup butter
1 1/2 cups American or cheddar cheese -- shredded
3 eggs -- slightly beaten
1/4 cup flour
1 teaspoon salt

Thaw and drain spinach. Squeeze out as much water as possible. Combine cottage cheese, butter, and shredded cheese. Add to drained spinach. Combine eggs with flour and salt, and add to spinach/cheese mixture. Place in greased crackpot and cook on high for 1 hour, or on low for 3-4 hours.

SPLIT PEA AND HAM SOUP

2 c. cubed fully cooked ham
1 1/2 c. dry split peas
1 c. chopped onion
1 c. chopped celery with leaves
1 c. shredded carrot
2 Tbs. snipped fresh parsley
1/2 tsp. dried thyme, crushed
1/4 tsp. pepper
4 c. chicken broth
2 c. water

In CP combine all ingredients. Cover; cook on low for 10-12 hours or on high for 4-5 hours. Just before serving use a potato masher to mash peas in soup. Serve.

I am posting my modified recipe. The original recipe says to put 1 c. quick-cooking rice in the soup about 5 min. before serving. It also calls for less split peas but I like a thicker soup so I added an extra 1/2 c. It doesn't say to mash the peas in the original recipe but I liked a slightly smoother soup with a thicker broth. The

mashed peas make the soupy part thicker.

SPLIT PEA SOUP #1

2 C. cubed fully cooked ham or turkey sausage
1 C dry split peas
1 C. chopped onion
1 C. chopped celery with leaves
1 C. shredded carrot
2 T. snipped fresh parsley
1/2 t. dried thyme, crushed
1/4 t. pepper
4 C. chicken broth
2 C. water
1 C. quick-cooking rice

In a 3.5-, 4-, or 5-qt. crockery cooker combine ham, peas, onion, celery, carrot, parsley, thyme, and pepper.

Pour chicken broth over all. Cover; cook on low heat setting for 10-12 hours or on high setting for 4-5 hours. Stir in rice.

Cover; let stand 5 minutes or till rice is tender. Makes 6 servings.

SPLIT PEA SOUP #2

1 (16 oz.) pkg. dried green split peas, rinsed
1 hambone, or 2 meaty ham hocks, or 2 c. diced ham
3 carrots, peeled & sliced
1 med. onion, chopped
2 stalks of celery plus leaves, chopped
1 or 2 cloves of garlic, minced
1 bay leaf
1/4 c. fresh parsley, chopped (optional)
1 tbsp. seasoned salt (or to taste)
1/2 tsp. fresh pepper
1 1/2 qts. hot water

Layer ingredients in slow cooker, pour in water. DO NOT STIR. Cover and cook on

high 4 to 5 hours or on low 8 to 10 hours until peas are very soft and ham falls off bone. Remove bones and bay leaf. Serve garnished with croutons.

SPOON PEACHES

1/3 cup sugar
1/2 cup brown sugar
2 tsp. margarine -- melted
1/2 can evaporated milk
3/4 cup Bisquik
2 eggs
2 cups peaches -- mashed
2 tsp. vanilla
3/4 tsp. cinnamon

Spray crackpot with non-stick cooking spray. Combine sugars and Bisquik. Add eggs and vanilla. Add margarine and milk. Add peaches and cinnamon. Pour into crackpot. Cook on low for 6 to 8 hours.

SQUASH CASSEROLE

2 lbs yellow summer squash or zucchini thinly sliced (about 6 cups)
half of a medium onion chopped
1 cup peeled, shredded carrot
10 3/4 oz can condensed cream of chicken soup
1 cup sour cream
1/4 cup flour
8 oz pkg seasoned stuffing crumbs
1/2 cup butter, melted.

Combine squash, onion, carrots, and soup.

Mix together sour cream and flour. Stir into veggies.

Toss stuffing mix with butter. Spread half in bottom of slow cooker. Add veggie mixture. Top with remaining crumbs.

Cover and cook on low 7-9 hours.

STEAK SOUP

1 lb ground beef
3 cups water
1 med. onion, chopped
3 stalks of celery, chopped
2 carrots, sliced
1 14 1/2 oz can tomatoes
1/2 teaspoon pepper
1 10 oz package frozen mixed veggies
2-4 tablespoons beef base granules
1/2 cup butter, melted
1/2 cup flour

Put all ingredients except butter and flour in crock pot. Cover, cook on Low, 8-12 hours (High 4-6 hours). One hour before serving, turn to high. Make a paste of butter and flour, stir until smooth. Pour into pot and stir till thickened.

STUFFED PEPPERS #1

Recipe By : Real Food for Real People
Serving Size : 6

6 large Green Bell Peppers -- tall shapes
1 pound Ground Beef, extra lean
1 cup Rice -- uncooked
1 large Onion -- chopped
1 large Carrot -- shredded
1 teaspoon Beef Bouillon granules
1/2 teaspoon Salt
1/2 teaspoon Pepper
1 can Condensed Tomato Soup
1 can Water

Cut the top off and remove seeds from green peppers. Wash and set aside.

Combine ground beef, uncooked rice, onion, carrot, bouillon, salt and pepper in a large mixing bowl. Any other seasonings that you like may also be used: oregano, parsley, garlic powder, etc. Stuff each pepper about 2/3 full (rice will need room to swell up). Stand the peppers side-by-side in the slow cooker.

In a small mixing bowl, combine tomato soup and water, and pour mixture over the peppers.

Cook on low for 6-8 hours.

STUFFED PEPPERS #2

1 1/2 lbs. ground beef or ground turkey
1 (6 oz.) package chicken-flavored rice mix
1 tsp. salt
1 tsp. garlic powder
1/2 cup raisins
6 med. size red or green bell peppers
1 (29 oz.) can tomato sauce

Combine meat, rice mix, seasonings and raisins. Cut stem top of peppers off, hollow out the peppers and fill with the mixture. Place peppers into the crock. Pour the tomato sauce over the stuffed peppers. Cover and cook on:

Low - 8 hours

High - 4 hours

Makes: 6 servings

STUFFING

1 1/2 loaves of bread toasted
2 pieces of celery
1 onion
1 stick of margarine
1 can of chicken broth
2 t salt
1/2 t pepper
2 t sage
2 eggs

Toast the bread and tear into pieces. Sauté onion and celery in butter until soft. Mix everything together and add enough water to make it soupy and put in crock pot. Cook on low for 6 hours.

STUFFED PASTA SHELLS

18 jumbo pasta shells
1 lb. lean ground beef
1 onion, chopped
1 clove garlic, minced
2 c. Mozzarella cheese, shredded
½ c. seasoned bread crumbs
1 tbsp. parsley flakes
1 egg, beaten
2 jars meatless spaghetti sauce (15½ oz. each)
½ c. grated Parmesan cheese

Cook pasta shells according to directions, just until tender and drain. Meanwhile, brown beef, onion and garlic on stove top, drain. Add Mozzarella, bread crumbs, parsley and egg. Stuff shells, set aside. Pour 1 jar of sauce into crock pot. Arrange stuffed shells in sauce. Top with other jar of sauce and Parmesan cheese. Cover and cook on low 5 to 7 hours.

SUPPERTIME STEW

16 oz ground 90% lean turkey or beef
3 cups (15 oz) sliced raw potatoes
1-1/2 cup chopped celery
2 cups sliced carrots
1 cup chopped onion
1-1/2 cup frozen peas
1-3/4 cups (one 15 oz can) Hunt's chunky Tomato Sauce
2 tspn Italian seasoning

In a large skillet sprayed with butter-flavored cooking spray, brown meat. Meanwhile, in a slow cooker, combine potatoes, celery, carrots, onion and peas. Spoon browned meat over vegetables. In a small bowl, combine tomato sauce and Italian seasoning. Evenly pour sauce over meat. Cover and cook on LOW for 6 to 8 hours. Mix well before serving.

SWEET AND SOUR CHICKEN

2 tbsp Ketchup
1 cup water
1/2 cup white vinegar
1 tbsp soy sauce
1 cup brown sugar packed
1 1/2 lbs chicken breasts Boneless skinless, cubed!
2 tbsp. Cornstarch
2 tbsp water

Combine first 5 ingredients in the crock and mix up. Add chicken and cook on low for 6-8 hours OR on high for 3-4 hours.

Combine cornstarch and water in small bowl. Stir into slow cooker. Cook on high setting for about 15-20 min. stirring often, until thickened. Serves 6

SWEET AND SOUR PORK

4-6 pork shoulder steaks
1 Tbls cooking oil
1 can (15 oz.) crushed pineapple
1/2 cup chopped green pepper
1/2 cup water
1/3 cup brown sugar
2 Tbls ketchup
1 Tbls quick-cooking tapioca
3 tsp soy sauce
1/2 tsp dry mustard

In skillet, brown pork steaks on both sides in hot oil. Drain fat. Transfer to CP. In a bowl, combine pineapple, green pepper, water, brown sugar, ketchup, tapioca, soy sauce and dry mustard. Pour over pork steaks. Cover and cook on low for 8-10 hours or on high for 4-5 hours. Serve over rice.

I added this to thicken the sauce: 30 mins. before it is done, mix (in a separate cup) 2 Tbls of corn starch and 2 Tbls of water. Add to CP and stir. Cook on HIGH for remainder of time (no less than 15 mins.)

SWEET AND SOUR RIBS

BROWN SUGAR SAUCE

2 cups brown sugar
1/4 cup all-purpose flour
1/3 cup water
1/2 cup white vinegar
2 Tbsp soy sauce
2 Tbsp ketchup
1/4 tsp ground ginger
1/4 tsp garlic powder

Mix brown sugar and flour in a saucepan. Add water. Stir. Add next 5 ingredients. Heat and stir until boiling and thickened.

3 lbs meaty spareribs, cut into 2 or 3 rib sections

Layer ribs in a 5 quart crock pot, spooning sauce over each layer. Cover. Cook on low for 10 hours or on High for 5 to 6 hours until ribs are very tender. Serves 6.

SWEET AND TANGY CHICKEN

8 skinless, boneless chicken breasts, divided
2 (18 ounce) bottles prepared barbecue sauce
1 (15 ounce) can pineapple chunks, juice reserved
1 green bell pepper, sliced
1 onion, chopped
2 cloves garlic, minced

Place 4 of the chicken breasts in the bottom of a slow cooker. In a large bowl, combine the barbecue sauce, pineapple, green bell pepper, onion and garlic. Mix well and pour half of this mixture over the chicken in the slow cooker. Place the remaining chicken in the slow cooker and top with the remaining sauce. Cook on low setting for 8 to 9 hours.

SWEET POTATOES WITH APPLES

5 medium sweet potatoes

3 Granny Smith apples peeled & cored & cut into wedges
1/4 tsp ground nutmeg
1/4 tsp ground cinnamon
1/4 cup maple syrup
2 Tulsan butter, melted
1/4 cup pecan pieces

Generously grease bottom & side of CP w/butter or margarine. Peel & slice sweet potatoes. Place in bottom of CP. Top with apple wedges, then nutmeg & cinnamon, maple syrup & melted butter. Cover & cook on low about 4 hours or until potatoes are tender. Sprinkle w/pecans the last 30 minutes.

SWEET SAUERBRATEN

3 lb Rump or chuck pot roast
3 Potatoes, peeled & cubed
3 Carrots, peeled & sliced
2 Onions, sliced
10 1/2 oz Can condensed consommé
1 c Dry red wine
1/2 c Red wine vinegar
1 Dill pickle, chopped
1/4 c Water
1/4 c Flour
6 Ginger snaps, crumbled
Salt and pepper to taste

Put pot roast into crackpot. Arrange vegetables around meat. Add consommé, red wine, vinegar and pickle. Cover and cook on high 6 to 8 hours. Remove meat and vegetables from crackpot. Slice meat. Keep meat and vegetables warm.

In saucepan, blend flour and water, stir in juices from crackpot along with ginger snaps, and cook and stir over medium heat until sauce comes to boil and thickens. Season to taste with salt and pepper. Spoon sauce over meat.

SWEET-SPICED SWEET POTATOES

2 lbs Sweet Potatoes, cut into 1/2" pieces

1/4 cup dark Brown sugar, packed
1 TSP ground Cinnamon
1/2 TSP ground Nutmeg
pinch of salt
2 TBSP Butter, cut into 1/8" pieces
1 TSP Vanilla extract

Combine all of the ingredients except the butter and vanilla, in a crackpot. Mix well. Cover and cook on LOW for 7 hours. Add butter and vanilla; stir to blend.

Makes 4 servings

SWISS BLISS

2 pounds roast (chuck or bottom round), cut 1-inch thick
1 envelope onion soup mix
1 can (4 oz.) sliced mushrooms, drained
½ medium green pepper, sliced
1 can (20 oz.) tomatoes, drained and chopped, reserving liquid
salt and pepper to taste
1 tbsp. steak sauce
1 tbsp. cornstarch
1 tbsp. dried parsley flakes

Place meat in slow cooker and sprinkle with soup mix. Add mushrooms, green pepper slices, and tomatoes. Sprinkle with salt and pepper. Combine remaining ingredients and add enough water to make 1½ cups of liquid. Pour over meat and vegetables, and sprinkle with parsley flakes. Cover and cook for 8 to 10 hours.

Serves 4 to 6

SWISS CHICKEN CASSEROLE

6 chicken breasts, boneless and skinless
6 slices Swiss cheese
1 can cream of mushroom soup
1/4 cup milk
2 cups stuffing mix
1/2 cup butter or margarine, melted

Lightly grease crock pot or spray with cooking spray. Place chicken breasts in pot. Top with cheese. Combine soup and milk, stirring well. Spoon over cheese; sprinkle with stuffing mix. Drizzle melted butter over stuffing mix. Cook on low 8 to 10 hours or high 4 to 6 hours. Serves 6.

SWISS STEAK #1

1 1/2 lbs. round steak
1 chopped carrot
1 cup chopped celery
1 can tomato sauce
1 onion, sliced
2 TBS flour
1 tsp. salt
1/4 tsp. black pepper

Preparation

Cut steak into serving pieces. Combine flour, salt & pepper & sprinkle over meat. Mix well & put into crock pot. Add carrot, celery, & onion. Pour tomato sauce on top. Cook on low for 8 to 10 hours.

SWISS STEAK #2

Yield: 4 Servings

2 lb Round steak (cut in pieces)
3 tb Flour
2 tb Oil
1 can Tomatoes; 16 oz; chopped
1 lg Onion; chopped fine
2 Celery stalks; chop fine
1 tb Dijon mustard
2 tb Wine vinegar
2 Beef bouillon cubes
1 tb Worcestershire sauce
1 Bay leaf
Salt

Pepper

Season meat with salt and pepper. Dredge meat in flour. Heat oil in large skillet. Brown meat in batches so as not to crowd in pan. Add to crockpot with remaining ingredients. Cover pot and cook on low for 6 to 8 hours. Garnish with chopped parsley and serve with boiled, herbed potatoes.

SWISS STEAK #3

2 pounds round steak
1 medium onion -- chopped
Flour
2 cups beef bouillon

Cut round steak into serving-size pieces: Dredge in flour and brown in oil in large skillet. Place browned meat in crock-pot. Sauté onion and add to crock-pot. Pour bouillon over meat and cook for 6 to 8 hours on low (4 to 6 hours on high). Serves 6 to 8 people.

SWISS STEAK #4

6 cube steaks
2 cans cream of mushroom soup
1 envelope onion soup mix
1/2 cup water

Place all ingredients in crock pot; simmer on low all day; serve sauce over rice or mashed potatoes.

SWISS STEAK STEW

1/4 cup all-purpose flour
1/2 teaspoon salt
1 1/2 pounds boneless round steak, cut into bite size pieces
1 (14.5 ounce) can Italian-style diced tomatoes
3/4 cup water
3 cups peeled and quartered new red potatoes

- 1 onion, diced
- 1 cup sweet corn

In medium bowl combine flour and salt mix well. Add beef and coat well. Coat a nonstick skillet with cooking spray and heat over medium heat. Add beef and cook until browned. In a slow cooker layer potatoes, beef and onion. Stir tomatoes with juice, water and any remaining flour mixture together. Pour over top. Cover and cook on low setting for 7 to 8 hours or until beef is tender. Add corn, cover and cook an additional 25 minutes.

SQUASH AND 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 or browning sauce
- 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 crock pot. 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

Serving Size : 6

T

[Top](#)

TACO SOUP

- 1 pound lean ground beef -- browned and drained
- 2 packages taco seasoning mix

- 1 16oz can tomatoes with green chilies -- undrained
- 1 16oz can black beans -- undrained
- 1 16oz can corn -- undrained
- 1 can black olives -- chopped or sliced
- 1 medium onion -- chopped
- 1/2 bell pepper -- chopped
- 4 tomatillos (optional) -- chopped

Place everything in a large crockpot, add water, if necessary, to fill. Cook on Low for 5 or more hours until flavors are blended. Top each bowl with a handful of shredded cheddar cheese. Serve with sour cream, taco chips and salsa on the side. Serves 6.

TAMALE PIE

- 2 c Chicken broth or bouillon
- 1 c Yellow cornmeal
- 1 tb Chopped fresh cilantro
- 1/2 lb Pork sausage
- 1 lb Stew meat cut into cubes
- 1 Onion, chopped
- 1/2 c Finely chopped celery
- 1 Mild green chile pepper, seeded and chopped
- 1/2 c Chopped sun-dried tomatoes
- 1 can (8 oz) drained whole kernel Corn
- 1 can (2 1/2 oz) sliced ripe Olives drained
- 1/2 ts Salt
- 1/8 ts Pepper

Bring broth or bouillon to boil in medium saucepan. Stirring constantly, slowly add cornmeal. Simmer mixture 5 minutes, stirring often. Stir in cilantro. Using a greased spatula, spread cornmeal mixture on bottom and about 2 inches up sides of slow-cooker. In large bowl, combine sausage, stew meat, onion, celery, chile pepper, sun-dried tomatoes, corn, sliced olives, salt and pepper. Carefully spoon into center of cornmeal-lined pot. Cover and cook on LOW 7 to 8 hours. Garnish with ripe olives, if desired. Makes 6 or 7 servings.

TANGY BARBECUE SANDWICHES

3 cups chopped celery
1 cup chopped onion
1 cup ketchup
1 cup barbecue sauce
1 cup water
2 tablespoons vinegar
2 tablespoons Worcestershire sauce
2 tablespoons brown sugar
1 teaspoon chili powder
1 teaspoon salt
1/2 teaspoon pepper
1/2 teaspoon garlic powder
1 3-4 lb boneless chuck roast -- trimmed
16 hamburger buns -- split

In a slow cooker, combine the first 12 ingredients; mix well. Add roast. Cover and cook on high for 6-7 hours or until tender. Remove roast; cool. Shred meat and return to sauce; heat through. Use a slotted spoon to serve on buns.

TANGY PORK CHOPS

4 boneless pork chops (thick cut)
1/2 tsp salt
1/8 tsp pepper
2 med onions, chopped
1 large green pepper, sliced
1 can (14 1/2 oz) stewed tomatoes
1/2 cup ketchup
2 tbsp cider vinegar
2 tbsp brown sugar
2 tbsp Worcestershire sauce
1 tbsp lemon juice
1 beef bouillon cube
2 tbsp cornstarch
2 tbsp water

Place chops in crackpot. Sprinkle with salt and pepper. Add the onions, green pepper, and tomatoes. Mix ketchup, vinegar, sugar, Worcestershire, lemon juice, and bouillon. pour over veggies. Cook on low for 6-8 hours. Mix cornstarch and water and stir into liquid, turn on high and cook another 30 minutes. Serve over rice.

TASTE OF ACAPULCO FLANK STEAK

1 1/2 to 2lbs Flank Steak
6 fresh tomatillos
1 (15 oz) can whole baby corn on the cob, drained
1/2 teaspoon of salt
1/4 teaspoon ground black pepper
1 small red onion, thinly sliced
1/4 chopped fresh cilantro
1/4 cup dry red wine

Trim all visible fat from steak. Place steak in a 3 1/2 quart slow cooker. Remove and discard husk and stem from tomatillos; chop and add to steak. Top with baby corn, salt, pepper, cilantro, and onion. Pour in wine. Cover and cook on low about 6 hours or until steak is tender.

Slice steak crosswise into strips; spoon vegetables and sauce over sliced steak.

TERIYAKI CHOPS

4 boneless pork chops
1 large can pineapple slices (including juice)
1 bottle teriyaki sauce of your choice
2 tbs brown sugar
salt and pepper

Season the chops with salt and pepper. Place in crackpot then dump the teriyaki sauce, pineapple w/juice, and brown sugar on to top them. Cook on low 6 hours and serve over rice.

TERIYAKI STEAK

2 1/2 lb Boneless chuck steak
2 tb Oil
1 t Ground ginger
1/2 cup Soy sauce
1 tb Sugar

1 Clove garlic crushed

Cut steak into 1/8" thick slices. Combine remaining ingredients in a small bowl. Place meat in a crock-pot. Pour sauce over. Cover and cook on low for 6 to 8 hours. Serve with rice. Makes 5-6 servings.

TERIYAKI STEAK OR CHICKEN

Teriyaki Sauce:

1 tsp ground ginger
1 TBLSP sugar
1/2 cup soy sauce
one clove of garlic, crushed

*You can also add sherry or orange juice to add to the flavor.

Put this in a crackpot with steak or chicken and cook for 6 hours on low.

TEXAS GOULASH

2 lbs ground beef
1 onion, chopped
1 can tomatoes (I used whole tomatoes then ran them through the food processor)
1 can whole kernel corn
2 cups uncooked macaroni
1 can beef broth
1/2 pkg. chili mix
1 T sugar
Garlic, oregano, salt, and pepper to taste
Velveeta cheese (optional)

Brown ground beef and onion. Add remaining ingredients, except cheese, and mix well. Place in crock pot for 3 1/2 hours. Set on low. Can add cut-up hunks of Velveeta cheese when the goulash is done, and steam until the cheese is melted.

Texas Hash

2 lbs. ground beef
2 sm. onions, chopped
2 green peppers, chopped
2 (16 oz.) cans tomatoes
1 c. rice
2 tsp. Worcestershire sauce
2 1/2 tsp. chili powder
2 1/2 tsp. salt

Brown ground beef in skillet, stirring until crumbly; drain. Place in crock pot. Add remaining ingredients; mix well. Cook, covered on low for 6 to 8 hours, adding water if necessary. 8 servings.

TEX MEX CHILI

1 pound ground beef or pork sausage
2 cloves garlic -- minced
3 tsp. chili powder -- (3 to 4)
1/2 teaspoon ground cumin
1 (15 1/2 oz.) red kidney beans drained
1 cup chopped celery
1 cup chopped onion
1/2 cup chopped green pepper
1 (16 oz.) can tomatoes -- cut up
1 Rotel tomatoes and chilies
1 cup V8 juice or tomato juice
1 (6 oz.) can tomato paste
1/4 teaspoon salt
Shredded Cheddar cheese
Sour cream

In skillet brown meat and garlic. Drain. Stir in chili powder and cumin; cook 2 minutes more. Meanwhile in 3 1/2-, 4, 5, 6- quart crockery cooker combine beans, celery, onions, green pepper. Add undrained tomatoes, tomatoes and chilies, vegetable juice, tomato paste and salt. Stir in cooked meat. Cover cook over low heat setting for 10-12 hours or on high 4-5 hours.

TEX MEX PORK

3 pounds pork shoulder
2 (1 ounce) packages taco seasoning mix
chili powder to taste
crushed red pepper to taste

Place pork shoulder in a slow cooker with taco seasoning. If desired, add chili powder and/or red pepper flakes. Add water until meat is covered. Place lid on pot and cook on low for 8 hours. Remove pork shoulder from pot and shred.

Note: Serve with warm tortillas and your choice of garnishes, such as: lettuce, grated cheese, chopped onions, guacamole, salsa, sour cream, and olives.

TEX MEX PORK LOIN ROAST

1 (8 ounce) can tomato sauce
1 cup barbeque sauce
1 onion, chopped
2 (4 ounce) cans diced green chili peppers
1/4 cup chili powder
1 teaspoon ground cumin
1 teaspoon oregano
1/4 teaspoon ground cinnamon
2 1/2 pounds boneless pork loin roast, trimmed
1/2 cup chopped fresh cilantro

In a 3 quart or larger slow cooker, mix tomato sauce, barbeque sauce, onion, green chilies, chili powder, cumin, oregano and cinnamon. Add pork and spoon sauce over to cover. Cover and cook on low 8 to 10 hours or until pork is tender. Remove pork to a cutting board. Using 2 forks, pull meat into shreds. Pour sauce into a serving dish, stir in cilantro and shredded pork.

Note: Serve rolled up in tortillas, taco shells or on burger buns with shredded lettuce, diced red onion and sour cream.

TIJUANA PIE

1 1/2 lb. ground beef
1 onion, chopped

1 clove garlic, minced
1 tsp. salt
1/4 tsp. pepper
3-4 c. grated cheese
1 (10 oz.) can enchilada sauce
1 (8 oz.) tomato sauce
2 (16 oz.) cans chili beans
1 (16 oz.) can corn, drained
1 (6 oz.) can pitted olives, drained
6 corn or flour tortillas (size depends on size of crock pot)

Brown beef, onion, garlic, and seasonings. Wipe inside crock pot with oil. Place 1 tortilla in bottom. Spoon on meat mix a little sauce and cheese. Top with another tortilla and layer on a bean, cheese and corn section. Drop in a few olives. Continue layers, ending with cheese and olive top. Cover and cook low 5-7 hours. Serve with additional hot tortillas.

TORTILLA SOUP

1 onion chopped
2 cloves minced garlic
2 ribs chopped celery
1/4 to 1/2 cup chopped bell pepper
1 thinly sliced zucchini
1 thinly sliced yellow squash
1 16oz bag frozen corn
2 cans chicken broth
1 can diced tomatoes
1 small can tomato sauce
1/2 cup chopped cilantro
1/2 teaspoon cumin
1/2 teaspoon chili powder
shredded cheese (Monterey jack or cheddar)
tortilla chips

Sauté first four ingredients TOSS in a little butter or olive oil. Throw everything else into the crock pot (except the cheese and chips) and cook on low about 6 hours.

TRIPLE CHOCOLATE SURPRISE

- 1 pkg chocolate cake mix
- 1 8oz container sour cream (low fat, of course!)
- 1 pkg instant chocolate pudding mix
- 1 cup chocolate chips
- 3/4 cup cooking oil
- 4 eggs
- 1 cup water

Spray crackpot with nonstick cooking spray. Mix cake mix, sour cream, pudding mix, chocolate chips, oil, eggs and water in bowl by hand. Pour into crackpot. Cover and cook on low 6-8 hours (or high 3-4 hours).

TURKEY BREAST

- 3.5 lb turkey breast
- 2 cups chicken broth
- 1 onion
- 1 clove garlic
- 4 strips bacon
- black pepper, to taste
- 1/2 cup honey

Place turkey breast in crock pot. Add broth. Place onion in broth and press garlic in turkey. Lay bacon over top and pepper to taste. Add honey and cook on low for approx. 8 hours.

TURTLE PUDDING

- 1 21.5 oz pkg brownie mix
- 1/2 cup water
- 1/4 cup vegetable oil
- 1 egg
- 1 cup semisweet chocolate chips
- 1 cup chopped walnuts or pecans
- 13 caramel candies, unwrapped
- Whipped cream or vanilla ice cream

Place a vegetable steamer or other low rack on the bottom of a 5-quart electric slow cooker. Pour in 4 cups hot tap water and turn on the high heat setting.

In a large bowl, combine the brownie mix, water, oil, and egg. Beat to mix well. Stir in the chocolate chips and nuts.

Butter and dust with sugar a 2.5 qt soufflé dish that fits in the 5-quart slow cooker. Turn the brownie mixture into the dish. Push the caramels partially into the top, but do not cover completely with the brownie mixture. Wrap the dish in a double thickness of foil. Tie with kitchen string to resemble a package for ease in lowering into the pot and removing. Place on the rack in the slow cooker.

Cover and cook on the high heat setting for 4.5 hours. Remove the dish from the slow cooker, uncover and let cool for 30 minutes. Serve warm, with whipped cream or ice cream.

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[Top](#)

VEGETABLE BARLEY MEDLEY

1 15 oz can black beans, rinsed and drained
1 10 oz pkg frozen whole kernel corn
1 c. chopped onion
1/2 c. pearl barley
1 medium green sweet pepper, chopped (3/4 c.)
1 medium carrot, thinly sliced (1/2 c.)
2 cloves garlic, minced
1 14 1/2 oz can vegetable broth or 1 3/4 c. chicken broth
2 Tbs. snipped fresh parsley
1 tsp. dried basil, crushed or 1/2 tsp. dried oregano, crushed
1/2 tsp. salt
1/4 tsp. pepper

1 medium zucchini, halved lengthwise and thinly sliced
2 medium tomatoes, coarsely chopped

1 Tbs. lemon juice

In crock pot place drained beans, corn, onion, barley, green sweet pepper, carrot, and garlic. In a medium bowl combine vegetable or chicken broth, parsley, basil or oregano, salt, and pepper. Stir into vegetable mixture. Cover; cook on low-heat setting for 7 to 8 hours or high-heat setting for 3 1/2 to 4 hours. If using low-heat setting, turn to high-heat setting. Stir in the zucchini, tomatoes, and lemon juice. Cover and cook 30 minutes longer on high-heat setting. Makes four servings.

VEGETABLE CHILI

2 medium zucchini -- chopped
1 medium red bell pepper -- chopped
1 med green bell pepper -- chopped
3 carrots -- peeled and chopped
3 celery ribs -- chopped
2 medium onions -- chopped
2 large tomatoes -- chopped OR
1 can Italian tomatoes -- drained and chopped
1 can whole kernel corn -- (15.25 oz) well drained
1 can garbanzo beans (chick-peas) -- (15.25 oz) rinsed and drained
2 tsp chili powder
2 tsp ground cumin
1 can mild salsa -- (15 oz)
1/3 cup tomato paste
salt and pepper

In a 4-quart electric slow cooker, mix together the zucchini, bell peppers, carrots, celery, onions, tomatoes, corn, garbanzo beans, chili powder, cumin and salsa. Cover and cook on the low heat setting about 8 hours or until the vegetables are almost tender. Stir in the tomato paste. Season with salt and pepper to taste.

VEGETARIAN STUFFED PEPPERS

2 large green bell peppers
2 large red bell peppers
1/2 c converted white rice
1 (15.25 oz) can whole kernel corn, drained
1 (2.25 oz) can sliced ripe olives, drained

3 green onions, chopped
1/4 tsp seasoned salt
1/4 tsp garlic pepper
1 (14.5 oz) can diced tomatoes, undrained
1/3 c dry red wine
1 (6 oz) can tomato paste

Slice tops off peppers & carefully remove seeds & inner ribs. Remove stems from tops & chop remaining pepper pieces. Stand the peppers upright in a 5 qt crackpot. In a medium bowl, combine chopped pepper tops, rice, corn, olives, green onions, seasoned salt, garlic pepper, & 1/4 cup tomatoes. Mix well. Stuff peppers w/ corn mixture, dividing evenly & packing lightly. Mix remaining tomatoes & their liquid w/ wine & tomato paste until well blended. Pour over & around the peppers in crackpot. Cover & cook on LOW for 6 - 7 hours, or until rice is cooked & peppers are tender, but still hold their shape.

VEGGIE AND CHINESE CHICKEN

Chicken breast - (chopped)
Cabbage - 2 cups chopped
Red and green peppers - 1 each (chopped)
White onion - 1 (chopped)
Chinese peppercorn - 1 teaspoon (grinded)
Honey - 1 tbsp
Soy sauce - 2 tbsp
Salt - 1 to 2 teaspoons
Diced ginger - 1 tbsp
Chicken soup stock - 1 to 2 cups
Corn starch - 2 tbsp + 1/4cup water

Mix all the ingredients in the slow cooker (but not the starch and water), and cook on low for 6 to 8 hours. Or 4 to 6 hours on medium-low.
In the last 30 minutes mix the starch and water into the pot. This will thicken the chicken in the crock pot. Then serve.

VEGGIE AND HAM MACARONI AND CHEESE

1-1/2 cups (one 12 fluid oz can) Carnation Evaporated Skim Milk
3 Tbsn all-purpose flour
1-1/2 cups (6 oz) shredded Kraft reduced-fat Cheddar cheese
2 tspn prepared mustard
1/4 tspn black pepper
2-1/2 cups hot cooked elbow Dubuque 97% fat-free ham or any extra-lean ham
1 cup (one 8 oz can) cut green beans, rinsed and drained
1 cup (one 8 oz can) sliced carrots, rinsed and drained

In a covered jar, combine evaporated skim milk and flour. Shake well to blend. Pour mil mixture into a large skillet sprayed with butter flavored cooking spray. Cover over medium heat for 3 minutes or until mixture starts to thicken, stirring often. Stir in Cheddar cheese, mustard and black pepper. Pour mixture into a slow cooker. Add macaroni, ham, green beans and carrots. Mix well to combine. Cover and cook on LOW for 4 to 6 hours. mix well before serving.

VEGGIE CHILI

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 package frozen corn
2 cans black beans
1-1.5 C. picante sauce
Salt to taste
Grated cheddar, if desired
Cashew nuts, if desired

Sauté onions in the olive oil. 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, sauté 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.

VENISON ROAST

- 1 Venison roast (any cut)
- 2 cans condensed mushroom soup
- 1 Package dry onion soup mix
- 1/4 cup red wine (optional)

Mix mushroom soup, wine and dry soup mix in bottom of crock pot. Place roast on mixture and cook on low for 10-12 hours. Remove roast and slice. Serve over rice or noodles with gravy from crock pot.

VERY BEST BEEF BARBECUE

- 3 lbs. beef cubes
- 1 c. beef bouillon
- 1 c. chopped onions
- 1 c. chili sauce
- 1 c. ketchup
- 1 T. Worcestershire sauce
- 3 T. cider vinegar
- 1/2 tsp. pepper
- 1/2 tsp. salt
- 1/3 c. light brown sugar
- 2 tsp. dry mustard
- 1 tsp. ground allspice

Put meat, bouillon & onions in crock pot on high for 4 1/2-5 hrs. Shred beef. Drain all but 2 cups liquid.

Put beef mixture & remaining ingredients back into crock pot. Stir well. Cook on high for 45 min. Serve on bulky rolls.

[Top](#)

WESTERN OMELETTE CASSEROLE

32 ounces hash browns, frozen
1 pound ham, extra lean, cooked and cubed
1 medium onion diced
1 medium green bell pepper, diced
1 1/2 cups Monterey Jack Cheese, shredder (I plan on using Cheddar)
12 eggs
1 cup milk, skim
1 tsp salt
1 tsp black pepper, or to taste

Place a layer of frozen potatoes on the bottom of the crock pot, followed by a layer of ham, then onions, green peppers and cheese.

Repeat the layering process two or three times, ending with a layer of cheese.

Beat the eggs, milk and salt & pepper together. Pour over the mixture inside the crockpot, cover and turn on low. Cook for 10-12 hours, overnight, and enjoy for breakfast or brunch the next day.

WHITE CHILI #1

3 15-oz cans great northern, pinto, or cannellini beans, drained
2 1/2 c. chopped, cooked chicken
1 c. chopped onion
1 1/2 c. chopped red, green, and/or yellow pepper
2 jalapeno chili peppers, stemmed and chopped
2 cloves garlic, minced
2 tsp. ground cumin
1/2 tsp. salt
1/2 tsp. dried oregano, crushed
3 1/2 c. chicken broth

Shredded Monterey Jack cheese (optional)
Broken tortilla chips (optional)

In a CP combine the drained beans, chicken, onion, sweet pepper, jalapeno peppers, garlic, cumin, salt, and oregano. Stir in chicken broth. Cover; cook on low-heat setting for 8 to 10 hours or on high-heat setting for 4 to 5 hours. Ladle soup into bowls. Top each serving with some cheese and tortilla chips, if desired. Makes 8 servings.

WHITE CHILI

1.25 lbs ground turkey
1 cup chopped onion
1/2 cup diced green pepper
1 tsp minced garlic
1 tsp Oregano
2 tsp Cumin
3 cans (15 oz or so) Cannelloni Beans (or any white bean)
1 cup chicken broth
1 tsp chili powder
1/2 tsp salt
1/4 tsp pepper

Brown the ground turkey with onion, green pepper, garlic, and oregano and put it in the crackpot. Add 2 cans beans along with broth, cumin, chili powder, salt and pepper. Let it cook a bit on low. In the blender, blend the remaining can of beans and add it to the chili. cook on low till done.

WILD RICE CASSEROLE

1 1/2 C uncooked long grain rice
1/2 C uncooked wild rice
1 envelope dry onion soup mix
1 Tbsp parsley (optional)
4 C water
1 bunch green onions, chopped
8 oz fresh or canned mushrooms, sliced
1/4 C butter or margarine, melted

Combine all ingredients. Pour into lightly greased slow cooker. Cover & cook on high 2 1/2 hours, stirring occasionally.

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[Top](#)

YANKEE POT ROAST AND VEGETABLES

- 1 beef chuck pot roast (2½ pounds)
- 3 med. baking potatoes unpeeled and cut into quarters (about 1 pound)
- 2 lg. carrots, cut into ¾-inch slices
- 2 ribs celery, cut into ¾-inch slices
- 1 med. onion, sliced
- 2 bay leaves
- 1 tsp. dried rosemary leaves
- ½ tsp. dried thyme leaves
- ½ c. reduced-sodium beef broth

Trim excess fat from meat and discard. Cut into serving pieces; sprinkle with salt and pepper. Combine vegetables, bay leaves, rosemary and thyme in crock pot. Place beef over vegetables in crock pot. Pour broth over beef. Cover and cook on low 8½ to 9 hours or until beef is fork-tender. Remove beef to serving platter. Arrange vegetables around beef. Remove and discard bay leaves.

6 servings

ZESTY BEEF AND VEGETABLE SOUP

- 1 lb. ground beef
- 1/2 c. chopped onion
- 2 cloves garlic, minced
- 2 c. pre-shredded coleslaw mix
- 1 (10 oz) package frozen whole kernel corn
- 1 (9 oz) package frozen cut green beans
- 4 c. hot-style vegetable juice (like V-8)

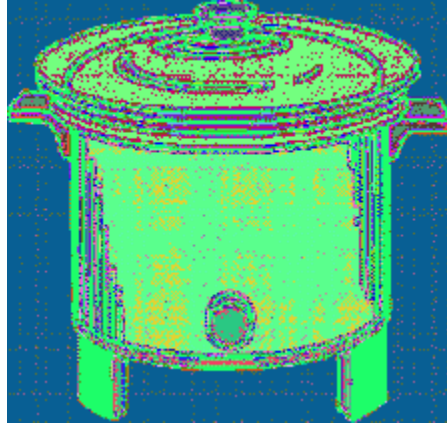
1 (14 1/2 oz) can Italian-style stewed tomatoes
2 Tbs. Worcestershire sauce
1 tsp. dried basil
1/4 tsp. pepper

In a large skillet cook ground beef, onion, and garlic till meat is brown and onion is tender. Drain off fat. In CP combine meat mixture, coleslaw mix, frozen corn, frozen beans, vegetable juice, undrained tomatoes, Worcestershire sauce, basil, and pepper. Cover; cook on low-heat setting for 8 to 10 hours or on high-heat setting for 4 to 5 hours. Makes 6 servings.

[Top](#)

FOR MORE GREAT EBOOKS [CLICK HERE](#)

CROCKPOT RECIPES



16 BEAN SOUP

1 package 16 Bean Soup

3 bay leaves

1 tablespoon crushed oregano

2 cans no-fat chicken stock

Additional water to cover

3 stalks celery chopped

3 carrots diced

1 large onion chopped

3 cloves garlic sliced

1 pound turkey Italian sausage sliced

2 cans stewed (or diced) tomatoes

Combine first 5 ingredients (liquid should cover mixture by 1"-2") in

Crock Pot Cook on high for 2

hours Add remaining ingredients and shift cooker to low and cook for additional 3 hours For more

zing, add cayenne or crushed red pepper when adding second set of ingredients. Serve as

complete meal or over rice. Freezes well.

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 crock pot, 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.

ALL DAY MACARONI AND CHEESE

8 ounces elbow macaroni, cooked and drained

4 cups(16 ounces) shredded sharp Cheddar Cheese

1 can (12 ounces) evaporated milk

1 1/2 cups milk

2 eggs

1 teaspoon salt

1/2 teaspoon black pepper

Place the cooked macaroni in crockpot that has been sprayed with nonstick cooking spray. Add the remaining ingredients, all except 1 cup of the cheese, mix well.

Sprinkle with the remaining 1 cup of cheese and then cover and cook on low setting for 5 to 6 hours or until the mixture is firm and golden around the edges. Do not remove the cover or stir until it has finished cooking.

APPLE BROWN BETTY

- * 3 lbs. cooking apples
- * 10 slices of bread, cubed (about 4 cups)
- * 1/2 tsp. cinnamon
- * 1/4 tsp. nutmeg
- * 1/8 tsp. salt
- * 3/4 c. brown sugar
- * 1/2 c. butter or margarine, melted

Wash apples, peel, core, cut into eighths; place in bottom on crock. Combine bread cubes, cinnamon, nutmeg, salt, sugar, butter; toss together. Place on top of apples in crock. Cover. Place crock into outer shell. Cook on low setting 2 to 4 hours.

Makes 6 to 8 servings.

APPLE BUTTER

This can be made in a slow cooker/Crock Pot or oven at 325 degrees for 3-4 hours.

4 qts. unsweetened applesauce

7 C. granulated sugar

1-1/3 C. brown sugar

5-1/3 T. cider vinegar

5-1/3 T. lemon juice

2 teaspoon. cinnamon

2 teaspoon. allspice

1 teaspoon. ground cloves

Combine all ingredients in a slow cooker/Crock Pot or roasting pan.

Cover and cook 3 hours, stirring occasionally. Remove lid and continue cooking until excess liquid cooks away (turn to low as necessary) Slow Cooker 5-8 hours, oven 3-5 hours Seal mixture in hot jars and process in a hot water bath for 10 minutes.

Makes approximately 8-10 pints

APPLE-COCONUT CRISP

4 large Granny Smith apples, peeled & coarsely sliced (about 4 cups)

1/2 cup sweetened flaked coconut

1 tablespoon flour

1/3 cup brown sugar

1/2 cup butterscotch or caramel ice cream topping (fat-free is fine)

1/2 teaspoon cinnamon

1/3 cup flour

1/2 cup quick rolled oats

2 tablespoons butter or margarine

In a casserole 1 1/2-quart baking dish that fits in the slow cooker/Crock Pot, combine apples with

coconut, 1 tablespoon flour, 1/3 cup brown sugar, and cinnamon.

Drizzle with the ice cream topping. Combine remaining ingredients in a small bowl with a fork or pastry cutter and sprinkle

over apple mixture. Cover and cook on high for 2 1/2 to 3 hours, until apples are tender. Serve warm with vanilla ice cream or whipped topping.

APPLE CRANBERRY COMPOTE

6 cooking apples, peeled, slice

1 cup fresh cranberries

1 cup sugar

1/2 teaspoons grated orange peel

1/2 cups water

1/4 cups port wine

sour cream , (low fat)

Arrange apple slices and cranberries in slow cooker/Crock Pot. Sprinkle sugar over fruit. Add orange peel, water and wine. Stir to mix ingredients. Cover, cook on low 4-6 hours, until apples are tender. Serve warm fruits with the juices, topped with a dab of sour cream.

Serves 6.

APPLE CRANBERRY CRISP

- * 3 apples (Any kind - I personally like Gala)
- * 1 cup cranberries
- * 3/4 cup brown sugar
- * 1/3 cup rolled oats (quick cooking)
- * 1/4 tsp. salt
- * 1 tsp. cinnamon
- * 1/3 cup butter, softened

Peel, core and slice apples. Place apple slices and cranberries in cp. Mix remaining ingredients in separate bowl and sprinkle over top of apple and cranberries. Place 4 or 5 paper towels over the top of the crockpot, place an object (I use a wooden spoon) across the top of the crockpot and set lid on top. This allows the steam to escape. Turn crockpot on high and cook for about 2 hours.

Serves 4.

APPLE DATE PUDDING

- * 4-5 apples, peeled, cored and diced
- * 3/4 cup sugar, or less, to taste
- * 1/2 cup chopped dates
- * 1/2 cup toasted, chopped pecans
- * 2 tbs. flour
- * 1 tsp. baking powder
- * 1/8 tsp. salt
- * 1/4 tsp. nutmeg
- * 2 tbs. melted butter
- * 1 egg, beaten

In the slow cooker, place apples, sugar, dates and pecans; stir. In a separate bowl, mix together flour, baking powder, salt and nutmeg and stir into apple mixture. Drizzle melted butter over batter and stir. Stir in egg. Set cooker on low and cook for 3 to 4 hours. Serve warm.
NOTE: If crispier nuts are desired, add toasted pecans at the end of cooking period.

APPLE GLAZED PORK ROAST

4 lb. pork loin roast

6 apples

1/4 cup apple juice

3 T. brown sugar

1 t. ginger, ground

Rub roast with salt and pepper. Brown pork roast under broiler to remove excess fat; drain well. Core and quarter apples. 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 for 10-12 hours, until done.

APPLE-NUT CHEESECAKE

Crust:

- 1 cup (scant) graham cracker crumbs
- 1/2 teaspoon cinnamon
- 2 tablespoons sugar
- 3 tablespoons butter, melted
- 1/4 cup finely chopped pecans or walnuts

Filling:

- 16 ounces cream cheese
- 1/4 cup brown sugar
- 1/2 cup granulated white sugar
- 2 large eggs
- 3 tablespoons heavy whipping cream
- 1 tablespoon cornstarch
- 1 teaspoon vanilla

Topping:

- 1 large apple, thinly sliced (about 1 1/2 cups)
- 1 teaspoon cinnamon
- 1/4 cup sugar
- 1 tablespoon finely chopped pecans or walnuts

Combine crust ingredients; pat into a 7-inch springform pan.

Beat sugars into cream cheese until smooth and creamy. Beat in eggs, whipping cream, cornstarch, and vanilla. Beat for about 3 minutes on medium speed of a hand-held electric mixer. Pour mixture into the prepared crust. Combine apple slices with sugar, cinnamon and nuts; place topping evenly over the top of cheesecake. Place the cheesecake on a rack (or "ring" of aluminum foil to keep it off the bottom of the pot) in the Crock Pot. Cover and cook on high for 2 1/2 to 3 hours. Let stand in the covered pot (after turning it off) for about 1 to 2 hours, until cool enough to handle. Cool thoroughly before removing pan sides. Chill before serving; store leftovers in the refrigerator.

APPLE PIE COFFEE CAKE

Apple Mixture:

1 can (20 oz) apple pie filling, apple slices broken up somewhat
1/2 teaspoon cinnamon
3 tablespoons brown sugar

Cake Batter:

2 small yellow cake mixes (Jiffy - 9-ounce each)
2 eggs, beaten
1/2 cup sour cream (light)
3 tablespoons softened butter or margarine
1/2 cup evaporated milk
1/2 teaspoon cinnamon

1 teaspoon butter or margarine for greasing slow cooker/Crock Pot

Combine ingredients for apple mixture in a small bowl. Combine batter ingredients; mix well.

Generously butter the sides and bottom of a 3 1/2 quart slow cooker/Crock Pot. Spread about half the apple mixture in the bottom of the pot. Spoon 1/2 the batter over the apple mixture. Spoon the remaining apple mixture over the batter, then cover with remaining batter. Cover and cook on high for 2 to 2 1/2 hours. Turn heat off, leave cover ajar slightly, and cool for about 15 minutes. Invert on a plate, retrieving any apples left in the bottom of the pot and placing on top of the cake. Makes a cake about 7 inches in diameter and 3 1/2-inches high.

APPLE PUDDING CAKE

- * 2 cups sugar
- * 1 cup vegetable oil
- * 2 eggs
- * 2 teaspoons vanilla
- * 2 cups flour
- * 1 teaspoon baking soda
- * 1 teaspoon nutmeg
- * 2 cups unpeeled apple, finely chopped
- * 1 cup chopped nuts (walnuts or pecans)

Beat sugar, oil, eggs, and vanilla. Add apple with dry ingredients and mix well. Spray a two pound tin can with cooking spray or grease and flour it well. Pour batter into can, filling no more than 2/3 full. Place can in Crock Pot. Do not add water. Cover but leave cover ajar so steam can escape. Cook on high 3 1/2 to 4 hours. Don't peek before the last hour of baking. Cake is done when top is set. Let stand in can a few minutes before tipping pudding out on a plate. Serve half-rounds plain, with whipped topping, or a pudding sauce.

APPLESAUCE SAUERKRAUT

4 cups sauerkraut, rinsed and drained

2 cups sweetened applesauce

1/2 tsp caraway seeds

1 tbs butter or margarine

Combine all ingredients. Place in a greased 2 quart casserole. Bake at 375° F. for 30 to 45 minutes.

Serves 6.

APRICOT NUT BREAD

- * 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 baking 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.

Makes 4 to 6 servings.

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.

ARTICHOKE & CHEESE DIP

- * 1 lb. shredded Mozzarella
- * 1 c. grated Parmesan
- * 1 c. (8 oz. jar) mayonnaise
- * 1 c. (8 1/2 oz.) artichoke hearts, drained and chopped
- * Minced onions

Mix ingredients together. Bake in casserole at 350 degrees for 20-30 minutes or in lightly buttered 3 1/2 quart slow cooker/Crock Pot on (high) for about 1 hour.

Serve with broken up French bread or wheat crackers.

ASPARAGUS CASSEROLE

2 cans sliced asparagus, (10 oz each)

1 can cream of celery soup, (10 oz)

2 hard cooked eggs, thinly sliced

1 cup grated cheddar cheese

1/2 cup coarsely crushed saltines or Ritz crackers

1 teaspoon butter

Place drained asparagus in lightly buttered slow cooker/Crock Pot or slow cooker/Crock Pot baking insert. Combine soup and cheese. Top asparagus with sliced eggs, soup mixture, then the cracker crumbs. Dot with butter. Cover and cook on low for 4 to 6 hours.

BACON CHEESE DIP

- * 16 slices bacon, diced, fried and drained
- * 2 8-ounce packages cream cheese, softened and cubed
- * 4 cups shredded cheddar cheese
- * 1 cup half-and-half
- * 2 teaspoons Worcestershire sauce
- * 1 teaspoon dried minced onion
- * 1/2 teaspoon dry mustard
- * 1/2 teaspoon salt
- * dash hot sauce

Put all ingredients in the Crock Pot and cook on low, stirring occasionally until cheese melts, about 1 hour. Taste and adjust seasonings, add bacon, and keep on low to serve. Serve with cubed or sliced French bread.

BAKED APPLES (CROCKPOT)

- * 6 lg. cooking apples
- * 3/4 c. orange juice
- * 2 tsp. grated orange rind
- * 1 tsp. lemon rind grated
- * 3/4 c. rose wine
- * 1/4 tsp. cinnamon
- * 1/2 c. brown sugar
- * Whipped cream

Remove core from apples and place in slow cooker/Crock Pot. Mix together all other ingredients except whipped cream. Pour over apples. Cover pot and cook on low for about 3 1/2 hours or until apples are tender. Cool and serve with whipped cream.

BAKED CUSTARD

2 cups Milk, scalded

3 Eggs, slightly beaten

1/3 cup Sugar

1 teaspoon Vanilla

1/8 teaspoon Salt

Nutmeg or coconut

Scald milk, let cool slightly. Combine eggs, sugar, vanilla, and salt.

Slowly stir in slightly cooled milk. Pour into buttered 1-qt baking dish.

Sprinkle with nutmeg or coconut. Cover with foil.

Set baking dish on a trivet or meat rack in Crock Pot.

Pour hot water around baking dish, 1-inch deep. Cover pot and cook on high for 2 to 2 1/2 hours or until knife inserted in custard comes out clean. Serve warm or chilled.

Makes 5 to 6 servings.

BAKED HAM IN FOIL

Pour 1/2 cup water in Crock-Pot. Wrap precooked 3 to 4 pound ham in foil, place in Crock-Pot. Cover and cook on High 1 hour, then Low 6 to 7 hours or until ham is hot. If desired, sprinkle ham with liquid smoke before wrapping in foil.

If cooking larger ham, cook 1 hour on high then low 8 to 10 hours.

BAKED POTATOES

* 10 to 12 potatoes

* Aluminum foil

Prick potatoes with fork and wrap each in foil. Fill slow cooker/Crock Pot with potatoes. Cover and cook on low 8 to 10 hours. (High 2 1/4 to 4.) Do not add water.

BANANA BREAD

1 3/4 c flour

2 tsp baking powder

1/4 tsp baking soda

1/2 tsp salt

1/3 c shortening

2/3 c sugar

2 eggs, well beaten

1 1/2 c banana, well mashed, overripe

1/2 c walnuts, coarsely chopped

Sift together flour, baking powder, baking soda and salt. With electric beater on low, fluff shortening in a small bowl, until soft and creamy. Add sugar gradually. Beat in 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 walnuts. Turn into a greased and floured baking unit or a 2 1/2 quart mold and cover.

Place on a rack in crockpot. Cover crockpot, 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.

BANANA NUT BREAD

1/3 c shortening

1/2 c sugar

2 eggs

1-3/4 c all purpose flour

1 tsp baking powder

1/2 tsp baking soda

1/2 tsp salt

1 c mashed ripe bananas

1/2 c chopped walnuts

Cream together shortening and sugar; add eggs and beat well. Sift dry ingredients; add to creamed mixture alternately with banana, blending well after each addition. Stir in nuts. Pour into well-greased 4-6 cup mold (I used a ceramic souffle dish). Cover with foil and tie a string tightly around it to keep foil down. Pour 2 cups hot water in slow-cooking pot. Place mold on rack or trivet (I modified a metal veggie steamer) in pot. Cover with crockpot lid and cook on high 2 to 3 hours or until bread is done. Be sure not to check bread during the first 2 hours of cooking.

BARBEQUE BEEF STEW

- * 2 lbs. stew meat
- * 3 tbsp. oil
- * 1 c. onion, sliced
- * 1/2 c. green pepper, chopped
- * 1 lg. clove garlic
- * 1/2 tsp. salt
- * 1/8 tsp. pepper
- * 2 c. beef stock
- * 1 can (8 oz.) tomatoes
- * 1 can (4 oz.) mushrooms
- * 1/3 c. barbecue sauce
- * 3 tbsp. cornstarch
- * 1/4 c. cold water

Saute onion, pepper and garlic in oil. Add salt, pepper, beef stock, tomatoes, mushrooms and barbecue sauce. Cook in slow cooker/Crock Pot on low heat 8-10 hours.

Mix cornstarch, cold water and thicken before serving. Serve over hot cooked rice.

BARBECUE BRISKET

First, make a batch of homemade Bar-Be-Que Sauce:

- 1 TBS liquid smoke
- 1 TBS crushed garlic (or less, we like lots)
- 1 large onion chopped (I use a small vidalia)
- 2 TBS cider venegar
- 1 TBS loose brown sugar (not packed)
- 3 TBS fresh squeezed lemon juice
- 1-14 oz. bottle of ketchup
- 1/2 tsp chili powder
- 4 TBS worchestershire
- 1 TBS dry mustard powder (like Coleman's)
- 1 cup water or red wine
- 1 tsp salt
- 1/8 tsp black pepper
- 1 TBS honey

Mix together and heat on range.

Then prep the brisket by removing all silver skin if the butchere didn't already do this, place it in the CP, pour the homemade sauce over it and let it go on low. The length of time cooking will depend on how large a brisket you got. When done, remove lid from CP and using two forks shred the brisket. Terrific served on rolls or buns. It's also good served like tacos with all the trimmings in soft or regular taco shells.

BARBECUE CHICKEN I

1 Chicken, cut up and skin removed

1 cup ketchup

3/4 cup brown sugar

3 tablespoons Worcestershire sauce

Place chicken in crockpot. Combine remaining ingredients and pour over chicken.

Cook 4 hours on high or 8-10 hours on low. Delicious!

BARBECUE CHICKEN II

4-6 pieces chicken (I use boneless breasts)

1 bottle BBQ sauce

1/2 cup white vinegar

1/2 cup brown sugar

1 tsp. mesquite seasoning

1/2 tsp. garlic powder

1/2-1 tsp. red pepper flakes

Mix BBQ sauce with all ingredients listed under it. Place chicken in crockpot. Pour sauce over all. Cook slowly in crockpot about 4-6 hours. Serve with baked beans, potato salad and coleslaw.

NOTE: Since this didn't specify whether it should be on high or low, the first time I cooked on high for 5 hours. The chicken was dry as dirt :
(The 2nd time, I cooked it on low for 4 1/2 hours and it was perfect.

BARBECUE CHICKEN III

1 frying chicken cut up or quartered

1 can condensed tomato soup

3/4 cup chopped onion

1/4 cup vinegar

3 Tablespoons brown sugar

1 Tablespoon Worcestershire sauce

1/2 teaspoon salt

1/4 teaspoon sweet basil

1/4 teaspoon thyme

Place chicken in slow cooker. Combine all other ingredients and pour over chicken.

Cover tightly and cook at "low" for 6-8 hours. Makes 4 servings.

BARBECUE PORK ROAST

1 pork roast (or beef)

Juice of 1 lemon

1 small onion, cut up

1 teaspoon sugar

1 bottle barbecue sauce

Cook roast covered in water (start with hot water) in crockpot overnight on low 10-

12 hours. Pour off water and pull meat into shredded pieces. Saute onion in a little butter. Combine barbecue sauce, onions, sugar and juice of lemon with meat in crockpot and cook on high for 1 1/2 to 2 1/2 hours, or on low for 3 to 6 hours.

BARBECUE PORK SANDWICHES

1 pork roast

1 bottle bar-b-cue sauce

About 1/2 to 1 cup water

Just throw in crockpot on high for about 6 hrs. or low for about 10 hrs.

When it's done, just remove meat from bone and serve on hamburger buns or rolls with more bar-b-que sauce or ketchup, etc.

BARBECUE SAUCE

1 cup chopped celery

1 medium onion chopped

1 Tbsp. butter

Saute until golden brown.

2 Tbsp. vinegar

1 Tbsp. brown sugar

3 Tbsp. Worcestershire sauce

1 Tbsp. lemon juice

1 tsp. salt (optional)

1 tsp. mustard

1 cup ketchup

1 cup water

2 lbs. ground beef

Combine all ingredients in a large saucepan. Cook slowly for 2 -2 1/2 hours. (Is better reheated)

BARBECUE STEAK

1 1/2 lb boneless chuck steak, 1 1/2" 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" 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.

BARBECUED BEAN SOUP

- * 1 lb Great Northern beans, soaked
- * 2 tsp Salt
- * 1 med Onion, chopped
- * 1/8 tsp Ground pepper
- * 2 lb Beef short ribs
- * 6 cup Water
- * 3/4 cup Barbecue sauce

Place all ingredients in Slow Cooker except barbecue sauce Cover and cook on Low 10 to 16 hours. Before serving, remove short ribs and cut meat from bones. Return meat to Slow Cooker. Stir in barbecue sauce before serving

BARBECUED COCKTAIL MEATBALLS

- * 2 lbs. lean ground beef
- * 1 1/3 C ketchup, divided
- * 3 T seasoned dry bread crumbs
- * 1 egg, slightly beaten
- * 2 T dried onion flakes
- * 3/4 t garlic salt
- * 1/2 t black pepper
- * 1 C packed brown sugar
- * 1 can (6 oz) tomato paste
- * 1/4 C reduced-sodium soy sauce
- * 1/4 C cider vinegar
- * 1 1/2 t hot pepper sauce

Preheat oven to 350 degrees. Combine ground beef, 1/3 cup ketchup, bread crumbs, egg onion flakes, garlic sale, and black pepper in medium bowl. Mix lightly but thoroughly; shape into 1-inch meatballs. Place meatballs in two 15 x 10" jelly-roll pans or shallow roasting pans. Bake 18 minutes or until browned. Transfer meatballs to slow cooker. (YOU CAN SKIP THIS WHOLE PARAGRAPH IF YOU BUY THE FROZEN MEATBALLS FROM SAM'S WHOLESale CLUB - THEY'RE WONDERFUL! :)

Mix remaining 1 cup ketchup, sugar, tomato paste, soy sauce, vinegar, and hot pepper sauce in medium bowl. Pour over meatballs. Cover and cook on LOW 4 hours.

Serve with cocktail picks.

Makes about 4 dozen meatballs.

BARBECUED MEATBALLS I

- * 1 to 2 lbs. ground beef
- * 2 tsp. Worcestershire sauce
- * 2/3 c. evaporated milk
- * 1 envelope dry onion soup mix

Sauce:

- * 2 c. ketchup
- * 1 c. brown sugar, packed
- * 1 tbsp. Worcestershire sauce

Mix beef, 2 teaspoons Worcestershire sauce, evaporated milk and soup mix. Shape into balls the size of walnuts. Broil 4 inches from broiler for 12 minutes or until done. Turn if necessary to keep from burning. Mix sauce ingredients and boil 10 minutes. Pour over meatballs in slow cooker/Crock Pot turned on low.

2 pounds of ground beef makes about 50 meatballs.

BARBECUED MEATBALLS II

- * 2 pounds ground beef
- * 1 cup bread crumbs
- * 1 teaspoon garlic powder
- * 2 packages onion soup mix
- * 2 teaspoons Worcestershire sauce
- * 2 eggs

Sauce:

- * 2 onions, chopped
- * 2 cans tomato paste (12 ounces total)
- * 2 cloves garlic, minced
- * 1/4 cup Worcestershire sauce
- * 1/4 cup red wine vinegar
- * 1/2 cup brown sugar
- * 1/2 cup sweet pickle relish
- * 1/2 cup beef broth
- * 2 teaspoons salt
- * 2 teaspoons dry mustard

Combine first 6 ingredients and mix well. Shape into meatballs and brown in a skillet with 1 tablespoon of oil. Drain on paper towels. Add all sauce ingredients to Crock Pot and stir well. Add meatballs and cook, covered, on low for 5 to 6 hours (high for 2 to 3). Serve from the Crock Pot.

Makes about 60 meatballs.

BARBECUED PORK STRIPS

- * 1/2 cup soy sauce
- * 1/4 cup dry sherry
- * 1/2 cup brown sugar
- * 2 cloves garlic, crushed
- * 1/8 teaspoon pepper
- * 1/2 cup barbecue sauce
- * 1 8-ounce can pineapple chunks (do not drain)
- * 3 pounds lean pork, cut into strips, browned, and drained

Combine all ingredients except pork strips in Crock Pot and stir well.

Add pork and stir to coat. Cook on low, covered, for 8 to 10 hours.

Serve with sauce.

Makes about 15 servings.

BARLEY WITH MUSHROOMS & GREEN ONIONS

1 cup barley

1 can (14 1/2 oz) roasted garlic chicken broth (about 2 cups)

3 green onions, thinly sliced (about 1/2 cup)

4 to 6 ounces fresh or canned mushrooms, sliced

salt or seasoned salt and pepper to taste

2 teaspoons butter or margarine

Combine all ingredients in slow cooker/Crock Pot. Cover and cook on low for 4 to 4 1/2 hours.

BAVARIAN RED CABBAGE

- * 1 large head of red cabbage, washed and coarsely sliced
- * 2 medium onions coarsely chopped
- * 6 tart apples, cored & quartered
- * 2 tsp. salt
- * 2 cups hot water
- * 3 TBSP sugar
- * 2/3 cup cider vinegar
- * 6 TBSP bacon grease or butter

Place all ingredients in the Crock-Pot in order listed. Cover and cook on low 8 to 10 hours (High: 3 hours). Stir well before serving.

BAYOU GUMBO

- * 3 tablespoons Pillsbury Best All Purpose Flour
- * 3 tablespoons oil
- * 1/2 pound smoked sausage, cut into 1/2 inch slices
- * 2 cups frozen cut okra
- * 1 large onion, chopped
- * 1 large green bell pepper, chopped
- * 3 garlic cloves, minced
- * 1/4 teaspoon ground red pepper (cayenne)
- * 1/4 teaspoon pepper
- * 1 (14.5 ounce) can diced tomatoes, undrained
- * 1 (12-ounce) package frozen shelled deveined cooked medium shrimp, rinsed
- * 1 1/2 cups uncooked regular long-grain white rice
- * 3 cups water

In small saucepan, combine flour and oil; mix well. Cook, stirring constantly, over medium-high heat for 5 minutes. Reduce heat to medium; cook, stirring constantly, about 10 minutes or until mixture turns reddish brown. Place flour-oil mixture in 3 1/2 to 4 quart Slow Cooker. Stir in all remaining ingredients except shrimp, rice and water. Cover; cook on low setting for 7-9 hours. When ready to serve, cook rice in water as directed on package. Meanwhile, add shrimp to gumbo mixture in slow cooker/Crock Pot; mix well. Cover; cook on low setting for additional 20 minutes.

Serve gumbo over rice.

Makes 6 servings.

BEER MEATBALLS

- * 1 can of beer
- * 1 6 oz can spicy V-8 juice
- * 1 tsp. lemon juice
- * 1 tsp. hot sauce
- * 1/2 c. Italian bread crumbs
- * 1 c. onions
- * Salt and pepper to taste
- * 1 lg. bottle ketchup
- * 1 tsp. horseradish
- * 1 tsp. Worcestershire sauce
- * 2 to 3 lbs. ground beef
- * 2 to 3 eggs

Combine ground beef, 1/2 cup onions, Italian bread crumbs, eggs. Make the mixture into small meatballs. Then fry or bake the meat. In saucepan combine remaining ingredients. Simmer for 15 minutes. Put meatballs and sauce into slow cooker/Crock Pot. The sauce should cover the meat. Allow to simmer in slow cooker/Crock Pot for at least 3 hours, however, the longer you let them simmer, the better they are! 6 to 10 hours on low temperature is great. Stir them occasionally. You may wish to add more ketchup, or V-8 juice - spice them up if you like them hot.

BEST DIP EVER

* 1 (1 pound) package Velveeta

* 1 can Chili - no beans

* 1 pound medium or spicy sausage, browned and crumbled

You can heat this on the stove until the cheese melts and it all mixes together OR I usually put it in the Crock Pot on low until blended and then keep it there to serve.

BLACK BEAN CHILI

1 # dry black beans

2 T. oil

6 garlic cloves, minced or pressed

2 onions, chopped

1/4 t. crushed red pepper flakes (more if you like hot food)

1 T. chili powder

1 T. ground cumin

1 t. dried oregano

1 bay leaf

1 28 oz. can chopped tomatoes in juice

1 T. soy sauce

2 c. water

6 oz. can tomato paste

1 T. red wine vinegar

2 cans contrasting beans (pinto, garbanzo, great northern, etc.)--
drained and rinsed garnishes: grated cheese, sour cream, chopped
parsley, onion, etc.

Rinse and sort the beans and place in the slow cooker/Crock Pot with a
generous amount of water.

Cook on low overnight (no presoaking necessary). In the morning
drain the cooking water. Heat

the oil in a skillet and saute the onions, garlic and red pepper flakes.

Cook 1 minute, then add chili

powder and cumin and cook 2 minutes, stirring.

Add this mixture to the slow cooker/Crock Pot along with all remaining
ingredients except canned beans and garnishes. Stir well and cook on
low all day. Stir in canned beans an hour or so before serving. Serve
with garnishes.

BLACK BEAN SOUP

- * 2 onion, chopped
- * 2 cloves garlic, minced
- * 3 tablespoons butter
- * 1 pound black beans, soaked overnight,
* drained
- * 1 ham bone, cracked
- * 1 stalk celery, chopped
- * 1 bay leaf
- * 1/2 cup sherry, or dry white wine
- * salt and pepper, to taste

Saute onions and garlic in butter until transparent. combine with beans, hame bone, celery, bay leaf, and 2 quarts water in the Crock Pot. Cook on high, covered for 2 hours, then on low for 8 to 10 hours. Remove ham bone and bay leaf. Puree soup and return to pot. Add sherry, salt and pepper and heat through. Serve in soup bowls garnished with chopped hard-boiled eggs, parsley, and lemon slices.

BOILED PEANUTS

1 1/2 quarts green uncooked peanuts

1/2 cup salt

2 1/2 quarts water

Wash Peanuts until water runs clear. Put clean peanuts in crockery pot, add salt and water; stir.

Cook, covered, on high for 5 to 7 hours. Add additional water during cooking, if necessary, to keep peanuts covered.

BREAKFAST COBLER

- * 4 medium-sized apples -- peeled and sliced
- * 1/4 cup honey
- * 1 tsp cinnamon
- * 2 tablespoons butter -- melted
- * 2 cups granola cereal

Place apples in slow cooker and mix in remaining ingredients. Cover and cook on low 7-9 hours (overnight) or on high 2-3 hours. Serve with milk.

Yield: 4 servings

Broccoli & Cheese Soup

2 c. cooked noodles

1 (10 oz.) pkg. frozen chopped broccoli, thawed

3 tbsp. chopped onions

2 tbsp. butter

1 tbsp. flour

2 cups shredded American cheese

Salt to taste

5 1/2 c. milk

Combine all ingredients in slow cooker. Stir well. Cook on low for 4 hours.

8 servings.

BROCCOLI CHEESE DIP

- * 2 (10 oz.) boxes of frozen chopped broccoli
- * 2 cans cream of mushroom soup
- * 1/4 c. sour cream
- * 1/2 lb. Mexican Velveeta cheese
- * 1/2 lb. reg. Velveeta cheese
- * 1 tbsp. garlic salt

Cook and drain broccoli. Melt cheese in slow cooker/Crock Pot. Mix soups, sour cream, broccoli and garlic salt. Mix into melted cheese. Serve as dip with tortilla chips.

BROCCOLI DIP

- * 1 pkg.(10oz) frozen chopped broccoli
- * 2 ribs celery, chopped
- * 1 med. white onion, chopped
- * 3/4 stick margarine
- * 2 rolls garlic cheese
- * 1 can cream of mushroom soup
- * 1 med. can mushroom pieces
- * 1 can sliced water chestnuts
- * 2 tsp. Worcestershire sauce

Cook broccoli until tender. Saute celery and onion in oleo until tender. Place broccoli and sauteed vegetables in slow cooker/Crock Pot; add mushrooms, cheese, cream of mushroom soup. Stir well and heat on low until cheese is melted. Add water chestnuts and Worcestershire sauce. Serve warm in the slow cooker/Crock Pot, with chips or crackers.

BROCCOLI SOUFFLE

2 pkgs. frozen chopped broccoli (2 lbs.)

1 can cream of celery soup (undiluted)

1 c. real mayonnaise

3 tbsp. grated onion

2 eggs, beaten

1 c. grated cheddar cheese

Ritz crackers

1 stick melted margarine

Cook broccoli; drain and cool. Mix soup, mayonnaise, onion, egg, and cheese and add to cooled broccoli. Put in a lightly greased 3 1/2-quart crockery cooker. Mix 1 stack Ritz or buttery crackers (crushed) with margarine or butter. Put on top. Cook on high for 2 to 3 hours.

BRUNSWICK STEW

1 Chicken, 3 lbs, cut up

2 quarts Water

1 Onion, chopped

2 cups Ham; cooked, cubed

3 Potatoes, diced

Page 26 of 245 Crockpot Recipes

2/16/2003 e-book://Pages/crockpot_recipes.htm

2 cans Tomatoes; 16 oz, ea, cut up

10 ounces Lima beans, frozen and thawed

10 ounces Corn; whole kernel, frozen, partially thawed

2 teaspoons Salt

1 teaspoon Sugar

1/4 teaspoon Pepper

1/2 teaspoon Seasoned salt

In a slow cooker/Crock Pot 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.

Cover and Cook on HIGH 1 hour.

Makes 8 servings.

CAJUN BREW PORK N BEANS

5 cans Pork-n-Beans (2nd to smallest size)

2 8oz cans tomatoe sauce

2 onions (chopped)

6 hot links (sliced)

1/4 bottle barbeque sauce (average size)

The following are "to taste"

Worcestershire sauce

Hot sauce (I like Crystal hot sauce)

Cajun Seasonings (I like Tony Chacere's seasonings)

Liquid smoke

Mustard

Brown Sugar

Mix all ingredients in a crockpot and crank it up to high. Let it cook all day, stirring occasionally.

Can also be made on the stove top, but let it simmer for several hours stirring occasionally.

CAJUN PECANS

1 pound pecan halves

4 Tbs butter, melted

1 Tbs chili powder

1 tsp salt

1 tsp dried basil

1 tsp dried oregano

1 tsp dried thyme

1/2 tsp onion powder

1/4 tsp garlic powder

1/4 tsp cayenne pepper

Combine all ingredients in Crock Pot. Cover and cook on high for 15 minutes. Turn on low, uncovered, stirring occasionally for 2 hours. Transfer nuts to a baking sheet and cool completely.

CAMP STEW

- * 1 can bar-b-que beef
- * 1 can bar-b-que chicken
- * 1 can bar-b-que pork
- * 1 can stewed tomatoes
- * 1 can corn
- * 3 c. cubed potatoes
- * 1 onion, chopped

Cube potatoes, chopped onion. Cook until partly tender. Place in slow cooker/Crock Pot. Open all cans and add to slow cooker/Crock Pot, stir. Cook for at least an hour. Serve with corn sticks or bread sticks.

CANDIED BANANAS

- * 6 green-tipped bananas, peeled
- * 1/2 cup flaked coconut
- * 1/2 tsp cinnamon
- * 1/4 tsp salt
- * 1/2 cup dark corn syrup
- * 1/4 cup butter or margarine, melted
- * 2 tsp grated lemon peel
- * 1/4 cup lemon juice

- 1.. Put bananas and coconut into large enough CP to fit in single layer. Sprinkle with cinnamon and salt.
- 2.. Mix corn syrup, butter ,lemon peel, and lemon juice; pour over bananas.
- 3.. Cover and cook on Low 1 to 2 hours.

CANNELLINI ALLA CATANIA

1 lb Dried canellini beans (white kidney beans)

use white northern if unable to find canellini

6 c Water

2 Hot Italian sausages, sliced

1 lg Onion, chopped

1 lg Garlic clove, minced

2 lg Tomatoes, ripe, peeled and coarsley chopped

1 Bay leaf, crumbled

1/2 ts Thyme, crumbled

1/2 ts Basil, crumbled

3 Strips of orange rind (1in)

1 ts Salt

1/4 ts Pepper

1 ts Instant beef broth

-Pick over beans and rinse. Cover beans with water in a large kettle; bring to boiling; cover; cook 2 minutes; remove from heat; let stand 1 hour. Pour into an electric slow cooker.

-Brown sausages in a small skillet; push to one side; saute onion and garlic in same pan until soft; stir in tomato, bay leaf, thyme, basil, orange strips, salt and pepper and instant beef broth; bring to boiling; stir into beans; cover.

-Cook on low for 10 hours or on high for 5 hours or until beans are tender. YIELD:

6 servings

CARAMEL NUT ROLLS

2 8 oz. pkgs. refrigerator biscuits

1/4 c. melted butter or margarine

1/2 c. brown sugar

1/4 c. chopped nuts

Cinnamon

Mix brown sugar and nuts together. Dip each refrigerator biscuit in melted butter, then brown sugar and nuts.

Place in Rival Bread and Cake pan or a 3 pound coffee can. Sprinkle each layer of biscuits with cinnamon. If using coffee can, cover with several layers of paper towels. Cook on high for 3-4 hours. No peeking! You can check bread after two hours.

You can use yeast rolls--frozen, unbaked--which may be thawed and substituted for the refrigerator biscuits. Fill your can and pan with 16 oz. of dipped rolls and let rise for 30 minutes before baking. Bake as directed for 3-4 hours.

CARAMEL RUM FONDUE

7 ounces Caramels

1/4 cup Miniature marshmallows

1/3 cup Whipping cream

2 teaspoons Rum or 1/4 tsp rum extract

Combine caramels and cream in Crock Pot. Cover and heat until melted, 30 to 60 minutes. Stir in marshmallows and rum. Cover and continue cooking 30 minutes.

Serve with apple wedges or pound cake.

CARMEL APPLES

- * 2 packages (14oz) bags caramels
- * 1/4 cup Water
- * 8 Medium apples

In slow cooker/Crock Pot, 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.

CARROT PUDDING

- * 4 large carrots, cooked and grated
- * 1 small onion, grated
- * 1/2 teaspoon salt
- * 1/4 teaspoon nutmeg
- * 1 tablespoon sugar
- * 1 cup milk
- * 3 eggs, beaten

Mix together carrots, onion, salt, nutmeg, sugar, milk, and eggs. Pour into slow cooker and cook on high for 3-4 hours.

CASSEROLE IN THE COOKER

1 package (16 oz) frozen broccoli cuts, thawed and drained

3 cp cubed fully cooked ham

1 can condensed cream of mushroom soup, undiluted

1 jar (8 oz) process cheese sauce

1 cp milk

1 cp uncooked instant rice

1 celery rib, chopped

1 small onion, chopped

In a slow cooker, combine broccoli and ham. Combine the soup, cheese sauce, milk, rice, celery and onion; stir into the broccoli mixture. Cover and cook on low 4-5 hours or until rice is tender.

4 servings.

CHEDDAR POTATO SLICES

1 can (10 3/4 ounces) Campbell's® Condensed Cream of Mushroom Soup

1/2 teaspoon paprika

1/2 teaspoon pepper

4 medium baking potatoes (about 1 1/4 pounds), sliced 1/4-inch thick

1 cup shredded cheddar cheese (4 ounces)

1. Mix soup, paprika and pepper. In greased 2-quart shallow baking dish arrange potatoes in overlapping rows. Sprinkle with cheese.

Spoon soup mixture over cheese.

2. Cover and bake at 400°F. for 45 minutes. Uncover and bake 10 minutes more or until potatoes are tender. Serves 6.

For the slow cooker/Crock Pot:

Follow directions above, placing ingredients in a lightly greased slow cooker/Crock Pot. Cover and cook on high for 3 to 4 hours, until potatoes are tender. Keep warm (on low) for serving.

CHEESE AND POTATO CASSEROLE

2 lb. pkg. frozen hash brown potatoes (partially thawed)

2 (10 oz.) cans cheddar cheese soup

1 (13 oz.) can evaporated milk

1 can French fried onion rings, divided

Salt and pepper to taste

Combine potatoes, soup, milk, and half the can of onion rings; pour into greased slow cooker/Crock Pot and add salt and pepper. Cover and cook on low for 8 to 9 hours or high for 4 hours. Sprinkle the rest of the onion rings of top before serving.

CHEESE & ARTICHOKE DIP

- * 8 ounces process American cheese (Velveeta)
- * 1 can (10oz) 98% fat-free cream of mushroom soup
- * 2 teaspoons Worcestershire sauce
- * 1/4 cup evaporated milk
- * 1 teaspoon dry mustard
- * 1 1/2 cups shredded cheddar cheese
- * 1/3 cup chopped roasted red pepper
- * 1 can artichoke hearts, drained and coarsely chopped

Combine all ingredients in the slow cooker/Crock Pot. Cover and cook on low for 2 to 3 hours, until melted. Stir well and serve with assorted crackers, bread cubes, or chips.

You can also use this dip with cooked pasta for a delicious macaroni and cheese!

CHEESY CAULIFLOWER AND BROCCOLI

1 (10 oz) pkg frozen cauliflower, thawed

1 (10 oz) pkg frozen broccoli, thawed

1 can Cheddar cheese soup

4 slices bacon

salt and pepper to taste

1/4 cup shredded cheddar cheese, if desired

Fry bacon until crisp; drain well on paper towels then crumble. Place broccoli and cauliflower in crockery pot. Top with soup, sprinkle with bacon. Season with salt and pepper. Cover and cook on low for 4 to 5 hours. About 20 minutes before done, top with cheddar cheese if used. Serves 6 to 8.

CHEESY CROCKPOT CHICKEN I

3 whole boneless chicken breasts

2 cans cream chicken soup

1 can cheddar cheese soup

Remove all fat and skin from chicken; rinse and pat dry, sprinkle with salt, pepper and garlic powder. Put in crockpot and add the three soups straight from the cans.

Cook on low all day (at least 8 hrs) do not lift the lid. Serve over rice or noodles. We did noodles and hubby said it tasted like mac and cheese.

CHEESY CROCKPOT CHICKEN II

6 chicken breasts (boneless & skinless)

salt & pepper to taste

garlic powder, to taste

2 cans cream of chicken soup

1 can cheddar cheese soup

Rinse chicken and sprinkle with salt, pepper and garlic powder. Mix undiluted soup and pour over chicken in the crock pot. Cook on low 6 to 8 hours. Serve over rice or noodles.

Serving Suggestion: Serve over rice.

CHEESY CROCKPOT CHICKEN AND VEGETABLES

1/3 c. diced canadian bacon or ham

2-3 carrots, sliced or chopped

2-3 celery ribs, sliced or chopped

1 small onion, sliced or chopped

2 cans mushrooms or 1/4 lb fresh, sliced

1 can green beans, drained very well

1/4 c. water

Layer in crock pot in order given.

2-3 lbs. chicken, cut up. Put on top of veggies, largest pieces first.

2 tsp. chicken bouillon granules

1 Tbs. chopped fresh parsley

3/4 tsp. poultry seasoning

-Mix together and sprinkle over chicken pieces.

1 can condensed cheddar cheese soup

1 Tbs. flour

1/4 c. parmesan cheese

-Mix together and drop on top of chicken, DO NOT STIR.

Cover and cook on high 3-4 hours, or low 6-8 hours.

-Make noodles OR rice OR mashed potatoes to serve over. This is a very versatile dish, use more/less/different veggies (I often clean out the fridge into the crockpot for this) and if the sauce is too thin you can thicken with a little cornstarch or parmesan cheese before serving.

CHERRY COBBLER

1 16 oz can cherry pie filling, light

1 pkg cake mix for 1 layer cake, or sweet muffin mix

1 egg

3 tablespoons evaporated milk

1/2 teaspoon cinnamon

1/2 cup chopped nuts, optional

Put pie filling in lightly buttered 3 1/2-quart Crock Pot and cook on high for 30 minutes. Mix together the remaining ingredients and spoon onto the hot pie filling. Cover and cook for 2 to 3 hours on low. You may also use a lightly greased souffle dish in a larger Crock Pot.

6 servings.

CHERRY CRISP

1 can (21 oz) cherry pie filling

2/3 cup brown sugar

1/2 cup quick-cooking oats

1/2 cup flour

1 teaspoon brown sugar

1/3 cup butter, softened

Lightly butter a 3 1/2-quart slow cooker/Crock Pot. Place cherry pie filling in the slow cooker/Crock Pot. Combine dry ingredients and mix well; cut in butter with a pastry cutter or fork. Sprinkle crumbs over the cherry pie filling. Cook for 5 hours on low.

CHICKEN A LA KING

- * 1 1/2 to 2 pounds boneless chicken tenders
- * 1 to 1 1/2 cup matchstick-cut carrots
- * 1 bunch green onions (scallions) sliced in 1/2-inch pieces
- * 1 jar Kraft pimiento or pimiento & olive process cheese spread (5oz)
- * 1 can 98% fat-free cream of chicken soup
- * 2 tablespoons dry sherry (optional)
- * salt and pepper to taste

Put all ingredients in the slow cooker/Crock Pot (3 1/2-quart or larger) in the order given; stir to combine. Cover and cook on low for 7 to 9 hours. Serve over rice, toast, or biscuits.

Serves 6 to 8.

CHICKEN CACCIATORE IN CROCKPOT

Place cut up chicken in slow cooker/Crock Pot, cover with one large undrained can of cut-up tomatoes, one cut-up onion, one cut-up green pepper, minced garlic (to taste), one Tbs. Italian herbs, red pepper flakes to taste. (I add mushrooms if I have them!) Cook all on low 6-8 hours until falling apart. Serve over hubby's favorite pasta, sprinkling more pepper flakes (if you dare!) and plenty of Parmesan cheese over it!

CHICKEN CASSEROLE

1 8oz pkg noodles

3 cups diced cooked chicken

Page 36 of 245 Crockpot Recipes

2/16/2003 e-book://Pages/crockpot_recipes.htm

1/2 cup diced celery

1/2 cup diced green pepper

1/2 cup diced onion

1 4 oz can mushrooms

1 4 oz jar pimiento

1/2 cup parmesan cheese

1 1/2 cups cream style cottage cheese

1 cup grated sharp process cheese

1 can cream of chicken soup

1/2 cup chicken broth

2 Tbsp. melted butter

1/2 tsp. basil

Cook noodles according to pkg directions and drain and rinse thoroughly. In a large bowl, combine remaining ingredients with noodles until well mixed. Pour mixture into greased crockpot. Cover and cook on low for 6-8 hours or high 3-4 hours.

Serves 6

Chicken Chili

2 whole chicken breasts, skinned,
deboned, cut in 1/2" chunks

Celery heart

1 med. onion

2 cans stewed tomatoes, sliced

16 oz. med. salsa or picante sauce

1 can chick peas (or 1 pkg. pkg.
white kidney beans)

6 oz. mushrooms

Olive oil

Brown chicken in 1 tablespoon olive oil. Chop celery, onion and mushrooms. Combine all ingredients in large slow cooker/Crock Pot, stir and simmer on low heat for 6-8 hours. Serve with bread or taco chips. *If you like it spicy, use hot salsa or picante sauce.

CHICKEN MERLOT WITH MUSHROOMS

2 1/2 to 3 lbs. meaty chicken pieces, skinned
3 c. sliced fresh mushrooms
1 large onion, chopped
2 cloves garlic, minced
3/4 c. chicken broth
1 6-ounce can tomato paste
1/4 c. dry red wine (such as Merlot) or chicken broth (I used broth)
2 tbsp. quick-cooking tapioca
2 tbsp. snipped fresh basil or 1 1/2 tsp. dried basil, crushed (I used dried)
2 tsp. sugar
1/4 tsp. salt
1/4 tsp. pepper
2 c. hot cooked noodles
2 tbsp. finely shredded Parmesan cheese (I used the kind in a shaker)
Rinse chicken; set aside. In a 3 1/2-4-or 5-quart crockery cooker place mushrooms, onion, and garlic. Place chicken pieces on top of the vegetables. In a bowl combine broth, tomato paste, wine or chicken broth, tapioca, dried basil (if using), sugar, salt, and pepper. Pour over all. Cover; cook on low-heat setting for 7 to 8 hours or on high-heat setting for 3 1/2 to 4 hours. If using, stir in fresh basil. To serve, spoon chicken, mushroom mixture, and sauce over hot cooked noodles. Sprinkle with Parmesan cheese.
Makes 4 to 6 servings.
Prep time: 25 min.

CHICKEN OR TURKEY PIE

3 cups diced cooked chicken or turkey
2 cans (14 1/2 ounce each) chicken broth
1/2 teaspoon salt
1/2 teaspoon pepper
1 stalk celery, thinly sliced
1 medium onion, chopped
1 bay leaf
3 cups potatoes, peeled and cubed
1 package frozen mixed veggies (16 oz)
1 cup milk
1 cup flour
1 teaspoon pepper
1/2 teaspoon salt
1 9-inch refrigerated pie crust

In Crock Pot, combine chicken, broth, 1/2 teaspoon salt, 1/2 teaspoon pepper, celery, onion, bay leaf, potatoes, and mixed vegetables. Cover and cook on low 8 to 10 hours or on high 4 to 6 hours. Remove bay leaf. Pre heat oven to 400 degrees. In a small bowl, mix milk and flour. Gradually stir flour and water mixture into Crock Pot. Stir in pepper, poultry seasoning, and salt/ Remove the liner from Crock Pot base and carefully place 9-inch pie crust over the mixture. Place the crockery liner inside preheated oven and bake (uncovered) for about 15 minutes, or until browned. If your liner is not removable, put the mixture in a casserole dish, cover with the pie crust and bake as above.

Serves 8.

CHICKEN SOUP

- 2 Onions, chopped
- 3 Carrots, sliced
- 2 Stalks celery, sliced
- 2 teaspoons Salt
- 1/4 teaspoon Pepper
- 1/2 teaspoon Basil
- 1/4 teaspoon Leaf thyme
- 3 tablespoons Dry parsley flakes
- 1 package Frozen peas (10 oz.)
- 1 2-1/2 to 3 lb. whole fryer
- 4 cups Water or chicken stock
- 1 cup Noodles

Place all ingredients in slow cooker/Crock Pot, except noodles, in order listed. Cover and cook on LOW 8 to 10 hours, or HIGH 4 to 6 hours. One hour before serving, remove chicken and cool slightly. Remove meat from bones and return meat to slow cooker/Crock Pot. Add noodles. Turn to HIGH. Cover and cook 1 hour.

CHICKEN WINGS IN BBQ SAUCE

- * 3 pounds chicken wings (16 wings)
- * salt and pepper to taste
- * 1 1/2 cups any variety barbecue sauce
- * 1/4 cup honey
- * 2 teaspoons prepared mustard or spicy mustard
- * 2 teaspoons Worcestershire sauce
- * Tabasco to taste, optional

Rinse chicken and pat dry. Cut off and discard wing tips. Cut each wing at joint to make two sections. Sprinkle wing parts with salt and pepper. Place wings on a broiler pan. Broil 4-5 inches from the heat for 20 minutes, 10 minutes for each side or until chicken is brown.

Transfer chicken to slow cooker/Crock Pot. For sauce, combine barbecue sauce, honey, mustard, Worcestershire sauce and if more heat is desired...Tabasco to taste in a small mixing bowl. Pour over chicken wings. Cover and cook on low for 4-5 hours or on High 2 -2 1/2 hours. Serve directly from slow cooker/Crock Pot. Makes about 32 appetizers.

CHICKEN WINGS IN TERIYAKI SAUCE

- * 3 pounds chicken wings (16 wings)
- * 1 large onion, chopped
- * 1 cup soy sauce
- * 1 cup brown sugar
- * 2 teaspoons ground ginger
- * 2 cloves garlic, minced
- * 1/4 cup dry cooking sherry

Rinse chicken and pat dry. Cut off and discard wing tips. Cut each wing at joint to make two sections. Place wing parts on broiler pan. Broil 4-5 inches from the heat for 20 minutes, 10 minutes for each side or until chicken is brown. Transfer chicken to slow cooker/Crock Pot. Mix together onion, soy sauce, brown sugar, ginger, garlic and cooking sherry in bowl. Pour over chicken wings. Cover and cook on Low 5-6 hours or on HIGH 2-3 hours. Stir chicken wings once to ensure wings are evenly coated with sauce. Serve from Slow Cooker. Makes about 32 pieces

CHILI

2 lbs. ground beef

1 lg. onion

1 lg. green pepper

1 lg. jalapeno pepper

Chili powder to taste

Garlic salt to taste

Salt to taste

Pepper to taste

Sugar to taste

2 cans crushed tomatoes

1 can tomato puree

1 can kidney beans

2 cans chili hot beans

Brown beef. Saute chopped onion and green pepper in grease. Mix beef, onion and green pepper. Add spices; let stand 1 hour. Add tomatoes, tomato puree, beans; cook in Crock Pot all day. Best if refrigerated and warmed the next day.

CHILI BEEF DIP

- * 1 (11 oz.) can condensed chili beef soup
- * 3 oz. pkg. cream cheese, softened
- * 1/2 cup sour cream
- * 1 tbsp. water
- * 1 teaspoon prepared mustard
- * 1 teaspoon Worcestershire sauce
- * 1/2 teaspoon chili sauce
- * 1/4 teaspoon hot pepper sauce, optional

In slow cooker/Crock Pot, combine all ingredients; mix well. Cover and cook on low for 1 1/2 to 2 hours, stirring occasionally, or until cheese is melted and dip is hot. Serve warm with tortilla or corn chips.

Makes 2 cups.

CHILI CHEESE TACO DIP

* 1 lb. hamburger

* 1 can chili (no beans)

* 1 lb. mild Mexican Velveeta cheese, cubed or shredded

Brown hamburger; drain and place in slow cooker. Add chili and cheese; cover and cook on low until cheese is melted, about 1 to 1 1/2 hours, stirring occasionally to blend ingredients. Serve warm with taco or tortilla chips.

CHILI CHICKEN

3 whole chicken breasts (1 1/2 to 2 lbs, cut in 1 inch pieces)

1 cup chopped onion

1 cup chopped bell pepper

2 garlic cloves

2 tbsp. vegetable oil

2 cans Mexican stewed tomatoes (16 ounce each)

1 can chili beans

2/3 cup picante sauce

1 teaspoon. chili powder

1 teaspoon. cumin

1/2 teaspoon. salt

Saute chicken, onion, pepper, garlic in vegetable oil until vegetables are wilted. Transfer to slow cooker/Crock Pot and add remaining ingredients. Cook, covered, on low, for 4 to 6 hours. Serve over rice. Serves 4 to 6.

CHILI CON QUESO

- * 2 tablespoons butter
- * 1 medium onion, chopped
- * 1 can jalapeno peppers, chopped
- * 1 15 1/2 oz. tomatoes, chopped, undrained
- * 1 jar pimiento, chopped, drained
- * 3/4 cup cheddar cheese, grated
- * salt and pepper, to taste

Saute onion in butter in medium saucepan. Combine next 3 ingredients with onion. Heat to boiling, let simmer for 10 - 15 minutes to meld the flavors. Add cheese, mixing thoroughly until melted. Serve immediately. Note: you can add browned ground beef or sausage if you'd like; and use Velveeta instead of the cheddar cheese.

CHILI DIP

- * 1 lg. jar (16oz) picante sauce, mild
- * 2 cans refried beans
- * 8 ounces sour cream
- * 1/2 tsp. chili powder
- * 1 lb. ground beef
- * 1 onion, chopped
- * Salt and pepper to taste
- * 8 oz. Cheddar cheese, shredded
- * Jalapenos or mild chile, chopped, to taste

Cook ground beef with onion; drain. Mix everything together in slow cooker/Crock Pot and cook slowly. Serve with favorite vegetables or chips.

CHOCOLATE-AMARETTO CHEESECAKE

Crust:

3/4 cup wafer-cookie or graham cracker crumbs
1/8 teaspoon almond extract
1 tablespoon sugar
3 tablespoons butter, melted

Filling:

1 cup ricotta cheese (light)
12 ounces cream cheese, light (neufchatel)
1 cup sugar
2 eggs
3 tablespoons whipping cream
1/4 cup amaretto
1/4 cup plus 1 tablespoon cocoa
1/4 cup all-purpose flour
1 teaspoon vanilla
1/3 cup semi-sweet chocolate mini-morsels

Combine crust ingredients and pat into a 7-inch springform pan. Beat the cheeses with the sugar until smooth; add eggs and whipping cream and beat for about 3 minutes on medium speed of an electric hand-held mixer. Add amaretto, cocoa, flour and vanilla; beat for about 1 more minute. Stir in semi-sweet chocolate morsels; pour into prepared pan. Place the cheesecake on a rack in the Crock Pot (or use a "ring" of aluminum foil to keep it off the bottom of the pot). Cover and cook on high for 2 1/2 to 3 hours. Let stand in the covered pot (after turning it off) for about 1 to 2 hours, until cool enough to handle. Cool thoroughly before removing pan sides. Chill before serving; store leftovers in the refrigerator.

CHOCOLATE BROWNIE PUDDING CAKE

1/2 cup brown sugar

3/4 cup water

2 Tbsp cocoa

2 1/2 cups brownie mix (half of a 21.5oz pkg)

1 egg

1/4 cup peanut butter

1 tablespoon soft margarine

1/4 cup water

1/4 to 1/2 cup milk chocolate chips, if desired

Combine 3/4 cup water, brown sugar, and cocoa in a saucepan. Bring to a boil. In the meantime combine the remaining ingredients in a small bowl. Whisk together or mix well with a spoon. Spread the batter evenly in the bottom of a lightly buttered slow cooker/Crock Pot. Pour boiling mixture over the batter. Cover and cook on high about 2 hours; turn heat off and let stand for about 30 minutes. I made this in a 5-quart pot, but I'm sure it would be fine in a 3 1/2- quart (I'll try that size next). Spoon into dessert dishes while warm; serve with whipped cream or ice cream.

Serves 6 to 8.

CHOCOLATE CHIP PEANUT BUTTER CAKE

1/2 cup butter

1/2 cup sugar

1/2 cup brown sugar

3 eggs, beaten

1/2 cup peanut butter

3/4 cup light sour cream

1 teaspoon vanilla extract

2 1/2 cups all-purpose flour

1 teaspoon baking powder

1 teaspoon baking soda

1/2 teaspoon salt

1 cup chocolate chips

Cream butter and sugars. Beat eggs in well. Mix in peanut butter, sour cream, and vanilla.

Combine flour, baking powder, soda and salt together and add to creamed mixture. Stir in most of the chocolate chips, reserving a few for the top. Spoon mixture into a greased and floured 2 1/2 to 3-quart souffle dish or mold (which will fit in your Crock Pot). Place a small trivet (or fashion a little "ring" from aluminum foil) in the Crock Pot, place the dish on the trivet, then cover the dish with 4 layers of paper towels. Cover loosely to allow steam to escape and cook on high for about 4 hours.

Test with a toothpick for doneness. Cool in pot until dish is cool enough to handle, then transfer to a wire rack to cool completely.

CHOCOLATE PEANUT BUTTER CAKE

2 c. chocolate cake mix

1/2 c. water

1/3 c. creamy peanut butter

1/2 c. chopped nuts

Combine all ingredients in bowl mixing well. Beat about 2 minutes. Pour batter into greased and floured 2 pound coffee can. Place can in crockpot. Cover top of can with 8 paper towels. Cover crockpot and bake on high 2 to 3 hours.

CHOPS IN A CROCK

6 pork chops, browned (you can skip the browning)

1 onion, chopped

3 T. catsup

10.5 oz can cream of mushroom soup

2 t Worcestershire sauce

Place into crockpot and simmer about 4-5 hours. Serve with rice, noodles or potatoes.

CHRISTMAS BREAD PUDDING

9 slices Whole Wheat Bread
8 slices White Bread
3 Egg Yolks, beaten
1 1/2 cups Light Cream
2/3 cup Dark Raisins
1/3 cup Whole Candied Red Cherries, halved
3/4 cup Cream Sherry
1 cup -Water
2 Egg Yolks, beaten
1/4 cup Powdered Sugar, sifted
2 tablespoons Cream Sherry
1/3 cup Sugar
dash Salt
1 1/2 teaspoons Vanilla
2/3 cup Golden raisins
1/4 teaspoon Vanilla
1/2 cup Whipping cream

Remove crusts from bread. Cover bread slices with paper towels and let stand overnight.

Custard: in a heavy medium saucepan combine three egg yolks, light cream, sugar and salt. Cook and stir over medium heat. Continue cooking until mixture coats a metal spoon. Remove from heat; cool at once by setting saucepan in a sink of ice water and stirring for 1-2 minutes. Stir in 1 1/2 teaspoons vanilla. Cover surface with clear plastic wrap. In small bowl combine raisins. Place cherries in another bowl. Heat 3/4 cup sherry till warm. Pour 2/3 cup sherry over cherries. Set aside. Cut bread into 1/2-inch cubes (about 9 cups). In a bowl, fold bread into custard, until coated. Grease a 6 1/2 cup tower mold (without tube). Drain raisins and cherries, reserving sherry. Arrange 1/4 of cherries in bottom of the mold, sprinkle 1/3 cup raisins into the mold. Add 1/4 of bread cube mixture. Sprinkle with 2 tablespoons reserved sherry. Repeat layers three times, arranging cherries and raisins near edges of the mold. Lightly press last layer with back of spoon. Pour remaining reserved sherry over all. Cover mold tightly with foil. Set mold in cooker - for a 5-6qt cooker, pour 1 1/2 cups water around mold (for a 3 1/2 - 4 qt cooker use 1 cup water). Cover, cook on low 5 1/2 hours or until pudding springs back when touched.

Meanwhile make the sherry sauce: in a mixing bowl combine 2 egg yolks, powdered sugar, 2 tablespoons sherry and 1/4 teaspoons vanilla. In small bowl, beat whipping cream until small peaks form. Gently fold whip cream into egg yolk mixture. Cover and chill until serving time.

Remove mold from cooker, let stand 10 minutes. Carefully unmold to serving platter. Serve warm with sherry sauce.

Serves 12.

Alternative: Remove pudding from mold, cover and chill. To serve, return pudding to same mold. Cover with foil, place in cooker. Pour 1 1/2 cup water around mold. Cover, cook on high for 1 1/2 to 2 hours, or until warm. Let stand 10 minutes, unmold and serve with sauce.

CHUNK-STYLE APPLESAUCE

8 to 10 large cooking apples, peeled, cored, and sliced or cut in chunks

1/2 cup water

1 tsp cinnamon

1/2 to 1 cup sugar

Put ingredients in Crock-Pot. Cover; cook on Low 8 to 10 hours. (High: 3 to 4 hours.) Serve warm.

Add cream if desired.

CINNAMON-APPLE BREAD PUDDING

- * 2 tablespoons butter
- * 2 apples, cored peeled, and chopped
- * 3/4 cup brown sugar, divided
- * 1 1/2 teaspoons cinnamon, divided
- * 2 large eggs
- * 12 oz can evaporated milk
- * 3/4 cup apple juice
- * 2 1/2 cups French bread torn in 1/2 to 1- inch pieces

Melt butter in bottom of a 1 1/2 to 2- quart casserole or souffle dish which will fit in the slow cooker/Crock Pot. Sprinkle with 2 tablespoons brown sugar and 1/2 teaspoon cinnamon. Add apples. Whisk eggs, milk, and apple juice together; mix in remainder of brown sugar, 1 teaspoon cinnamon, and the bread pieces. Place a trivet or aluminum foil ring in the slow cooker/Crock Pot. Pour 3/4 cup hot water into the the slow cooker/Crock Pot. Place the casserole dish on the ring in the slow cooker/Crock Pot. Cover and cook on high for 2 1/2 hours, until knife inserted comes out clean. Serve warm with vanilla ice cream or sweetened whipped cream.

CITRUS FISH

- * 1 1/2 lb. fish fillets
- * Salt and pepper to taste
- * 1 med. onion, chopped
- * 5 tbsp. chopped parsley
- * 4 tsp. oil
- * 2 tsp. grated lemon rind
- * 2 tsp. grated orange rind
- * Orange and lemon slices

Butter slow cooker/Crock Pot and put salt and pepper on fish to taste. Then place fish in pot. Put onion, parsley and grated rinds and oil over fish. Cover and cook on low for 1 1/2 hours. Serve garnished with orange and lemon slices.

CLASSIC SWISS FONDUE

- * 1 clove garlic
- * 2 1/2 cups dry white Rhine, Chablis or Riesling wine
- * 1 TBS lemon juice
- * 1 lb. Swiss cheese, grated
- * 1/2 lb. Cheddar cheese, grated
- * 3 TBS flour
- * 3 TBS kirsch
- * Freshly ground nutmeg
- * Pepper
- * Paprika
- * 1 loaf Italian or French bread, cut into 1-inch cubes

Rub an enameled or stainless steel pan with garlic clove. Heat wine to a slow simmer (just under boiling). Add lemon juice. Combine cheeses and flour and gradually stir in. Using a figure-8 motion, stir constantly until cheese is melted. Pour into lightly greased Crock-Pot. Add kirsch; stir well. Sprinkle with nutmeg, pepper and paprika. Cover and cook on High setting for 30 minutes, then turn to Low setting for 2 to 5 hours. Keep on Low setting while serving. Using fondue forks, dip bread cubes into fondue.

About 2 quarts

COCKTAIL KIELBASA

- * 2 rings of Kielbasa (about 2 lbs)
- * 1 (18 oz) jar apple jelly
- * 1 (9 oz) jar prepared mustard

Slice Kielbasa 1/4 to 1/2 inch thick. Mix jelly and mustard in slow cooker/Crock Pot. Add sliced Kielbasa and mix until meat is covered. Set slow cooker/Crock Pot on low to cook for 2 hours and keep on low while serving. Stir periodically.

CONGRESSIONAL BEAN SOUP IN A CROCKPOT

1 lb Small white beans

8 c Water

2 c Ham, diced

1 c Onion, diced

1 c Celery, chopped

2 tb Parsley, chopped

1 ts Salt

1/4 ts Pepper

1 Bay leaf

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

CORN CHOWDER

2 cans (16 oz) whole kernel corn, drained

2 to 3 medium potatoes, chopped

1 onion, chopped

1/2 teaspoon salt

pepper to taste

2 cups chicken broth

2 cups milk

1/4 cup butter or margarine

Combine first 6 ingredients in Crock Pot. Cover and cook on low for 7 to 9 hours. Puree in a blender or food processor, if desired, then return to pot. Stir in milk and butter; cook on high about 1 hour more.

Serves 6 to 8.

COUNTRY APPLES

- * 4-5 cups apples
- * 2 tbsp flour
- * 1/3 cup sugar
- * 1/3 cup raisins
- * 1/4 tsp cinnamon
- * 2/3 cup oatmeal
- * 3 tbsp butter
- * 3/4 cup brown sugar

Peel, slice and coat apples with flour and 1/3 cup sugar. Stir in the raisins, cinnamon, and oatmeal. Pour 1 cup water into crockery. Add apple mix. Pour melted butter over apples and then brown sugar. Cook on Low 4-6 hours.

Serves 6.

You can serve over vanilla ice cream, use as a crepe filling or over oatmeal for breakfast.

COUNTRY CAPTAIN CHICKEN BREASTS

The distinctive combination of curry, ginger, and fruit gives this classic Southern

dish its character.

2 medium-size Granny Smith apples

1 small onion, finely chopped

1 small green bell pepper, seeded and finely chopped

3 cloves garlic, minced or pressed

2 tablespoons dried currants

1 tablespoon curry powder

1 teaspoon ground ginger

1/4 teaspoon ground red pepper (cayenne)

1 can (about 14 1/2 oz.) diced tomatoes

6 small skinless, boneless chicken breast halves (about 1 3/4 lbs. total)

1/2 cup chicken broth

1 cup long-grain white rice

1 pound large raw shrimp, shelled and deveined

1/3 cup slivered almonds

Salt

Chopped parsley

-Quarter, core, and dice unpeeled apples. In a 4-quart or larger electric slow cooker, combine apples, onion, bell pepper, garlic, currants, curry powder, ginger, and red pepper; stir in tomatoes. Rinse chicken and pat dry; then arrange, overlapping pieces slightly, on top of tomato mixture. Pour in broth. Cover and cook at low setting until chicken is very tender when pierced (6 to 7 hours).

-Carefully lift chicken to a warm plate, cover lightly, and keep warm in a 200 degree oven. Stir rice into cooking liquid. Increase cooker heat setting to high; cover and cook, stirring once or twice, until rice is almost tender to bite (30 to 35 minutes). Stir in shrimp, cover and cook until shrimp are opaque in center; cut to test (about 10 more minutes).

-Meanwhile, toast almonds in a small nonstick frying pan over medium heat until golden brown (5 to 8 minutes), stirring occasionally. Set aside.

-To serve, season rice mixture to taste with salt. Mound in a warm serving dish; arrange chicken on top. Sprinkle with parsley and almonds.

Makes 6 servings.

CRAB DIP

- * 1 lb. Velveeta cheese
- * 1 lb. butter or margarine
- * 2 cans crab meat

Heat together. Keep warm in fondu or slow cooker/Crock Pot.
Serve with bread sticks.

CRANBERRY-APPLE TURKEY BREAST

- * 2 teaspoons melted butter or margarine
- * 1/2 cup chicken broth
- * 1 large apple, cored and chopped
- * 1/2 cup chopped onion
- * 1 stalk celery, chopped
- * 1 cup whole berry cranberry sauce
- * 3/4 teaspoon poultry seasoning
- * 2 cups seasoned crumb-style stuffing
- * 2 to 3 pounds turkey breast cutlets.

Combine butter, chicken broth, apple, onion, celery, cranberry sauce, poultry seasoning and stuffing. Place 3 tablespoons stuffing mix on each turkey cutlet.

Roll up and tie. Place in stoneware. Cover; cook on LOW 8 hours (HIGH 4 hours).

CRANBERRY COCKTAIL MEATBALLS

- * 2 pounds Ground beef
- * 1 cup Cornflake crumbs
- * 2 Eggs
- * 1/2 cup Chopped, fresh parsley
- * 1/3 cup Ketchup
- * 3 tablespoons Minced onions
- * 2 tablespoons Soy sauce
- * 1/4 teaspoon Garlic powder
- * 1/4 teaspoon Pepper

Sauce

- * 16 ounces Can, jellied or whole cranberry sauce
- * 12 ounces Chili sauce
- * 1 tablespoon Brown sugar
- * 1 tablespoon Lemon juice

In a large bowl, combine ground beef, cornflake crumbs, parsley, eggs, ketchup, onion, soy sauce, garlic powder and pepper. Mix well and form into small balls, from 1/2" to 3/4" in diameter. Place in a casserole or baking pan. Heat oven to 300 degrees F. Meanwhile in a saucepan, combine cranberry sauce, chili sauce, brown sugar and lemon juice. Cook stirring over medium heat until smooth. Pour hot sauce over meatballs in casserole. Bake for 30 to 45 minutes, depending on the size of the meatballs. Transfer to Crock Pot and keep on low for serving.

CREAM CHEESE CROCKPOT CHICKEN

1 frying chicken, cut up (I used about 4 pounds of breast and rib chicken pieces)

2 tbsp melted butter

salt and pepper to taste

1 package of dry Italian seasoning mix

1 can cream of chicken soup

1 8 oz brick of cream cheese, cut up in cubes

1/2 C chicken broth

1 large onion

crushed garlic to taste

Brush chicken with butter and sprinkle with the dry Italian seasoning mix (I did two layers in my crockpot to make sure that the Italian seasoning got on all the chicken and not just those peices on top.)

Cover and cook on low for 6-7 hours. About 45 minutes before done, brown the onion in the butter and then add the cream cheese, soup, and chicken broth to the saucepan. Add the crushed garlic and stir all ingredients until smooth. Add salt and pepper to taste. Pour sauce mixture over chicken in crockpot and cook an additional 30-45 minutes. Remove chicken to platter and stir sauce before putting in gravy

CREAMY CHICKEN AND RICE

- * chicken tenders (3 per person)
- * cream of mushroom soup
(1 can for 2-3 people, 2 for 4-6)
- * Mrs. Grass Onion Soup Mix (1 per each can of soup)
- * 1Tbsp olive oil
- * long grain brown rice (1 cup per can of soup)
- * 1Tbsp whole thyme, crushed
- * S&P to taste
- * desired amount of broccoli florettes (optional)
- * diced red pepper (optional)

When using brown rice, you need 2 1/4 cups liquid for each 1 cup rice. So I empty my can of soup into a measuring cup, and add water (or white wine) to equal 2 1/2 (not a typo, you need the extra for the onion soup mix). Heat olive oil in a saute pan, and add rice until it begins to crackle, but not brown. This will make the rice dense, and help it keep it's shape while cooking. Whisk together the soups and additional H2o, herbs and seasonings. Combine all ingredients (except veggies) in crockpot, and cook on high 4-6 hours, or 8-10 hours on low. During last 30-45 minutes, add desired veggies.
Great with crusty bread, and a fresh salad.

CREAMY CORN

2 cups corn

2 tablespoons sugar

2 eggs

1/4 cup flour

2 tablespoons butter

1 cup milk

1/2 teaspoon salt

Mix corn, sugar, eggs, flour, butter, milk and salt; place in slow cooker. Cook on high for one hour.

CREAMY ORANGE CHEESECAKE

Crust:

3/4 cup cookie or graham cracker crumbs
2 tablespoons sugar
3 tablespoons melted butter

Filling:

16 ounces cream cheese (light)
2/3 cup sugar
2 eggs
1 egg yolk
1/4 cup frozen orange juice concentrate, thawed
1 teaspoon orange or lemon zest, or dried grated rind
1 tablespoon flour
1/2 teaspoon vanilla

Combine crumbs with sugar; mix in melted butter until well moistened. Pat into a 7- inch springform pan.

In a medium bowl, cream together the cream cheese and sugar. Add eggs and yolk and beat for about 3 minutes on medium with a hand-held electric mixer. Beat in orange juice, zest, flour, and vanilla. Beat for another 2 minutes. Pour batter into prepared crust; place on a rack or aluminum foil ring in the crockery cooker (so it doesn't rest on the bottom of the pot). Cover and cook on high for 2 1/2 to 3 hours. Turn off and leave for 1 to 2 hours, until cool enough to remove. Cool completely and remove the sides of the pan. Chill before serving, and store leftovers in the refrigerator.

CREAMY SCALLOPED POTATOES (CROCKPOT)

- * 3 cups Thinly sliced carrots
- * 3 tablespoons Butter or margarine
- * 2 cups Water
- * 3 tablespoons Orange marmalade
- * 1/4 teaspoon Salt
- * 2 tablespoons Chopped pecans

Combine carrots, water, and salt in Crock Pot. Cover and cook on high 2 to 3 hours or until the carrots are done. Drain well; stir in remaining ingredients. Cover and cook on high 20-30 minutes.

Makes 5 to 6 servings.

CREAMY SPINACH DIP

- * 8 ounces Cream cheese, cubed
- * 5 ounces Frozen chopped spinach
- * 2 tablespoons Pimento, diced
- * 1 teaspoon Worcestershire sauce
- * 1/4 teaspoon Garlic salt
- * 1/4 cup Whipping cream
- * 2 tablespoons Parmesan cheese, grated
- * 2 teaspoons Onion, finely chopped
- * 1/2 teaspoon Thyme

Combine cream cheese and cream in Crock Pot. Cover and heat until cheese is melted, 30 to 60 minutes.

Add remaining ingredients. Cover and heat 30 minutes.

Serve with raw vegetables, crackers, or bread pieces.

CROCKED KIELBASA

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

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.

CROCKPOT ALMOST LASAGNA

1 box rotini (or ziti), any fun, flavorful pasta will do
2 - 28-oz jars pasta sauce(one with tomato chunks works well)
1 egg
1/2 lb ground beef
1/2 lb sausage
2 tbsp olive oil
1 C. parmesan cheese
1/2 C italian breadcrumbs
1 bag mozzarella cheese
16-20 oz. ricotta cheese
2 eggs
1 C. parmesan cheese
1 1/2 tsp. parsley flakes
dash salt & pepper

Grease crock-pot, or spray with non-stick cooking spray. Cook rotini according to package directions, drain. Brown and drain meat. Toss pasta with olive oil. Add pasta sauce to mixture, toss well. Stir together parmesan cheese, breadcrumbs, egg, 1/2 bag mozzarella cheese, and browned meat. Can sprinkle lightly with garlic powder. Beat together ricotta, 2 eggs, parmesan, parsley, salt & pepper. Pour half of pasta/sauce/meat mixture into crock-pot. Spread entire ricotta mixture over first layer of pasta. Cover ricotta layer with remaining pasta mixture, and cover with remaining cheese. Cover, and cook on low 4-6 hours.

CROCKPOT APPLE AND BROWN SUGAR CORNED BEEF

1 corned beef brisket

1 quart apple juice

1 cup brown sugar

1 Tbsp prepared mustard

8 small red potatoes

2 medium carrots, pared and cut into chunks

1 onion, peeled and cut into eights

1/2 head cabbage, cut into chunks

Place all ingredients in large crock pot (cut meat in half if necessary).

Stir to mix.

Cook on high for 4 to 5 hours on high or 8 to 10 hours on low. Remove meat and vegetables and some of the cooking liquid. Slice meat thinly across the grain.

Serve with the vegetables and some of the liquid.

Use left over corn beef the next day.....layer in crock pot with sauerkraut and swiss cheese. Warm and serve on rye bread with 1000 Island dressing!

CROCKPOT APPLE BROWN BETTY

3 lbs. cooking apples

10 slices of bread, cubed (about 4 cups)

1/2 tsp. cinnamon

1/4 tsp. nutmeg

1/8 tsp. salt

3/4 c. brown sugar

1/2 c. butter or margarine, melted

Wash apples, peel, core, cut into eighths; place in bottom on crock.

Combine bread cubes, cinnamon, nutmeg, salt, sugar, butter; toss together. Place on top of apples in crock. Cover. Place crock into outer shell. Cook on low setting 2 to 4 hours.

Makes 6 to 8 servings.

CROCKPOT APPLE BUTTER I

apples -- cut up, to fill 3 1/2 qt. crockpot

1 cup brown sugar

1 cup apple cider

juice of 1 lemon

1 tablespoon cinnamon

Cut blemishes off apples and cut into chunks to fill 3 1/2 qt. crockpot.

Add sugar, cider and lemon juice. Cover and cook on Low for 8 hours.

Stir. Add cinnamon and cook another 10 hours. Stir occasionally until

brown. Run through Food mill or any strainer to strain out seeds and

skins. I used the blender. To thicken, if not thick enough, return to

slow cooker and cook on High uncovered until desired consistency.

YIELD: Makes 3-4 pints.

CROCKPOT APPLE BUTTER II

Peel and core apples, cut in quarters, enough to fill a 4 quart crockpot to about 1

1/2 inches from the top:

ADD:

4 tsp. Cinnamon

1/2 tsp Cloves

1/2 tsp Salt

3 Cups Sugar

Start on high with about 4 TB water, til it gets hot, then turn on low and cook all day. When it is done and apples are fully cooked down put small amounts into food processor and zap quickly till smooth.

NOTE: If you are canning this, put into jars and seal while "HOT".

CROCKPOT APPLE BUTTER III

4 lbs apples, cored and sliced (don't peel)

1 1/3 cups packed brown sugar

1 cup apple cider

grated zest and juice of one lemon

3 TBS grated ginger

Combine apples, brown sugar, apple cider, zest, juice. Cover and cook 8-10 hours on low, til apples are very soft. (A good thing to do overnight!) Then stir in ginger, increase heat to high, uncover and cook (stirring now and then) til mixture is reduced to about 3 cups for 8 to 10 hours. (This part sounds kind of incredible, come to think of it...I can't imagine sticking around for 10 hours to stir occasionally...oh well, I've come this far, might as well continue!). Put the resulting mash through a food mill.

CROCKPOT APPLE BUTTER IV

2 qt. sweet cider

4lbs apples, peeled, cored & sliced

3 C. sugar

1/4 tsp. cinnamon

1/4 tsp. allspice

1/8 tsp. cloves

1 tsp. salt

Place apples & cider in crock pot. Cover & cook on LOW 10 - 12 hrs.

DO NOT STIR!!!!!! Put apples through a strainer (a fine mesh strainer works well too). Mash apples. Add equal parts sugar stirring well between each, add spices & salt STIR WELL!! Return to crock-pot.

Cook on HIGH 1 hr. Pour into 1/2 pint jars, seal and process 10 min. If you don't want to process keep it refrigerated! makes 5 half pints.

CROCKPOT APPLE CAKE DESSERT

6 apples peeled, cored and sliced

sugar

cinnamon

8 oz of yellow cake mix

1/4 c melted butter or margarine

Put slices of apples in CP. Pour half a package of dry cake mix over apples.

Drizzle butter over cake mix. Sprinkle cinnamon and sugar mixture over that and cook on low 1 1/2 to 2 hours. Keep checking and it's done when the apples are soft.

CROCKPOT APPLE CARAMEL DESSERT

2 med apple

1/2 c apple juice

7 oz caramel candy

1 tsp vanilla

1/8 tsp ground cardamom

1/2 tsp ground cinnamon

1/3 c peanut butter, creamy

7 slices angel food cake

1 qt vanilla ice cream

Peel, core and cut each apple into 18 wedges; set aside. Combine apple juice, unwrapped caramel candies, vanilla, cardamom and cinnamon. Drop peanut butter, 1 tsp at a time, over ingredients in crock pot and stir. Add apple wedges; cover and cook on LOW for 5 hrs. Stir thoroughly, then cook 1 hr more. Serve approx 1/3 cup of warm mixture over a slice of angel food cake or ice cream.

CROCKPOT APPLE CIDER

1 gallon of apple cider

Put it in a crock pot. Add 3 cinnamon sticks, about a tsp of whole cloves, and about 3 or 4 whole allspice. Slice up an orange and put orange rings in there. Put it on low and let it simmer all day. It's easier if you can put the spices in cheese cloth but I don't always have that. Also, taste it after about 4 or 5 hours to make sure it's not getting too strong. Remove the spices and oranges when the flavor reaches the taste you prefer.

CROCKPOT APPLE COCONUT CRISPS

4 large Granny Smith apples, peeled & coarsely sliced (about 4 cups)

1/2 cup sweetened flaked coconut

1 tablespoon flour

1/3 cup brown sugar

1/2 cup butterscotch or caramel ice cream topping (fat-free is fine)

1/2 teaspoon cinnamon

1/3 cup flour

1/2 cup quick rolled oats

2 tablespoons butter or margarine

In a casserole 1 1/2-quart baking dish that fits in the crockpot, combine apples with coconut, 1 tablespoon flour, 1/3 cup brown sugar, and cinnamon. Drizzle with the ice cream topping. Combine remaining ingredients in a small bowl with a fork or pastry cutter and sprinkle over apple mixture. Cover and cook on high for 2 1/2 to 3 hours, until apples are tender. Serve warm with vanilla ice cream or whipped topping.

CROCKPOT APPLE DESSERT I

6 apples, peeled and sliced

2/3 cup raw oatmeal

2/3 cup sugar

1/3 cup flour

1 tsp cinnamon

1/4 tsp nutmeg

1/4 tsp ginger

1/3 cup butter or margarine, melted

Mix oatmeal, sugar, flour, and spices in small bowl. Stir melted butter into mixture until it is crumbly. Put about half of sliced apples in crockpot and spoon about half of oatmeal mixture on top. Cover with the rest of the apples and top with the rest of the crumbly mixture. Cook on high about 2 1/2 hours.

CROCKPOT APPLE DESSERT II

2 Cups milk

1/4 cup brown sugar

1 tbsp melted butter

1/4 tsp salt

1/2 tsp cinnamon

1 cup rolled oats, regular

1 cup chopped apples

1/2 cup raisins

Spray or butter inside of crock pot. add ingredients to pot and stir cover and cook on low overnight.

CROCKPOT APPLE PIE

8 Tart Apples peeled and sliced

1 1/4 t ground cinnamon

1/4 t allspice

1/4 t nutmeg

3/4 cup milk

2 T butter soften

3/4 c sugar

2 eggs

1 t vanilla

1/2 c Bisquick

1 c Bisquick

1/3 c brown sugar

3 T cold butter

Toss apples in large bowl with cinnamon, allspice, and nutmeg. Place in lightly greased crockpot. Combine milk, softened butter, sugar, eggs, vanilla, and the 1/2 c Bisquick. Spoon over apples.

Combine the 1 cup Bisquick and brown sugar. Cut the cold butter into mixture until crumbly. Sprinkle this mixture over top of apple mixture. Cover and cook on low 6-7 hours or until apples are soft.

CROCKPOT APPLE SAUCE

About 3 pounds apples, peeled, cored, and sliced

1/3 cup sugar

1 cinnamon stick

2 TBS lemon juice

nutmeg

Put apples in cooker, sprinkle w/sugar and add cinnamon stick.

Sprinkle lemon juice on. Cover and cook on low for 6 1/2 to 8 hours til apples form a thick sauce.

Sprinkle with nutmeg to taste.

CROCKPOT ARROZ CON POLLO

4 Chicken breast halves, skin and excess fat removed

1/4 teaspoon salt

1/4 teaspoon pepper

1/4 teaspoon paprika

1 tablespoon oil

1 medium onion, chopped

1 small red pepper, chopped

1 clove of garlic, minced

1/2 teaspoon dried rosemary leaves

1 14 1/2 ounce can crushed tomatoes

1 10 oz package frozen peas

Season chicken with salt, pepper, and paprika. In a medium skillet, heat oil over medium-high heat. Add chicken and brown. Put chicken in the Crock-pot. In a small bowl, combine remaining ingredients except the peas. Pour over chicken. Cover: cook on Low 7-9 hours (High 3-4 hours) One hour before serving, add peas.

Serve over rice.

Makes 4 servings.

CROCKPOT ARTICHOKE, CHICKEN AND OLIVES

1 1/2 lbs skinless, boneless chicken breast halves and/or thighs

2 c sliced fresh mushrooms

1 (14.5 oz) can diced tomatoes

1 (8 or 9 oz) pkg frozen artichokes

1 c chicken broth

1 med onion, chopped

1/2 c sliced pitted ripe olives (or 1/4 cup capers, drained)

1/4 c dry white wine or chicken broth

3 tbsp quick cooking tapioca

2-3 tsp curry powder

3/4 tsp dried thyme, crushed

Page 66 of 245 Crockpot Recipes

2/16/2003 e-book://Pages/crockpot_recipes.htm

1/4 tsp salt

1/4 tsp pepper

4 c hot cooked couscous

Rinse chicken & set aside. In a 3 1/2 qt crock pot combine mushrooms, undrained

tomatoes, frozen artichoke hearts, chicken broth, onion, olives, & wine/broth. Stir in tapioca, curry powder, thyme, salt, & pepper. Add chicken. Spoon some of the tomato mixture over chicken. Cover & cook on LOW for 7 to 8 hours or on HIGH for 3 1/2 to 4 hours. Serve with hot cooked couscous. Serves 6.

Per serving - 345 calories, 6g total fat (1g saturated fat), 60mg cholesterol, 531 mg sodium, 43g carbohydrate (with couscous?), 9g fiber, 30g protein

CROCKPOT ARTICHOKEs

5 artichokes, remove stalks and tough leaves

1 1/2 ts salt

8 peppercorns

2 stalks celery, cut up

1/2 lemon, sliced

2 c boiling water

Combine all ingredients in crockpot. Cook on High 4 - 5 hours.

CROCKPOT AUTUMN CHICKEN

2 large or 4 small chicken breasts

2 parsnips - 2 carrots

1 acorn squash

1 14.5 oz. can of chicken broth

garlic

salt

pepper

nutmeg

honey

Peel and chop carrots and parsnips and place them in the bottom of the crockpot.

Sprinkle with garlic (I used a teaspoon of pre-chopped garlic. I'm not sure how many cloves of fresh garlic that would be.) Place chicken on top. Pour in broth.

Cut squash into chunks and slice off the skin. Place on top of chicken. Sprinkle desired amounts of salt, pepper and nutmeg on top of squash and drizzle enough honey on top to lightly cover the squash. Cook on low 8-10 hours.

CROCKPOT AUTUMN PORK CHOPS

Serving Size : 6

6 pork chops

2 medium acorn squash -- unpeeled

3/4 teaspoon salt

2 tablespoons melted butter

3/4 cup brown sugar -- packed

3/4 teaspoon brown bouquet sauce

1 tablespoon orange juice

1/2 teaspoon orange peel -- grated

-Trim excess fat from chops. Cut each squash into 4 to 5 crosswise slices; remove seeds.

-Arrange 3 chops on bottom of slow-cooking pot.

-Place all squash slices on top; then another layer of remaining 3 chops.

-Combine salt, butter, sugar, bouquet sauce, orange juice, and orange peel. Spoon over chops.

-Cover and cook on low for 4 to 6 hours or until done.

-Serve one or two slices of squash with each pork chop.

CROCKPOT AUTUMN PORK ROAST

3 to 4 lb. pork roast

Salt & pepper

1 c. cranberries, finely chopped

1/4 c. honey

Page 68 of 245 Crockpot Recipes

2/16/2003 e-book://Pages/crockpot_recipes.htm

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. or on High for 4-5 .Makes 6 to 8 servings.

CROCKPOT AZTEC BLACK BEANS

1 lb. dried black beans (or turtle beans)

16 oz. jar of salsa (your favorite kind)

-Rinse black beans, removing any stones or foreign objects. Cover with water, soak all night.

-Drain beans and place in cp with salsa. Add enough water to just cover beans.

Cover and cook on low 8-10 hours.

CROCKPOT BAKED APPLES

2 tbsp raisins

1/4 cup sugar

6 to 8 apples, washed and cored

1 tsp cinnamon

2 tbsp butter

Mix raisins and sugar, fill center of apples. Sprinkle with cinnamon and dot with butter. Put in crockpot; add 1/2 cup water. Cover; cook on Low 7 to 9 hours.

CROCKPOT BAKED BEANS I

1 pound dried small white beans -- rinsed

4 1/2 cups water

1/3 cup molasses

1/4 cup brown sugar

1 onion -- chopped

1/4 pound salt pork -- cut into 1" cubes

1 tablespoon dijon-style mustard

1/2 teaspoon salt

In slow-cooker, combine all ingredients. Cover and cook on LOW 13 to 14 hours, stirring occasionally, if possible.

CROCKPOT BAKED BEANS II

1 lb ground beef
3/4 lb bacon fried and diced
1 onion lg chopped and browned
1 lge can pork and beans
1 16 oz kidney beans canned
1 16 oz buttered lima beans canned
1 cup catsup
3 Tbsp white vinegar
1/4 cup liquid smoke
1 tsp salt
dash pepper

Directions:

Put all ingre. in crock pot cook 4-6 hrs on low. The longer you cook it the better it will taste.

CROCKPOT BAKED BEANS III

2 cans canellini beans

2 cans black beans

2 cans red kidney beans

1 can chick peas

Page 70 of 245 Crockpot Recipes

2/16/2003 e-book://Pages/crockpot_recipes.htm

2 diced onions

2 tablespoons mustard (from the fridge - the wet kind)

1 cup molasses

1/2 cup brown sugar

3/4 cup maple syrup

Rinse and drain beans and set aside.

On bottom of crockpot place diced onions, then dump on beans (don't mix just dump

'em all on). Then drizzle on all other ingredients. Mustard stays lumpy - it's ok.

If you wish to add bacon - pre cook 1 lb. crumble and put over top of entire mixture.

DON'T STIR. It will look dry for awhile. Crock Pot on High for 6-8 hours (I do 5-6)

stirring once about 3/4 of the way through.

Serve. Enjoy!!

CROCKPOT BAKED BEANS IV

24 to 32 oz. canned Pork and Beans, undrained

3/4 cup firmly packed brown sugar-I use light rather than dark

1 cup ketchup

1 large onion, diced

1 tsp. prepared mustard

2 to 3 slices bacon

Combine all ingredients in CP. Cover and cook on low about 6 hours. If you prefer, can be baked in oven. Use a greased 2qt casserole. Put bacon on top and bake at 350°F 1 1/2 hours. The CP version is soupier.

CROCKPOT BARBECUED SHORT RIBS

2 c. water

3 or 4 lbs. boneless short ribs

18 oz. bottle barbecue sauce

1 tbsp. Worcestershire sauce

3 oz. Heinz 57 hickory smoke sauce

1/4 tsp. angostura

1/4 tbsp. lemon pepper seasoning

Combine water, barbecue sauce, Worcestershire, Heinz 57 sauce, angostura, lemon pepper and short ribs in crock pot on low heat for 12 hours. I usually cook this recipe overnight.

CROCKPOT BEANS

1 lb. ground beef

3/4 lb. fried crumbled bacon

1 c. chopped onions

1 c. ketchup

1/4 c. brown sugar

1/2 tsp. pepper

1 tsp. hickory smoke flavoring

1 lb. can each pork and beans, lima beans, butter beans, and kidney beans

-Cook on low in crockpot for 4-8 hours. The longer it cooks, the smokier it tastes.

CROCKPOT BEEF AND BEANS

1 1/2 lbs of stewing beef
1 tbsp. prepared mustard
1 tbsp. taco seasoning
1/2 tsp. salt
1/4 tsp. pepper
2 garlic cloves minced
1 can 16 oz diced tomatoes, undrained
1 med. onion chopped
1 can Kidney beans rinsed and drained

Page 72 of 245 Crockpot Recipes

2/16/2003 e-book://Pages/crockpot_recipes.htm

1 can chili beans

(I also added 1 can of black beans)

-Combine mustard, taco seasonings, salt , pepper and garlic in a large bowl. Add beef and toss to coat!

-Put the beef in your crock pot and add the rest of the ingredients.

Cover and cook for 6 -8 hours on LOW.

-Serve over yummy hot rice!

CROCKPOT BEEF AND CHIPOTLE BURRITOS

1 1/2 lb. boneless beef round steak, cut 3/4" thick

1 14 1/2 oz. can diced tomatoes

1 sm. onion, chopped

1 to 2 canned chipotle peppers in adobo sauce, chopped (my local stores didn't carry this - of course- so I substituted a jar of salsa with chipolte, I think it was Old El Paso or Pace)

1 tsp. dried oregano, crushed

1/4 tsp. ground cumin

1 clove garlic, minced

6 9-10" tomato-flavored or plain flour tortillas, warmed

3/4 c. shredded sharp cheddar cheese (3 oz.)

1 recipe Pico de Gallo Salsa (we're talking real life here - I substituted a small jar of regular salsa :) Shredded jicama or radishes (optional, VERY optional!)

Dairy sour cream (optional)

Directions: Trim fat from meat. Cut meat into 6 pieces. In a 3 1/2 or 4 qt. crockery cooker place meat, undrained tomatoes, onion, peppers, oregano, cumin, and garlic.

Cover; cook on low-heat setting for 8 to 10 hours or on high-heat setting for 4 to 5 hours. Remove meat from cooker. Using 2 forks, shred meat. Spoon one-sixth of the meat onto each warm tortilla just below the center. Top with cheese, Pico de Gallo Salsa, and if desired, jicama or radishes and sour cream. Roll up tortilla. Makes 6 servings * Prep time: 20 min.

Pico de Gallo Salsa: Combine 2 medium finely chopped tomatoes; 2 tbsp. Finely chopped onion; 2 tbsp. snipped cilantro; 1 serrano pepper; finely chopped; and dash sugar. Cover; chill several hours.

CROCKPOT BEEF AND GRAVY

2-3 pounds roast cut into bite sized pieces

1 packet Lipton's Onion soup mix

2 cans Cream of mushroom soup

Place pieces of roast in crock pot. Sprinkle packet of onion soup on meat. Cover with cream of mushroom soup. Let cook up to 9 hours. Stir about 1/2 way through cooking (but I'm sure you could just stir at the end). Serve over mashed potatoes or pasta.

CROCKPOT BEEF BOURGUIGNON I

- 1 Cup Dry red wine
- 2 Tablespoons Olive oil
- 1 Large Onion -- sliced
- 1/2 Teaspoon Thyme
- 2 Tablespoons Parsley -- chopped
- 1 Bay leaf
- 1/4 Teaspoon Pepper
- 2 Pounds stewing beef, cut into 1 1/2-inch cubes
- 3 Slices Bacon (thick-cut is possible) -- diced
- 12 Small White onions
- 1/2 Pound Sliced mushrooms
- 2 Cloves Garlic -- minced
- 1 Teaspoon Salt

Combine first seven ingredients, mix well, add beef. Marinate at least 3 hours (overnight if refrigerated) Drain meat, reserving marinade. In skillet, saute bacon and remove. Brown meat in bacon fat. Combine beef, bacon, vegetables and seasonings in slow cooker. Pour over enough marinade to cover. Cook on low 8-10 hours.

CROCKPOT BEEF BOURGUIGNON II

1 lb. bacon, cooked, reserve grease

3 lbs. beef, cubed

1 bottle red wine

1 lb. onion, chopped

1 lb. celery

1 lb. carrots, chopped

2 cloves garlic, chopped

Chopped shallots (optional)

1 bay leaf

Salt & pepper

Flour

Slowly cook bacon in large baking pan; remove. Dredge beef cubes in flour, brown in bacon fat. Transfer meat from skillet to heated platter. Saute vegetable and garlic in bacon fat; remove. Drain fat from pan. Gently combine beef, vegetables, bacon and half the wine. Add bay leaf and salt and pepper to taste. Cook on low 8 – 10 hours.

CROCKPOT BEEF BURGER STROGANOFF

1 1/2 lbs lean ground beef
3 slices bacon, diced
1 small onion, chopped
2 tbs flour
1/4 tsp paprika
1 tsp salt
1 can (10 3/4oz) condensed cream of mushroom soup
2 tbs dry red wine
1 cup dairy sour cream
6 to 8 hamburger buns, toasted and buttered

In large skillet, brown beef and bacon until red color disappears. Drain.
In crockpot, mix together drained beef, bacon, onion, flour, paprika, and salt. Stir in undiluted soup and wine. Cover pot and cook on low 4 to 5 hours. Stir in sour cream. Spoon mixture over toasted buns.
Serves 6 to 8.

I served this over buttered noodles instead of the buns.

CROCKPOT BEEF BURGUNDY I

2 slices bacon -- chopped

2 pounds sirloin tip or round steak -- cut in 1 inch cubes

1/4 cup flour

1 teaspoon salt

1/2 teaspoon seasoned salt

1/4 teaspoon marjoram

1/4 teaspoon thyme

1/4 teaspoon pepper

1 clove garlic -- minced

1 cube beef bouillon -- crushed

1 cup Burgundy wine

2 tablespoons cornstarch

In large skillet cook bacon several minutes. Remove bacon and set aside. Coat beef with flour and brown on all sides in bacon mixture. Combine steak, bacon drippings, cooked bacon, seasonings, bouillon and Burgundy in crock pot. Cover and cook on low for 6 to 8 hours or until meat is tender. Turn control to high. Add cornstarch (dissolved in 2 tablespoons water); cook on high 15 minutes. Serves 6.

NOTES : Can add 1/4 pound fresh mushrooms during last 15 minutes, if desired.

CROCKPOT BEEF BURGUNDY II

3 lbs beef, cut in large cubes-can use stew beef or round steak

1 can Minestrone Soup

1 can Tomato Bisque Soup

1 can Cream of Mushroom soup

1 envelope dry onion soup mix

1 soup can Burgundy wine

Flour and brown meat. Place in crockpot. Mix remaining ingredients and pour over meat. Cook on low 6-8 hours. Serve over noodles or rice. You could cook the rice at home and reheat in the micro at work.

CROCKPOT BEEF FAJITAS

1 1/2 pounds beef flank steak
1 cup chopped onion
1 green sweet pepper, cut into 1/2 inch pieces
1 jalapeno pepper, chopped
1 Tbsp. cilantro
2 garlic cloves, minced (or 1/4 tsp. garlic powder)
1 tsp. chili powder
1 tsp. ground cumin
1 tsp. ground coriander
1/2 tsp. salt
1 can (8oz) chopped tomatoes
12 8inch flour tortillas

Toppings: sour cream, guacamole, shredded cheddar cheese and salsa

Cut flank steak into 6 portions. In any size crockpot combine meat, onion, green pepper, jalapeno pepper, cilantro, garlic, chili powder, cumin, coriander and salt. Add tomatoes. Cover and cook on low 8-10 hours or high 4-5 hours. Remove meat from crockpot and shred. Return meat to crockpot and stir. To serve, spread meat mixture into flour tortillas and top with toppings. Roll up.

CROCKPOT BEEF FOR SANDWICHES

1 roast

1 packet Italian dressing mix or Ranch dressing mix OR 2 packages

onion soup mix

1 cup water

Place all in crockpot, cook on low 8 hours.

I used Zesty Italian dressing mix and I added 1 onion slivered up. I put it all in the crockpot the night before I was going to spend all day cooking. By morning, it was tender. I took it out shredded it and had 2 meals in the freezer by 8:30 that morning! WOO HOO It sounded almost too easy to me. But this was one of the best smelling recipes I've made in a long time! I keep hoagie buns in the freezer from the bread store (day old, got 'em for 2 packages for \$1!!!) I'll take a pack of those out, add the beef and a slice of cheese and VOILA! Dinner!

CROCKPOT BEEF N BREW VEGETABLE SOUP

3 medium onions, sliced

1 lb carrots, cut into 1/2" slices

4 parsnips, cut into 1/2" slices

2 bay leaves

4 cloves garlic, minced

1 TBS snipped fresh thyme or 1 tsp dried thyme, crushed

1/2 tsp pepper

2 TBS quick cooking tapioca

1 1/2 lbs beef stew meat, cut into 1" cubes

1 14 1/2 oz can beef broth

1 12 oz can beer

In a 5 or 6 quart crockpot, place onions, carrots, parsnips, garlic, bay leaves, dried thyme, and pepper. Sprinkle with tapioca. Place meat on top of vegetables.

Add beef broth and beer.

Cover; cook on low-heat setting for 10 to 12 hours or on high-heat setting for 5 to 6 hours. To serve, remove bay leaves; if using fresh thyme, stir in now.

CROCKPOT BEEF POT ROAST

1 1/2 lb- 2lb. pot roast meat

1 dry package of Good Seasons Garlic Dressing

1 dry pkg of Italian (or Zesty Italian) Dressing

1 can of beer (your choice-not dark)

Place one envelope of Good seasons in bottom of crock pot. Place meat on top, top with other package of dressing and pour beer over all. Let cook 8-10 hours on low. If your a gravy maker, the sauce made into a gravy is YUMMY! I serve this with potatoes.

CROCKPOT BEEF STEW I

2 lbs. stew beef
1/4 c. flour
1 tsp. paprika
4 lg. carrots
3 lg. potatoes
1 c. condensed beef broth
1 1/2 tsp. salt
1/2 tsp. pepper
1/3 c. soy sauce
1 lg. onion

1 can tomato sauce (8 oz.)

Layer potatoes, then carrots. Top with meat; sprinkle meat with soy sauce, salt, paprika, pepper & flour.

Spread with chopped onions. Combine beef broth & tomato sauce & pour overall. Cover & cook on low 7 - 8 hrs. or high 4 - 5 hrs.

NOTES:

Instead of sprinkling the meat with soy sauce, salt, paprika, pepper & flour as the recipes says, I mix those all together in a small bowl. This prevents the flour from becoming clumpy.

-Instead of chopped onions, I use 3 or 4 small yellow onions whole (I'm not an onion fan but still like the taste they give the stew.)

-I add about 1/4 cup barbecue sauce to the top, before putting the cover on. I use whatever variety of sauce that I have on hand. I don't usually buy the "regular"

flavor of any brand, but instead have hickory, brown sugar or garlic and onion

flavors. The BBQ sauce adds an extra "kick" to the meat and gravy.

-For the beef broth, since I don't usually keep that on hand, I dissolve 1 beef bouillon cube into 1 cup boiling water.

CROCKPOT BEEF STEW II

- 1 lb. beef bourguignon (or cheaper cut)
- 3 large sweet potatoes (cut into 1" thick slices)
- 2 cans beef bouillon (or broth or consommée)
- 2 small cans tomato paste
- 3-4 handfulls of assorted veggies (I used frozen green & yellow beans and carrots)
- 1 lb. fresh mushrooms (quartered)
- 1 large onion (diced)
- 2 cloves garlic (minced)
- 1/4 cup flour

Mix bite sized pieces of meat in flour, brown in some oil along with the diced garlic.

While meat is browning, combine beef bouillon & tomato paste in a crock pot, mix well.

Pre-cook the sweet potatoes until just tender, add to crock pot along with onions and any raw veggies that you may use. Add enough water to cover and cook on low for as long as you want, (I let it cook for about 5 hours.

I added the frozen veggies and some quartered mushrooms for about the last 1 hour or so.

I thickened it with a bit of flour and water, let it cook another 15 minutes uncovered and that was it.

CROCKPOT BEEF STEW III

1 package stew beef

1 can cream of potato soup

1 can cream of mushroom soup

1 - 1 1/2 cans of water

Cook on high all day (7-8) hours

I serve over white rice.

CROCKPOT BEEF STROGANOFF I

2 lbs top round steak, sliced thin across the grain

1 lb fresh mushrooms, sliced

1 medium onion, sliced

1/4 tsp thyme

3/4 cup dry sherry

3/4 cup beef broth (Swansons)

3/4 tsp dry mustard

1/4 tsp garlic salt

Put all this in the crockpot, stir well and cook on low for 8 hours. Turn heat to high and mix 1-1/2 cup sour cream 1/2 cup Wondra flour, cake flour works too, heat on high for 40 minutes.

Serve over rice or noodles.

CROCKPOT BEEF STROGANOFF II

1 1/2 lb. lean ground beef

1 medium onion, chopped

1 clove garlic, minced

3 Tbsp. tomato paste

1/2 c. beef broth

3 Tbsp. sherry

1 tsp. salt

Dash pepper

1 can mushrooms, drained

1 c. sour cream

Brown ground beef with onion and garlic; drain. Add to crock pot with remaining ingredients except for sour cream. Cover and cook on low for 5 to 7 hours. Stir in sour cream. Heat through. Serve over egg noodles.

CROCKPOT BEEF STROGANOFF III

3 lb. beef round steak, 1/2 inch thick

1/2 c. flour

2 tsp. salt

1/8 tsp. pepper

1/2 tsp. dry mustard

2 med. onions, thinly sliced and separated into rings

2 (4 oz. each) cans sliced mushrooms, drained or 1/2 lb. mushrooms, sliced

1 (10 1/2 oz.) can condensed beef broth

1/4 c. dry white wine (optional)

1 1/2 c. sour cream

1/4 c. flour

Trim all excess fat from steak and cut meat into 3 inch strips about 1/2 inch wide.

Combine 1/2 cup flour, the salt, pepper and dry mustard; toss with steak strips to coat thoroughly. Place coated steak strips in crock pot; stir in onion rings and mushrooms. Add beef broth and wine; stir well. Cover and cook on low setting for 8- 10 hours. Before serving, combine sour cream with 1/4 cup flour; stir into crock pot. Serve stroganoff over rice or noodles.

CROCKPOT BEEF STROGANOFF IV

1 can cream of mushroom soup

1 package onion soup mix

1 package mushroom

1 onion cut in rings

1 package beef stew meat

salt

pepper

Put in crock pot and cook all day.

Add 16 oz sour cream before serving.

Serve over Egg Noodles.

CROCKPOT BEEF TACO BEAN SOUP

2 lbs. rump roast

1 pk taco seasoning

1 can Mexican style diced tomatoes (15 oz.)

1 small can green chiles

1 can tomato sauce (8 oz)

1 onion - chopped

2 beef bouillon cubes

2 cans red kidney beans, (15 oz. each), rinsed, drained

Shredded cheddar cheese

Cut roast into bite sized chunks. Roll in taco seasoning and add to crock pot. Then add the tomatoes, chiles, tomato sauce, onion, and bouillon cubes. Cover and cook on LOW 6 hours or until meat is tender.

Add the drained beans and cook until the beans are heated through; around 30 minutes. Serve topped with cheese, and/or the toppings that you like.

CROCKPOT BEEF TIPS

1/2 c Flour

1 ts Salt

1/8 ts Pepper

4 lb Beef or sirloin tips

1/2 c Chopped green onions

2 c Sliced mushrooms (4 oz. can, drained) OR

1/2 lb Mushrooms, sliced

1 cn Condensed beef broth, (10 1/2 oz.)

1 ts Worcestershire sauce

2 ts Tomato paste or ketchup

1/4 c Dry red wine or water

3 tb Flour

1 Buttered noodles

Combine 1/2 cup flour with the salt and pepper and toss with beef cubes to coat thoroughly. Place in crock-pot. Add green onions and drained mushrooms. Combine with beef broth, Worcestershire sauce and tomato paste or ketchup. Pour over beef and vegetables; stir well. Cover and cook on LOW setting for 7 to 12 hours. One hour before serving, turn to HIGH setting. Make a smooth paste of red wine and 3 tablespoons flour; stir into crock-pot, mixing well.

CROCKPOT BEST PORK ROAST

4-5 pound pork roast

6-8 cloves garlic

pepper

basil

1 c dry white wine

onion

Cut 6-8 holes into the roast just big enough to fit a clove of garlic. Put a garlic

clove (peeled) into each hole. Rub outside with cracked pepper and basil. Pour dry white wine in the bottom of the Crock Pot. Place roast in the CP put slices or wedges of onion on top and around the roast. Cover and cook on low all day or until done.

If desired you can also place potatoes and carrots in the bottom of the CP, but I usually serve either mashed or baked potatoes and a steamed veggie on the side.

Don't forget a nice fresh loaf of bread to go with it too :)

CROCKPOT BLACK BEAN CHILI

3/4 cup cooked black beans

1 lb. stew beef, cubed

3 tablespoons oil

1/4 cup chopped onion

1/4 cup chopped green peppers

1/2 cup diced green chilies

3 tbsp. tomato paste

3 to 4 beef bouillon cubes, or beef base

1/4 tsp. ground cumin

1 tsp. minced garlic

1/2 tsp. salt and pepper

1 cup shredded Monterey Jack OR cheddar cheese

Brown stew beef in oil with onion and green pepper. Combine all ingredients except cheese and cook 6 to 8 hours on low. Sprinkle cheese over individual servings.

CROCKPOT BLACK BEAN CHILI WITH PORK

- 1 lb. boneless pork, cut into cubes
- 2 (16 oz.) cans black beans, drained
- 1 red or yellow bell pepper, chopped
- 1 med. tomato, peeled, seeded and chopped
- 1 sm. red onion, thinly sliced
- 1 clove garlic, crushed
- 1/2 t. ground cumin
- 2 t. chili powder
- 1/2 t. salt
- 1 can tomato sauce
- 1/2 c. sour cream
- 2 T. chopped cilantro

In a crockpot, stir together pork, beans, bell pepper, tomato, onion, garlic, cumin, chili powder, salt, and tomato sauce. Cover and cook on low 8 to 9 hours. Spoon into bowls and top with sour cream and cilantro.

CROCKPOT BLACK BEAN SOUP

2 cans, 15 oz. each, black beans, drained and rinsed

2 cans, 4.5 oz, each, chopped green chiles

1 can, 14.5 oz, Mexican Stewed tomatoes, undrained

1 can, 14.5 oz, diced tomatoes, undrained

1 can, 11 oz, whole kernel corn, drained (I used a 16 oz can)

4 green onions, sliced

2 to 3 T. chili powder

1 tsp. ground cumin (I omitted this)

1/2 tsp. dried minced garlic

Combine all ingredients in a 5 qt. slow cooker-I think it will fit in a 3 qt, tho. Cover and cook on high 5 to 6 hours. Makes 8 cups. You can cook it low all day.

Serve it with shredded cheddar and fat free sour cream.

CROCKPOT BLACK EYED PEAS

1 16 oz bag of dried black-eyed peas

1 small ham hock

1 14 1/2 oz can of diced tomatoes with jalapenos

1 14 1/2 oz can of diced tomatoes with mild green chiles

2 10 1/2 oz cans of chicken broth

1 stalk of celery, chopped

salt and pepper to taste (it doesn't need much, if any)

Pre-soak black-eyed peas according to the instructions on the bag.

Combine all ingredients and cook on low for 8-10 hours.

Serve on New Years Day for good luck!

CROCKPOT BLACK EYED PEAS AND OKRA

2 (16 oz each) packages frozen Black Eyed peas

2 cups water

1 (15 oz) can Ranch Style Beans with Jalapenos undrained

1 cup chopped onion

1 cup chopped green pepper

1 cup chopped celery

1 (12 to 16 oz) package frozen sliced okra

1 can Ro Tel tomatoes and Green chiles

Dump all ingredients in Crock Pot. Cook on low 8 to 10 hours. May take even longer.

I start mine on high for several hours, then switch to low for the remaining time.

VARIATION: Substitute 4 (15oz) cans of canned Black Eyed peas (undrained) and omit the water.

CROCKPOT BONELESS TWICE COOKED BBQ RIBS

Throw about 1 1/2 lbs of boneless ribs in the CP on low with enough water to cover, about 3 TBS of BBQ sauce, fresh chopped garlic, 1/3 CUP brown sugar and a couple dashes of ketchup. Cook on low about 5 hours until done. Throw on the BBQ to crisp them up and baste with more BBQ sauce.

CROCKPOT BOSTON BAKED BEANS

1 lb small dry white beans
1 medium onion, chopped
4 slices bacon, chopped
1/4 cup light (mild) molasses
1/4 cup packed dark brown sugar
2 teaspoons dry mustard
1/4 teaspoon ground black pepper
1/8 teaspoon ground cloves
1 1/2 teaspoons salt

-Rinse beans with cold running water and discard any stones or shriveled beans. In a large bowl, place beans and enough water to cover by 2 inches. Cover and let stand at room temperature overnight. (Or, in a 6-qt sauce pot, place beans and enough water to cover by 2 inches. Heat to boiling over high heat; cook 2 minutes.

Remove from heat; cover and let stand 1 hour.) Drain and rinse beans.

-In 4 1/2 to 5 1/2 quart Crockpot, stir 3 1/2 cups water with beans and remaining ingredients except salt until blended.

-Cover CP with lid and cook beans on low setting about 14 hours or until beans are tender and sauce is syrupy. Stir salt into bean mixture before serving.

CROCKPOT BOURBON BREAST OF CHICKEN

4 chicken breasts halves

1/4 c flour

1/2 tsp paprika

Salt

2 tbsp butter

2 tbsp oil

2 tbsp onion, chopped

2 tbsp parsley, chopped

1/4 tsp dried chervil

1/4 c bourbon

1 (4 oz) can mushrooms, undrained

1 (10 oz) can tomatoes

1/4 tsp sugar

Salt & Pepper

Dredge chicken in flour which has been mixed with paprika and a little salt. Heat butter and oil in a skillet and saute chicken on both sides until lightly browned. Stir in onion, parsley and chervil and cook a moment. Remove from heat. Place chicken in crock cooker. Combine remaining ingredients and pour over chicken. Cover and cook on LOW for 6 to 7 hours. Serve with noodles or rice. Serves 4

CROCKPOT BRACIOLE

2 1/2 pounds Round steak
1/4 to 1/2" thick 1/2 pound Bulk Italian sausage
1 tablespoon Dried parsley flakes
1/2 teaspoon Leaf oregano
2 cloves Garlic -- minced
1 large Onion -- finely chopped
1 teaspoon Salt
1 can Italian style tomatoes -- 16 Oz
1 can tomato paste -- (6 oz)
1 teaspoon Salt
1 teaspoon Leaf oregano
10 large Tomatoes or 2 28 oz cans tomatoes
5 cloves Garlic -- chopped
1 tablespoon Worcestershire sauce
2 teaspoons Salt
2 large Onions -- chopped
1 tablespoon Flour
1 tablespoon Vegetable oil
1 teaspoon Oregano
1 teaspoon Thyme
1 tablespoon Wine vinegar
1 tablespoon Sugar

-Trim all excess fat from round steak. Cut into 8 evenly shaped pieces. Pound steak pieces between waxed paper until very thin and easy to roll. In skillet, lightly brown sausage. Drain well and combine with parsley, 1/2 teaspoon oregano, garlic, onion, and salt; mix well. Spread each steak with 2 to 3 tablespoons of sausage mixture. Roll up steaks and tie. Stack steak rolls in crock pot. Combine tomatoes, tomato paste, salt, and 1 teaspoon oregano; pour over rolls. Cover and cook on low setting for 8 to 10 hours. Serve steak rolls with sauce.

-SAUCE: Place all ingredients except flour, oil, and vinegar in crockpot; stir well. Cover and cook on low setting for 8 to 10 hours. Remove cover and turn to high setting for the last hour to reduce excess moisture. Before removing sauce from crock pot, stir in flour, oil, and vinegar. Allow to cool. Pour 3 cups of sauce at a time into blender container; blend until smooth.

CROCKPOT BRAISED CHICKEN CURRY WITH YAMS

Canola oil

2 lbs chicken legs and thighs (I use bonless/skinless thighs mostly)

2 large white onions chopped

1 tbsp minced garlic

1 tbsp minced ginger

1/3 cup madras curry powder (mild, medium/hot your choice)

1 banana

2 bay leaves

4 cups chicken stock

3 large yams, peeled and chopped

salt and black pepper to taste

In a hot stock pot coated with oil, season the chicken and brown on all sides. Put chicken aside. IN the same stockpot, remove all chicken fat, leaving only a coating of oil and saute onions, garlic and ginger.

Caramelize well, then add curry powder. Mix quickly for 2 minutes making sure not to burn the curry powder. Add back the chicken, banana, bay leaves, yams and chicken stock. Check for seasonings.

Bring to a boil and then simmer slowly for 1 1/2 - 2 hours.

Serve on basmati rice. I usually toss it all into the crockpot when i add back the chicken etc.... and leave it on low for about 4 hours.

CROCKPOT BREAKFAST CASSEROLE

4 medium-sized apples, peeled and sliced

1/4 cup honey

1 tsp. cinnamon

2 Tbs. butter, melted

2 cups granola cereal

Place apples in slow cooker and mix in remaining ingredients. Cover and cook on LOW for 7-9 hours (overnight). Serve with milk.

CROCKPOT BROCCOLI SOUP

4 c. water

4 chicken bouillon cubes

1/4 c. chopped onion

2 c. diced potatoes

1 bag frozen, chopped broccoli

2 cans cream of chicken soup

1/2-1 lb. Velveeta cheese, cubed

Mix water, bouillon cubes, onions, potatoes and broccoli in a crock pot.

Cook on high until broccoli is thawed. Add cream of chicken soup and

cheese, to taste, to mixture. Turn crock pot on low and cook for 2

hours.

CROCKPOT BROCCOLI SOUP WITH A LITTLE HELP

Serving Size : 8

4 tablespoons margarine
1/2 cup finely chopped celery
1 cup chopped onion
1 carrots -- thinly sliced (1 to 2)
1 cup water
1/4 cup rice
1/8 teaspoon cayenne pepper
2 heads broccoli (about a pound)
1 can cream of broccoli soup
3 cups 2% low-fat milk
paprika -- for garnish

Saute onion, carrot slices and celery in margarine until tender. Stir in water, rice, pepper, and cream of broccoli soup. Stir until smooth. Cover and cook over low to medium heat for 15 minutes. Cut off broccoli stems and slice into very thin pieces - the size of a match stick. Separate tops into florets and steam broccoli until tender. Save a few tops for garnish. Stir broccoli into soup and cook until everything is tender and hot. Now you have a choice. You can place a whole batch of soup into your blender, add the milk and blend until smooth. Or, you can put just half the soup in your blender - add the milk and still have some whole pieces of veggies to eat or you can just add the milk and leave all the pieces of veggies alone and enjoy the soup like it is. Anyway, you want to reheat the soup but do not boil. Garnish bowls of soup with paprika and broccoli florets. NOTES : you can leave the cream of broccoli soup out, if you wish, but it does add a little more body and a few more interesting tastes to the dish.

CROCKPOT BROWN RICE AND CHICKEN

1 c. diced cooked chicken

2 onions, chopped

2 stalks celery, chopped

2 c. cooked brown rice

1/4 c. dry white wine

2 c. chicken broth

1 c. sliced almonds

Combine all ingredients in slow cooker. Cook on low 6 to 8 hours or on automatic 4 to 5 hours. Serve with sliced almonds lightly toasted.

CROCKPOT BRUNCH CASSEROLE

Serving Size : 7

1 1/2 lb Ground beef
1 ea Onion -- large; finely chopped
2 tb Olive oil or butter
2 ea Garlic -- cloves; minced
1 cn Mushrooms -- sliced; drained; 4 oz
2 ts Salt
1/2 ts Nutmeg
1/2 ts Oregano -- leaf
1/2 pk Spinach -- chopped; frozen*
3 tb Flour
6 ea Eggs -- beaten
1/4 c Milk -- scalded
1/2 c Cheddar cheese -- sharp; grated
*thawed;drained

In skillet, lightly brown ground beef and onion in olive oil; drain well. (I like

to saute fresh mushrooms instead of using canned.) Place in well-greased crock-pot.

Stir in remaining ingredients except eggs, milk and cheese until well blended. Beat eggs and milk together. Pour over other ingredients; stir well. Dust with additional nutmeg. Cover and cook on LOW setting for 7 to 10 hours or until firm.

Just before serving, sprinkle with grated cheese. 6 to 8 servings
(About 2-1/2 quarts)

Yummy! I recommend the 10 hours on low though, any less and the eggs are runny...

CROCKPOT CABBAGE AND BEEF CASSEROLE

2 lb. ground beef

1 head cabbage, shredded

1 small onion, chopped

1 (16oz) can tomatoes

broth or tomato juice to cover bottom of pot

Garlic salt, thyme, red pepper and a bit of oregano

Brown ground beef and drain. Shred cabbage and chop onion. Put in broth or other liquid to cover bottom of pot. Layer cabbage, onion, spices, meat, and garlic salt.

Repeat layers ending with beef. Top with tomatoes, undrained and a dusting of oregano. Cook on high for 1 hour. Stir all together. Cook on low heat until ready to eat, 8-10 hours. Makes 3-4 servings.

CROCKPOT CABBAGE BURGER BAKE

6 cups shredded cabbage and carrots
3/4 pound lean ground beef
1/2 teaspoon salt
1/4 teaspoon ground black pepper
1 medium onion -- finely chopped
1 cup long-grain rice
1 26 oz. can chunky low-fat spaghetti sauce
1/2 cup water
1/4 teaspoon dried basil leaves -- crushed
1/4 teaspoon seasoned salt

Place 1/2 of the cabbage and carrots in a slow cooker. Crumble ground beef over top. Sprinkle 1/4 teaspoon of the salt and 1/8 teaspoon of the pepper. Evenly distribute onion, then rice over all. Top with remaining cabbage, salt, and pepper. Combine spaghetti sauce, water, basil, and seasoned salt; pour over cabbage. Cover and cook on LOW 5 to 6 hours or until rice is tender.

CROCKPOT CABBAGE CHILI SOUP

3 cups coarsely chopped cabbage

1 cup chopped onions

3 cups Healthy Choice tomato juice (or any reduced-sodium)

1 (10-1/2 oz) can Healthy Request Tomato Soup

10 oz kidney beans, rinsed and drained

2 tsp chili seasoning mix In a slow cooker, combine cabbage, onion, tomato juice and tomato soup. Add kidney beans and chili seasoning mix. Mix well to combine. Cover and cook on LOW for 6-8 hours. Mix well before serving.

Great recipe for diabetics, dieters.

CROCKPOT CAFE CHICKEN

4 lbs cut up chicken

1 onion chopped

2 (or more) cloves of garlic, chopped (not pressed)

1 green pepper chopped

1 medium ripe tomato, peeled & chopped (I omitted, didn't have)

1 cup dry white wine

Pinch of Cayenne pepper

Combine all ingredients in slow-cooker. Cover, set on low and cook for 6-8 hours. If you want you can cook for 5 1/2 and then place chicken on cookie sheets with sides (jelly roll pan) and cook for 30-45 minutes at 350°F to crisp up skin. Serve with crusty french bread. Serves 4-5.

CROCKPOT CAJUN SAUSAGE & RICE

8oz Kielbasa sausage, cut in 1/4" slices

1 (14 1/2oz) can diced Tomatoes with liquid

1 medium Onion, diced

1 medium Green Pepper, diced

2 Celery stalks, thinly sliced

1 TBSP Chicken bouillon granules

1 TBSP Steak sauce

3 Bay leaves or 1 tsp dried Thyme

1 TSP sugar

1/4 to 1/2 TSP Hot Pepper sauce

1 cup uncooked instant Rice

1/2 cup chopped Parsley (optional)

Combine sausage, tomatoes, onion, green pepper, celery bouillon, steak sauce, bay leaves, sugar and hot pepper sauce in crockpot.

Cover and cook on LOW for 8 hours.

Remove bay leaves; stir in rice and 1/2 cup of water. Cook an additional 25 minutes. Stir in parsley if desired.

Makes 5 servings

CROCKPOT CANTONESE DINNER

1 1/2 lb pork steak 1/2" thick cut into strips

2 Tbsp oil

1 onion large, sliced

1 green pepper small cut into strips

1 4 oz mushroom, drained

1 8 oz tomato sauce can

3 Tbsp brown sugar

1 1/2 Tbsp vinegar

1 1/2 tsp salt

2 tsp worcestershire sauce

Directions:

Brown pork in oil in skillet. Drain on double paper towel. Place pork strips and all remaining ingr. into crock pot. Cover and cook on low for 6 to 8 Hr (high 4 hr) Serve over hot fluffy rice.

CROCKPOT CANTONESE PORK DINNER

2 pounds pork steaks
2 tablespoons vegetable oil
1 onion, thinly sliced
1 (4.5 ounce) can mushrooms, drained
1 (8 ounce) can tomato sauce
3 tablespoons brown sugar
1 1/2 teaspoons distilled white vinegar
1 1/2 teaspoons salt
2 tablespoons Worcestershire sauce

In a heavy skillet, heat oil over medium high heat. Add pork strips and brown.

Drain off excess fat. Place meat, onion, mushrooms, tomato sauce, brown sugar, vinegar, salt, and Worcestershire sauce in a slow cooker. Cook on High for 4 hours, or on Low for 6 to 8 hours. Serve hot.

CROCKPOT CAPONATA

- 1 lb plum tomatoes chopped
- 1 eggplant in 1/2" pieces
- 2 med zucchini in 1/2" pieces
- 1 onion finely chopped
- 3 stalks celery sliced
- 1/2 c chopped parsley
- 2 Tbsp red wine vinegar
- 1 Tbsp brown sugar
- 1/4 c raisins
- 1/4 c tomato paste
- 1 tsp salt
- 1/4 tsp freshly ground black pepper
- 3 Tbsp oil cured black olives (optional)
- 2 Tbsp capers (optional)

Combine tomatoes, eggplant, zucchini, celery, onion, parsley, vinegar, sugar, raisins, tomato paste, salt & pepper in crock pot. Cook, covered on low heat for 5 1/2 hours. Do not remove cover during cooking. Stir in olives & capers, if using.

Serve warm or cold.

CROCKPOT CARAMEL APPLE EUPHORIA DESSERT

2 md Cooking apples

1/2 c Apple juice

7 oz Caramel candy squares

1 ts Vanilla

1/8 ts Ground cardamom

1/2 ts Ground cinnamon

1/3 c Cream-style peanut butter

7 sl Angel-food cake; or

1 qt Vanilla ice cream

Peel, core, and cut each apple into 18 wedges; set aside. Combine apple juice, unwrapped caramel candies, vanilla, cardamom and cinnamon. Drop peanut butter 1 teaspoon at a time, over ingredients in crockpot. Stir. Add apple wedges; cover and cook on LOW for 5 hours. Stir thoroughly; cover and cook on LOW 1 additional hour. Serve approximately 1/3 cup of warm mixture over a slice of angel food cake or ice cream.

Serves 7.

CROCKPOT CARAMEL APPLES

2 packages (14oz) bags caramels

1/4 cup Water

8 Medium apples

In crockpot, combine caramels and water. Cover and cook on high for 1 to 1 ½ 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.

CROCKPOT CARAMEL PIE

Serving Size : 8

2 Packages (14 oz) bags caramels

1/4 Cup water

8 Medium apples

In crockpot, combine caramels and water. Cover and cook on high for 1 to 1 ½ 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.

CROCKPOT CARAMEL RUM FONDUE

Serving Size : 12

7 ounces caramels

1/4 cup miniature marshmallows

1/3 cup whipping cream

2 teaspoons rum or 1/4 t rum extract

Combine caramels and cream in crock pot. Cover and heat until melted, 30 to 60 minutes. Stir in marshmallows and rum. Cover and continue cooking 30 minutes. Serve with apple wedges or pound cake.

CROCKPOT CARNE GISADA

3 lbs beef stew meat

2 cans diced ROTEL tomatoes with green chilis

salt and peper to taste

3 cloves garlic minced

1 cup chopped onion

3 TBSP flour

1/2 tsp cumin

1/2 tsp oregeno

1 tsp chili powder

1/4 cup water

1 diced bell pepper

Place stew meat, 1/4 cup water, salt and pepper in crockpot. turn heat to high and let simmer for 1 1/2 hours. Drain juice from tomatoes into measuring cup. Add tomoatoes garlic and onions to crock pot STIR let simmer on high for 30 minutes. Add cumin, oregeno, and chili powder to crock pot and stir. Blend juice and enough water to equal 1 1/2 cups liquid and flour stir into meat/veggie mixture. Let cook on LOW for 3-4 hours until sauce is nice and thick (if you like runnier gravy three hours is good) Serve with warm flour tortillas.

CROCKPOT CARROT CHICKEN

skinless, boneless chicken breasts
1 medium head cabbage, quartered
1 pound carrots, cut into 1" pieces
water to cover
4 cubes chicken bouillon
1 teaspoon poultry seasoning
1/4 teaspoon Greek-style seasoning
2 tablespoons cornstarch
1/4 cup water

-Rinse chicken and place in slow cooker. Rinse cabbage and place on top of chicken, then add carrots. Add enough water to almost cover all. Add bouillon cubes and sprinkle liberally with poultry seasoning. Add Greek seasoning to taste (as you would salt and pepper). Cook on low for 8 hours OR on high for 4 hours.

-To Make Gravy: When you're nearly ready to eat, pour off some of the juice and place in a saucepan. Bring to a boil. Dissolve cornstarch in about 1/4 cup water (depending on how thick you like your gravy). Add to saucepan and simmer all together until thick. If desired, season with additional Greek seasoning.

Serve gravy over chicken and potatoes, if desired.

CROCKPOT CATALINA RIBS

1 1/2-2 lbs boneless pork ribs

1 onion chopped

2 cloves garlic, minced

1 (8 oz) bottle of Catalina

Place or throw ribs in crock pot. Put in rest of ingredients and cook low for 5-7 hours.

CROCKPOT CHEESE AND MEATBALL SOUP

Serving Size : 6

2 cups water

1 cup corn -- whole kernel

1 cup potato -- chopped

1 cup celery -- chopped

1/2 cup carrot -- sliced

1/2 cup onion -- chopped

2 cubes beef bouillon

1 jar cheez whiz -- (16 oz) meatballs

1 pound ground beef

1/4 cup bread crumbs

1 large egg

1/2 teaspoon salt

1/2 teaspoon tabasco sauce

Meatballs:

Mix ingredients together thoroughly. Shape into medium size meatballs. Place uncooked meatballs and all other ingredients, except Cheez Whiz, in electric slow cooker. Stir gently. Cover and cook on setting # 2 (low) for 8 to 10 hours. Before serving add Cheez Whiz, stirring gently until well blended.

NOTES : Serve with a crusty bread.

CROCKPOT CHEESE DIP

- * 2 lb. Velveeta cheese
- * 2 cans Rotel tomatoes and chilies
- * 1 can cream of mushroom soup
- * 1 sm. jar picante sauce
- * 1 tsp. garlic powder
- * Dash of Worcestershire
- * 1 lb. premium ground beef
- * 1 med. onion, chopped
- * 1 lb. sausage

Mix all of the liquids and cheese together in a Crock Pot set on low until the cheese melts. While this is cooking, brown meats and chopped onion. Drain grease off of meats and add spices, then add to Crock Pot and stir. Cook on low 2 to 4 hours, keep on low to serve with chips and crackers.

CROCKPOT CHEESE FONDUE

- * 10-oz. can cheddar cheese soup
- * 1 lb block process cheese spread cut in 8 pieces
- * 1 lb swiss cheese, grated
- * 12-oz. can beer (or apple cider)
- * 1/2 tsp hot pepper sauce
- * 2 drops liquid smoke flavoring

Place all ingredients in slow cooker/Crock Pot. Stir to mix. Cover and cook on low for 2 hours. After 1 hour of cooking time, stir. Before serving, whisk to blend.

Serve with bread sticks or veggies for dipping.

CROCKPOT CHEESE SOUFFLE

14 slices fresh white bread, crust removed

3 c. grated sharp cheese, Cheddar

1/4 c. oleo

6 lg. eggs

3 c. milk, scalded

2 tbsp. Worcestershire sauce

1/2 tsp. salt

Paprika

Tear bread in small pieces. Place 1/2 in well greased crock pot. Add 1/2 cheese, 1/2 butter. Add remaining bread, cheese and butter. Beat eggs, milk, Worcestershire sauce and salt. Pour over bread and cheese. Sprinkle with paprika. Cover and cook on low 4-6 hours. Do not open until ready to serve.

CROCKPOT CHEESE SOUP

1/2 stick butter

3 green onions -- chopped

3 stalks celery with leaves -- chopped

2 carrots -- grated

2 cans chicken broth

2 cans cheese soup

1 can cream of potato soup

parsley flakes

tabasco sauce -- to taste

salt and pepper -- to taste

8 ounces sour cream/or plain nonfat yogurt

3 tablespoons cooking sherry

Melt butter over low heat and saute onions, celery and carrots. Add chicken broth; cover and simmer for 30 minutes. Add other soups, parsley, tabasco, salt & pepper. Stir in sour cream. Simmer 15 minutes. Add sherry and stir before serving.

CROCKPOT CHEESY BACON DIP

2 pkgs (8 oz) cream cheese, softened, cut into cubes

4 cups shredded Colby-Jack Cheese

1 cup half-and-half

2 T mustard

1 T chopped onion

2 tsp Worcestershire sauce

1/2 tsp salt

1/4 tsp hot pepper sauce

1 lb bacon, cooked and crumbled

Place cream cheese, Colby-Jack cheese, half-and-half, mustard, onion, Worcestershire sauce, salt and pepper sauce in crock pot. Cover and cook, stirring occasionally, on low 1 hour or until cheese melts. Stir in bacon; adjust seasonings.

Serve with crusty bread or crackers.

CROCKPOT CHEESY CHICKEN ALA TIFFANY

1 can mushroom soup

1 can cream of broccoli soup

1 can broccoli cheese soup

2 pkgs Chicken Breasts (boneless, skinless)

1 can Mixed vegetables

1-2 T Tapioca for thickening

1 cup shredded cheddar cheese

Dice chicken put in crockpot sprinkle with salt and pepper, Pour all three cans of soup over chicken and stir. Cover and cook on low about 4-6 hours. About an hour before serving add mixed vegies, cheese and thicken with tapioca. I served poured over white rice. I thought the flavors blended and complemented each other well.

CROCKPOT CHEESY CREAMED CORN

3 16 oz. pkgs frozen corn

1 8 oz. pkg cream cheese

1 3 oz. pkg cream cheese

4 TBLSP butter

3 TBLSP water

3 TBLSP milk

2 TBLSP sugar

6 slices American cheese

Combine all ingrediants in cp, mix well. Cover and cook 4 - 5 hours on low, or until heated through and cheese is melted. Stir well before serving.

CROCKPOT CHICKEN I

1 frying chicken, cut up

Salt & pepper

1 can cream of mushroom soup

1/2 c. sauterne or sherry

2 tbsp. butter or margarine, melted

2 tbsp. dry Italian salad dressing mix

2 (3 oz.) pkgs. cream cheese, cut in cubes

1 tbsp. onion, chopped

Wash chicken and pat dry. Brush with butter. Sprinkle with salt and pepper. Place in crock pot. Sprinkle with dry salad mix. Cover and cook on low for 5 to 6 hours.

About 3/4 hour before serving, mix soup, cream cheese, wine, and onion in small saucepan. Cook until smooth. Pour over chicken in pot. Cover and cook for 30 minutes on low. Serve with sauce. Serve with rice or noodles.

Serves 4 to 6.

CROCKPOT CHICKEN II

1 large chicken, cut-up

2 c. soy sauce

2 c. vinegar

Put in crockpot and cook on high 4-5 hours.

CROCKPOT CHICKEN ALA KING

1 can cream of chicken soup

3 tbsp. flour

1/4 tsp. pepper

Dash of cayenne pepper

1 lb. boneless, skinless chicken breasts, cut into cubes

1 celery rib, chopped

1/2 c. chopped green pepper

1/4 c. chopped onion

1 package (10 oz.) frozen peas, thawed

2 tbsp. diced pimentos, drained

Hot cooked rice

Combine soup, flour and peppers in crock pot, stir until smooth. Stir in chicken, celery, onion and green pepper. Cover and cook on low 7-8 hours or until meat is cooked through. Stir in peas and pimentos. Cook 30 minutes longer. Serve over rice.

CROCKPOT CHICKEN AND DUMPLINGS

4 Tablespoons butter
1 Tablespoon vegetable oil
1 onion -- chopped
3 pounds your favorite chicken parts -- cut up
2 cups chicken broth
2 stalks celery
1 tablespoon minced parsley
2 carrots -- peeled, sliced
1 tsp black pepper
Salt to taste
1/2 tsp ground allspice
1 cup dry white wine (optional but really adds a nice taste)
1 can refrigerated biscuits
1/2 cup heavy cream
2 tablespoons flour

In a large skillet, brown onion in butter and oil just until tender, then brown chicken parts and place all in a 6-quart crockpot. Add remaining ingredients except heavy cream, flour and biscuits. Cook on high 2-1/2 to 3 hours, or on low 5 to 7 hours. When chicken is done, remove pieces to plate and let cool, then debone.

While chicken is cooling, mix flour and cream together, then stir into crockpot. Open biscuits and cut each biscuit into 4 pieces. Drop into crockpot and turn on high. These will need to cook about 30 minutes, until they are firm. Return chicken meat to crockpot after deboning and serve. You can use your own homemade biscuit recipe for canned if you prefer.

CROCKPOT CHICKEN & NOODLES

4 carrots, sliced

4-5 pieces chicken

1 small onion, chopped

2 cups water

4 chicken bouillon cubes

1 tsp garlic salt

salt & pepper, to taste

1 lb egg noodles

Place carrots in CP, followed by all ingredients except noodles. Cook on LOW for 8 hours. At the end of cooking time, cook egg noodles on stovetop. While noodles cook, remove chicken from CP & cut into bite-size pieces. Return chicken & noodles to CP. If desired, thicken broth with cornstarch & water. Just be sure to add some of the broth to your cornstarch mixture first. This will prevent any lumps from forming.

CROCKPOT CHICKEN AND PASTA

1 T cooking oil

1 lb boneless skinless chicken breasts (cut into bite sized pieces)

1 can of Cream of Chicken soup

1/2 cup water

1 bag frozen seasoned pasta and veggie combo (I like the one with corkscrew pasta and cheddar cheese)

Heat the oil and then brown the chicken in it. Set the chicken aside and add soup, water, and the pasta/veggie combo. Heat to a boil.

Return the chicken to the pan and reduce the heat to low. Cover and cook for 5 min. or until the chicken is no longer pink. Stir occasionally.

Serves about 4.

CROCKPOT CHICKEN AND RICE I

Boneless, skinless chicken breast (2-3 lbs)

Chicken Flavored Rice (I use Lipton)

Cream of Celery soup

Cream of Chicken soup

1 cup water

salt

Put rice in crockpot, and water. Combine soups and layer on top of rice. Salt chicken and layer chicken in pot. Set on high for 4-5 hours or low or auto shift for 7-10 hours.

CROCKPOT CHICKEN AND RICE II

3/4 c. rice

1 can cream of celery soup

1 can cream of mushroom soup

1 sm. can whole mushrooms

1 sm. jar pimento strips, drained

1/2 green pepper, chopped

1/2 onion, chopped

1 can water chestnuts, drained, sliced

8 to 12 chicken breasts, halved

Grated Parmesan cheese

Place rice in crock pot. Combine remaining ingredients except chicken and cheese in bowl. Mix well. Pour half of mixture over rice. Place chicken on top. Pour remaining soup mixture over all. Cook on high for 3 hours or until chicken is tender. Garnish with cheese.

CROCKPOT CHICKEN AND SAUSAGE PAELLA

2 1/2 to 3 lbs. meaty chicken pieces
1 tbsp. cooking oil
8 oz. cooked smoked turkey sausage, halved lengthwise and sliced
1 large onion, sliced
3 cloves garlic, minced
2 tbsp. snipped fresh thyme or 2 tsp. dried thyme, crushed
1/4 tsp. black pepper
1/8 tsp. thread saffron or 1/4 tsp. ground turmeric
1 14 1/2 oz. can reduced-sodium chicken broth
1/2 c. water
2 c. chopped tomatoes
2 yellow or green sweet peppers, cut into very thin bite-size strips
1 c. frozen green peas
3 c. hot cooked rice

-Skin chicken. Rinse chicken; pat dry. In a large skillet brown chicken pieces, half at a time, in hot oil. Drain off fat. In a 3 1/2, 4, or 5 quart crockery cooker place chicken pieces, turkey sausage, and onion. Sprinkle with garlic, dried thyme (if using), black pepper, and saffron or turmeric. Pour broth and water over all.

-Cover; cook on low-heat setting for 7 to 8 hours or on high-heat setting for 3 1/2 to 4 hours. Add the tomatoes, sweet peppers, peas, and if using, the fresh thyme to the cooker. Cover; let stand for 5 minutes. Serve over the hot rice. Makes 6 servings* Prep time: 30 min.

CROCKPOT CHICKEN CACCIATORE I

1 large onion, thinly sliced
1 1/2 lb. skinless, boneless chicken breasts
2 (6 oz each) cans tomato paste
8 oz. fresh sliced mushrooms
1/2 tsp. salt
1/4 tsp. pepper
2 cloves garlic, minced
1 tsp. oregano
1/2 tsp. basil
1 bay leaf
1/4 c. dry white wine
1/4 c. water

Put sliced onion in bottom of crock pot. Add chicken pieces. Stir together tomato paste, mushrooms, salt, pepper, garlic, herbs, white wine and water. Spread over chicken. Cover; cook on Low 7 to 9 hours (High: 3 to 4 hours). Serve chicken pieces over hot spaghetti or vermicelli. 4 servings.

CROCKPOT CHICKEN CACCIATORE II

1 chicken (5 pounds), cut into pieces

1/4 cup olive oil

1 cup flour

1 cup chopped onions

1 cup sliced mushrooms

1 cup julienned carrot

1 cup julienned green pepper

2 Tablespoons minced garlic

8 cups chopped, peeled tomatoes

1/2 cup tomato paste

3/4 cup red or Marsala wine

1 teaspoon oregano

1 teaspoon basil

1 1/2 teaspoons salt

1 teaspoon pepper

freshly grated Romano cheese

Wash and drain the chicken pieces. Heat the oil in a deep skillet. Roll and coat each chicken piece in the flour and brown each piece on all sides to a golden brown. Transfer the chicken to paper towels to drain. Saute the onion, mushrooms, carrots, green peppers, and garlic in the same skillet for 10 minutes. Add the tomatoes and saute for another 5 minutes. Stir in the tomato paste, wine, herbs, salt and pepper, and cook over medium heat for another 5 minutes.

Add all the chicken pieces and mix well. Turn down the heat very low, and simmer, covered, for 1 hour. Adjust the salt and pepper to your taste. Serve with some freshly grated cheese and a nice warm loaf of Italian bread. I made this up just like it says and then took it all and threw it in the crock. Its been there since 1pm and we will probably eat between 5 and 6pm. For me the longer a sauce simmers the better it tastes. You can also serve it over linguini noodles! YUMMMMMMMMM

CROCKPOT CHICKEN CACCIATORE III

1 can tomatoes, diced (a small can probably, I actually had to open a 6# can and

just put a few scoops in)

2 cans (small ones) tomato paste

1/2 c. dry white wine

1 can mushrooms (usually I use fresh, but these were on hand, so I used 'em! lol)

1 small onion, sliced

4 cloves garlic, sliced

1 Tbl Italian Seasoning

1 tsp basil

1 tsp oregano

I mixed all those together and poured it over the top of the chicken.

Then I cooked it on LOW all day (started it around 9 I think, cooked til 6)

CROCKPOT CHICKEN CASSEROLE

4 lg. chicken breasts

1 sm. can cream of chicken soup

1 sm. can cream of celery soup

1 sm. can cream of mushroom soup

1/2 c. diced celery

1 c. Minute Rice

Mix in crockpot the soups and rice. Place chicken on top of mixture, then sprinkle diced celery over chicken. Cook on low for 4 hours.

Makes 4 servings.

CROCKPOT CHICKEN CORDON BLEU

4-6 chicken breasts (pounded out thin)

4-6 pieces of ham

4-6 slices of swiss cheese (I use mozzarella, my kids like this better!)

1 can cream of mushroom soup (can use any cream soup)

1/4 c. milk

Put ham and cheese on chicken. Roll up and secure with a toothpick.

Place chicken in c.p. so it looks like a triangle /_\
Layer the rest on top.

Mix soup and milk. Pour over top of chicken. Cover and cook on low for 4 hours or until chicken is no longer pink. Serve over noodles with the sauce it makes.

CROCKPOT CHICKEN AND DUMPLINGS

4 Tablespoons butter
1 Tablespoon vegetable oil
1 onion -- chopped
3 pounds your favorite chicken parts -- cut up
2 cups chicken broth
2 stalks celery
1 tablespoon minced parsley
2 carrots -- peeled, sliced
1 tsp black pepper
Salt to taste
1/2 tsp ground allspice
1 cup dry white wine (optional but really adds a nice taste)
1 can refrigerated biscuits
1/2 cup heavy cream
2 tablespoons flour

In a large skillet, brown onion in butter and oil just until tender, then brown

chicken parts and place all in a 6-quart crockpot.

Add remaining ingredients except heavy cream, flour and biscuits.

Cook on high 2- 1/2 to 3 hours, or on low 5 to 7 hours.

When chicken is done, remove pieces to plate and let cool, then debone. While chicken is cooling, mix flour and cream together, then stir into crockpot. Open biscuits and cut each biscuit into 4 pieces.

Drop into crockpot and turn on high.

These will need to cook about 30 minutes, until they are firm. Return chicken meat to crockpot after deboning and serve. You can use your own homemade biscuit recipe for canned if you prefer.

CROCKPOT CHICKEN ENCHILADAS I

boneless, skinless chicken (can still be frozen)

1 large can enchilada sauce (green or red)

medium or large flour tortillas

shredded cheese

Empty enchilada sauce into the crockpot and place chicken filets into the sauce.

Cook on low setting all day. Scoop out chicken and cut or shred onto a plate.

Spread a tortilla on another plate and arrange some chicken into a "stripe" down the middle. Sprinkle liberal shredded cheese, and ladle some sauce over it. Roll the tortilla up, ladle more sauce over it, and sprinkle more cheese. Place in the microwave for about 20 seconds on High to melt the cheese. More microwave time may be needed for multiple enchiladas on one plate.

CROCKPOT CHICKEN ENCHILADAS II

1 Lg. can Enchilada sauce

4 chicken breasts

2 cans cream of chicken soup

1 sm. can sliced black olives

2 dozen corn tortillas

1 chopped onion

1 pkg sharp cheddar cheese

Cook chicken and shred. Mix soup, olives and onions. Cut tortillas in wedges. Layer crockpot with sauce, tortillas, soup mix, chicken and cheese all the way to top, ending with cheese on top. Cook on low temp all day.

CROCKPOT CHICKEN FRICASSEE

Reduced Fat

1 can reduced fat cream of chicken soup

1/2 soup can water

1/2 cup chopped onions

1 teaspoon paprika

1 teaspoon lemon juice

1 teaspoon rosemary

1 teaspoon thyme

1 teaspoon salt

1/4 teaspoon pepper

4 skinless boneless chicken breast

non-stick cooking spray

Spray crockpot with non-stick cooking spray. Place chicken in crockpot. Mix remaining ingredients together and pour over chicken. Cover and cook on low 6-8 hours.

1 hour before serving, prepare chive dumplings:

3 tbl. shortening

1 1/2 cups flour

2 tsp. baking powder

3/4 tsp. salt

3 tbl. fresh, chopped chives, or 2 tbl. dried chives

3/4 cup skim milk

Mix dry ingredients and shortening. Add chives and milk, combine well. Drop by teaspoonsful onto hot chicken and gravy. Cover and cook on high for 45-60 minutes.

Serve with mashed potatoes and vegetables, or over hot, cooked noodles.

CROCKPOT CHICKEN FRIED CHOPS (Quick Cooking)

1/2 cups all purpose flour

2 tsp salt

1 1/2 tsp ground mustard

Page 114 of 245 Crockpot Recipes

2/16/2003 e-book://Pages/crockpot_recipes.htm

1/2 tsp garlic powder

6 pork chops, trimmed

2 Tbsp vegetable oil

1 can condensed cream of chicken soup, undiluted

1/3 cup water

In a shallow bowl, combine flour, salt, mustard and garlic powder; dredge pork chops. In a skillet, brown the chops on both sides in oil. Place in a slow cooker or crockpot. Combine soup and water; pour over chops. Cover and cook on low for 6-8 hours or until meat is tender. If desired, thicken pan juices and serve with the pork chops.

CROCKPOT CHICKEN IN A POT

3 lb whole chicken

2 carrots, sliced

2 onions, sliced

2 celery stalks with leaves,

1 ts basil

2 ts salt

1/2 ts black pepper

1/2 c chicken broth or wine

Put carrots, onions, and celery in bottom of CROCK-POT. Add whole chicken. Top with salt, pepper, liquid. Sprinkle basil over top. Cover and cook until done-low 8 to 10 hours. (High 3 to 4 hours, using 1 cup water). Remove chicken and vegetables with spatula. I would suggest thawing chicken before cooking in the crockpot for sure--I don't think it would be safe to let it go from frozen to cooked over such a long period of time.

CROCKPOT CHICKEN IN SPICY SAUCE

1/2 cup tomato juice

1/2 cup soy sauce

1/2 cup brown sugar

1/4 cup chicken broth

3 cloves garlic minced

1 whole chicken, cut in skinless serving size pieces or favorite parts

Combine all ingredients except chicken in a bowl. Dip each peice of chicken in the sauce. Place in the slow cooker. Pour remaining sauce over the top. Cook on low for 6-8 hours or high 3-4 hours. Makes 6 servings.

CROCKPOT CHICKEN N NOODLES

2 1/2 to 3 1/2 pound broiler/fryer chicken cut up

1 cup chicken broth

2 cups water

1 package (8 ounces) egg noodles

Salt and pepper to taste

Place chicken in crock-pot. Season with salt and pepper; add all liquid. Cover and cook on Low 8 to 10 hours (High 4 to 5 hours) Remove chicken from broth. Turn crockpot to high and add noodles. Bone chicken and cut up meat. Stir chicken into noodles. Cover and cook 30 to 45 minutes, stirring occasionally.

CROCKPOT CHICKEN NOODLE SOUP NEW ORLEANS STYLE

1 lg Whole fryer
1/2 c Diced celery
4 ea Cloves minced garlic
3 ea Bay leaves
4 ea Qts water
2 tb Butter
1 c Sliced mushrooms
1/4 c Cream sherry
Green onions for garnish
1 c Diced onions
1/2 c Minced parsley
1 c Chopped carrots
1 ts Poultry seasoning
12 oz Broad egg noodles
1 c Sliced onion rings
1 c Diced carrots
Salt and pepper to taste

First, take the chicken and wash it thoroughly - that means both inside and out! Remove the giblets, scrub out the internal cavity under cold running water, and scrape away anything that doesn't look edible. (But DO NOT remove the chicken skin or any of the fat! You need the skin to make a rich stock.) Next, take a crock pot and place the chicken and giblets into it. Then drop in the diced onions, the 1/2 cup of chopped carrots and bay leaves, poultry seasoning and *2* quarts of water. Then, with a spoon, evenly distribute the seasoning mixture around the chicken, turn the crock pot to high, and cook for at least six hours (or better still, OVERNIGHT). Remember, the longer you cook, the richer the base stock and the more tender the chicken. (I cooked it overnight) While the chicken is slow-cooking, it's a good time to prepare your noodles. Go ahead and boil them according to package directions... but DO NOT COOK THEM UNTIL DONE! Keep in mind that you're going to drop them into a soup, so you want them *el dente* (firm), otherwise they'll turn to pure mush by the time you eat them. Furthermore, you want a small percent of the starch in the noodles to cook into the soup to thicken it slightly - if you cook the noodles all the way, the soup's consistency will be flat and thin. After the noodles are cooked, butter them slightly and set them aside. When the chicken is tender, take a set of tongs or a strainer spoon, remove it from the crock pot (it may tend to fall apart, but that's okay), and set it on a platter to cool. At this point, strain out all the seasoning vegetables from the stock, place the stock into a metal bowl, and place the bowl into the refrigerator or freezer until the chicken fat congeals (which should take about 1 hour). Meanwhile, pick the chicken off the bones

and, with a sharp knife, chop it into bite-sized pieces. Then, in a heavy 12- inch skillet, melt the butter and saute the sliced onions, mushrooms, and carrots until they're tender. Then drop in the chopped chicken meat. And over medium-low heat, cook it into the vegetables for about 10 minutes. While the chicken and vegetables are sauteing, remove the chicken stock from the refrigerator, skim off all the fat, and place the skimmed stock into a soup pot, along with the remaining 2 quarts of water. At this point, you should season the soup stock to taste with salt and pepper. Now drop in the sauteed chicken, mushrooms, onion rings and diced carrots - along with the sherry, the Tabasco, and as soon as it comes to a boil, reduce the heat to low and simmer the soup about 30 minutes to allow all the flavors to thoroughly blend. When you're ready to eat, ladle out heaping helpings of the piping hot soup into bowls, garnish with a sprinkling of thinly sliced green onions, and serve with crunch saltines. I used several generous shakes of Tabasco. It was spicy, but not overwhelmingly hot and fiery. And it was HEAVENLY!

CROCKPOT CHICKEN NOODLE SOUP

3 carrots, peeled and cut into chunks

3 stalks celery, cut into chunks

1 large onion, quartered

3 boneless skinless chicken breast halves

2 cans chicken broth-I use the Swansons Healthy Request, fat free

2 to 3 soup cans of water

a generous shake of dried dill and a generous shake of dried parsley

8 oz. noodles - I use the "No Yolks" brand broad noodles

Put vegetables in CP. Add chicken. Pour in broth and water. Add dill and parsley.

Cover and cook on low 8 hours. Remove veggies and chicken from CP.

Add noodles, turn to high and heat while you shred the chicken and mince the veggies. I run the veggies through the food processor.

Return chicken and veggies to CP and heat through. It takes the noodles about 20 minute to cook. Serves about 6 hungry folks.

I use a 5 qt CP for this. I also use frozen chicken breast right out of the freezer.

CROCKPOT CHICKEN NOODLE SOUP (LOWFAT)

3 carrots, peeled and cut into chunks

3 stalks celery, cut into chunks

1 large onion, quartered

3 boneless skinless chicken breast halves

2 cans chicken broth-I use the Swansons Healthy Request, fat free

2 to 3 soup cans of water

a generous shake of dried dill and a generous shake of dried parsley

8 oz. noodles - I use the "No Yolks" brand broad noodles

Put vegetables in CP. Add chicken. Pour in broth and water. Add dill and parsley. Cover and cook on low 8 hours. Remove veggies and chicken from CP. Add noodles, turn to high and heat while you shred the chicken and mince the veggies. I run the veggies through the food processor. Return chicken and veggies to CP and heat through. It takes the noodles about 20 minutes to cook.

Serves about 6 hungry folks. I use a 5 qt CP for this. I also use frozen chicken breast right out of the freezer.

CROCKPOT CHICKEN PARMIGIANA

3 Chicken breasts

1 Egg

1 t Salt

1/4 ts Pepper

1 c Dry bread crumbs

1 1/4 c Butter

1 cn Pizza sauce -- 10 1/2 oz

6 slices Mozzarella cheese

Parmesan cheese

If using whole chicken breasts, cut in to halves. In bowl beat egg salt and pepper dip chicken into egg. Then coat with crumbs. In large skillet saute chicken in butter. Arrange chicken in pot. Pour pizza sauce over chicken. Cover and cook on low 6 to 8 hours. Add mozzarella cheese, sprinkle parmesan cheese on top. Cover and cook 15 minutes. Makes 6 servings.

I of course altered it a little. I used boneless, skinless breasts and I used six. Instead of plain bread crumbs, I used Italian. I cut the amount of butter in half. For the mozzarella cheese, I used Healthy choice garlic lover's blend. I used fresh grated parmesan and I used a jar of pizza sauce (14 oz).

CROCKPOT CHICKEN PARMIGIANA

3 Chicken breasts

1 Small egg plant sliced

1 Egg

10 1/2 oz Can pizza sauce

1 ts Salt

6 Slices mozzarella cheese

1/4 ts Pepper

1 c Dry bread crumbs

1/2 c Butter

If using whole chicken breasts, cut into halves. In a bowl beat egg, salt, and pepper. Dip chicken into the egg, then coat with crumbs. In a large skillet or crockpot with a browning unit, saute chicken in the butter. Arrange eggplant and the chicken in pot, (place eggplant on the bottom or it will not cook completely.) Pour pizza sauce over the chicken. Cover and cook on low 6 to 8 hours. Add mozzarella cheese; sprinkle Parmesan cheese on top. Cover and cook 15 minutes.

CROCKPOT CHICKEN PIZZA

4 skinless, boneless chicken breast- cut into bite size pieces

1 onion, chopped

1 green bell pepper, chopped

2 large cans tomato sauce

2 large cans diced tomatoes

1 tablespoon dried parsley

1 tablespoon dried oregano

1 tablespoon dried basil

1 tsp. thyme

4 cloves garlic, pressed

1 bay leaf

Place all ingredients in slow cooker. Stir to make sure all chicken is coated well.

Cook on Low setting for 8 hours, until chicken and vegetables are tender.

CROCKPOT CHICKEN/SAUSAGE CASSOULET

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

Place carrots, limas, celery and onions on bottom of crockpot which has been sprayed with Pam. Combine 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.

CROCKPOT CHICKEN SOUP

2 carrots
2 celery stalks
2 onions
3 boneless, skinless chicken breast
2 tsp salt
1/2 tsp pepper
4 cups chicken broth
4 to 5 cups water
1 T dried parsley
1 T dried dill
6 oz noodles

Slice carrots, celery and onion. Place in crock pot. Add chicken, broth, water, and spices. Cover and cook on low 8 to 10 hours. One hour before serving, remove chicken and vegetables from pot. Add 6oz. noodles to pot, cover and turn to high. While noodles are cooking, shred the chicken and mince the vegetables (I run mine through the food processor). Return chicken and veggies to the pot. Cook til noodles are done. Use the frozen chicken breasts and put them in frozen-just cook on high for the first hour. Use the chicken broth that is reduced sodium and fat free. Use your favorite noodle type. You can use the "NO Yolks" brand. This can be made in a 3qt pot, but it is a tight fit.

CROCKPOT CHICKEN STEW

Yield: 10 servings

2 lb Chicken breasts/skinless Boneless/ cut in 1" cubes

2 c Fat-free chicken broth

3 c Potatoes; peel, cube

1 c Onion; chop

1 c Celery; sliced

1 c Carrots; sliced thin

1 ts Paprika

1/2 ts Pepper

1/2 ts Rubbed sage

1/2 ts Dried thyme

6 oz No-salt-added tomato paste

1/4 c Cold water

3 tb Cornstarch

In a slow cooker, combine the first 11 ingredients; cover and cook on HIGH for 4 hours. Mix water and cornstarch until smooth; stir into stew. Cook, covered, 30 minutes more or until the vegetables are tender.

CROCKPOT CHICKEN STEW MEXICAN STYLE

2 lbs skinless boneless chicken breasts cut into 1 1/2" peices

4 med russet potatoes, peeled and cut very small

1 (15 oz) can mild salsa

1 (4 oz) can diced green chilies

1 (1 1/4 oz) pkg taco seasoning mix

1 (8oz) can tomato sauce

Mix all ingredients together in crockpot, cook 7-9 hours on low. Serve with warm flour tortillas.

You can also served corn with this. It is good mixed in it too.

CROCKPOT CHICKEN STROGANOFF

1 cup sour cream

1 tablespoon Gold Medal all-purpose flour

1 envelope (.87 to 1.2 oz) chicken gravy mix

1 cup water

1 lb. boneless, skinless chicken breast halves, cut into 1" pieces

1 16 oz. bag frozen stew vegetables, thawed

1 4-oz. jar sliced mushrooms, drained

1 cup frozen peas, thawed

1 1/2 cups Bisquick Original or Reduced Fat baking mix

4 green onions, chopped

1/2 cup milk

Mix sour cream, flour, gravy mix and water in 3 1/2 to 4-quart Crock pot until smooth. Stir in chicken, stew vegetables and mushrooms.

Cover and cook on low heat setting 4 hours or until chicken is tender and sauce is thickened. stir in peas. Mix baking mix and onions. Stir in milk just until moistened. Drop dough by rounded tablespoonfuls onto chicken-vegetable mixture.

Cover and cook on high heat setting 45 to 50 minutes or until toothpick inserted in center of dumplings comes out clean. Serve immediately.

CROCKPOT CHICKEN THIGHS

6 chicken thighs (remove skin)

1 can Italian-style diced tomatoes (28 oz)

salt and pepper

Throw these in the crockpot and cook on high for about 3 hours. Serve with egg noodles. Can it be more simple?!

IF you don't love garlic, use regular tomatoes, but this had a wonderful garlic flavor, we thought. Even the kids liked it, and they usually won't eat anything with sauce. The "sauce" is VERY liquidy, so if you want a more gravy-ish sauce, add some tapioca at the beginning, or partially drain the tomatoes before cooking.

CROCKPOT CHICKEN TORTILLAS

Meat from 1 whole chicken OR canned chicken or parts

1 can cream of chicken soup

1/2 c. green chili salsa

2 tbsp. quick cooking tapioca

1 med. onion, chopped

1 1/2 c. grated cheese

1 doz. corn tortillas

Black olives

Tear chicken into bite size pieces, mix with soup, chili, salsa and tapioca. Line bottom of crock pot with 3 corn tortillas, torn into bite size pieces. Add 1/3 of the chicken mixture. Sprinkle with 1/3 of the onion and 1/3 of the grated cheese. Repeat layers of tortillas topped with chicken mixture, onions and cheese. Cover and cook on low 6 to 8 hours or high for 3 hours. Garnish with sliced black olives.

CROCKPOT CHICKEN WINGS

- * 5 lb. chicken wings
- * 2 c. brown sugar
- * 1 c. French's mustard
- * 4 tbsp. soy sauce

Cut each wing into 3 pieces - throw away the tip. Brown in skillet until golden brown and put in slow cooker, turn on low heat. Mix brown sugar, mustard and soy sauce in saucepan and heat until it becomes liquid. Pour over the wings and cook 2- 8 hours.

CROCKPOT CHICKEN WITH CHEESE SAUCE

Serves 2

- Place two chicken breast halves in crockpot (frozen or thawed)
 - Mix together one can cream of chicken soup & half soup can of white wine; pour over chicken
 - Place two slices swiss cheese over top of chicken breasts (processed cheese melts and blends more easily)
 - Cook in crockpot for 2-3 hours (on high) or 3-4 hours (on low)
 - Serve over steamed rice
- (This recipe is also good with a little lemon juice in place of the wine.)

CROCKPOT CHILI I

2 onions, chopped

2 cloves garlic (I use the minced kind that comes in a jar)

1 lb. lean hamburger

2 Tbs. chili powder

cumin to taste (I leave this out)

2 cans (16 oz. ea.) tomatoes

2 cans tomato soup

2 cans kidney beans, drained

salt and pepper to taste

optional: shredded cheese and/or sour cream for topping

1. Cook onions and garlic in 2 Tbs. oil till onions are yellow. Add hamburger and cook till browned. Stir in chili powder and optional cumin; cook 2 minutes more.

Meanwhile, in crockpot, combine remaining ingredients. Stir in browned meat mixture. Cover and cook on Low setting for 8-10 hours.

To serve: ladle chili into bowls. Top with optional shredded cheese and/or sour cream, if desired.

Note: This can be made on top of the stove, too. Let it cook for 1 hour, but stir, so it doesn't stick to the bottom (this is the nice part of using a CP...no need to worry about sticking).

CROCKPOT CHILI II

1 lb ground beef, cooked and rinsed

60-70 ounces rinsed light or dark kidney beans

16 ounces tomato paste

16 ounces peeled chopped tomatoes (reserve liquid)

1/2 small onion, chooped

1 small green pepper, chopped

1 package chili seasonings

cayenne pepper to taste, if desired

Okay, now the hard part, put it all in the crockpot and cook on low until you are ready, I'd recommend at least 5 hours so the peppers and onions are cooked soft. Use the reserved tomato liquid if it seems too thick for your taste. We serve with tortillas, cheese, sour cream, and salsa! Mmmmmmmmmmmmm.

CROCKPOT CHILI III

- 1 16 oz can kidney beans -- drained
- 2 14 1/2 oz can tomatoes
- 2 pounds ground chuck -- coarsely ground
- 2 medium onions -- coarsely chopped
- 1 green pepper -- coarsely chopped
- 2 cloves garlic -- crushed
- 3 tablespoons chili powder
- 1 teaspoon pepper
- 1 teaspoon cumin
- salt to taste

Put all ingredients in crock pot in order listed. Stir once. Cover and cook on Low 10-12 hours. (High 5-6 hours).

NOTES : Serve with shredded cheddar cheese and tortilla chips.

CROCKPOT CHILI CON CARNE

4 pounds ground beef
3 tablespoons shortening
2 cups chopped onion
2 garlic cloves -- crushed
4 tablespoons chili powder
3 beef bouillon cubes -- crushed
1 1/2 teaspoons paprika
1 teaspoon oregano
1 teaspoon ground cumin
1/2 teaspoon cayenne pepper
1/2 cup beef stock
1 can tomatoes -- 28 ozs.
1 can tomato paste -- 8 oz.
4 cans red kidney beans -- 1 lb cans

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.

CROCKPOT CHILI WITH 4 KINDS OF BEANS

1-2 pounds browned ground beef

2 cans chili hot beans

2 cans dark red kidney beans, drained

2 cans pinto beans, drained

2 cans kidney beans, drained

2 cans rotel tomatoes

1 package chili seasoning

Put all ingredients in Crock Pot and cook on low all day (about 10 hours).

CROCKPOT CHINESE PEPPER STEAK

4-6 servings

1-1 1/2 lbs boneless beef round steak

1 clove garlic minced

1/2 tsp. salt

1/4 tsp. pepper

1/4 cup soy sauce

1 Tbls. hoisin sauce

1 tsp. sugar

1 tomato, seeded, peeled & diced

2 red or green bell peppers, cut into strips

3 Tbls. cornstarch

3 Tbls. water

1 cup fresh bean sprouts

4 green onions, finely chopped

Cooked Rice

Trim fat from steak; slice into thin strips. Combine steak, garlic, salt, pepper, soy sauce, hoisin sauce and sugar in slow cooker. Cover and cook on LOW about 4 hours. Turn control to HIGH. Add tomato and bell peppers. Dissolve cornstarch with water in a small bowl and stir into steak mixture. Cover and cook on HIGH 15-20 minutes or until thickened. Stir in bean sprouts, sprinkle with onions. Serve with rice.

CROCKPOT CHINESE PIE

1 to 1 1/2 pounds ground beef

3/4 cup diced bell pepper (green AND red if possible)

3/4 cup diced onion

1 package (dry) brown gravy

4 to 6 medium red or round white potatoes, diced (about 4 cups)

2 tablespoons butter, melted

Page 128 of 245 Crockpot Recipes

2/16/2003 e-book://Pages/crockpot_recipes.htm

1 (15 oz) can whole kernel corn, drained (or 2 cups frozen)

1 (15 oz) can creamed corn

salt and pepper to taste

Brown ground beef with diced peppers and onion. Drain well. Place ground beef mixture in crockpot. Toss diced potato with melted butter to coat and add to crockpot; add whole kernel corn and creamed corn.

Salt and pepper to taste. Cover and cook on low for 7 to 9 hours.

Taste and adjust seasonings. Serves 4 to 6.

CROCKPOT CHOCOLATE APPLE CAKE

6 tbsp butter
1/2 c sugar
1/2 c brown sugar
1 c unsweetened applesauce
1 tsp cinnamon
1 tsp pure vanilla extract
3 eggs
4 (1 oz) sq unsweetened chocolate, melted
1 1/2 c flour
2 tsp baking soda
1 tsp baking powder
pinch of salt
1/3 c buttermilk
3/4 c semisweet chocolate chips
1/2 c chopped pecans
Confectioner's sugar

In a large bowl, beat together butter & sugars w/a mixer on HIGH speed 1-2 minutes, or until fluffy. Beat in applesauce, cinnamon, vanilla & eggs until well mixed. Beat in melted chocolate until blended. Add flour, baking soda & powder, & salt. With mixer on LOW speed, beat in dry ingredients, adding buttermilk as you beat. Beat just until evenly mixed. By hand stir in chocolate chips & pecans. Scrape the batter into a WELL BUTTERED 3 1/2 quart crockpot & smooth top. Cover & cook on the HIGH setting 2 1/4 to 2 1/2 hrs, or until a cake tester (toothpick) inserted in the center comes out clean. (Do not cook on the low heat setting for a longer time) Remove lid & let cake stand in crockpot until just barely warm. To unmold: Run a sharp knife around the inside edges of the crockpot & w/a large spatula, carefully lift out the cake in one piece. Sprinkle with confectioner's sugar over top & cut into wedges to serve.

CROCKPOT CHOCOLATE APPLE SAUCE CAKE

6 Tbsp butter
1 cup sugar
1 cup unsweetened applesauce
1 tsp cinnamon
1 tsp vanilla
3 eggs
4 (1 oz) squares unsweetened chocolate, melted
1 1/2 cups flour
2 tsp baking soda
1 tsp baking powder
pinch of salt
1/3 cup buttermilk
3/4 cup semisweet chocolate chips
1/2 cup chopped walnuts
powdered sugar

-In a large bowl, beat together the butter and sugar w/a mixer on high speed 1-2 minutes, or until fluffy. Beat in the applesauce, cinnamon, vanilla and eggs until well mixed. Beat in the melted chocolate until blended. Add the flour, baking soda & powder, and salt. With the mixer on low speed, beat in the dry ingredients, adding the buttermilk as you beat. Beat just until evenly mixed. By hand, stir in chocolate chips and nuts. Scrape the batter into a WELL BUTTERED 3 1/2 quart slow cooker (crock pot) and smooth the top.

-Cover and cook on the high setting 2 1/4 to 2 1/2 hours, or until a cake tester inserted in the center comes out clean. (Do not cook on the low heat setting for a longer time)

-Remove the lid and let the cake stand in the slow cooker until just barely warm.

To unmold, run a sharp knife around the inside edges of the crock and w/a large spatula, carefully lift out the cake in one piece. Sprinkle with powdered sugar over the top and cut into wedges to serve.

CROCKPOT CHOCOLATE CLUSTERS

- * 2 pounds white almond bark
- * 4 ounces bar German chocolate
- * 1 pkg. semi-sweet chocolate chips (12 ounces)
- * 24 ounces dry roasted peanuts

Put all ingredients in Crock Pot; cover and cook on high for 1 hour. Do not stir. Turn Crock Pot to low and stir every 15 minutes for 1 hour. Drop on waxed paper and let cool. Store in a tightly covered container.

CROCKPOT CHOCOLATE PEANUT BUTTER CAKE

2 c. chocolate cake mix

1/2 c. water

1/3 c. creamy peanut butter

1/2 c. chopped nuts

Combine all ingredients in bowl mixing well. Beat about 2 minutes. Pour batter into greased and floured 2 pound coffee can. Place can in crockpot. Cover top of can with 8 paper towels. Cover crockpot and bake on high 2 to 3 hours.

CROCKPOT CHOPS OR RIBS

6 or 8 chops or ribs to fill CP (I made less)

1/4 C chopped onion

1/2 C chopped celery

1 C catsup

1/2 C water

1/4 C lemon juice

2 Tbsp brown sugar

3 Tbsp Worcestershire sauce

2 Tbsp vinegar

1 Tbsp mustard

1/2 tsp salt

1/4 tsp pepper

Mix together & pour over meat in pot. Cook until tender.

Note: Actually, I left out the onion & celery (didn't have any) but put some cut up carrots in the bottom of the CP, then the pork chops & then the marinade. It tasted very good. I think I cooked it for 1 hour on high & then about 4 hours on low....my chops were frozen when I put them in.

CROCKPOT CHOW MEIN

4 oz. can mushrooms

1 1/2 lbs. cubed round steak

4 stalks celery

2 med. onions

1 c. hot water with 3 bouillon cubes

3 tbsp. soy sauce

2 tsp. Worcestershire sauce

1 lb. can Chinese vegetables

2 tbsp. cornstarch and 2 tbsp. water

Cook 8 to 10 hours in crockpot - 1 hour before serving add Chinese vegetables and cornstarch and water.

CROCKPOT CHUNKY VEGETABLE CLAM CHOWDER

2 6 1/2 oz cans minced clams
2 c. peeled potatoes, cut into 1/2" cubes
1 c. finely chopped onion
1 c. chopped celery
1 tsp. sugar
1/4 tsp. salt
1/4 tsp. pepper
2 10 3/4 oz cans condensed cream of potato soup
2 c. water
1 c. nonfat dry milk powder
1/3 c. flour
1 c. cold water
4 slices bacon, crisp-cooked, drained, and crumbled
Paprika

Drain clams, reserving liquid. Cover clams; chill. In CP combine reserved clam liquid, potatoes, onion, celery, carrot, sugar, salt, and papper. Stir in potato sour and 2 cups water. Cover; cook on low heat for 8 to 10 hours or on high heat for 4 to 5 hours. If using low heat setting, turn to high. In a medium bowl combine nonfat dry milk powder and flour. Gradually whisk in 1 c. cold water; stir into soup. Cover; cook on high 10 to 15 minutes or till thickened. Stir in clams. Cover; cook 5 minutes more. Ladle soup into bowls. Sprinkle each serving with crumbled bacon and paprika. Makes 6 to 8 servings.

CROCKPOT CLAM CHOWDER I

4 cans of Cream of Potato soup
4 cans of New England Clam Chowder
2 cans minced clams with juice
1 onion, chopped and sauteed in
1 stick butter
1 quart half and half

Saute onions in butter, then add all ingredients in crockpot for 4 hours... I usually put it on low and cook it all day... Also it makes alot and sometimes over fills my crockpot.. Dont know if its my crockpot being too small or just too much stuff LOL .. Im sure if you wanted you could cut the ingredients in half ... ENJOY!!

CROCKPOT CLAM CHOWDER II

- * 4 (6 1/2 oz.) cans clams
- * 1/2 lb. salt pork or bacon, diced
- * 1 lg. onion, chopped
- * 6 to 8 lg. potatoes, pared and cubed
- * 3 c. water
- * 3 1/2 tsp. salt
- * 1/4 tsp. pepper
- * 4 c. half and half cream or milk
- * 3 to 4 tbsp. cornstarch

Cut clams into bite sized pieces if necessary. In skillet, saute salt pork or bacon and onion until golden brown; drain. Put into Crock Pot with clams. Add all remaining ingredients, except milk. Cover; cook on high 3 to 4 hours or until potatoes are tender. During the last hour of cooking, combine 1 cup of milk with the cornstarch. Add that and the remaining milk and stir well; heat through. Serve in large bowls with crusty French bread.

CROCKPOT COBBLER

All you do is bake a batch of biscuits and let them cool. Chunk them up and put about half in the bottom of your crockpot.

Mix:

1/4 cup brown sugar

1/2 t. cinnamon

1/2 cup butter

Sprinkle some of that on top. Spread canned pie filling (I thought cherry would be good) on top and repeat until you're out of ingredients. Bake on high for 2 hours.

CROCKPOT COCONUT THAI SHRIMP AND RICE

2 (10 oz.) cans chicken broth
1 cup water
1 tsp. coriander
1/2 tsp. cumin
1 tsp salt
1/2 tsp cayenne pepper
zest and juice of 2 limes (1/3 cup of juice)
7 cloves minced garlic
1 TBLSP. minced fresh ginger
1 medium onion chopped
1 red bell pepper chopped
1 carrot peeled and shredded
1/4 cup flaked coconut
1/2 cup golden raisins
2 cups converted rice
1 lb. peeled and deveined jumbo cooking shrimp (thawed if frozen)
2 oz. fresh snow peas cut into strips
toasted coconut for garnish (optional)

In a 5 qt cp, combine chicken broth, water, coriander, cumin, salt, cayenne pepper, lime zest, lime juice, garlic and ginger. Stir in onion, pepper, carrot, coconut, raisins and rice.

Cover and cook on low 3 1/2 hours, or until rice is tender. Check after 3 hours and if liquid is absorbed, but rice is not tender, add 1 more cup water. When rice is tender, stir in shrimp and snow peas. Cook 30 minutes longer. Sprinkle with toasted coconut and serve.

CROCKPOT COLA BARBECUE PORK ROAST

1 pork roast

1 1/2 cup cola

1 bottle bbq sauce

Page 135 of 245 Crockpot Recipes

2/16/2003 e-book://Pages/crockpot_recipes.htm

Cut all visible fat from roast, put in crock and cook 12 hrs (i put mine in before bed and let cook all night) on low. Remove meat from crock and drain all juice from crock. Shred meat and return to crock add 1 bottle bbq sauce and cook 5-6 hrs more.

MAKES ALOT!!! Freezes great.

CROCKPOT COLA HAM

1/2 cup brown sugar

1 tsp dry mustard

1/4 cup cola (Coca Cola(r), Pepsi, etc)

3 to 4 pound pre-cooked ham

Combine brown sugar and mustard. Moisten with cola to make a smooth paste. Reserve remaining cola. Score the ham with shallow slashes in a diamond pattern. Rub ham with mixture. Place ham in crockpot and add remaining cola. Cover and cook on high for 1 hour, then turn to low and cook for 6 to 7 hours. Serves 9 to 12.

CROCKPOT COQ AU VIN

12 sm White onions, peeled
4 lb Roasting chicken, cut up
1/2 ts Salt
1/4 ts Black pepper
1/4 c Brandy or cognac
2 ea Cloves garlic, peeled and crushed
1/4 ts Ground thyme
1 ea Bay leaf
1 1/2 c Dry, strong red wine
5 tb All purpose flour
1 c Chicken bouillon
3/4 lb Fresh mushrooms, wiped and stemmed
1 tb Butter or margarine
1/4 ts Salt
1 tb Chopped fresh parsley

To cook: Place the onions in the slow cooker. Remove the fat from the vent of the chicken and dice it. In a large skillet over medium heat, heat the fat until it is rendered. Discard the shriveled bits and saute the chicken until well browned. Season with 1/2 tsp salt and the pepper. Warm the brandy in a ladle or a small saucepan; light it with match and pour it over the chicken. When the flame dies, lift the chicken into the slow cooker and add the garlic, thyme, and bay leaf. Pour the wine into the hot skillet and scrape up the pan juices. Dissolve the flour in the bouillon, turn it into the skillet and bring to simmering, stirring briskly to prevent lumps. Turn into the slow cooker. Cover and cook on Low 7-9 hours. Before serving: About 10 minutes before serving, in a medium skillet, saute the mushrooms in the butter over medium high heat. In about 5 minutes, they will be tender and the moisture will have evaporated from the skillet. Season with 1/4 tsp salt and add to the chicken casserole. If the sauce seems thin, simmer it in the mushroom skillet long enough to thicken to the consistency of heavy cream. Garnish the Coq au Vin with parsley before serving.

CROCKPOT COQ AU VIN

2-1/2 lb chicken cut up (I used boneless, skinless chicken breasts)

1 clove garlic crushed

1 teaspoon salt

1/4 teaspoon pepper

1/2 teaspoon dried thyme

6 bacon slices, diced

2/3 cups sliced green onions

1 cup chicken broth

8 small white onions, peeled

1 cup burgundy wine

1/2 LB whole mushrooms

chopped parsley

8 small new potatoes scrubbed

In large skillet, saute diced bacon and green onions until bacon is crisp. Remove and drain on paper towel. Add chicken pieces to skillet and brown well on all sides. Remove the chicken when it has browned and set aside. Put peeled onions, mushrooms, and garlic in Crockpot. Add browned chicken pieces, bacon and green onions, salt, pepper, thyme, potatoes and chicken broth. Cover and cook on Low 6 - 8 hours (High 3-4). During the last hour add Burgundy and cook on high. Garnish with chopped parsley.

CROCKPOT COQ AU VIN WITH SHIITAKE MUSHROOMS

2 tbs. olive oil

3 lb. chicken pieces, rinsed & patted dry

1/3 c finely chopped shallot

1/3 c finely chopped onion

2 carrots, quartered lengthwise & cut crosswise into 1/4" pieces (about 1/2 cup)

1/2 lb. pearl onions, blanched in boiling water for 3 minutes, drained, & peeled

1 bay leaf

3/4 tsp thyme, crumbled

2 tbs. Cognac

1 c dry white wine

2 c chicken broth

1/4 lb. shiitake mushrooms, stems discarded & caps sliced thin

1/4 c cornstarch

Freshly ground nutmeg to taste

-In a heavy kettle, heat the oil over moderately high heat until it is hot but not smoking and in it saute the chicken pieces, seasoned with salt and pepper, in batches, turning them once, for 8 to 10 minutes, or until they are browned. Transfer the chicken pieces as they are browned to a plate and keep them warm, covered. -Place the shallot, onions, carrots, pearl onions, bay leaf, and thyme in a crockpot. Place the browned chicken on top of the vegetables. Combine the Cognac, white wine and 1 3/4 cup of chicken broth and add to the cooker.

Cover and cook on LOW for 5 hours or until chicken is tender.

-Turn control to HIGH and add the mushrooms. Dissolve the cornstarch in the remaining 1/4 cup chicken stock. Stir into the mixture. Cover and cook for 20 minutes more, or until sauce is thickened, stirring once. Transfer the chicken to a plate, and keep warm. Discard the bay leaf, and season the sauce with freshly ground nutmeg and salt and pepper to taste. Serve warm.

Serves 4 to 5

CROCKPOT CORN CHOWDER I

6 slices bacon, diced

1/2 c. chopped onion

2 c. diced peeled potatoes

2 pkgs. (10 oz each) frozen whole-kernel corn, broken apart

1 can (16 oz) cream-style corn

1 Tbs. sugar

1 tsp. Worcestershire sauce

1 tsp. seasoned salt

1/4 tsp. pepper

1 c. water

In skillet, fry bacon until crisp; remove and reserve. Add onion and potatoes to bacon drippings and saute for about 5 minutes; drain well. Combine all ingredients in CP; stir well. Cover and cook on Low setting for 4 to 7 hours. Makes about 1 1/2 quarts.

CROCKPOT CORN CHOWDER II

3 16oz cans of corn, drained

2 large potatoes, cut into 1" chunks

1 & 1/2 can chicken broth*

1 large onion, diced

1 tsp.. salt

pepper to taste

2 pints half and half*

1/2 stick butter

*adjust volume somewhat lower for thicker chowder

Put everything except the dairy products in the crockpot and cook on low for 7-8 hours. Remove to a blender, and puree. Return to crockpot, add half & half and butter; stir. Cook on high for one hour. Stir and serve. Serves six.

CROCKPOT CORN PUDDING

8 oz. cream cheese, softened

2 eggs, beaten

1/3 cup sugar

8 1/2 oz package corn bread mix

16 oz can cream style corn

2 1/3 cups frozen sweet corn

1 cup milk

2 tablespoons margarine, melted

1 tsp. salt

1/4 tsp nutmeg

Lightly grease CP. In a bowl, blend cream cheese, eggs and sugar. Add remaining ingredients and mix well. Pour into CP. Cover and cook on High 3 to 4 hours. Serves 10 to 12

CROCKPOT CORNED BEEF AND CABBAGE

Yield: 6 servings

4 1/2 lb. Corned beef brisket

2 md onions, quartered

1 cabbage head, cut in small wedges

1/2 tsp. pepper

3 tbsp. vinegar

3 tbsp. sugar

2 c. water

Combine ingredients in removable liner with cabbage on top. Cut meat to fit, if necessary. Place liner in base. Cover and cook on low 10-12 hours, high 6-7 hours, or auto 6-8 hours.

CROCKPOT CORNED BEEF AND CABBAGE

3 lb uncooked corned beef brisket (in pouch with pickling juice is okay)

2 carrots, chopped into 2" pieces

5 small red potatoes, halved

1 onion, quartered

1 small turnip, chopped into 2" pieces

3/4 cup malt vinegar

1/2 bottle (6 oz) Irish stout (Guinness?)

1 tsp mustard seed

1 tsp coriander seed

1 tsp black peppercorns (whole)

1 tsp dill seed

1 tsp allspice (whole)

1 bay leaf

1 small (2 Lb) head cabbage, cut into wedges

In a LARGE (6.5 qt) Crock-Pot, place the carrots, spuds, onion and turnip in bottom. Add the liquids. Spice rub the brisket. Place on top. Cover and cook on LOW for 8 hours. Add cabbage wedges. Cook an additional 3 hours on LOW. Serve with Coarse Grain Mustard and Horseradish Sauce.

-Horseradish Sauce:

1/2 pint whipping cream

3 Tbsp prepared horseradish

Whip cream until it peaks, then fold in horseradish.

CROCKPOT CORNED BEEF HASH I

- 1 can of corned beef (Or 2 cups of cooked corned beef)
- 1 med onion shredded
- 2 med. celery sticks chopped
- 5 fair sized potatoes chopped
- 2 tbsp. butter
- 1 diced green pepper
- garlic to your taste (I use about 3 cloves or so)
- 1 cup mushrooms (I omit this now since my daughter has decided they are gross) LOL
- 1 tbsp of worcestshire sauce
- a dash or two of italian seasoning
- salt and pepper to taste
- 2- 10 oz cans of chicken broth
- Grind up or chop your corned beef and toss it in the crock pot with all the other ingredients in the list above.
- Cook in your crock pot on low for 8 hours. When the potatoes are well cooked I mash them in the pot and add a little water if need be. Then serve it with warm bread and salad!

CROCKPOT CORNED BEEF HASH II

1 tin of corned beef hash

3 BIG potatoes

3 ribs of celery chopped

1 large onion chopped

2 big cloves of garlic

salt and pepper to taste

a dash or so of basil

2 tins of chicken broth

-Fry the Garlic, celery, onion, and salt and pepper in a tbsp of garlic oil til veggies are tender.

-Then toss everything in the crock pot and turn on low for about 5-6 hours.

-Serve with lots of warm bread and butter.

CROCKPOT CORNY HAM AND POTATO SCALLOP

5 potatoes, peeled and cubed

1 1/2 cups cubed cooked ham

1 (15 ounce) can whole kernel corn, drained

1/4 cup chopped green bell pepper

2 teaspoons instant minced onion

1 (11 ounce) can condensed cheddar cheese soup

1/2 cup milk

3 tablespoons all-purpose flour

In a 3 1/2 to 4 quart slow cooker, combine potatoes, ham, corn, green pepper and onion; mix well. In a small bowl, combine soup, milk and flour; beat with wire whisk until smooth. Pour soup mixture over potato mixture and stir gently to mix. Cover and cook on low setting for about 8 hours or until potatoes are tender.

CROCKPOT COSTA RICAN BEEF & VEGETABLE SOUP WITH YELLOW RICE

Yield: 6 servings

2 lb Lean, boneless beef chuck in 1 1/2 inch cubes

1 lg Onion, thinly sliced

1 c Celery, thinly sliced

3 Cloves garlic, minced

1 Dry bay leaf

1 lg Red bell pepper, seeded and cut into thin, bite-size strips

1 1/2 c Water

2 Cans (about 14 1/2 oz.@) Beef broth

YELLOW RICE

1 lg Ear corn, cut into 3/4 inch thick slices

4 c Coarsely shredded cabbage

1/3 c Lightly packed cilantro leaves

Salt and pepper

THE SOUP: Arrange beef cubes slightly apart in a single layer in a shallow baking pan. Bake in a 500 oven until well browned (about 20 minutes). Meanwhile, in a 3 1/2 quart or larger crockpot, combine onion, celery, garlic, bay leaf and bell pepper. Transfer browned beef to crockpot. Pour a little of the water into baking pan, stirring to dissolve drippings and pour into crockpot. Add broth and remaining water. Cover and cook on low about 8 hours. About 15 minutes before beef is done, prepare Yellow Rice. While rice is cooking, increase cooker setting to high; add corn. Cover; cook for 5 minutes. Add cabbage; cover and cook until cabbage is bright green, 8 to 10 more minutes. Stir in cilantro; season with salt and pepper. Ladle soup into wide, shallow bowls; add a scoop of rice to each.

THE RICE:

1 tablespoon salad oil

1 small onion, finely chopped

1 cup long-grain white rice

1/4 teaspoon ground turmeric

1 3/4 cups water

Heat oil in 2-quart pan over medium heat. Add the onion; cook, stirring until onion is soft but not browned, (3 to 5 minutes). Stir in the rice and tumeric; cook, stirring occasionally, for about 1 minute. Pour in the water and reduce heat to low and cook until rice is tender, about 20 minutes.

CROCKPOT COUNTRY CHICKEN STEW WITH BASIL DUMPLINGS

12 small white onions

water

1 pound boneless skinless chicken thighs

1 pound boneless skinless chicken breasts halves

1/2 Tablespoon chopped fresh basil leaves

(or 1/2 teaspoon dried, crumbled)

salt and pepper to taste

1 large red bell pepper cut into 1" squares

Page 144 of 245 Crockpot Recipes

2/16/2003 e-book://Pages/crockpot_recipes.htm

4 cloves garlic - thinly sliced

2 cups canned chicken broth

1/3 cup dry white wine

2 Tablespoons all purpose flour

2 Tablespoon butter - room temperature

1 pound fresh asparagus - cut into 1-1/2" lengths

DUMPLINGS:

1 cup buttermilk and baking mix

1/3 cup whole milk

1/4 cup chopped fresh basil leaves (or 1 Tablespoon dried, crumbled)

1. Using a sharp knife, make a small X in the root end of each onion. Bring a saucepan of water to boil. Add the onions, lower the heat, and simmer for 5 minutes. Drain and rinse under running cold water. Slip skins off onions.

2. Rinse chicken and pat dry. Quarter the thighs and chicken breast halves. Stir in basil and season with salt and pepper.

3. Put chicken pieces in a 3-1/2 quart or larger crockery slow-cooker. Top with onions, bell peppers, and garlic. Pour in stock, and wine. DO NOT stir. Cover and cook on LOW for 6 - 8 hours or HIGH for 2 - 2-1/2 hours.

4. Stir the stew. If cooking on LOW, change setting to HIGH. In a small bowl, blend together the flour and butter. Stir into slow-cooker. Cook, stirring until sauce begins to thicken, about 5 minutes. Stir in asparagus.

5. In medium bowl, combine dumpling ingredients until evenly moistened. Drop by Tablespoons onto hot stew in 6 small rounds. Cover and cook for another 25 to 30 minutes, until dumplings are cooked through. Serve immediately!

CROCKPOT COUNTRY STYLE RIBS AND KRAUT

12 oz sauerkraut

brown sugar to taste

1-2 lbs country style ribs

Place the ribs in a crockpot. Sweeten the sauerkraut to taste with the brown sugar.

Cook them all day while at work and come home to tender and delicious ribs and kraut. Mash a potato and dinner is ready!

CROCKPOT CRANAPPLE SAUCE

10-12 medium apples

1-2 cups cranberry juice

lemon juice -- use 1/4 to 1/2 lemon

2 tbs sugar -- or up to 1/4 cup if you want it sweet

1/4 to 1/2 cup dried cranberries or "craisins" (sweetened dried cranberries)

-Wash the apples and chop them up without peeling. Squeeze lemon juice over them as you cut them.

-Put apples in crockpot with cranberry juice -- use 1 cup if you want the applesauce thick, more if you want it thin. Stir in sugar to suit your taste.

-Let apples stew on low for 6-8 hours. About an hour or two before serving, stir in cranberries or craisins. (All I found at my store was craisins--since they're sweetened, I used less sugar.)

-The applesauce is a very pretty pink and the cranberries & juice give it a nice zing.

-As you can see, the recipe is simple and forgiving -- let the apples stew a little longer or a little less -- the longer you stew them the mushier the applesauce will be. It warms up nicely, or you can eat it cold.

CROCKPOT CRANBERRIES

- * 1 pkg. fresh cranberries
- * 2 c. sugar
- * 1/4 c. water

Combine cranberries with sugar and water in Crock Pot. Cover and cook on high 2 to 3 hours until some pop. Serve with turkey or chicken.

CROCKPOT CRANBERRY CHICKEN

1 small onion, thinly sliced

1 cup fresh or frozen (unthawed) cranberries

12 skinless, boneless chicken thighs (about 2 1/4 lbs. total)

1/4 cup catsup

2 tablespoons firmly packed brown sugar

1 teaspoon dry mustard

2 teaspoons cider vinegar 1 1/2 tablespoons cornstarch blended w/2
tablespoons cold

water

salt

-In a 3-quart or larger electric slow cooker, combine onion, cranberries. Arrange chicken on top. In small bowl, mix catsup, sugar, mustard and vinegar and pour over chicken. Cover. Cook at low setting until chicken is very tender when pierced (6 1/2 to 7 1/2 hours).

-Lift out chicken when done, blend cornstarch mixture into cooking liquid. Increase cooker heat setting to high; cover and cook, stirring 2 or 3 times until sauce thickens (10 to 15 more minutes). Season to taste with salt; pour over chicken.

Makes 6 servings.

-REAL WORLD COOKING: I cooked at a higher heat setting than they did because I was in a hurry. I also did not remove the chicken, just threw the cornstarch in and stirred it in and then cranked up the heat a bit. Didn't stir again more than once. Then dumped it onto a big platter. It was fine. I also chose to use 7 chicken breasts instead of the 12 thighs. It also didn't take as long as 6 1/2 hours.

CROCKPOT CRANBERRY PORK

1 (16 ounce) can cranberry sauce

1/3 cup French salad dressing

1 onion, sliced

3 pounds pork roast

In a medium bowl, combine the cranberry sauce, salad dressing and onions. Place pork in a slow cooker and pour the sauce over the pork. Cook on high setting for 4 hours OR on low setting for 8 hours. Pork is done when its internal temperature has reached 160°F (70°C).

CROCKPOT CRANBERRY PORK ROAST

Serves: 4 to 6

4 medium potatoes, peeled and cut into 1" chunks

One 3-pound boneless center-cut pork loin roast, rolled and tied

1 can (16 ounces) whole-berry cranberry sauce

1 can (5.5 ounces) apricot nectar

Page 147 of 245 Crockpot Recipes

2/16/2003 e-book://Pages/crockpot_recipes.htm

1 medium onion, coarsely chopped

1/2 cup coarsely chopped dried apricots

1/2 cup sugar

1 teaspoon dry mustard

1/4 teaspoon crushed red pepper

Place the potatoes in a 3 1/2-quart (or larger) slow cooker, then place the roast over the potatoes. In a large bowl, combine the remaining ingredients; mix well and pour over the roast. Cover and cook on the low setting for 5 to 6 hours. Remove the roast to a cutting board and thinly slice. Serve with the potatoes and sauce.

CROCKPOT CRAZY STANDING UP PORK CHOPS

Yield: 4 servings

4 Loin pork chops -- lean

2 md Onions -- sliced

1 ts Butter

Salt & Pepper -- to taste

Spices of your choice

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.

CROCKPOT CREAM CHEESE CHICKEN

1 frying chicken -- cut up
2 tablespoons melted butter or margarine
salt & pepper -- to taste
2 tablespoons dry Italian salad dressing
1 can condensed mushroom soup
6 ounces cream cheese; -- cut in 1" cubes
1/2 cup sauterne wine or sherry
Page 148 of 245 Crockpot Recipes
2/16/2003 e-book://Pages/crockpot_recipes.htm
1 tablespoon onion -- minced

Brush chicken with butter and sprinkle with salt and pepper. Place in a crockpot and sprinkle dry mix over all. Cover and cook on low for 6 - 7 hours. About 45 minutes before done, mix soup, cream cheese, wine, and onion in a small saucepan. Cook until smooth. Pour over the chicken and cover and cook another 45 minutes.
Serve with sauce.

CROCKPOT CREAM OF SWEET POTATO SOUP

3 Sweet potatoes, peeled and sliced

2 c Chicken bouillon

1 ts Sugar

1/8 ts Each ground cloves and nutmeg

Salt to taste

1 1/2 c Light cream, half-and-half, or milk

Put sweet potatoes and bouillon in cooker. Cover and cook on high 2 to 3 hours or until potatoes are tender. Force potatoes and liquid through food mill or puree in blender. Put back in cooker with remaining ingredients. Cover and cook on high 1 to 2 hours. Serve hot or chilled with a dollop of sour cream if desired. Makes about 1 quart.

CROCKPOT CREAMY CHICKEN DINNER

4 boneless/skinless chicken breasts seasoned with garlic powder, onion powder and season salt

1 large can cream of chicken soup

2 cans cream of mushroom soup

3/4 c frozen cut carrots

3/4 c frozen green beans

Dump it all in the crockpot and cook it about 7 hours on low. Add 2 cups of minute rice to it the last 5 minutes before dinner.

CROCKPOT CREAMY HASH BROWNS

1 2-lb pkg frozen cubed hash brown potatoes

8 oz shredded or cubed Velveeta

16 oz sour cream

1 can cream of celery soup

1 can cream of chicken soup

1 lb bacon, cooked & crumbled

1 lg onion, chopped (I omitted this)

1/4 C butter or margarine, melted

1/4 tsp pepper (I used alot more and also added some salt)

Place potatoes in an ungreased crockpot. In a bowl, combine the remaining ingredients. Pour over potatoes and mix well. Cover and cook on low for 4-5 hours (until potatoes are tender and heated through).

You can serve it with biscuits and fruit salad.

CROCKPOT CREAMY ORANGE CHEESECAKE

Crust:

3/4 cup cookie or graham cracker crumbs
2 tablespoons sugar
3 tablespoons melted butter

Filling:

16 ounces cream cheese (light)
2/3 cup sugar
2 eggs
1 egg yolk
1/4 cup frozen orange juice concentrate, thawed
1 teaspoon orange or lemon zest, or dried grated rind
1 tablespoon flour
1/2 teaspoon vanilla

-Combine crumbs with sugar; mix in melted butter until well moistened. Pat into a

Page 150 of 245 Crockpot Recipes

2/16/2003 e-book://Pages/crockpot_recipes.htm

7-inch springform pan.

-In a medium bowl, cream together the cream cheese and sugar. Add eggs and yolk and

beat for about 3 minutes on medium with a hand-held electric mixer.

Beat in orange juice, zest, flour, and vanilla. Beat for another 2 minutes. Pour batter into prepared crust; place on a rack or aluminum foil ring in the crockery cooker (so it doesn't rest on the bottom of the pot). Cover and cook on high for 2 1/2 to 3 hours. Turn off and leave for 1 to 2 hours, until cool enough to remove. Cool completely and remove the sides of the pan. Chill before serving, and store leftovers in the refrigerator.

CROCKPOT CREAMY RED POTATOES

2 lbs small red potatoes, quartered
2 (8 oz) pkgs. cream cheese, softened
1 can cream of potato soup, undiluted
1 envelope ranch salad dressing mix

Place potatoes in crockpot. In a small bowl, beat cream cheese, soup and salad dressing, mix. Stir into potatoes. Cover and cook on low for 8 hours or until potatoes are tender. Also add about a tablespoon of milk.

CROCKPOT CREAMY SPINACH NOODLE CASSEROLE

Served alongside baked or roasted chicken, this delicious side dish will please every person at your dinner table. Feel free to use low-fat sour cream and cottage cheese or increase the amount of hot sauce! Makes approximately 5 side servings.

8 ounces dry spinach noodles

2 tbsp. vegetable oil

1 1/2 cups sour cream

1/3 cup all-purpose flour

1 1/2 cups cottage cheese

4 green onions, minced

2 tsp. Worcestershire sauce

1 dash hot pepper sauce

2 tsp. garlic salt

-Cook noodles in a pot of salted, boiling water until just tender. Drain and rinse with cold water. Toss with vegetable oil.

-Combine sour cream and flour in a large bowl, mixing well. Stir in cottage cheese, green onions, Worcestershire sauce, hot pepper sauce and garlic salt. Fold noodles into mixture until well combined.

-Generously grease the inside of a slow cooker and pour in noodle mixture. Cover and cook on high for 1 1/2 to 2 hours.

CROCKPOT CREOLE BLACK BEANS

1 to 2 pounds Smoked sausage, cut into 1" slices

3 15 oz cans black beans, drained

1 1/2 cups Onions -- chopped

1 1/2 cups Green pepper, chopped

1 1/2 cups Celery, chopped

3 cloves Garlic, minced

2 teaspoons Leaf thyme

1 1/2 teaspoons Leaf oregano

1 1/2 teaspoons White pepper

1/4 teaspoon Black pepper

1/4 teaspoon Cayenne pepper

1 Chicken bouillon cube

5 Bay leaves

1 can 8-oz. tomato sauce

1 cup Water

Hot boiled rice

-Brown sausage in a skillet over med. heat. Drain fat and transfer to crockpot.

Combine remaining ingredients in crockpot. Cover and cook on low 8 hrs. or on high 4 hrs. Remove bay leaves. Serve over cooked rice.

Serves 6 to 8.

CROCKPOT CREOLE CHICKEN

8 chicken thighs (I used 3 big breasts)

1 can diced tomatoes (I used 1 can whole tomatoes chopped up)

1 can tomato paste (I used 1 can Rotel drained)

1 chopped bell pepper

1 chopped onion chopped ham (I used one thick slice ham chopped up)

diced sausage (I left this out only because I didn't have any)

Tabasco sauce to taste (I left this out)

-Throw it all in the crock and cook on low 4-5 hours. I thickened it a little at the end with cornstarch. I served it over brown rice. The ham gave it really good flavor. We really liked it.

CROCKPOT CRYSTAL'S LEFTOVER PORK ROAST CASSEROLE

1 package cooked noodles (any type is fine)

1 package beans (any type is fine)

Beef Boullion

1 package long grain and wild rice (I prefer Uncle Ben's)

3 potatoes, cut into 1" cubes

Leftover pork from your roast (or any other leftover meat really!)

Salt and Pepper to taste -Fill your crockpot a little more than half way with water, then flavor it with the beef boullion to taste. Add the sliced up potatoes, beans and rice. Cook until potatoes and rice are done, most of the day on low or half of the day on high. Add the pork and let that cook while you boil the noodles. Add the noodles to the pot when they're done. Let cook for 5 to 10 more minutes and serve.

CROCKPOT CUSTARD

3 eggs, lightly beaten

1/3 cup sugar

1 teaspoon vanilla

2 cups milk

1/4 teaspoon ground nutmeg

In a mixing bowl combine eggs, sugar, vanilla and milk; mix well. Pour into a lightly buttered 1- or

1 1/2-quart baking dish or souffle which will fit in the slow cooker/Crock Pot, and sprinkle with the

nutmeg. Place a rack or ring of aluminum foil in the slow cooker/Crock Pot, then add 1 1/2 to 2 cups of hot water to the pot. Cover the baking dish with aluminum foil and place on the rack in the slow cooker/Crock Pot. Cover and cook on high for 2 1/2 to 3 hours, or until set.

Serves 4 to 6.

CROCKPOT DRESSING

1 (8 inch) pan cornbread

8 slices dry white bread

4 eggs

2 c. chicken broth

2 cans cream of chicken soup

1 tsp. sage

1/2 tsp. black pepper

Celery to taste

1 med. onion

2 tbsp. butter

Mix ingredients except butter. Place in crock pot. Dot butter on top.

Cook 2 hours on High then 4 hours on low.

CROCKPOT FRUIT DESSERT

- * 3 Grapefruit, peeled
- * sectioned
- * 1 can (11 oz) mandarin orange, sections, drained
- * 1 can (16 oz) fruit cocktail, well drained
- * 1 can (20 oz) pineapple chunks, well drained
- * 1 can (16 oz) sliced peaches, well drained
- * 3 Bananas, sliced
- * 1 tablespoon Lemon juice
- * 1 can (21 oz) cherry pie filling

Place all ingredients in cooker. Toss gently. Cover and cook on low about 4 hours.

Makes about 2 quarts.

CROCKPOT HAMBURGER CASSEROLE

2 lbs. browned ground beef

3 carrots, peeled and sliced

2 onions, sliced

4 potatoes, peeled and sliced

1 can peas, drained

2 stalks celery, diced

1 can cream of chicken soup

1 can water

Place potatoes in bottom of crockpot, top with carrots and other vegetables. Place

ground beef on top. Combine soup and water and pour over ground beef. Cover and cook on low for 6 to 8 hours.

CROCKPOT HAMBURGER-SAUSAGE DIP

- * 1 pound ground chuck
- * 1 cup picante sauce
- * 1 can cream of mushroom soup
- * 2 pound Velveeta cheese...cut into pieces
- * 1 pound pork sausage
- * 1 teaspoon garlic powder
- * 1 can Rotel tomatoes
- * 3/4 teaspoon oregano

Combine picante sauce, garlic powder, soup, tomatoes, oregano and cheese in Crock Pot. Brown ground chuck and sausage until it is done. Drain very well and place in slow cooker/Crock Pot. Cook on low until cheese is melted. Serve with your favorite chips.

CROCKPOT HOT DIP

- * 1 pound Italian Sausage - hot
- * 1 pounds velveeta - Mexican type - hot
- * 1 can rotel tomatoes (drained)
- * 1 jar pace picante sauce - hot
- * 1 jalapeno pepper - finely diced
- -Brown sausage and drain along with jalapeno pepper.
- -Add to slow cooker/Crock Pot with other ingredients and simmer on low for 1 hour
or more until melted and blended.
- -Serve with tortilla strips or chips, large Fritos corn chips, or even lightly toasted and cubed sourdough bread.

CROCKPOT JAMBALAYA

- * 1 pound Chicken breasts, boneless
- * - cut in 1" cubes
- * 1 pound Smoked sausage, sliced
- * 1 pound Shrimp, cooked
- * 28 ounces Crushed tomatoes
- * 1 md Onion, chopped
- * 1 Green pepper, chopped
- * 1 cup Chicken broth
- * 1/2 cup White wine
- * 2 teaspoons Oregano
- * 2 teaspoons Parsley
- * 2 teaspoons Cajun seasoning
- * 1 teaspoon Cayenne pepper
- * 2 cups Rice, cooked

Cut chicken and slice sausage. Chop onion and green pepper. Put all in slow cooker/Crock Pot. Add remaining ingredients, except shrimp and rice. Cook in slow cooker/Crock Pot on low for 6-8 hours. 30 minutes before eating, add cooked shrimp and cooked rice; allow to heat. Can be cooked on high for 3-4 hours instead.

CROCKPOT LASAGNA

1 pkg. pepperoni slices

1 lb. hamburger

1 onion, diced

1 green pepper, diced

1 can mushrooms

1 pkg. kluski noodles

1 lg. jar pizza sauce

1 lg. jar spaghetti sauce

1 pkg. each shredded Colby & Mozzarella cheese

Cook together hamburger, onion, green pepper and mushrooms. Layer this with the rest of the ingredients in the crock pot. Cook on high for 2 to 3 hours.

CROCKPOT LITTLE SMOKIES

* 2 packages Cocktail wieners

* 1 Medium bottle chili sauce

* 1 Medium jar grape jelly

Combine in Crock Pot and cook on low 6 to 8 hours.

CROCKPOT MACARONI AND CHEESE

- * 1 (16 oz.) pkg. macaroni, cooked & drained
- * 1 tbsp. salad oil
- * 1 (13 oz.) can evaporated milk
- * 1 1/2 c. milk
- * 1 tsp. salt
- * 3 c. shredded sharp cheddar cheese
- * 1/2 c. melted butter

Lightly grease Crock Pot. Toss macaroni and oil. Add all remaining ingredients.

Stir, cover and cook on low 3 to 4 hours, stirring occasionally.

CROCKPOT MEATBALLS

- * 2 pounds Hamburger
- * 1 cup Breadcrumbs
- * 1 each Egg
- * Grated Parmesan cheese
- * Parsley and oregano
- * Onion and garlic powder
- * Milk
- * 1 can Beer
- * 1 bottle Ketchup, regular size

Mix hamburger, breadcrumbs, egg, seasonings and milk together. Make small meatballs.

Mix ketchup and beer in the Crock Pot and start to heat. You can put the raw meatballs into the sauce and simmer for several hours.

I like to bake the meatballs first to get out most of the grease.

CROCKPOT POTATO SOUP

6-8 potatoes, chunked

2 med. carrots, cubed

2 stalks celery, cubed

1 med. onion, chopped

1 tbsp. parsley flakes

5 c. water

Salt and pepper to taste

Cook in crock pot on low for 8 hours or until vegetables are done. One hour before serving, add one can of evaporated milk.

CROCKPOT ROAST

2 1/2 lb. Chuck roast

2 packets dry Italian dressing mix OR Ranch dressing mix

1 cup water

Place beef in CP, sprinkle seasonings over meat, pour water over all.

Cook on low 6-8 hours or until meat shreds easily.

CROCKPOT SCRABBLE

- * 2 cups wheat chex
 - * 2 cups corn chex
 - * 2 cups rice chex
 - * 3 cups thin pretzel sticks
 - * 1 13 ounce can or jar of salted peanuts or asst. mixed nuts
 - * 1 teaspoon garlic salt
 - * 1 teaspoon celery salt
 - * 1/2 teaspoon seasoned salt
 - * 2 tablespoons grated parmesan cheese
 - * 1/3 cup melted butter
 - * 1/3 cup worcestershire sauce
1. In large (double) paper bag, mix together pretzels, cereals, and nuts along with the garlic salt, celery salt, seasoned salt, and grated cheese.
 2. Empty bag into large mixing bowl and sprinkle the melted butter and worcestershire sauce over all mixing gently with your hands.
 3. Empty bowl into slow cooker/Crock Pot and cook on low for 3 or 4 hours.
 4. Tear open paper bags you used to originally mix the scrabble and spread them out onto a counter.
 5. Spread heated slow cooker/Crock Pot scrabble onto torn open bags and let dry for a minimum of one hour letting the paper absorb any excess moisture.
 6. Store in Rubbermaid or Tupperware type airtight containers. Keeps for several weeks without going stale.

CROCKPOT SPAGHETTI SAUCE

4 tbsp. cooking oil
1 sm. onion, finely chopped
1 (15 1/2 oz.) can tomato sauce
1 1/2 c. water
1/2 tsp. pepper
1/2 tsp. red pepper, optional
1 lb. ground beef
1 (29 oz.) can tomato puree
1 (6 oz.) can tomato paste
1 tsp. salt
1/2 tsp. oregano
2 lbs. sausage (Italian links or country style)

Brown ground beef in 2 tablespoon hot oil in frying pan. When almost browned, add onion and continue browning until onion is tender. Pour meat and onion into 3 1/2 quart crockpot. Add puree, sauce, paste, water, salt, pepper and oregano and set dial on low setting. Cut 2 lbs. sausage into pieces and brown in remaining 2 tablespoons oil. When brown, place sausages in sauce in crockpot. Continue cooking for 12 hours. (If you like your sauce sweeter, you could add 1/4 to 1/2 cup sugar to this.)

CROCKPOT SPICY DIP

* 2 lb. Velveeta cheese

* 2 lb. hamburger, cooked and drained

* 1 lg. jar Old El Paso taco sauce (or Rotel tomatoes)

* 1 lg. onion, chopped fine

Mix all together in Crock Pot where cheese will melt and all will remaining warm.

CROCKPOT SPLIT PEA SOUP

- 1 (16 oz.) pkg. dried green split peas, rinsed
- 1 hambone, or 2 meaty hamhocks, or 2 c. diced ham
- 3 carrots, peeled & sliced
- 1 med. onion, chopped
- 2 stalks of celery plus leaves, chopped
- 1 or 2 cloves of garlic, minced
- 1 bay leaf
- 1/4 c. fresh parsley, chopped (optional)
- 1 tbsp. seasoned salt (or to taste)
- 1/2 tsp. fresh pepper
- 1 1/2 qts. hot water

Layer ingredients in slow cooker, pour in water. DO NOT STIR. Cover and cook on high 4 to 5 hours or on low 8 to 10 hours until peas are very soft and ham falls off bone. Remove bones and bay leaf. Serve garnished with croutons. *Freezes well.

CROCKPOT SWISS STEAK

- 1 1/2 - 2 lb. round steak
- 2 tbsp. flour
- 1 sliced green pepper
- 1 tsp. salt
- 1/8 tsp. pepper
- 2 tbsp. salad oil
- 1 lg. onion, sliced
- 1 (16 oz.) can tomatoes, cut up
- 1 stalk celery, thinly sliced
- 1 tbsp. thick bottled steak sauce

Cut steak into serving size pieces. Coat with flour, salt and pepper. In large skillet or slow cooking pot with browning unit, brown meat in oil. Pour off excessive fat. In slow cooking pot, combine meat with tomatoes, onion, green pepper and steak sauce. Cover pot and cook on low for 6 to 8 hours or until tender. Thicken juices with additional flour, dissolved in a small amount of water, if desired. Makes 5 or 6 servings. Serve with mashed potatoes.

CROCKPOT TENDERLOIN TIPS

1 lb. tenderloin tips

1 can mushroom soup

1 pkg. onion soup mix

1/4 c. water

Combine ingredients in crock pot. Cook 8 hours. Serve over noodles.

CROCKPOT TURKEY MEATBALLS

- * 1 1/2 cups barbecue sauce (your favorite)
- * 10 ounces Apple jelly
- * 2 tablespoons Tapioca (for thick sauce if desired)
- * 1 tablespoon Vinegar
- * 1 Egg, beaten
- * 1/4 cup Seasoned bread crumbs, fine
- * 2 tablespoons Milk
- * 1/4 teaspoon Garlic powder
- * 1/4 teaspoon salt
- * 1/4 teaspoon onion powder
- * 1 pound Ground turkey
- * Non-stick vegetable spray

In 3 1/2 or 4 quart crockery cooker: stir together barbecue sauce, jelly, tapioca (if used), and vinegar. Cover; cook on high-heat setting while preparing meatballs.

For meatballs, in large bowl combine egg, bread crumbs, milk, garlic powder, salt, and onion powder. 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 crock pot; stir gently. Cover; cook on high heat setting for 1 1/2 to 2 hours. Makes 30 meatballs. Note: for 5 or 6-quart Crock Pot, double all ingredients. Prepare as above. Makes 60 meatballs.

CROCKPOT TURKEY SANDWICHES

6 c. diced turkey

3 c. diced cheese (American or Velveeta)

1 can cream of mushroom soup

1 can cream of chicken soup

1 onion, chopped

1/2 c. Miracle Whip

Mix all of above and put in Crock Pot for 3-4 hours. Stir occasionally.

Add liquid, if needed. Serve with buns.

CURRIED FRUIT BAKE

1 package Prunes, (16 oz) pitted

1 package Dried apricots (11 oz)

2 cans Pineapple chunks (13 1/2 oz)
drained

1 can Peaches; sliced (1 lb 13 oz)

1 cup Brown sugar

1/2 teaspoon Curry powder

14 ounces Ginger ale

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

DUMPLING SOUP

- * 1 lb. lean steak, cut into 1" cubes
- * 1 pkg. onion soup mix
- * 6 c. water (hot)
- * 2 carrots, peeled & shredded
- * 1 stalk finely chopped celery
- * 1 tomato, peeled & chopped
- * 1 c. pkg. biscuit mix
- * 6 tbsp. milk
- * 1 tbsp. finely chopped parsley

With pot on low, sprinkle steak with dry onion soup mix. Pour hot water over steak.

Stir in carrots, celery and tomato. Cover and cook on low 4-6 hours or until meat is tender. Turn pot control to HIGH. In separate small bowl, combine biscuit mix with parsley. Stir in milk with fork until mixture is moistened. Drop dumpling mixture into Crock Pot with a teaspoon.

Cover and cook on high for about 30 minutes.

5-6 servings.

EASY CHOCOLATE CLUSTERS

- * 2 pounds white candy coating , broken into small pieces
- * 2 cups semisweet chocolate chips
- * 1 pkg.(4 oz) German sweet chocolate
- * 1 jar (24 oz) dry roasted peanuts

In a slow cooker, combine candy coating, German chocolate and chocolate chips.

Cover and cook on high for 1 hour, then reduce heat to low. Cover and cook 1 hour longer or until melted, stirring every 15 minutes. Add peanuts and mix well. Drop by teaspoonfuls onto waxed paper; let stand until set. Store at room temperature.

Makes about 3 1/2 dozen.

EGGPLANT PARMIGIANA

- * 4 large Eggplant
- * 2 Eggs
- * 1/3 cup Water
- * 3 tablespoons Flour
- * 1/3 cup Seasoned bread crumbs
- * 1/2 cup Parmesan cheese
- * 1 can Marinara sauce, 2 lb
- * 1 pound Mozzarella cheese, sliced
- * Olive oil, extra virgin

Pare eggplant and cut in 1/2 inch slices; place in bowl in layers and sprinkle each layer with salt and let stand 30 minutes to drain excess water; dry on paper towels. Mix egg with water and flour. Dip eggplant slices in mixture, drain slightly. Saute a few slices at a time quickly in hot olive oil. Combine seasoned bread crumbs with the Parmesan cheese. In removable liner, layer one-fourth of the eggplant, top with one-fourth of the crumbs, one-fourth of the marinara sauce and one-fourth of the mozzarella cheese. Repeat three times to make four layers of eggplant, crumbs, sauce and mozzarella cheese. Place liner in base. Cover and cook on low 4-5 hours or auto 3 hours.

FAVORITE CROCKPOT CHILI

2 lbs. coarsely ground beef chuck
2 (16 oz.) cans red kidney beans, drained
2 (14 1/2 oz.) cans tomatoes, drained
2 med. onions, coarsely chopped
1 green pepper, seeded and coarsely chopped
2 cloves garlic, peel and crushed
2-3 tbsp. chili powder
1 tsp. black pepper
1 tsp. cumin
Salt and pepper to taste

In a large, preferably non-stick, saucepan brown the chuck and drain off the fat. Put the ground beef and other ingredients in a 3 1/2 to 4 quart Crock Pot. If you have a small Crock Pot, cut the recipe in half. Stir well. Cover and cook on low for 10-12 hours. Makes 12 cups of chili

FIESTA CHICKEN

- * 2 tablespoons oil
- * 3 pounds boneless, skinless chicken breasts, cut into 1-inch pieces
- * 1 medium onion, chopped
- * 1 teaspoon oregano
- * 1 small jalapeno pepper, finely chopped
- * 3 cloves garlic, minced
- * 1 can (14 1/2 ounce) Mexican style diced tomatoes
- * 1/4 teaspoon ground cumin

Heat oil in skillet. Cook chicken pieces until browned. Remove and drain. Place onion, green bell pepper, garlic and jalapeno pepper in skillet and saute until slightly cooked. Add all ingredients to crockpot and stir to combine. Cover; cook on LOW 8 hours (HIGH 4 hours). Serve on flour tortillas.

FRANKS IN SPICY TOMATO SAUCE

- * 1 cup ketchup
 - * 1/2 cup firmly packed brown sugar
 - * 1 tablespoon red wine vinegar
 - * 2 teaspoons soy sauce
 - * 1 teaspoon Dijon mustard
 - * 1 clove garlic, minced
 - * 1 pound beef or chicken frankfurters, cut into 1" pieces
- Place ketchup, brown sugar, vinegar, soy sauce, mustard, and garlic in the crockery pot. Cover and cook on High until blended. Stir occasionally. Add frankfurters and stir to coat. Cook until thoroughly blended. Serve with toothpicks or wooden skewers to spear franks.

FRESH APPLE COFFEECAKE

2 cups biscuit mix
2/3 cup applesauce
1/4 cup milk
2 tablespoons sugar
2 tablespoons butter or margarine, softened or melted
2 apples, peeled, cored and diced
1 teaspoon cinnamon
1 teaspoon vanilla
1 egg egg, lightly beaten

Streusel

1/4 cup biscuit mix
1/4 cup brown sugar
2 tablespoons firm butter or margarine
1 teaspoon cinnamon
1/4 cup chopped nuts, if desired

Combine first 9 ingredients. Spread in a lightly greased 3 1/2 quart Crock Pot (or spread in a lightly greased baking dish which fits in a larger sized Crock Pot). Combine streusel ingredients with a fork or pastry blender; sprinkle over the batter. Cover and cook on high for about 2 1/2 hours, until a toothpick inserted in the center comes out clean. Uncover and let cool in the pot. When cool enough to handle, loosen the sides and lift out carefully with a flexible spatula, or loosen sides and invert the pot slightly and remove with your hand (you could hold a small piece of foil or waxed paper).

FRIED APPLES

Use these apples as a topping, a filling, or alone topped with whipped cream.

- * 3 pounds Granny Smith apples, peeled, cored, and sliced
- * 1 teaspoon cinnamon
- * dash of fresh grated nutmeg, optional
- * 3 tablespoons cornstarch
- * 1 cup granulated sugar
- * 1 to 2 tablespoons of butter, cut in small pieces

Place apple slices in the slow cooker/Crock Pot; stir in remaining ingredients and dot with the butter. Cover and cook on low for about 6 hours, or until apples are tender but not mushy. Stir about halfway through cooking.

Makes 2 1/2 to 3 cups.

GARLIC CHICKEN WITH CABBAGE

1 whole chicken

1/2-to 1 whole red or white onion chopped

3-8 garlic cloves or use garlic salt/powder to your liking
salt and pepper to taste

Season chicken and place in slow cooker/Crock Pot. Add onion and garlic cloves and salt and pepper. Fill slow cooker/Crock Pot 1/4-way with water, cover and cook on high 6-8 hours. The chicken should fall off of the bone.

During the last hour of cooking the chicken, cut up 1 head of green cabbage...I use red also...core removed. Place in a large pot or pan with a shallow amount of water...1/2-to 1-cup. Add two tablespoons of butter or margarine and sprinkle liberally with garlic salt and pepper. Cover and cook on med-high heat for 20-30 minutes. Once chicken and cabbage are done, place some cabbage in a bowl and top with chicken and some of the chicken broth. Talk about yummy. You can alter any of the seasonings and the butter or margarine to your satisfaction.

GARLIC PEPPER CHICKEN PARMESAN

4 chicken leg quarters

2 Tbsp. Mrs. Dash's Gallant Garlicks Roasted Garlic Pepper seasoning

1 can Del Monte Zucchini with Tomato Sauce

3 oz. shredded mozzarella cheese

Put chicken in pot. Sprinkle with seasoning. Pour zucchini with tomato sauce over chicken. Cook for 6 hours on high. Sprinkle with cheese and cook until cheese melts - about 30 mins.

GARLIC ROASTED CHICKEN

5 pound Roasting chicken

Salt

Pepper

Paprika

5 Garlic cloves, minced

1/4 pound Sweet butter

1/2 cup Chicken broth

Sprinkle the chicken, inside and out, with salt, pepper and paprika.

Spread half of the garlic in the

cavity and spread the rest on the outside of the bird. Place the bird in the slow cooker/Crock Pot and place a few pats of butter on its breast.

Add the remaining ingredients and cook on low for 6 to 8 hours. Serve the garlic butter sauce with the chicken.

GERMAN POTATO SALAD

- * 2 potatoes, sliced
- * 1/2 c. onions, chopped
- * 1/2 c. celery sliced
- * 1/4 c. green peppers, diced
- * 1/4 c. vinegar
- * 1/4 c. oil
- * Chopped parsley
- * Sliced bacon, cooked and crumbled

Combine all ingredients except parsley and bacon. Add salt and pepper to taste.

Stir and cook for 5-6 hours in Crock Pot. Add sugar if needed.

Garnish with bacon and parsley.

GINGER BROWN BREAD

- * 1 (14-oz.) pkg. gingerbread mix
- * 1/4 cup yellow corn meal
- * 1 tsp. salt
- * 1-1/2 cups milk
- * 1/2 cup raisins

Combine gingerbread mix with corn meal and salt in large bowl; stir in milk until mixture is evenly moist. Beat at medium speed with electric mixer for 2 min. Stir in raisins. Pour into a greased and floured 7 or 7 cup mold. Cover with foil and tie. Put a trivet or metal rack in Crock Pot. Pour 2 cups hot water in the pot. Place the filled mold on the rack or the trivet. Cover the pot and cook on high for 3 - 4 hours or until the bread is done. Remove from pot and cool on a rack for 5 min. Loosen the edges with a knife and turn out on a rack and cool slightly. Serve warm with butter or cream cheese.

GLAZED COCKTAIL SAUSAGES

- * 3/4 cup apricot preserves
- * 1/4 cup prepared yellow mustard
- * 2 scallions chopped
- * 1/2 pound precooked mini smoked sausages (the ones with cheese in them will work also)

In a 1-quart mini electric slow cooker; mix together the preserves and mustard.

Stir in scallions and sausages. Cover, plug in the cooker and cook for 3 hours or until very hot. Remove the cover, stir to mix and serve immediately with toothpicks; keep the heat on for another 30-60 minutes if desired while serving.

GRAPE JELLY MEATBALLS

- * 1 1/2 cups chili sauce
- * 1 cup grape jelly (can use currant jelly)
- * 1 to 3 teaspoons Dijon mustard
- * 1 pound lean ground beef
- * 1 egg, lightly beaten
- * 3 tablespoons fine dry bread crumbs
- * 1/2 teaspoon salt

Combine chili sauce, jelly, and mustard in Crock Pot and stir well.

Cook, covered, on high while preparing meatballs.

Combine remaining ingredients and mix thoroughly. Shape into 30 meatballs. Bake meatballs in a preheated 400 degree oven for 15 to 20 minutes; drain well. Add meatballs to sauce, stir to coat, cover and cook on low for 6 to 10 hours.

GREEK CHICKEN

6 skinless chicken breasts
1 lg. can tomato sauce
1 sm. can tomato puree
1 can sliced mushrooms
1 can ripe olives
1 tbsp. garlic
1 tbsp. lemon juice
1 tsp. oregano
1 onion, chopped
1/2 c. wine or brandy (optional)
2 c. rice
Salt to taste

Wash and remove fat from chicken. Bake in 350 degree oven for about an hour. Meanwhile, combine all other ingredients except rice). Put chicken and sauce in a slow cooker/Crock Pot on low heat and cook for at least 4 hours to blend flavors. Before serving, cook rice according to directions on box. Serve chicken and sauce over rice.

Serves 6.

GREEK STEW

3 pounds of stewing beef
1 1/2 pounds small onions (about 7)
3 cloves garlic, minced
1- 28 oz. can tomatoes
1/2 cup beef stock
1- 5 1/2 oz. can tomato paste
2 TBS red wine vinegar
2 tsp dried oregano
1/2 tsp each salt & pepper
1/2 cup all purpose flour
1/2 cup cold water
1 sweet green pepper, chopped
1/2 cup crumbled feta cheese
2 Tbsp. chopped fresh parsley

Cut beef into 1 inch cubes, trimming off any fat Cut onions into wedges leaving root end intact. Put meat & onions into slow cooker along with garlic & tomatoes. Combine beef stock, vinegar, oregano, salt & pepper and add to slow cooker, stirring gently to blend. Cook on Low for 8-9 hours or High for 6 hours. Add flour & water mixture and chopped green pepper. Cook on high for 15 minutes or until thickened. Serve sprinkled with feta & parsley.

GREEN BEAN AND POTATO CASSEROLE

* About 6 cups fresh trimmed and cut green beans (about 2 pounds)
or 2 16-ounce

packages frozen cut green beans

* 4 to 6 medium red-skinned potatoes, sliced about 1/4-inch

* 1 large onion, sliced

* 1 teaspoon dried dill weed

* 1 teaspoon salt

* 1/2 teaspoon pepper

* 1 can cream of chicken soup or other cream soup, undiluted, or use
about 1 cup of

homemade seasoned white sauce, velouté or cheese sauce

* margarine

Spray the crockpot with cooking spray or lightly grease with butter or
margarine.

Layer sliced potatoes, sliced onion and green beans, sprinkling with dill
and salt and pepper as you go. Dot with margarine, about 1
tablespoon total, and add about 2 tablespoons of water. Cover and
cook on HIGH for 4 hours (LOW, about 8 hours). Stir in soup or sauce;
turn to LOW and cook an additional 30 minutes or leave on WARM
(Smart-Pot) until serving time or up to 4 hours. Serves 6 to 8. Note:
Add bits of cooked bacon for extra flavor.

GREEN CHILE-STUFFED CHICKEN BREASTS

With the cheese mixture in the center, these chicken breasts come out tender and moist.

- * 4 boneless, skinned chicken breast halves, pounded thin
- * 3 ounces cream cheese
- * 3/4 cups shredded Cheddar or Monterey Jack cheese
- * 4 ounces green chiles
- * 1/2 teaspoon chili powder
- * salt and pepper to taste
- * 1 can cream of mushroom soup
- * 1/2 cup hot enchilada sauce

Combine cream cheese, shredded cheese, chiles, chili powder and salt and pepper.

Place a generous dollop on each flattened chicken breast, then roll up. Place chicken rolls in the slow cooker/Crock Pot, seam-side down. Top chicken breast rolls with remaining cheese mixture, soup, and enchilada sauce. Cover and cook on LOW for 6 to 7 hours. Serves 4.

HAMBURGER DIP

- * 2 pounds lean ground beef
- * 1 cup chopped onion
- * 2 cloves garlic, minced or 1/4 teaspoon garlic powder
- * salt to taste
- * 2 cans (8-ounces each) tomato sauce
- * 1/2 cup ketchup
- * 1 1/2 teaspoons oregano
- * 2 teaspoons white granulated sugar
- * 2 package (8-ounces each) cream cheese, softened and cut in cubes
- * 2/3 cup grated Parmesan cheese
- * 1 teaspoon mild chili powder

In skillet, brown ground beef with onion, discard fat. Pour browned meat and onion into Slow Cooker. Add garlic, salt, tomato sauce, ketchup, oregano, sugar, cream cheese, Parmesan cheese and chili powder. Set slow cooker/Crock Pot on LOW until cream cheese has melted and is thoroughly blended, 1 1/2 to 2 hours. Stir, taste and adjust seasoning if desired. Serve with cube French bread or tortilla chips. If spicier dip is desired, use hot chili powder in place of mild chili powder. Finely chopped jalapenos may be added, if desired.

HEALTHY CROCKPOT CHICKEN CREOLE

- * 3 lbs. chicken thighs or breasts, skinned
- * 1 cup celery, diced
- * 1 red bell pepper, sliced
- * 1 green bell pepper, sliced
- * 1 onion, sliced
- * 1 can sliced mushrooms
- * 1 can tomatoes
- * 1 tsp. garlic powder
- * 3 pkg. sugar substitute
- * 1 tsp. Cajun seasoning
- * 1/2 tsp. paprika
- * salt & pepper to taste
- * Louisiana hot sauce to taste
- * 2 cups minute rice, cooked

Place chicken in bottom of slow cooker/Crock Pot. Combine remaining ingredients (except rice) & add to slow cooker/Crock Pot. Cook on high 4 to 5 hours or on low 7-8 hours. Cook rice according to package direction. Spoon Creole mixture over hot cooked rice.

HEARTY BEEF DIP

- * 8 ounces Cream cheese, cubed
- * 1 1/4 ounces Sliced dried beef, diced
- * 2 tablespoons Green onion, chopped
- * 1/4 cup Milk
- * 1/4 cup Pecans, chopped
- * 1 Garlic clove

Combine cream cheese and milk in greased Crock Pot. Cover and heat until cheese is melted, 30 to 60 minutes. Add remaining ingredients; stir thoroughly. Cover and heat 30 minutes.

Serve with crackers or bread pieces.

HEARTY CHILI

1 pound ground turkey
1/2 ground chuck
30 oz. tomato sauce
24 oz. V-8 (tomato-vegetable juice)
1/2 c. chopped onion
1/2 c. chopped celery
1 tbsp. chili powder
1 c. chopped green pepper
1 c. chopped mushrooms
1 sm. jalapeno pepper (optional)
14 oz. stewed tomatoes
1/2 c. uncooked wild rice
2/3 c. brown sugar
14 oz. chili beans
1 oz. chili seasoning mix

Brown ground turkey and ground beef. Drain well. Place all other ingredients in a slow cooker and add the meat. Cook on low for 6 to 9 hours. Serve with crackers or cornbread.

HOME-STYLE BREAD PUDDING

2 Eggs, slightly beaten

2 1/4 cups Milk

1 teaspoon Vanilla

1/2 teaspoon Cinnamon

1/4 teaspoon Salt

2 cups 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-quart baking or souffle dish. Place metal trivet (or aluminum foil shaped

in a ring to keep the dish off the bottom of the pot) or rack in bottom of slow cooker/Crock Pot.

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.

Makes 4 to 6 servings.

HONEYED CHICKEN WINGS

- * 3 lb. chicken wings
- * Salt & pepper, to taste
- * 1 c. honey
- * 1/2 c. soy sauce
- * 2 tbsp. vegetable oil
- * 2 tbsp. ketchup
- * 1/2 garlic clove, minced

Cut off and discard chicken wing tips. Cut each wing into 2 parts and sprinkle with salt and pepper. Combine remaining ingredients and mix well. Place wings in slow cooker and pour sauce over. Cook 6 to 8 hours on low.

HOT ARTICHOKE DIP

- * 6 ounces Artichoke hearts, marinated
- * 1/3 cup Mayonnaise
- * 1 tablespoon Pimento, diced (optional)
- * 1/2 cup Parmesan cheese, grated
- * 1/3 cup Sour cream
- * 1/8 teaspoon Garlic powder

Drain and chop artichoke hearts. Combine all ingredients and place in Crock Pot. Cover and heat 30 to 60 minutes until hot. Serve with tortilla chips or assorted crackers.

HOT BROCCOLI DIP

- * 1 (10 oz.) chopped frozen broccoli, thawed
- * 1 stick margarine
- * 1 med. onion, chopped
- * 1 (10 3/4 oz.) cans of cream of mushroom soup
- * 14 oz. Velveeta cheese, cut up
- * 1 to 2 1/2 oz. can mushroom stems and pieces

Combine first 3 ingredients in a saute pan and cook until onions are clear. Transfer to the slow cooker/Crock Pot. Add soup, cheese, and mushrooms, heat on low for about 1 1/2 to 2 hours, or until cheese is melted and mixture is hot. Dip with large corn chips or can be poured over baked potatoes. Freezes well.

HOT CARAMEL APPLES

4 Lg. tart apples, cored

1/2 C. apple juice

8 Tbspoons brown sugar

12 red-hot candies

4 Tbspoons butter or margarine

8 caramels

1/4 tsp. ground cinnamon

Peel about 3/4 inch off the top of each apple; place in crock. Pour juice over apples. Fill the center of each apple with 2 Tbspoons of sugar, 3 red-hots, 1 Tbspoon of butter and 2 caramels. Sprinkle with cinnamon. Cover and cook on low for 4-6 hours or until apples are tender. May serve immediately with whipped cream if desired.

Makes 4 servings.

HOT CHICKEN SANDWICHES

12 eggs

1 loaf of bread (cubed)

2 large (or 3 small) boiler chickens (reserve some broth for use in recipe)

salt to taste

pepper to taste

Boil the chickens until done and let cool. When the chicken meat is completely cool to the touch, pick the chicken meat from the bones and set aside. Reserve a little of the broth for later.

Cube the loaf of bread and put it in a large bowl. Mix in the 12 eggs with the cubed bread. Add the chicken meat you picked from the bone and enough broth from the chicken to moisten. Add salt and pepper to your own taste. Mix well. Spread mixture into a lightly greased casserole dish and bake in a preheated 350 degrees F (175 degrees C) oven for 30 minutes. Or spray a slow cooker/Crock Pot with cooking spray to prevent sticking and pour in the chicken mixture. Let cook on low for about 6 hours. Serve by scooping onto buns.

Makes 12 to 18 servings

Tina's Comments: My husband thinks it could use some chopped up onions in it (I'm not an onion fan.....) but I did add a little bit of parsley to it.

HOT CHILI CON QUESO

- * 1 1/2 cups half-and-half, scalded
- * 1/2 pound grated Monterrey Jack cheese
- Page 178 of 245 Crockpot Recipes
- 2/16/2003 e-book://Pages/crockpot_recipes.htm
- * 1/2 pound grated sharp process cheese
- * 1 tablespoon butter
- * 1/2 onion, minced
- * 1 medium clove garlic, minced
- * 1/4 cup dry white wine or low-sodium stock
- * 1/4 cup flour
- * 1/4 cup water
- * 1 can chopped green chile peppers (4 oz)
- * 1 to 2 tablespoons chopped jalapeno (more or less depending on taste)
- * salt and pepper
- * dash cayenne pepper

Pour scalded half-and-half into buttered Crock Pot. Turn to high and stir in cheeses.

In small skillet, saute onion and garlic in butter until onion is tender. Add wine or stock and stir well. Add to cheese mixture. Combine flour with water and stir in. Cook covered on high for 30 minutes, or until cheese begins to melt. Turn to low and cook about 4 to 6 hours, stirring 2 or 3 times during the first hour and occasionally after that. If the mixture is too thin, mix 2 tablespoons of flour with 2 tablespoons of water and add. Serve warm with tortilla chips and/or other dippers.

HOT DOG AND BACON ROLLUPS

- * 2 pkg. hot dogs, cut in half
- * brown sugar
- * 1 lb. bacon, cut into in the middle

Take a piece of hot dog and piece of bacon, wrap bacon around hot dog. Stick a toothpick through bacon to hold. Place one layer in bottom of Crock Pot and cover with brown sugar. Repeat until all the hot dogs have been used. Cook 3 to 4 hours.

HOT DOG HORS D'OEUVRES

- * 2 (1 lb.) pkgs all beef hot dogs, sliced in half
- * 1 lb. bacon, sliced in half
- * Brown sugar

Wrap each hot dog half with bacon strip. Fasten with toothpick. Layer in slow cooker/Crock Pot, sprinkling each layer with a thin layer of brown sugar. Repeat layers until hot dogs run out. Cook on low for 2-3 hours, stirring gently with wooden spoon every 30 minutes.

HOT FRUIT COMPOTE

1 can peaches, drained

1 can pears, drained

1 can pineapple chunks, drained

1 cup brown sugar

1 tsp. cinnamon

1/2 stick margarine (4oz)

1 can cherry pie filling

Cut all fruit into bite-size pieces. Add rest of ingredients. Stir all together. Cover and cook on low 3 to 6 hours. Use as a side dish for breakfast or a meal, or as a topping for a dessert.

HOT 'N' SPICY PECANS

- * 1/4 cup butter, cut in pieces (4 oz)
- * 6 cups pecans
- * 2 teaspoons chili powder
- * 1/2 teaspoon onion salt
- * 1/2 teaspoon garlic powder

Place cut up butter in Crock Pot and heat, uncovered, on high until melted (15 to 20 minutes). Add pecans; stir to coat.

Cover and cook on high 30 minutes. Uncover and cook on high 2 1/2 hours longer, stirring occasionally.

Sprinkle with the seasonings and toss to coat; Spread on a baking sheet to cool.

Store in an airtight container in the refrigerator for up to 6 weeks, or freeze for up to 3 months. Serve at room temperature or warm.

HOT SPINACH DIP

- * 2 (10 oz.) pkgs. frozen chopped spinach
- * 1 lg. jar jalapeno Cheez Whiz
- * 1 can cream of mushroom soup
- * 1 (3 oz.) pkg. cream cheese
- * 2 tbsp. dried minced onion

Thaw spinach completely. Drain, and squeeze as much moisture as possible from spinach. Combine all ingredients in the slow cooker/Crock Pot and cook on low about 2 hours, until hot (stir a few times to blend well). Keep warm in Crock Pot or chafing dish. Serve with corn chips or crackers.

INDIAN PUDDING

- * 3 c. milk
- * 1/2 c. cornmeal
- * 1/2 tsp. salt
- * 3 eggs
- * 1/4 c. light brown sugar
- * 1/3 c. molasses
- * 2 tbsp. butter
- * 1/2 tsp. cinnamon
- * 1/4 tsp. allspice
- * 1/2 tsp. ginger

Lightly grease crockpot. Preheat on high for 20 minutes. Meanwhile bring milk, cornmeal and salt to a boil. Boil, stirring constantly, for 5 minutes. Cover and simmer an additional 10 minutes. In a large bowl, combine remaining ingredients. Gradually beat in hot cornmeal mixture and whisk until smooth. Pour into crock and cook on high for 2 to 3 hours or low for 6 to 8 hours.

INSTANT APPETIZER MEATBALLS

I find the following to be a real crowd pleaser: I take about half a bag of those great frozen meatballs from Sam's Club and dump them into the slow cooker/Crock Pot. Then I take 2 packages of brown gravy, mix them up according to the directions and then pour over the meatballs. Heat on low for 4 hours or so and you have instant appetizers.

ITALIAN GREEN BEANS

1/3-1/2 lb. sweet Italian sausage

15 oz can stewed tomatoes, chopped

4 cans(8 oz) sliced mushrooms (do not drain)

1/4-1/2 tsp. onion &/or garlic powders

1/2 tsp. basil &/or oregano

3 (1 lb.) cans Italian style green beans, 2 of them drained

1/2 cup Parmesan cheese

Brown sausage and drain. Add all ingredients except green beans. Mix thoroughly and simmer for 15 minutes. Add green beans and mix.

Bake at 250 degrees in a covered casserole for 30 minutes to 2 hours; or in a slow cooker on low up to 3 hours.

JERK CHICKEN

(A traditional Jamaican dish adapted to the crockpot)

1 large onion, cut into 8 pieces

1 generous tablespoon chopped crystallized ginger

1/2 to 1 habanero pepper, seeded, deveined, and finely minced (wear gloves!)

1/2 teaspoon ground allspice

2 tablespoons dry mustard

1 teaspoon freshly ground black pepper

2 tablespoons red wine or balsamic vinegar

2 tablespoons soy sauce

2 cloves garlic, crushed and minced

3 to 4 pounds chicken tenders

Combine onion and ginger in a food processor; process until finely chopped. Add remaining ingredients, except chicken, and pulse until well combined. Place chicken in a 3 1/2-quart (or larger) slow cooker/Crock Pot and cover with sauce. Cover, set on low, and cook for 6 to 8 hours. or until chicken is tender (3 to 4 hours on high).

4 servings.

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 Crock Pot. Mix other

ingredients together. Add to Crock Pot. Cook on LOW all day. Serve over noodles, rice, or mashed potatoes.

LEMON BAKED CHICKEN

16 ounces skinned and boned uncooked chicken breasts, cut into 4 pieces

1 lemon

1 teaspoon lemon pepper

1 teaspoon paprika

Place chicken pieces in a slow cooker. Squeeze juice of half a lemon over chicken. Sprinkle lemon pepper and paprika over top. Cut remaining lemon half into thin slices. Arrange slices around chicken. Cover and cook on HIGH for 4 hours.

LEMON-GARLIC CHICKEN

3 pounds Chicken

1/2 cup Lemon juice

1/2 cup Garlic cloves, crushed

1 teaspoon Seasoned salt

1 teaspoon Poultry seasoning

2 dashes Tabasco

1 cup White wine

Skin and cut up chicken. Combine with other ingredients in slow cooker/Crock Pot. 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.

LEMON PEPPER CHICKEN

5 boneless skinless chicken breasts (or any chicken pieces)

Lemon Pepper seasoning

2 tbsp. melted or squeeze margarine

Put chicken in slow cooker/Crock Pot. Sprinkle generously with seasoning. Pour margarine over chicken. Cook on low for 10 hrs. or on high for 6 hrs.

LEMON-POPPYSEED UPSIDE DOWN CAKE

This cake makes its own custard-like topping.

1 pkg. Lemon-Poppyseed Bread Mix

1 egg

8 ounces light sour cream

1/2 cup water

Sauce:

1 tablespoon butter

3/4 cup water

1/2 cup sugar

juice from one lemon (about 1/4 cup)

Page 184 of 245 Crockpot Recipes

2/16/2003 e-book://Pages/crockpot_recipes.htm

Mix the first 4 ingredients together until well moistened. Spread batter in a lightly greased 3 1/2 quart slow cooker/Crock Pot. Combine sauce ingredients in a small saucepan; bring to a boil. Pour boiling mixture over the batter; cover and cook on high for 2 to 2 1/2 hours. Edges will be slightly browned. Turn heat off and leave in the pot for about 30 minutes with cover slightly ajar. When cool enough to handle, hold a large plate over the top of the pot then invert.

LEMON-ROSEMARY CHICKEN

1/2 c. lemon juice

1 tbsp. vegetable oil

1 garlic clove, crushed

1 teaspoon. dried rosemary

1/4 teaspoon. salt

1/4 teaspoon. pepper

1 1/2 to 2 lbs. boneless, skinless chicken breasts

In a large food storage bag, place lemon juice, oil, garlic, rosemary, salt and pepper. Add chicken.

Close bag and marinate in refrigerator 4 hours or overnight, turning bag frequently. Place chicken in the slow cooker/Crock Pot and pour marinade over. Cover and cook for 6 to 8 hours, or until tender, basting occasionally with the marinade, if possible. You may add frozen broccoli and carrots about 1 to 1 1/2 hours before done.

Serves 4 to 6.

LEMON TARRAGON CHICKEN WITH ASPARAGUS

1 pound frozen chicken breasts, boneless

1/4 cup lemon juice

1/4 cup chicken stock

1 teaspoon tarragon (dried)

1 package frozen asparagus (or fresh partially cooked)

2 tablespoons flour

1/2 cup heavy or whipping cream

salt and pepper to taste

Put frozen chicken breasts in Crock Pot and add lemon juice, broth, and tarragon. Cook on low 6 hours. Add asparagus; whisk cream and flour together and add. Cook another hour on high or until asparagus is tender and sauce is thickened. Serve over noodles or rice.

Artichokes are good in this too!

Lo-Cal Crock Pot Chicken

2 med. onions, thinly sliced

2-3 lb. chicken, cut up and skinned

2 cloves garlic, minced

1 lg. can tomatoes

1 tsp. salt

1/4 tsp. pepper

1/2 tsp. oregano, crushed

1/2 tsp. basil

1/2 tsp. celery seed

1 bay leaf

Layer in order and cook on low 6-8 hours, or on high 2 1/2 - 4 hours.

LOW-FAT CHICKEN & VEGGIE BAKE

8 boneless, skinless chicken breasts

2 cans whole potatoes, drained

1 tsp garlic powder

1 bottle fat free Italian salad dressing

1 pkg frozen veggies

1 can water chestnuts (optional)

salt & pepper

Sprinkle chicken breasts with salt, pepper and garlic. Put chicken in bottom of slow cooker/Crock Pot. Add remaining ingredients. Cook on high for 4-6 hours or on low for 8-10 hours.

Serves 8

LOW-FAT GLAZED CHICKEN IN SLOW COOKER

6 ounces orange juice, frozen concentrate-thawed

3 chicken breasts, split

1/2 tsp marjoram

1 dash ground nutmeg

1 dash garlic powder (optional)

1/4 cup water

2 Tbsp cornstarch

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 pieces into the orange juice to coat completely. Place in slow cooker/Crock Pot. Pour the remaining orange juice mixture over the chicken. 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 slow cooker/Crock Pot cooking. When chicken is done, remove to serving platter. Pour the sauce that remains 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.

LUSCIOUS LEMON CHEESECAKE

Crust:

1 cup vanilla wafer crumbs
1/2 teaspoon lemon zest
1 tablespoons sugar
3 tablespoons butter, melted

Filling:

16 ounces cream cheese
2/3 cup sugar
2 large eggs
1 tablespoon flour or cornstarch
1 teaspoon fresh lemon zest
2 tablespoons fresh lemon juice

Combine crust ingredients. Pat into a 7-inch springform pan.

Beat cream cheese and sugar together until smooth; beat in eggs and continue beating on medium speed of a hand-held electric mixer for about 3 minutes. Beat in remaining ingredients and continue beating for about 1 minute. Pour batter into the prepared crust. Place the cheesecake on a rack in the Crock Pot. Cover and cook on high for 2 1/2 to 3 hours. Let stand in the covered pot after turning it off for about an hour or 2, until cool enough to handle. Cool thoroughly before removing pan sides. Chill in the refrigerator before serving, and refrigerate any leftovers.

MACARONI PIE

8 oz. box (cooked) macaroni

3 c. grated cheese

1 (16 oz.) can of evaporated milk

1 1/2 c. sweet milk

2 eggs

1/4 c. margarine

1 tsp. sugar

Salt and pepper to taste

Combine cooked macaroni with other ingredients and pour into a greased crockpot.

Cook 3 1/2 hours on medium heat.

MANHATTEN MEATBALLS

- * 1 lb ground beef
- * 1 lb. mild pork sausage (or use all beef)
- * 2 c. soft bread crumbs or 1 1/2 c. oatmeal
- * 2 eggs
- * 1/2 c. chopped onion
- * 2 tbsp. parsley
- * 2 tsp. salt
- * 1/2 tsp. garlic salt

Sauce:

- * 1 (12 oz) jar apricot preserves
- * 1/2 c. barbecue sauce

Mix first 8 ingredients together and form meatballs. Brown in skillet, or in oven at 450 degrees for 15 minutes. Heat sauce, pour over meatballs. Bake at 350 degrees for 25 minutes or cook in Crock Pot.

Can be served over rice or as an appetizer with toothpicks.

Makes 4 or 5 dozen.

MAPLE-FLAVORED BARBECUE CHICKEN

1 c. ketchup

1/2 c. maple flavored syrup

2 tbsp. prepared mustard

2 tbsp. Worcestershire sauce

2 tsp. lemon juice

1/2 tsp. chili powder

1/4 tsp. garlic powder

4 boneless, skinned chicken breasts

Place all ingredients in slow cooker/Crock Pot and cook on low for about 7 to 8 hours or until chicken is done. Remove meat, shred and return to sauce. Place on buns for sandwiches or serve over hot rice.

Serves 4 to 6.

MAPLE GLAZED SWEET POTATOES

5 medium sweet potatoes

1/4 cup brown sugar

1/4 cup pure maple syrup

1/4 cup apple cider

dash salt and pepper to taste

Peel sweet potatoes and cut into 1/4 to 1/2-inch thick slices; place in Crock Pot. Whisk remaining ingredients together and pour over potatoes. Cover and cook on low 7 to 9 hours. Stir a few times, if possible, to keep them coated.

Serves 4.

MARINER FONDUE

- * 2 cans (10 3/4 oz each) condensed cream of celery soup
- * 2 c. grated sharp process cheese
- * 1 c. chunked cooked lobster
- * 1/2 c. chopped cooked shrimp
- * 1/2 c. chopped cooked crabmeat
- * 1/4 c. finely chopped, cooked scallops
- * dash paprika
- * dash cayenne peppe
- * 1 loaf of French bread, cut into 1 inch cubes

Combine all ingredients except bread cubes in lightly greased Crock-Pot; stir thoroughly. Cover and cook on High for 1 hour or until cheese is melted. Turn to Low for serving. Using fondue forks, dip bread cubes into fondue.

Makes about 1 1/2 qts.

MARMALADE-GLAZED CARROTS

1 package (32oz) fresh baby carrots

1/2 cup marmalade

1 tablespoon water

2 tablespoon brown sugar

1 tablespoon butter

1/2 teaspoon cinnamon

1/4 teaspoon nutmeg

1 tablespoons cornstarch

Page 190 of 245 Crockpot Recipes

2/16/2003 e-book://Pages/crockpot_recipes.htm

2 tablespoons water

salt and pepper to taste

Combine all ingredients in Crock Pot and cook on low for 7 to 9 hours, until carrots are tender.

About 15 minutes before serving, make a paste of the cornstarch and cold water; stir into carrots. Taste and adjust seasonings.

Serves 4 to 6 as a side dish.

MEATBALLS

- * 2 pounds Ground beef
- * 1 medium Onion-grated or minced
- * 20 Ritz crackers, crushed
- * 1/4 teaspoon Black pepper
- * 1/4 teaspoon Garlic salt
- * 1/2 teaspoon Dry mustard
- * 2 large Eggs, beaten
- * 1 1/2 cups Bottled Barbecue Sauce
- * 3/4 cup Tomato paste
- * 1 teaspoon Liquid smoke
- * 1/3 cup Catsup
- * 1/3 cup Brown sugar
- * 1/2 cup Water or as needed

In a large bowl combine the ground beef, onion, crushed crackers, pepper, garlic salt, dry mustard and eggs. Squish the mixture together by hand until well mixed and form into walnut sized balls. Place them on a flat wire rack in a roasting pan or a large cake pan. Bake the meatballs in a 350 degree oven for 15 minutes, turn and bake for 15 minutes more. In a Crock Pot combine the remaining ingredients. Cook on high 30 minutes. Add the meatballs and simmer for several hours.

Makes about 60 meatballs.

MEDITERRANEAN STYLE CHICKEN

6 skinless and boneless chicken breasts

1 large can tomato sauce

1 small can tomato puree

1 can sliced mushrooms

1 can ripe olives, sliced or whole

1 tablespoon garlic

1 tablespoon lemon juice

1 teaspoon oregano

1 onion, chopped

1/2 cup wine or brandy (optional)

cooked rice

Salt to taste

Wash and remove excess fat from chicken. Combine all ingredients in the slow cooker/Crock Pot, except the rice. Cover and cook on low for 6 to 8 hours. Serve chicken and sauce over rice.

Serves 6.

MEXICAN CHEESE DIP

* 1/2 pound Velveeta

* 1 teaspoon Taco seasoning (optional)

* 1/2 can Ro-Tel Tomatoes with chilies

Cube cheese and place in Crock Pot. Cover and heat 30 to 60 minutes, until melted, stirring occasionally. Stir in tomatoes and seasoning.

Cover and continue heating 30 minutes.

Serve with tortilla chips or corn chips.

MEXICAN CHICKEN IN CROCKPOT

- * Chicken pieces

- * Taco seasoning

Let cook all day on low or several hours on high. Serve as chicken tacos or with a side dish as the main course. Super simple. You really cannot go wrong. Be careful because if you cook too long the bones could come apart into small pieces and could be difficult to separate from meat.

MEXICAN CHILI

2 (15 1/2 oz.) cans red kidney beans, drained
1 (28 oz.) can tomatoes, cut up
1 c. chopped celery
1 c. chopped onion
1 (6 oz.) can tomato paste
1/2 c. chopped green pepper
1 (4 oz.) can green chili peppers, drained and chopped
2 tbsp. sugar
1 bay leaf
1/2 tsp. garlic powder
1 tsp. salt
1 tsp. dried, crushed marjoram
Dash of pepper
1 lb. ground beef

In skillet brown ground beef and drain. In crockery cooker combine all ingredients. Cover, cook on low heat for 8 to 10 hours. Remove bay leaf and stir before serving. Approximately 10 servings and great with corn bread!

MINT BUTTER WAFERS

- * 2 T. butter
- * 1/4 C. milk
- * 1 pkg. white frosting mix (dry)
- * 3 drops peppermint flavoring

Melt butter and milk together in a covered cooker on high. Stir in frosting and cook 1 to 2 minutes more. Add flavoring. Turn to low and drop by teaspoonfuls onto waxed paper.

Makes 5 dozen.

MIXED VEGETABLE BAKE

- * 2 cans Creamed corn, 17 oz each
- * 2 cans Green beans; cut, 16 oz each
- * 2 cans Peas, 16 oz each
- * 1 can Tomatoes, 17 oz
- * 1/2 cup Mayonnaise
- * 1 teaspoon Tarragon
- * 1 teaspoon Basil
- * 1/2 teaspoon Salt
- * Pepper

Combine all ingredients in removable liner, mix well to blend herbs.
Place liner in base. Cover and cook on low 4-6 hours.

NO-BEAN CHILI

2 pounds ground beef, or cubed lean stew beef

1 (8 oz) can Tomato sauce

1 (6 oz) can Tomato paste

1 (16 oz) can Stewed tomatoes , optional

2 tablespoons Chili powder

1 1/2 teaspoons Salt

1 teaspoon Hot pepper sauce, or more

Combine all ingredients in slow cooker. Cover and cook on low for 8-10 hours. (Add a can of your favorite beans if you wish.)

Serves 4 to 6.

OLD FASHIONED CROCKPOT APPLE BUTTER

14 cooking apples (Winesap)

2 1/2 c. sugar

1 c. apple juice

1 tbsp. cinnamon

1 tbsp. cloves

1 tsp. Allspice

Wash and core apples; cut in 1/4 pieces. Slightly grease crockpot, put in apples and apple juice. Cook on high for 5 hours. Add other ingredients and cook for 6 hours on high. Stir each hour. Pack in 1/2 pint jars and seal. Makes 5 (1/2 pint) jars.

ONE POT CHICKEN AND GRAVY

Boneless, skinless chicken breasts

Potatoes, quartered, with jackets

About 6 stalks celery

1/2 pkg baby carrots

1 can cream of chicken soup*

1 pkg dry onion soup mix

Place vegetables on bottom of Crock Pot. Brown chicken breasts in PAM or vegetable spray. Place over vegetables. Cover with the cream of chicken soup, undiluted. Sprinkle with dry onion soup mix. Do not add water. Cover and cook all day on low, or 6 hours on high.

* I had planned to substitute either Campbell's healthy choice or reduced fat cream of chicken. I have done this in other recipes, and cannot taste the difference.

ORANGE-GLAZED CHICKEN

6 ounces orange juice, frozen concentrate, thawed

6 chicken breast halves

1/2 teaspoon marjoram

1 dash ground nutmeg

1 dash garlic powder

1/4 cup water

2 tablespoons cornstarch

Combine thawed orange juice concentrate in a bowl with the marjoram, garlic powder and nutmeg.

Dip each chicken breast half into the orange juice to coat completely.

Place in slow cooker/Crock Pot. Pour the remaining orange juice mixture over the chicken. Cover and cook on low for 6-8 hours, or on high for about 4 hours.

ORANGE BURGUNDY CHICKEN

- * 2 1/2 to 3 pounds frying chicken, cut up
- * 1/2 cup orange marmalade
- * 1/2 cup orange juice
- * 1/2 cup dry red wine
- * 2 tablespoons cornstarch
- * 2 tablespoons brown sugar, packed
- * 1 tablespoon lemon juice
- * 1 teaspoon salt

Remove skin from chicken. Rinse and place in slow cooker. Combine remaining ingredients in a bowl and pour over chicken. Cover and cook on low 6 to 8 hours. Serve with rice and spinach salad.

Serves 6.

ORANGE GLAZED CARROTS (CROCKPOT)

- * 3 cups Thinly sliced carrots
- * 3 tablespoons Butter or margarine
- * 2 cups Water
- * 3 tablespoons Orange marmalade
- * 1/4 teaspoon Salt
- * 2 tablespoons Chopped pecans

Combine carrots, water, and salt in Crock Pot. Cover and cook on high 2 to 3 hours or until the carrots are done. Drain well; stir in remaining ingredients. Cover and cook on high 20-30 minutes.

Makes 5 to 6 servings.

PAPRIKOSH

5 large Carrots (cubed)

8 large Potatoes (cubed)

5 large Celery stalks

2 large Onions (sliced thin)

3 tablespoons Paprika*, salt & pepper to taste

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

PARMESAN SCALLOPED POTATOES

5 to 6 red potatoes, sliced (about 5 cups sliced)

6 slices turkey bacon or other smoked meat

3 ounces freshly grated parmesan cheese

1 can condensed cream of mushroom soup

salt and pepper to taste

Layer all ingredients in lightly buttered 3 1/2-quart Crock Pot (or use a souffle dish to fit in a larger Crock Pot); cover and cook on low for 7 to 9 hours. Adjust seasonings.

Serves 4.

PARTY HAMBURGER DIP

- * 1 pound Hamburger
- * 1 1/2 pounds Velveeta
- * 1 can Ro-Tel tomatoes and chiles
- * 1/2 Onion, diced
- * 1 8 - 12 oz fresh mushrooms, sliced

Brown hamburger, mushrooms & onion; drain. Melt Velveeta in slow cooker. Add remaining ingredients and simmer (high) for about 30 minutes. Serve with corn chips or crackers. Turn pot to low while serving.

PARTY MIX

- * 7 cups assorted cereal (oat, rice, wheat in various shapes)
- * 1 cup peanuts, pecans, cashews, or mixed nuts
- * 1 cup mini pretzel sticks
- * 1/2 cup butter or margarine, melted
- * 4 tablespoons Worcestershire sauce
- * dash hot pepper sauce
- * 1/2 teaspoon seasoned salt
- * 1/2 teaspoon garlic salt
- * 1/2 teaspoon onion salt

Combine cereals, nuts and pretzels in Crock Pot. Mix melted butter with remaining ingredients and pour over the cereal mixture, tossing to coat. Cook uncovered on high for 2 hours, stirring about every 30 minutes. Turn to low and cook another 2 to 6 hours. Store in an airtight container. Makes about 10 cups.

PASTA AND BROCCOLI

1 med. onion

1 can cream of mushroom soup

1 lb. Velveeta

1 pkg. frozen broccoli & cauliflower

1 pkg. shell noodles

Mix onion, cream of mushroom soup and Velveeta in a slow cooker/Crock Pot on high until melted. Add broccoli and cauliflower until hot. Add cooked shells right before serving.

PEACH BUTTER

6 cups unsweetened peaches

3 cups white sugar

1 1/2 cups apricot nectar

2 tablespoons orange or lemon juice

1 teaspoon vanilla

Put peaches through food mill or food processor. Mix all ingredients together well and put in Crock Pot. Bring to a good boil, uncover and boil until thick or 4 hours, high or low to keep it boiling. When it boils good, remove cover.

PHEASANT AND WILD RICE

1 cup raw wild rice

1 can cream of mushroom soup

1 can cream of chicken soup

1 can mushrooms

2 1/2 cups water

2 pheasants, cut up, flour and brown

1 pkg instant onion soup mix

Mix rice, canned soup, water, mushrooms and water together in slow cooker/Crock Pot. Place

pheasants in slow cooker/Crock Pot (I never brown mine, I just put them in and they come out fine). Sprinkle with onion soup mix. Cover.

Cook on low 6 to 8 hours. Add a splash more water if rice is looking dry towards end of cooking time.

PHILIPPINE CHICKEN

* 1 chicken, cut up

* 1 cup water

* 1/2 cup vinegar

* 1/4 cup soy sauce

* 2 cloves garlic, sliced

Put all in Crock Pot; cook for 6 to 8 hours on low. Serve over rice.

PICANTE CHEESE DIP

- * 1 1/2 pounds ground beef (browned)
- * 1 can (11 oz.) cream of mushroom soup
- * 2 pound processed cheese (Velveeta)
- * 1 stick margarine
- * 1 onion, chopped
- * 2 tbsp. chili powder
- * 1 cup picante sauce

Brown meat and onion. Drain. Add all ingredients to slow cooker/Crock Pot and cook on low heat until cheese melts, about 1 1/2 hours. Serve in slow cooker/Crock Pot with tortilla chips.

PIZZA DIP

- * 1 large cream cheese softened
- * 1 jar pizza sauce
- * 1 small can chopped olives
- * 1 medium onion chopped
- * 1 pkg. sliced pepperoni
- * 1 pkg. grated cheese for pizza

Spread cream cheese in bottom of slow cooker/Crock Pot. Then mix up the pizza sauce, onion, olives and pepperoni and spread on top of the cream cheese. Sprinkle with the pizza cheese and cook on low until the cheese on top melts. Serve with tortilla chips.

You could add other pizza toppings to this or delete some that are listed.

PIZZA FONDUE

- * 1 lb. ground beef
- * 2 cans Chef Boy-ardee pizza sauce with cheese
- * 8 oz. grated cheddar cheese
- * 8 oz. grated Mozzarella
- * 1 tsp. oregano
- * 1/2 tsp. fennel seed
- * 1 tbsp. cornstarch

Brown ground beef and drain. Add all other ingredients place in slow cooker/Crock Pot and heat through.

Serve with tortilla chips.

POTATO CASSEROLE

1 pkg frozen hash browns

1 small carton Ranch Dip

1 can Cream of Potato Soup

salt, pepper

dried onions to taste

4-5 oz of grated cheddar cheese

Mix 1st 4 ingredients. Put into slow cooker/Crock Pot. Place grated cheese on top. I cooked on high for about 4 hours. They were delicious. You could probably add ham or other meat, for a complete meal in one.

POTATOES PERFECT

1/4 pound Bacon, diced

2 md Onions, thinly sliced

4 md Potatoes, thinly sliced

1/2 pound Cheddar cheese, thinly slice

Salt and pepper

Butter

Line slow cooker/Crock Pot with aluminum foil, leaving enough to overlap potatoes when finished.

Layer half each of the bacon, onions, potatoes and cheese in slow cooker/Crock Pot. Season to taste and dot with butter. Repeat layers of bacon, onions, potatoes and cheese. Dot with butter. Overlap with remaining foil. Cover and cook on low setting for 10 to 12 hours.

PROVINCIAL CHICKEN

- * 1 1/2 pounds chicken tenders, frozen
- * 2 small zucchini, diced
- * 1 can (4 oz) sliced black olives
- * 1 tablespoon sherry wine vinegar or balsamic vinegar
- * 1 can good-quality diced tomatoes (about 15 ounces)
- * 1 can (10 oz) cream of chicken soup with herbs
- * 2 teaspoons dried parsley flakes
- * 1 teaspoon dried basil
- * 1 tablespoon dried minced onion
- * 1 cup shredded cheddar cheese
- * 2 to 3 tablespoons sour cream (optional)
- * hot noodles, rice or pasta

Combine first 9 ingredients in 3 1/2-quart slow cooker/Crock Pot (or larger). Cover and cook on low for 6 to 8 hours. Add cheese and sour cream during the last 15 minutes. Serve over hot noodles, rice or pasta.

PUDDING CAKE

1 cup Flour

1/2 cup Sugar

1/2 cup Coarsely chopped pecans, or walnuts

1/4 cup Unsweetened cocoa

2 teaspoons Baking powder

1/2 teaspoon Salt

1/2 cup Milk

1/4 cup Oil

1 teaspoon Vanilla extract

1 cup Boiling water

1/2 cup Chocolate syrup

Whipped cream or ice cream

Mix together first 6 ingredients in 6-cup mold. Stir in milk, oil and vanilla. Mix boiling water and chocolate syrup. Pour over batter . Place small trivet or band from canning jar in bottom of cooker , add 2 cups warm water . Place mold in cooker and cover with 4 layers of paper towels. Cover cooker and cook on high 3 to 4 hours. Serve warm with cream.

PUMPKIN BREAD

- * 1 cup all-purpose flour
- * 1 1/2 tsp baking powder
- * 1 tsp pumpkin pie spice
- * 1/2 cup brown sugar, firmly packed
- * 2 Tb vegetable oil
- * 2 eggs
- * 1/2 cup pumpkin (canned)
- * 4 Tb raisins or dried currants, finely chopped

In small bowl combine flour, baking powder and pumpkin pie spice; set aside.

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. Pour pumpkin mixture into 2 well-greased and floured 1/2-pint straight-sided canning jars. Cover jars tightly with 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. 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. Remove jars from cooker; cool 10 minutes in jars. Remove bread from jars. Cool thoroughly on wire rack. Makes 2 loaves.

PUMPKIN TEA BREAD

- * 1/2 c. oil
- * 1/2 c. sugar
- * 1/2 c. brown sugar
- * 2 beaten eggs
- * 1 c. canned pumpkin
- * 1 1/2 c. sifted flour
- * 1/2 tsp. salt
- * 1/2 tsp. cinnamon
- * 1/2 tsp. nutmeg
- * 1 tsp. soda
- * 1 c. chopped walnuts

Blend oil and two sugars. Stir in beaten eggs and pumpkin. Sift dry ingredients together. Add and then stir in nuts. Pour batter into greased and floured 1 lb. 10 oz. coffee can. Place can in Crock Pot. Cover top of can with 6-8 paper towels; place lid on top. Bake on high 2 1/2 - 3 1/2 hours. No fair peeking until last hour.

RED RICE

- * 4 to 6 slices bacon, fried & crumbled
- * 1 large onion, coarsely chopped
- * 2 cans chopped tomatoes, (15 oz each)
- * 1 cup converted rice
- * 1/2 to 1 cup cooked chopped ham
- * salt and pepper, to taste
- * 1/8 teaspoon hot pepper sauce, or to taste

Fry bacon; drain and crumble. Cook onion in bacon grease just until softened. Combine all ingredients in the slow cooker/Crock Pot. Cover and cook on low for 6 to 7 hours, or until rice is tender but not mushy. Serves 6 to 8

REFRIED BEAN DIP

- * 1 (20 oz can) refried beans
- * 1/4 teaspoon salt
- * 1 cup shredded cheddar cheese
- * 1 (4 oz can) chopped green chiles
- * 2 tablespoons bottled taco sauce
- * 1/2 cup chopped green onions
- * tortilla chips

In Crock Pot combine beans with cheese, chiles, onions, salt, and taco sauce. Cover and cook on low for 2 to 2-1/2 hours. Serve hot from the pot.

REUBEN DIP

- * 1 small can sauerkraut
- * 1 (8 oz.) cream cheese
- * 1 (6 oz.) shredded Swiss cheese
- * 6 ounces diced corned beef
- * 2 tbsp. Thousand Island Dressing

Drain and rinse sauerkraut, mix with cream cheese and Swiss cheese. Add diced corned beef and Thousand Island dressing. Cover and heat on low until cheeses are melted, stirring occasionally to blend all ingredients. Serve warm with crackers or cocktail rye bread.

RHUBARB BAKE

- * 1 3/4 cup fresh rhubarb
- * 3/4 cup sugar
- * 1 cinnamon stick
- * 2 whole cloves
- * 1 teaspoon grated lemon peel
- * 1/4 cup butter or margarine
- * 1/3 cup flour
- * 1/3 cup sugar

Cut rhubarb into small pieces. Combine rhubarb with 3/4 cup sugar, cinnamon, cloves and lemon peel in cooker. Cover and cook on low for 3 to 4 hours. Remove whole spices. Spoon rhubarb into baking dish. Combine remaining ingredients and sprinkle over rhubarb. Bake at 400 degrees for 20 to 25 minutes.

Serves 4 to 6.

RICE PUDDING

- * 2 1/2 c. cooked rice
- * 1 1/2 c. scalded milk
- * 2/3 c. white or brown sugar
- * 3 eggs, beaten
- * 1 tsp. salt
- * 2 tbsp. vanilla
- * 1 tsp. cinnamon
- * 1 tsp. nutmeg
- * 1/2 c. raisins
- * 3 tbsp. soft butter

Combine all ingredients. Pour into lightly greased Crock Pot. Cook on high 1 to 2 hours. Stir during first 30 minutes. Recipe can be doubled.

RICE PUDDING WITH FRUIT

1/2 gallon milk*
1 cup uncooked rice
1 cup sugar
3 tablespoons cold margarine
1/4 teaspoon salt, optional
1 teaspoon vanilla extract
1/2 cup dried apricots or peaches, minced
1/4 teaspoon ground cinnamon

*Use half nonfat and half whole milk or all nonfat for lower fat content.

Can substitute evaporated milk for a very rich flavor.

The cooking time will vary greatly, anywhere from 1 1/2 to 3 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 the slow cooker/Crock Pot. Stir to blend well. Cover and cook on high for 1 1/2 hours; stir once after about an hour. Or, cook on high for the first 30 minutes, turn to low and cook as long as desired. Check after the first 2 hours of low cooking and stir. If the rice is not absorbing the milk quickly enough, turn the slow cooker/Crock Pot up to high again. Keep cover on at all times.

Slow Cooker temperatures vary widely among different brands. Only experimentation can tell you the correct amount of time for cooking in your slow cooker/Crock Pot. Rarely will a slow cooker/Crock Pot recipe fail, though, as the long, slow cooking process does not require precise timing.

Serves 8.

RICH BROWNIES IN A NUT CRUST

1/4 cup butter or margarine, melted

1 cup chopped nuts

1 family-size package brownie mix (about 23 oz.)

Pour melted butter into 2-pound coffee can; swirl to butter sides.

Sprinkle with half the nuts. Mix brownies according to the package directions. Pour half the batter into coffee can, covering nuts evenly. Add remaining half of nuts, then batter. Place can in Crock-Pot. Cover top of can with 8 paper towels. Cover and bake on High setting for 3 hours. Do not check or remove cover until last hour. (If using Bread 'n Cake Bake pan, bake in covered pan on High setting for 2 to 3 hours.) Remove can and discard paper towels. Let stand 5 minutes. Unmold and serve warm.

24 brownies (for 3 1/2- or 5-quart Crock-Pot).

RICOTTA AMARETTO CHEESECAKE

Crust:

1 cup vanilla wafer crumbs (about 21 to 23 cookies)
1 tablespoon sugar
1/8 teaspoon almond extract
3 tablespoons butter

Filling:

15 ounces light ricotta cheese
8 ounces cream cheese
2/3 cup sugar
3 large eggs plus 1 egg yolk
Page 207 of 245 Crockpot Recipes
2/16/2003 e-book://Pages/crockpot_recipes.htm
1/4 cup Amaretto liqueur
2 tablespoons all-purpose flour
1/4 teaspoon almond extract
1/2 teaspoon vanilla extract

Combine crust ingredients well; pat into a 7-inch springform pan. Beat sugar into the cheeses; add eggs; beat for 2 to 3 minutes on medium speed of an electric hand-held mixer. Add remaining filling ingredients and beat about 2 minutes more. Pour into prepared crust. Place the cheesecake on a rack in the Crock Pot (or use a "ring" of aluminum foil to keep it off the bottom of the pot). Cover and cook on high for 2 1/2 to 3 hours. Let stand in the covered pot (after turning it off) for about 1 to 2 hours, until cool enough to handle. Cool thoroughly before removing pan sides. Chill before serving; store leftovers in the refrigerator.

ROASTED VEGGIE TRIO POT

3 cups (15 oz) sliced raw potatoes

3 cups sliced carrots

1-3/4 cups (one 15 oz can) Swanson Beef Broth

1/2 cup chopped onions

In a slow cooker, combine potatoes, carrots and onion. Pour beef broth evenly over top. Cover and cook on HIGH for 4 - 6 hours. Mix well before serving.

RUSSIAN CHICKEN

- * 1 bottle Russian dressing (16 oz.)
- * 1 envelope onion soup mix
- * 1 jar apricot preserves (10 oz.)
- * 4 pieces chicken -- (4 to 6)
- * Seasoned salt and pepper to taste

Combine dressing, preserves and onion soup mix in bowl and pour into a slow cooker/Crock Pot. Sprinkle chicken with seasoned salt and pepper. Place chicken, skin side down, in slow cooker/Crock Pot. Cook on LOW for 8 hours (HIGH 4 hours)

Serves 4 - 6.

SALMON AND POTATO CASSEROLE

- * 4 potatoes, peeled and thinly sliced
- * 3 tablespoons flour
- * salt and pepper
- * 1 can (16 ounces) salmon, drained and flaked
- * 1 medium onion, chopped
- * 1 can (10 3/4 ounces) cream of mushroom soup
- * 1/4 cup water
- * nutmeg

Place half of the potatoes in greased slow cooker/Crock Pot. Sprinkle with half of the flour, salt and pepper. Cover with half the salmon; sprinkle with half the onion. Repeat layers in order. Combine soup and water. Pour over potato-salmon mixture. Dust with nutmeg. Cover and cook on Low for 7-10 hours.

Serves 6.

SALMON BAKE IN CROCKPOT

- * 3 cans Salmon, 1 lb each
- * 4 cups Bread crumbs, soft 10 slices
- * 1 can Tomatoes in puree, 1 lb.
- * 1 Green pepper, chopped
- * 3 teaspoons Lemon juice
- * 1 can Cream of onion soup, cond.
- * 2 Chicken bouillon cubes, crushed
- * 6 Eggs, well beaten
- * 1 can Cream of celery soup, cond.
- * 1/2 cup Milk

Grease removable liner well. Combine all ingredients, except celery soup and milk, in removable liner. Place liner in base. Cover and cook on low 4-6 hours or auto for 3 hours. Combine cream of celery soup with 1/2 cup of milk and heat in saucepan. Use as sauce for salmon bake.

SAVORY SALSA-CORN CAKE

- * 2 boxes corn muffin mix, (8 oz each)
- * 1 can creamed corn, (15 ounce)
- * 2 eggs
- * 1/2 cup sour cream
- * 1 can chopped green chiles, (4 ounces) undrained
- * 2 tablespoons soft margarine
- * 3 to 4 Tbs chunky salsa

In a medium bowl, combine creamed corn, eggs, sour cream, chiles, and margarine. Whisk together until well combined. Add corn muffin mix, stirring well to combine. Generously grease a 3 1/2-quart slow cooker/Crock Pot with margarine or butter. Pour batter into the slow cooker/Crock Pot. Spoon salsa over the top and cut into the batter. Cover and cook on high for about 2 1/2 hours. Turn heat off and let cool with lid ajar, for about 15 minutes. Loosen sides with a knife and invert onto a large plate. If a little of the top sticks to the bottom of the pot, dollop a little salsa on the top, or decorate with sour cream and chopped green onion.

Delicious side dish!

Serves 6 to 8.

SCALLOPED CORN

3 large eggs

1 cup half and half

1 Tablespoon sugar

1/4 teaspoon salt

1/4 teaspoon pepper

3 to 4 tablespoons minced onion

2 cups frozen creamed corn, thawed

1 cup coarsely crushed cracker crumbs

Wisk milk and eggs together, then mix in remaining ingredients. Pour into lightly buttered casserole which will fit in the slow cooker/Crock Pot. Cover and cook on high for 2 1/2 hours, or until knife inserted in center comes out clean.

Serves 6 as a side dish.

SCALLOPED POTATO-TOMATO POT

6 cups (20 oz) frozen shredded hash browns

2 cups (one 16 oz can) cut green beans, rinsed and drained

1/4 cup finely chopped onion

1 teaspoon dried parsley flakes

1 (10-3/4 oz) can Healthy Request Cream of Celery Soup

1-3/4 cups (one 14-1/2 oz can) stewed tomatoes, undrained

In a slow cooker, combine hash browns, green beans and onion. In a medium bowl, combine parsley flakes, celery soup and undrained stewed tomatoes. Add soup mixture to potato mixture. Mix well to combine. Cover and cook on LOW for 6 - 8 hours. Mix well before serving.

SCALLOPED POTATOES

10 large Potatoes, thin slice

2 large Onions, chopped

2 cans Cheddar cheese soup, cond.

1 cup Milk

In a small bowl, combine soup with milk. In removable liner, layer one half the potatoes and one half the chopped onions; spread one half the soup-milk mixture. Repeat layering using rest of ingredients. Placed in base. Cover and cook on low for 6-8 hours, high for 3-4 hours or auto for 5 hours.

SCALLOPED POTATOES WITH HAM

1/2 cup diced ham

8 to 10 med. potatoes, thinly sliced

1 c. grated American cheese

Salt and pepper

1 can cream of mushroom soup, or 1 cup medium white sauce

Paprika

1 onion, thinly sliced

In slow cooker/Crock Pot layer half of ham, half of potatoes, half of onions, half of cheese. Sprinkle with salt and pepper. Repeat layers with remaining half of ingredients. Spoon undiluted soup or white sauce over top and sprinkle with paprika. Cover and cook on low for 7 to 9 hours.

SHRIMP CREOLE

1 1/2 c diced celery

1 1/4 c chopped onion

3/4 c chopped bell pepper

1 (8oz) can tomato sauce

1 (28 oz) can whole tomatoes

1 clove garlic*

1 tsp salt

1/4 tsp pepper

6 drops Tabasco sauce (optional)

1 lb shrimp, deveined and shelled

Combine all ingredients except shrimp. Cook 3 - 4 hours on high or 6 - 8 hours on low. Add shrimp last hour of cooking. Serve over hot rice.

Chicken, rabbit or crawfish may be substituted for the shrimp. * 1 tsp garlic salt or 1/4 tsp garlic powder may be substituted.

SHRIMP MARINARA

- * 1 (16 oz.) can of tomatoes, cut up
- * 2 tbsp. minced parsley
- * 1 clove of 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.

SIMPLE SAUCY POTATOES

- * 4 cans (15 ounces each)sliced white potatoes , drained
- * 2 cans condensed cream of celery soup , undiluted
- * 2 cups sour cream
- * 10 bacon strips, cooked and crumbled
- * 6 green onions , thinly sliced

Place potatoes in slow cooker. Combine the remaining ingredients; pour over the potatoes and mix well. Cover and cook on high for 4-5 hours.

SLOW-COOKED BROCCOLI

2 packages (10 oz. each) frozen chopped broccoli, partially thawed

1 can (10-3/4 oz.) condensed cream of celery soup, undiluted

1-1/2 cups shredded sharp cheddar cheese, divided

1/4 cup chopped onion

1/2 teaspoon Worcestershire sauce

1/4 teaspoon pepper

1 cup crushed butter-flavored crackers (about 25)

2 tablespoons butter or margarine

In a large bowl, combine broccoli, soup, 1 cup cheese, onion, Worcestershire sauce and pepper.

Pour into a greased slow cooker. Sprinkle crackers on top; dot with butter. Cover and cook on high for 2-1/2 to 3 hours. Sprinkle with remaining cheese. Cook 10 minutes longer or until the cheese is melted.

Yield: 8-10 servings.

SLOW-COOKED CORN PUDDING

1/4 cup chopped onion
1/4 cup chopped green pepper
1/4 cup chopped fresh tomato
1 16 oz can cream-style corn
4 large eggs
1/2 cup evaporated milk
1/2 teaspoon salt
1/4 teaspoon pepper

Saute onion and green pepper until slightly softened; add tomato and saute for 1 minute more.

In a medium-sized bowl, whisk together the eggs, milk, creamed corn and seasonings; add the sauteed vegetables. Lightly grease a 3 1/2 quart Crock Pot (or a souffle dish which fits in a larger Crock Pot) and pour the mixture in. Cook on high 2 1/2 to 3 hours; add grated cheese to the top and cook until cheese is melted.

SLOW-COOKER 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 Crock Pot; cook 1 hour on high. Do not stir. Turn Crock Pot to low and stir every 15 minutes for 1 hour.

Drop on waxed paper and cool. Store in an air-tight container.

SLOW-COOKER CREAMY 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 slow cooker/Crock Pot with vegetable spray. Put melted cream cheese and margarine in slow cooker/Crock Pot. Add corn, salt and pepper. Cook in slow cooker/Crock Pot for two hours on low.

SLOW-COOKER CREAMY SCALLOPED POTATOES AND HAM

3 lbs. med. size potatoes peeled and sliced

1 onion chopped

1 cup shredded cheddar cheese

1 cup cooked ham

1 can (10 3/4 oz) reduced fat cream of mushroom soup

1/2 cup water

Combine potatoes, onion, cheese and ham in slow cooker/Crock Pot.

In small bowl, stir together soup & water. Pour over potato mixture.

Cover pot. Cook on High for 4 hours or until potatoes are tender. Stir mixture just before serving. Makes 6 servings

SLOW-COOKER SEAFOOD CHOWDER

- * 2 lbs. frozen fish filets
- * 1/4 lb. bacon or salt pork, diced
- * 1 medium onion, chopped
- * 4 medium potatoes, peeled and cubed
- * 2 cups water
- * 1 1/2 tsp. salt (unless you are using fresh salt-water fish)
- * 1/4 tsp. pepper
- * 1 can evaporated milk

Thaw frozen fish in refrigerator. Cut into bite-sized pieces. In skillet, saute bacon or salt pork and onion until meat is cooked and onion is golden. Drain and put into Crock Pot with the fish pieces. Add potatoes, water, salt and pepper. Cover and cook on low for 6 - 9 hours. Add evaporated milk during last hour. If the chowder is thicker than you like, add more milk (any kind).

SLOW-COOKER SHRIMP CREOLE

- * 1 1/2 c. diced celery
- * 1 1/4 c. chopped onion
- * 3/4 c. chopped bell pepper
- * 1 (8 oz.) can tomato sauce
- * 1 (28 oz.) can whole tomatoes
- * 1 clove garlic*
- * 1 tsp. salt
- * 1/4 tsp. pepper
- * 6 drops Tabasco (opt.)
- * 1 lb. shrimp, deveined & shelled

*1 teaspoon garlic salt or 1/4 teaspoon garlic powder may be substituted. Combine all ingredients except shrimp. Cook 3 to 4 hours on high or 6 to 8 hours on low. Add shrimp last hour of cooking. Serve over hot rice. Chicken, rabbit or crawfish may be substituted for shrimp. Stove top version, if you don't have a Crock Pot. Saute celery, onion and bell peppers in oil or butter until tender. (Better if left a bit crunchy.) Add remaining ingredients except meat being used. Simmer at least 30 minutes to an hour. Add shrimp or whatever meat you wish and simmer 30 minutes more. This is even better reheated the next day.

SOUTHERN STYLE GREEN BEAN & POTATO CASSEROLE

4 to 6 medium red potatoes, sliced about 1/4" thick (peeled or not)

4 to 5 cups whole fresh green beans, trimmed

6 slices bacon, diced fried and drained

2 tablespoons minced dried onion

1 can 98% fat free cream of celery soup

salt and pepper to taste

Place sliced potatoes and green beans in slow cooker/Crock Pot; add other ingredients. Cover and cook on low 7 to 9 hours.

Serves 4 to 6.

SOUR CREAM CHILI BAKE

- 1 pound Ground beef
- 1 can Pinto beans, drained (15 oz)
- 1 can Enchilada sauce (10 oz)
- 1 can Tomato sauce (8 oz)
- 1 cup Shredded process Amer cheese
- 1 tablespoon Instant minced onion
- 1 cup Water
- 4 cups Corn chips
- 1 cup Sour cream
- 1/2 cup Shredded process American cheese

Brown ground beef; drain. Transfer meat to Crock Pot. Stir in beans, enchilada sauce, tomato sauce, 1 cup of cheese, onion and 1 cup of water. Reserve 1 cup of corn chips; crush the remaining chips and add to the meat mixture. Cover and cook on low heat for 8 to 10 hours. To serve, top with sour cream, remaining cheese, and reserved corn chips.

SPAGHETTI SAUCE WITH CHICKEN & SAUSAGE

- * 1 lb. Italian sausage
- * 3-4 boneless chicken breasts, cut into 1-inch chunks
- * 1 cup chopped green pepper
- * 1 cup chopped onion
- * 1-2 tsp. Italian seasoning
- * 2 (4 oz. each) cans mushroom stems and pieces, drained
- * 2 jars favorite spaghetti sauce
- * Hot cooked pasta

In skillet, brown Italian sausage, piercing casings to allow excess fat to run out.

Remove to plate and cut into 1/2 to 1-inch chunks.

In same skillet, brown chicken pieces. (I like to sauté the pepper and onion a bit, too.) Place sausage and chicken in slow cooker. Add pepper and onion. Sprinkle with

Italian seasoning. Add mushrooms. Pour sauce over everything. Cover and cook on low for 6 to 8 hours. Stir before serving over spaghetti or other pasta.

SPAGHETTI SQUASH

2 cups water

1 spaghetti squash, a size which will fit in slow cooker/Crock Pot

With a skewer or large fork, puncture several holes in the squash. Pour water in the slow cooker/Crock Pot, add the whole squash. Cover and cook on low for 8 to 9 hours. Split and remove seeds, then transfer the "spaghetti" strands to a bowl. Serve tossed with butter and salt and pepper, Parmesan cheese or your favorite sauce.

SPANISH CHICKEN

2 lb. boneless skinless chicken breast

Seasoned salt & pepper to taste

Black olives, pitted

Sliced mushrooms, drained

Stewed tomatoes

Liquid to cover (beer, tomato soup or tomato sauce w/equal amount of water or stock)

Cut chicken into bite-sized pieces; season. Place with remaining ingredients in slow cooker. Simmer all day on low. Serve over rice.

Serves 4.

SPICY CHICKEN WINGS

- * 3 tbsp. vinegar
- * 24 chicken wings, drummettes
- * 1/4 c. hot pepper sauce, or less
- * 1/2 c. melted butter
- * 1 pkg. Hidden Valley Ranch original dry salad dressing mix

Preheat oven to 350 degrees. Mix all ingredients together except chicken wings and salad dressing mix. Place chicken wings in baking dish or pan in a single layer. Pour mixture over wings. Sprinkle with dry dressing mix. Bake 25 - 30 minutes or until browned. Sprinkle with paprika if you like. Chicken wings may be made in slow cooker/Crock Pot - cook on low 4 to 5 hours.

SPICY FRANKS

- * 1 cup ketchup
- * 1/4 cup brown sugar, packed
- * 1 tablespoon red wine vinegar
- * 2 teaspoons soy sauce
- * 2 teaspoons Dijon mustard
- * 1/8 teaspoon garlic powder
- * 1 pound hot dogs, cut into bite-size pieces, or cocktail wieners, smoked sausage, etc.

Combine everything but hot dogs in the Crock Pot; cover and cook on high 1 to 2 hours, until well blended. Add hot dogs, stir, and cook another 1 to 2 hours, until heated through. Turn to low to keep warm and serve from the Crock Pot.

SPICY MARMALADE MEATBALLS

Meatballs:

- * 2 lbs ground beef (chuck)
- * 1/2 cup bread crumbs
- * 1 teaspoon Worcestershire sauce
- * 1/2 teaspoon salt
- * 1/4 teaspoon pepper
- * 1 small onion, minced
- * 1/2 teaspoon chili powder
- * 1/4 teaspoon garlic powder
- * 3 eggs

Sauce:

- * 2 cups ketchup
- * 1/4 cup Worcestershire sauce
- * 1 jar orange marmalade (10 to 12 ounces)
- * dash cayenne, more or less to taste
- * 1 teaspoon chili powder

Combine sauce ingredients in slow cooker/Crock Pot; cover and cook on high while preparing meatballs. Combine meatball ingredients. Heat a large skillet over medium high heat. Add meatballs; brown on all sides. You might have to do this in batches. Place browned meatballs in a 325° oven and bake for 45 minutes (if the skillet isn't ovenproof, transfer to a baking dish). Transfer meatballs to slow cooker/Crock Pot with a slotted spoon or drain on brown paper first. Cover and reduce to LOW for 2 to 4 hours. Serve hot as an appetizer or over rice for a main dish. Makes 24 to 48 meatballs, depending on size.

SPICY REFRIED BEAN DIP

- * 2 cans refried beans, (16ounce each)
- * 1 package taco seasoning mix, about 1 1/4 oz
- * 1/2 cup chopped onion
- * 2 cups Monterey jack cheese, shredded
- * a few drops Tabasco sauce, to taste
- * chopped jalapeno or mild chiles, to taste

Place refried beans, taco seasoning, onion, cheese, and Tabasco sauce in the slow cooker/Crock Pot; stir well. Stir in chopped chiles. Cover and cook on low until cheese is melted, about 1 hour; add a little water if mixture seems too thick. Serve from the slow cooker/Crock Pot with French bread, crackers, or chips.

Makes about 4 cups.

SPINACH, CHEESE & BACON STRATA

4 cups sliced & buttered French bread, cubed

1 bag frozen spinach (16 oz)

6 to 8 ounces diced, cooked bacon, ham, or turkey ham

1 1/2 to 2 cups shredded cheddar cheese

salt and pepper, to taste

1 can (10oz) cream of mushroom soup (the 98% fat free is fine)

1/2 cup evaporated milk

5 eggs

1 tablespoon minced dried onion (optional)

Lightly butter a 3 1/2-quart slow cooker/Crock Pot. Layer with half of the buttered bread cubes, spinach, bacon, and cheese; salt and pepper to taste. Repeat layers ending with cheese. Whisk together the soup, milk, eggs, and dried onion. Pour over slow cooker/Crock Pot mixture. Chill for 1 hour or overnight. Cover and cook on low for 3 1/2 to 4 1/2 hours. Serves 4 to 6.

SPINACH SOUFFLE

2 pounds frozen spinach, thawed and drained

1/4 cup grated onion

1 8 oz pkg light cream cheese, softened

1/2 cup mayonnaise

1/2 cup shredded Cheddar cheese

2 eggs, beaten

1/4 teaspoon white or black pepper

dash nutmeg

Mix thawed and drained spinach together with onion. Beat remaining ingredients and blend in spinach mixture. Spoon mixture into a lightly buttered 3 1/2-quart Crock Pot (or souffle dish to fit in a larger crock pot) and cook on high for 2 to 3 hours.

SPOON PEACHES

1/3 cup sugar

1/2 cup brown sugar

2 tsp. margarine, melted

1/2 can evaporated milk

3/4 cup Bisquik

2 eggs

2 cups peaches, mashed

2 tsp. vanilla

3/4 tsp. cinnamon

Spray slow cooker/Crock Pot with non-stick cooking spray. Combine sugars and Bisquik. Add eggs and vanilla.

Add margarine and milk. Add peaches and cinnamon. Pour into slow cooker/Crock Pot. Cook on low for 6 to 8 hours.

SQUASH CASSEROLE I

5 cups yellow squash, canned or frozen

1/2 cup butter or margarine, melted

1 can cream of chicken soup

2 slices cubed bread

1 cup sour cream

Place squash in slow cooker with butter and cook for 1 hour. Add soup as it comes from the can, and cook until hot. Add bread and sour cream and cook until bubbly.

SQUASH CASSEROLE II

2 pounds yellow summer squash or zucchini, thinly sliced (about 6 cups)

1/2 medium onion, chopped

1 cup pared shredded carrot

1 can (10 1/4 ounces) condensed cream of chicken soup

1 cup sour cream

1/4 cup flour

1 package (8 ounces) seasoned stuffing crumbs

1/2 cup butter or margarine, melted

In large bowl, combine squash, onion, carrot and soup. Mix sour cream and flour, stir into vegetables. Toss stuffing crumbs with butter and place half in slow cooker/Crock Pot. Add vegetable mixture and top with remaining stuffing crumbs. Cover and cook on LOW for 6-8 hrs. Serves 4 to 6.

STEWED TOMATOES

6 to 8 ripe tomatoes

2 tablespoons margarine

1 medium onion, thinly sliced

3/4 cup chopped celery

1/2 cup chopped green pepper

3 tablespoons sugar (more or less)

1 small bay leaf

1 teaspoon salt

1/8 teaspoon pepper

Core tomatoes; place in boiling water for about 15 to 20 seconds, then into ice water to cool quickly; peel. Cut tomatoes in wedges. In Crock Pot, combine all ingredients. Cover and cook on low 8-9 hours.

Remove bay leaf. Sprinkle top with parsley, if desired. Serve as a side dish or freeze in portions for soups or other recipes.

Serves 6.

STREUSEL POUND CAKE

1 pkg. pound cake mix (16 oz.) size

1/4 c. packed brown sugar

1 tbsp. flour

1/4 c. finely chopped nuts

1 tsp. cinnamon

Mix cake mix according to package directions. Pour batter into well greased and floured 2 pound coffee tin. Combine sugar, flour, nuts and cinnamon and sprinkle over cake batter. Place can in crockpot. Cover top of can with 8 layers of paper towels. Cover pot and bake on high 3 to 4 hours.

STUFFED GREEN PEPPERS

1 package (10 oz) frozen corn kernels
1 can (15 oz) red kidney beans drained and rinsed
1 can (14.5 oz) diced tomatoes
1/4 cup salsa
1/4 cup chopped onions
1 1/2 cups cooked rice
1 tsp Worcestershire sauce
1/4 tsp salt
1/2 tsp pepper

2 cups shredded reduced fat Cheddar cheese, divided

6 green peppers. tops removed & seeded

Combine all ingredients, except 1/4 cup cheese and green peppers.

Stuff peppers. Arrange peppers in Crock Pot. Cover, cook on low 6 - 8 hours (high 3 - 4 hours) Sprinkle with 1/4 cup cheese during the last 30 minutes.

Makes 6 servings

STUFFED POTATOES

- * 6 baking potatoes, washed
- * 3 tbsp butter
- * 1 cup milk
- * chopped chives
- * 1 tsp salt
- * 1//8 tsp pepper
- * 3 tbsl Parmesan cheese
- * shredded cheddar cheese

Place damp potatoes in bottom of cooker. Cover and cook on low for 6 to 8 hours. Remove and cut a slice, lengthwise, from each potato. Scoop out insides. Save shell. Add remaining ingredients and beat until fluffy. Spoon mixture back into shells and top each with shredded cheddar cheese. Bake at 425 degrees for 15 minutes or until cheese is melted and bubbly.

Serves 6.

SUGARED PECANS

- * 16 ounces pecan halves
- * 1/2 cup butter, melted
- * 1/2 cup powdered sugar
- * 1 1/2 teaspoons ground cinnamon
- * 1/4 teaspoon ground ginger
- * 1/4 teaspoon ground allspice

Stir the pecans and butter in a 3 1/2-quart Crock Pot until combined. Add powdered sugar, stirring to coat. Cover and cook on high for 15 minutes. Turn to low and cook uncovered for about 2 hours, or until the nuts are covered with a crisp glaze. Transfer to a bowl, combine spices and sift over nuts, tossing to distribute evenly. Cool before serving.

SUGARED WALNUTS & PECANS

- * 1 pound Pecans or Walnut pieces
- * 1/2 cup Unsalted butter - melted
- * 1/2 cup Powdered sugar
- * 1/4 tsp Allspice - ground
- * 1/8 tsp Cloves - ground
- * 1 1/2 tsp Cinnamon - ground
- * 1/4 tsp Ginger - ground
- - Preheat slow cooker/Crock Pot on high for 15 minutes.
- - First, in preheated slow cooker/Crock Pot stir the walnuts (or pecans) and butter until mixed well.
- - Add the powdered sugar, stirring to coat evenly.
- - Cover and slow-cook on high for 15 minutes.
- - Reduce the heat to low and slow cook, UNCOVERED, stirring occasionally, until the nuts are coated with a crisp glaze (should be about 2 hours.)
- - Transfer the nuts to a bowl.
- - In another small bowl, combine the spices and sift them over the nuts, stirring to coat evenly.
- - Let cool before serving.

SUN-DRIED TOMATO SPAGHETTI SAUCE

1 1/2 cups chopped sun-dried tomatoes

1 medium onion, chopped

1 cup celery, chopped

2 cloves garlic, minced

36 oz whole or chopped tomatoes, undrained

2/3 cup chablis or other dry white wine

1 teaspoon dried fennel seed

1 1/2 tsp. basil

1/2 teaspoon oregano

1/2 teaspoon pepper

Salt to taste

Place all ingredients in slow cooker/Crock Pot and cook on low for 6-8 hours.

Note: You can add mushrooms if desired.

SUNSHINE SQUASH

1 butternut squash, about 2 pounds, peeled, seeded and diced

1 can(14-1/2-ounce) tomatoes, undrained

1 can(about 15-ounces) corn, drained

1 medium onion, coarsley chopped

1 clove garlic, minced well

1 green bell pepper, seeded and cut into 1-" pieces

1 canned green chili, coarsely chopped

1/2 cup chicken broth

1/2 teaspoon salt

1/4 teaspoon black pepper

1 tablespoon plus 1-1/2- teaspoons tomato paste

Combine all ingredients except tomato paste in slow-cooker. Cover and cook on LOW 6 hours or until squash is tender. Remove about 1/4- cup cooking liquid and blend with tomato paste. Stir into slow-cooker. Cook 30 minutes or until mixture is slightly thickened and heated through.

Serves 6- 8.

SWEET AND SOUR CABBAGE

4 bacon slices, diced

1/4 cup packed

brown sugar

2 tbsp. all-purpose flour

1/2 tsp. salt

1/8 tsp. pepper

1/4 cup water

1/4 cup vinegar

1 medium head red cabbage, shredded (about
8 cups)

1 small onion finely chopped

In a skillet, cook bacon until crisp; reserve drippings. Combine 1 tbsp. drippings in a slow cooker with remaining ingredients, except cooked bacon. Cover and cook on LOW 6 1/2 to 7 hours or until cabbage is tender. Spoon into serving bowl; sprinkle with reserved bacon.

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 slow cooker/Crock Pot 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.

SWEET AND SOUR FRANKS

- * 1 cup chili sauce
- * 1 cup currant jelly
- * 3 tablespoons lemon juice
- * 1 tablespoon prepared mustard
- * 2 pounds cocktail franks or hot dogs cut into bite-sized pieces
- * 2 cans Pineapple chunks, 27 ozs

Combine first four ingredients in Crock Pot; mix well to break up jelly chunks. Cover and cook on high 15 to 20 minutes to soften jelly and blend sauce ingredients. Add cut-up hot dogs or cocktail franks. Add pineapple. Cover and cook on high for 2 hours; or low for 4 hours. Keep on low while serving.

SWEET AND SOUR KIELBASA

* 1 pound kielbasa

* 1 (10 oz.) jar red currant jelly

* 1/2 (5 oz.) jar golden spicy mustard (add whole jar for more spicy)

Cut kielbasa to bite-size pieces. Add to boiling water. Boil 8 to 10 minutes; poke with fork to release grease from meat. In slow cooker/Crock Pot, melt jelly on low heat. Add mustard. When kielbasa is done boiling, rinse, then add to slow cooker/Crock Pot mixture. Coat all of the meat. Simmer for 1 hour or more on low.

SWEET AND SOUR SAUSAGE BALLS

- * 1/2 c. brown sugar
- * 2 lbs. sausage
- * 1 1/4 c. ketchup
- * 1 tbsp. soy sauce
- * 1 tbsp. lemon juice
- * 1 can chunk pineapple

Roll sausage in balls, brown and add other ingredients. Cook until done in slow cooker.

SWEET AND SOUR SHRIMP

1 package (6 ox.) frozen Chinese pea pods, partially thawed
1 can (13 oz.) juice-pack pineapple chunks or tidbits (drain and reserve

juice)

2 tbs cornstarch

3 tbs sugar

1 chicken bouillon cube

1 cup boiling water

1/2 cup reserved pineapple juice

Page 229 of 245 Crockpot Recipes

2/16/2003 e-book://Pages/crockpot_recipes.htm

2 tsp soy sauce

1/2 tsp ground ginger

2 cans (4 1/2 oz. each) shrimp, rinsed & drained

2 tbs cider vinegar

Fluffy rice

Place pea pods and drained pineapple in Crock-Pot. In a small saucepan, stir together cornstarch and sugar. Dissolve bouillon cube in boiling water and add with juice, soy sauce and ginger to saucepan.

Bring to a boil, stirring, and cook sauce for about 1 minute or until thickened and transparent. Gently blend sauce into pea pods and pineapple. Cover and cook on Low setting for 4 to 6 hours.

Before serving, add shrimp and vinegar, stirring carefully to avoid breaking up shrimp. Serve over hot rice.

4 to 5 servings (about 1 1/2 quarts)

SWEET POTATO AND PINEAPPLE PUDDING

3 pounds sweet potatoes, peeled and shredded

2 cans (8 oz.) crushed pineapple in unsweetened juice, undrained

1 can (12 oz.) evaporated milk

1 1/4 cups brown sugar, firmly packed

6 T. margarine or butter, cut in cubes

3 eggs, slightly beaten

1 t. ground cinnamon

1/2 t. nutmeg

Lightly grease Crock Pot. In Crock Pot, combine sweet potatoes, pineapple, evaporated milk, brown sugar, margarine, eggs, cinnamon, and nutmeg. Cover and cook on low 7-8 hours or on High 4 hours, stirring every 2 hours until the potatoes are tender. Serve hot or at room temperature.

NOTE: This dish may appear to be curdling, however it will come together toward the end of the cooking.

Serve 10 - 12. (This was for the 5 quart model).

SWEET POTATOES WITH APPLES

5 medium sweet potatoes

3 apples (such as Granny Smith) peeled & cored, cut in wedges

1/4 teaspoon Ground nutmeg

1/4 teaspoon ground cinnamon

1/4 cup Maple flavored syrup

2 tablespoons butter, melted

1/4 cup pecan pieces

Generously grease the bottom and sides of the slow cooker/Crock Pot with butter or margarine.

Peel sweet potatoes; cut into 1/2" slices. Place on bottom of slow cooker/Crock Pot. Top with apple wedges; then nutmeg and cinnamon, maple syrup, and the melted butter. Cover and cook on low about 4 hours or until potatoes are tender. Sprinkle with pecans the last 30 minutes.

Serves 4 to 6.

SWEET SWEET-POTATOES

2 pounds sweet potatoes---peel and grated

1/3 cup brown sugar---packed good

1/4 cup butter---melted

1/4 cup coconut---flaked

1/4 cup broken pecans---toasted

1/4 teaspoon cinnamon

1/4 teaspoon coconut extract

1/4 teaspoon vanilla

In a slow cooker/Crock Pot, combine potatoes, sugar, butter, coconut, pecans and cinnamon. Cover and cook on LOW for 6-8 hours or on HIGH for 3-4 hours. Stir in coconut and vanilla extracts.

SWISS CHEESE SCALLOPED POTATOES

- * 2 pounds baking potatoes, peeled and thinly sliced
- * 1/2 cup finely chopped yellow onion
- * 1/4 tsp salt
- * 1/4 tsp ground nutmeg
- * 3 TBS butter, cut into 1/8-inch pieces
- * 1/2 cup milk
- * 2 TBS all-purpose flour
- * 3 oz. Swiss cheese slices, torn into small pieces
- * 1/4 cup finely chopped green onion (optional)

1. Layer half the potatoes, 1/4 cup onion, 1/8 tsp salt, 1/8 tsp nutmeg, 1 TBS butter in slow cooker. Repeat layers. Cover and cook on LOW 7 hours or on HIGH 4 hours. Remove potatoes with slotted spoon to serving dish.

2. Blend milk and flour in small bowl until smooth. Stir mixture into slow cooker. Add cheese; stir to combine. If slow cooker is on LOW, turn to HIGH, cover and cook until slightly thickened, about 10 minutes. Stir. Pour cheese mixture over potatoes and serve. Garnish with chopped green onions, if desired.

Makes 5 to 6 servings.

SWISS CHICKEN CASSEROLE

- * 6 chicken breasts, boneless and skinless
- * 6 slices Swiss cheese
- * 1 can cream of mushroom soup
- * 1/4 cup milk
- * 2 cups stuffing mix
- * 1/2 cup butter or margarine, melted

Lightly greas Crock Pot or spray with cooking spray. Place chicken breasts in pot. Top with cheese. Combine soup and milk, stirring well. Spoon over cheese; sprinkle with stuffing mix. Drizzle melted butter over stuffing mix. Cook on low 8 to 10 hours or high 4 to 6 hours. Serves 6.

TACO CHILI

1 1/2 to 2 pounds lean ground beef
1 medium onion, chopped
1 pkg (1 1/4oz) taco seasoning mix
2 cans (14 1/2oz ea.) diced tomatoes
1 can (10oz) diced tomatoes with green chilies
1 can (16oz) pinto beans, rinsed and drained
1 15oz can chili beans in sauce
1 cup frozen whole kernel corn
Shredded cheese (mozzarella, Monterey Jack or cheddar)
Slightly crushed tortilla chips

In a large skillet, cook ground beef and onion, one-half at a time, till meat is browned and onion is tender. Drain off fat. Transfer to a 3 1/2- to 5-quart crockery cooker. Stir in dry taco seasoning mix, diced tomatoes, diced tomatoes with green chilies, pinto beans, chili beans in chili sauce, and corn. Cover; cook on low for 8 to 10 hours or on high for 4 to 5 hours. Sprinkle each serving with some cheese and chips.

Makes 8 servings.

TEXAS CHILI

6 strips bacon
2 lbs. boneless beef cubes
2 cans (15 oz.) kidney beans, drained
1 can (28 oz.) tomatoes, cut up
1 can (8 oz.) tomato sauce
1 c. finely chopped onion
1/2 c. thinly sliced carrots
1/2 c. finely chopped green pepper
1/2 c. finely chopped celery
2 tbsp. minced parsley
2 cloves garlic minced
1 bay leaf
2 tbsp. chili powder
1 tsp. salt
1/8 tsp. pepper

Fry bacon until crisp. Remove bacon and drain on paper towel. Brown half the beef cubes in pan with bacon drippings five minutes. Place in slow cooker. Repeat with remaining meat. Stir bacon and remaining ingredients into 3 1/2 quart slow cooker. Cover and cook on low setting about 10 hours or until beef is tender. Stir occasionally. If you don't have a slow cooker place in large pot, cover, place on stove under low heat and follow directions above.

TERIYAKI SAUCE WINGS

- * 3 pounds chicken wings
- * 1 onion, chopped
- * 1 cup soy sauce
- * 1 cup brown sugar
- * 2 teaspoons ground ginger
- * 2 cloves garlic, crushed
- * 1/4 cup dry sherry

Rinse chicken, and pat dry. Cut off wing tips and discard. Cut each wing into 2 pieces, cutting at the joint. Broil wings 4 inches from heat for about 10 minutes on each side, or until browned. Transfer to Crock Pot. Mix all remaining ingredients together and pour over chicken wings. Cook, covered, on low for 5 to 6 hours or on high for 2 to 3 hours. Stir once or twice to keep wings coated with sauce. Makes about 32 wings.

TRIPLE CHOCOLATE MESS

1 package chocolate cake mix(any)
1 pint sour cream
1 pkg. instant chocolate pudding(any size)
1 6oz. bag chocolate chips
3/4 c. oil
4 eggs
1 c. water

Spray c.p. with non-stick spray. Mix all ingredients. Cook on low for 6-8 hours Try not to lift the lid.

Serve with ice cream.

I tried this with low fat cake mix,sour cream and fat free pudding. It turned out great! It is VERY rich, so be sure to have some ice cream in the house. A little goes a long way. Keeps in fridge for a while. Just heat and serve.

TUNA NOODLE CASSEROLE

- * 2 cans cream of celery soup
- * 1/3 cup dry sherry
- * 2/3 cup Milk
- * 2 tablespoons parsley flakes
- * 10 ounces frozen peas
- * 2 cans tuna, drained
- * 10 ounces egg noodles, cooked
- * 2 tablespoons butter or margarine
- * dash curry powder (optional)

In a large bowl, thoroughly combine soup, sherry, milk, parsley flakes, vegetables, and tuna. Fold in noodles. Pour into greased Crock Pot. Dot with butter or margarine. Cover and cook on Low 7 to 9 hours. (Cook noodles just until tender.)

TUNA SALAD CASSEROLE

2 cans tuna, drained and flaked

1 can cream of celery soup

4 hard-cooked eggs, chopped

1 cup diced celery

1/2 cup mayonnaise

1/4 tsp. pepper

1 1/2 cups crushed potato chips

Combine all ingredients except 1/4 cup of the crushed potato chips; stir well. Pour into greased Crock Pot. Top with remaining potato chips.

Cover and cook on Low setting for 5-8 hours.

TURKEY AND RICE CASSEROLE

2 cans cream of mushroom soup

3 cups water

3 cups converted long-grain white rice (uncooked)

1 cup thinly sliced celery

1 to 2 cups cubed cooked turkey

2 cups frozen mixed vegetables (peas & carrots, oriental mix, etc.)

1 teaspoon poultry seasoning

1 tablespoon dried minced onion

Pour soup and water into Crock Pot and stir to combine. Add remaining ingredients and mix well. Cover and cook 6 to 8 hours on low or 3 to 4 hours on high. Add soy sauce if desired.

TURKEY BARBECUE

2 to 3 lb. turkey fillets

2 green peppers

1 teaspoon. celery salt

Dash of pepper

2 teaspoon. chopped onion

18 ounce thick barbecue sauce

Prepare turkey fillets with dash of pepper across tops. Bake in 350 degree oven for 1 hour covered.

Uncover for desired darker color. Prepare chopped green peppers, onions. Mix barbecue sauce, celery salt, (thin with water if needed) in 5 quart slow cooker/Crock Pot, set on high. Add green peppers and onions. Allow to heat while turkey is baking. Chop turkey (as desired in small to medium chunks) and add to slow cooker/Crock Pot. Simmer for 2 to 3 hours, or turn to low and cook for 4 to 6 hours. Serve on fresh rolls.

Serves 4 to 6.

TURKEY MADEIRA

1 1/2 lb turkey breast tenders

2 ounce porcini mushrooms (dried)

3/4 cup chicken broth

3 tablespoons Madeira wine

1 tablespoon lemon juice

salt and pepper to taste

Cover and cook on low for 6 to 8 hours. Thicken juices with cornstarch if desired, and serve with rice.

Serves 4.

VEGETABLE BEEF SOUP

- 1 pound ground chuck
- 1 cup chopped onion
- 1 large (28 oz.) can whole tomatoes (chopped)
- 3 cup diced potatoes
- 1 (16 oz.) can cut green beans
- 2 teaspoon chili powder
- 2-3 dashes cayenne pepper sauce
- 2 (10 1/2 oz.) cans condensed beef bouillon
- 1 cup chopped celery
- 1 cup sliced carrots
- 1 teaspoon salt
- 1 teaspoon Worcestershire sauce

Brown meat with onion and celery; drain off fat. Stir in remaining ingredients and add 1 or 2 cups water. Cover and cook on low for 8-10 hours.

VEGETABLE CASSEROLE

- * 2 cups carrots, cut in strips, cooked & drained
- * 2 cups celery, diced
- * 1 onion, diced
- * 1/4 cup green pepper, diced
- * 1 pint tomato juice
- * 4 cups green beans, drained
- * 1 teaspoon salt
- * dash of pepper
- * 3 tablespoons tapioca
- * 1 tablespoon sugar

Mix all ingredients together in slow cooker/Crock Pot.

Dot with 2 tablespoons margarine and cook on low for 8-10 hour or on high for 4-5 hours.

VEGETABLE CURRY

- * 4 medium Carrots, bias sliced into inch slices
- * 2 medium Potatoes, cut into 1/2 cubes
- * 15 ounces Can garbanzo beans, drained
- * 8 ounces Green beans, cut into 1 pieces
- * 1 cup Coarsely chopped onion
- * 3 to 4 cloves Garlic, minced
- * 2 tablespoons Quick-cooking tapioca
- * 2 teaspoons Curry powder
- * 1 teaspoon Ground coriander
- * 1/2 teaspoon Crushed red pepper (opt'l)
- * 1/4 teaspoon Salt
- * 1/8 teaspoon Ground cinnamon
- * 14 ounces Can vegetable broth
- * 16 ounces Can tomatoes, cut up
- * 2 cups Hot cooked rice

In a 3 1/2, 4, or 5 quart crockery cooker combine carrots, garbanzo beans, potatoes, green beans, onion, garlic, tapioca, curry powder, coriander, red pepper (if desired), salt, and cinnamon. Pour broth over all. Cover; cook on low-heat setting for 8 to 10 hours or on high-heat setting for 4 to 5 hours. Stir in Undrained tomatoes. Cover; let stand 5 minutes.

Serve with cooked rice. Makes 4 servings.

VEGETABLE PASTA FOR CROCKPOT

- * 2 tablespoons Butter Or Margarine
- * 1 Zucchini, 1/4" slice
- * 1 Yellow Squash, 1/4" slice
- * 2 Carrots, thinly sliced
- * 1 1/2 cups Mushrooms, fresh, sliced
- * 1 package Broccoli, Frozen, cuts
- * 4 Green Onions, sliced
- * 2 to 3 cloves Garlic, minced
- * 1/2 teaspoon Basil, dried
- * 1/4 teaspoon Salt
- * 1/2 teaspoon Pepper
- * 1 cup Parmesan Cheese, grated
- * 12 ounces Fettucine
- * 1 cup Mozzarella Cheese,
- * Shredded
- * 1 cup Cream
- * 2 Egg Yolks

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. Cook fettucine according to package directions; drain. Add cooked fettucine, mozzarella, cream and egg yolks. Stir to blend well. Allow to heat for 15 to 30 minutes. For serving turn to Low for up to 30 minutes.
Serves 6.

VEGETABLE SLOW COOKER

8 Potatoes

1 Onion, chopped

4 Carrots, peeled and sliced

2 Stalks celery, sliced

4 Chicken bouillon cubes

1 tablespoon Parsley flakes

5 cups Water

1/3 cup Butter or margarine

Ham - cubed to taste

13 ounces Can evaporated milk

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 recipes and yummy!

VEGETABLES ITALIAN-STYLE

1 teaspoon salt
1 medium eggplant, cut in 1" cubes
2 to 3 medium zucchini, halved & sliced 1/2"
1 large onion, sliced thinly
12 ounces fresh mushrooms, sliced
1 tablespoon olive oil
4 plum tomatoes, sliced 1/4" thick
1 1/2 cups mozzarella cheese, shredded
2 cups tomato sauce
1 teaspoon oregano
salt and pepper, to taste

Toss eggplant and zucchini with the 1 teaspoon of salt. Place in a large colander over a bowl to drain for about 1 hour. Drain and squeeze excess moisture out. In a large skillet over medium heat, saute onion, eggplant, zucchini, and mushrooms until slightly tender. In the slow cooker/Crock Pot, layer 1/3 of the vegetables (including sliced tomatoes), 1/3 of the tomato sauce, and 1/3 of the cheese. Sprinkle with oregano, salt and pepper. Repeat layering 2 more times. Cover and cook on low 6 to 8 hours. Serve over rice, pasta, or other grain.

Serves 6.

VELVEETA SALSA DIP

- * 1 pound Velveeta Cheese spread, cubed (can use light
- * 1 package Picante sauce or salsa
- * 2 tablespoons Cilantro (optional)

1. Place brick of Velveeta and jar of picante sauce in a slow cooker or Crock Pot, and turn on high stirring occasionally until melted and blended. Stir in cilantro when melted.
2. Serve with tortilla chips.

Note: You can substitute two cans of chopped tomatoes and chiles for the salsa, or add one can of tomatoes and chiles. Play around with this, and you might even add a little Louisiana hot sauce!

White Chili with Chicken

1 lb. dry white northern beans
5 1/4 c. chicken broth
2 cloves garlic, minced
1 lg. white onion, chopped
1 tbsp. ground white pepper
1 tsp. salt
1 tbsp. dried oregano
1 tbsp. ground cumin
1/2 tsp. ground cloves
1 (7 oz.) can diced green chilies
5 c. diced cooked chicken breast
1 3/4 c. chicken broth
1 tbsp. diced jalapeno pepper
(optional)
Flour tortillas
Condiments:
Shredded Monterey Jack cheese
Sliced black olives
Chunky salsa
Sour cream
Diced avocados

Soak beans in water to cover for 24 hours then drain. In slow cooker/Crock Pot or large kettle, combine beans, 5 1/4 cup chicken broth, garlic, onion, white pepper, salt, oregano, cumin, cloves. Simmer covered for at least 5 hours until beans are tender. Stir occasionally. Stir in green chiles, chicken and 1 3/4 chicken broth. For hotter taste, add jalapeno. Cover and simmer for 1 hour. Serve with flour tortillas and condiments.

WILD RICE CASSEROLE

1 1/2 c. uncooked long-grained rice

1/2 c. uncooked wild rice

1 envelope dry onion soup mix

1 tbsp. snipped parsley (optional)

4 c. water

1 bunch green onions, chopped

8 oz. fresh or canned mushrooms, sliced

1/4 c. butter or margarine, melted

Combine all ingredients. Pour into lightly greased slow cooker. Cover, cook on high 2 1/2 hours, stirring occasionally.

WINNING WINGS IN SWEET AND SOUR SAUCE

- * 16 Chicken wings
- * 4 tablespoons Wine or balsamic vinegar
- * 1 cup Apricot preserves
- * 2 tablespoons Peanut butter (optional)
- * 1 cup Ketchup
- * 4 tablespoons Horseradish
- * 1 cup Sweet onion, finely chopped
- * 1 teaspoon Hot sauce (optional)

Pat the chicken wings dry and place them in the slow cooker/Crock Pot.

In a bowl, mix together remaining ingredients.

Taste-check for a good balance of sweet and sour.

Pour the sauce over the wings. Cover the slow cooker/Crock Pot and cook on low until the chicken is tender, about 4 hours.

YUMMY CHICKEN WINGS

12-18 chicken wings

1/3 c soy sauce

1 tsp. ginger

2 garlic cloves minced

2 green onions minced

1 TBS honey

2 tsp. oil

Combine ingredients in your Crock Pot!! Cook on low for 6-8 hours
serves 2-4 people depending on appetizer or main dish

ZUCCHINI BREAD

- * 2 eggs
- * 2/3 c. vegetable oil
- * 1 1/4 cup sugar
- * 1 1/3 c. zucchini, peeled and grated
- * 2 tsp. vanilla
- * 2 c. flour
- * 1/4 tsp. salt
- * 1/2 tsp. baking powder
- * 1 tsp. cinnamon
- * 1/2 tsp. nutmeg
- * 1/2 to 1 c. chopped nuts

With mixer, beat eggs until light and foamy. Add oil, sugar, grated zucchini and vanilla. Mix well. Stir dry ingredients with nuts. Add to zucchini mixture. Mix well. Pour into greased and floured 2 pound coffee can or 2 quart mold. Place in Crock Pot. Cover top with 8 paper towels. Cover and bake on high 3 to 4 hours. DO NOT CHECK OR REMOVE cover until last hour of baking. Let stand 5 minutes before unmolding.

ZUCCHINI CASSEROLE

1 red onion, sliced
1 green pepper, cut in thin strips
4 med. zucchini, sliced & unpeeled
1 (16 oz.) can diced tomatoes, undrained
1 tsp. salt
1/2 tsp. pepper
1/2 tsp. basil
1 tbsp. oleo
1/4 c. grated Parmesan cheese

Combine all ingredients, except oleo and cheese, in a slow cooker. Set temperature on low and heat for 3 hours. Dot casserole with oleo and sprinkle with cheese. Cook 1 1/2 hours more on low setting.

Makes 6 servings.

FOR MORE GREAT EBOOKS [CLICK HERE](#)

396388 -- CROCK POT STROGANOFF

2 lb. round steak
1/4 c. flour
1/2 tsp. pepper
1/2 tsp. salt
1 tsp. garlic bits
3 tbsp. butter
1 sm. onion, chopped
1 tbsp. soy sauce
2 beef bouillon cubes
1 can cream of mushroom soup
1 c. water

Cut steak into 1 x 1/2 inch strips. Mix with flour, pepper, salt and garlic. Add to crock pot with rest of ingredients. Cook on low for 5 hours. Stir occasionally. Last 1/2 hour, add 1 (8 oz.) package of cream cheese, cubed. Serve over cooked wide noodles.

396389 -- MEXICAN RED CHILI

1 lb. hamburger meat (lean)
3 lg. jalapenos (seeded and chopped)
1/2 lb. hot sausage
1/2 lb. stew meat
1 c. chopped onion
3/4 c. chopped bell pepper
2/3 c. chopped celery
1 can New Orleans kidney beans
3 tbsp. chili powder
1 tsp. salt
3 lg. cloves garlic, minced
1 c. French onion soup
1 can chopped green chilies
1 can tomatoes
2 cans tomato sauce
1/2 tsp. sugar
1 tbsp. cayenne
1 tsp. oregano
2 tbsp. jalapeno juice

1/4 tsp. garlic powder
3/4 tsp. Tabasco sauce
1/2 tsp. cumin
1/2 tsp. onion powder

Marinate stew meat with jalapeno juice, onion powder and garlic powder. Refrigerate 24 hours. Brown hamburger meat with onion and garlic and bell pepper and cumin. Brown sausage; remove brown stew meat. Mix all meat. Add soup, tomato sauce, tomatoes and beans (drained). Add jalapenos, chili powder,

cayenne, oregano, celery and chili peppers, salt, sugar, Tabasco. Cook at medium heat 2 hours.

396390 -- HAMBURGER RICE SKILLET

1 lb. ground beef
1 med. onion, sliced into rings
1 med. green pepper, chopped
1 clove garlic, minced
1 c. med. grain rice
1 (16 oz.) can tomatoes, cut up
1 (8 oz.) can tomato sauce
1 tsp. Worcestershire
1/2 tsp. dry basil, crushed

In skillet cook beef, onion, pepper, garlic until browned; drain. Add rice; cook, stirring constantly, for 2 minutes. Add undrained tomatoes, tomato sauce, Worcestershire sauce, basil, 1 1/2 cups water and 1 teaspoon salt. Bring to boiling. Reduce heat. Cover; simmer 25-30 minutes or until rice is tender. Stir occasionally.

396391 -- CHILI HOMINY SKILLET

1 lb. ground beef
1/4 c. green pepper, chopped
1/4 c. water
1/2 env. chili seasoning
2 tbsp. onion soup mix
1 (16 oz.) yellow hominy, drained
1/2 c. shredded cheddar cheese

Brown the beef; drain. Stir in hominy, pepper, water, chili seasonings, and onion soup mix. Cook until heated through. Sprinkle cheese over it. Cover and cook until melted.

396392 -- MEXICAN CHICKEN CASSEROLE

4 chicken breasts, cooked and cut into
pieces or 2-3 cans boned chicken
1 can cream of mushroom soup
1 can cream of chicken soup
1 lg. can Pet milk
1 can chopped green chilies
2 pkgs. Doritos
Grated cheddar cheese

Crush 1 package Doritos and line casserole dish. Combine rest of ingredients and add to Doritos. Sprinkle grated cheese on top and bake at 350 degrees for 30 minutes. Use second bag of Doritos to eat casserole with.

396393 -- CHICKEN AND RICE

2 c. rice
2 cans cream of mushroom or golden
mushroom soup
2 cans water
2 chickens (cut into serving pieces)

Put rice, soup, water into Dutch oven (12 inch). Stir. Place chicken on top of mixture. Cover. Cook 1 1/4 to 1 1/2 hours at 400 degrees.

396394 -- BAKED CHICKEN AND RICE

3 c. water
6 c. chicken bouillon cubes
1/2 cube butter or margarine
1 c. rice, uncooked
1 sm. onion, chopped
1/2 green pepper, chopped
1/2 c. celery, chopped
8-10 pieces chicken

Bring water to boil in Dutch oven and then add bouillon cubes. Mix the other ingredients, except chicken, with bouillon and water. Season the chicken with seasoning salt and lay pieces on top of the rice mixture. Cook 1 1/2 hours at 400 degrees.

396395 -- PORK CHOP - POTATO BAKE

6 pork chops
6 potatoes, sliced or quartered
1 can mushroom soup
1 lg. can milk

Mix soup and milk together. Brown pork chops in Dutch oven. Put potatoes on top of pork chops. Pour soup over top. Bake 1 hour at 400 degrees.

396396 -- BANANA BREAD

2 eggs
1 1/4 c. mashed bananas (about 3)
1 c. sugar
1/2 tsp. salt
1 tsp. soda
1/2 c. melted shortening or margarine
2 c. flour
1/2 c. nuts

12-inch Dutch oven. Preheat oven to 350 degrees. Mash bananas first, then add all other ingredients. Bake 45 minutes to 1 hour. (To cook outdoors on campfire, put 10 coals on top of Dutch oven and 8 coals on bottom. This equals 350 degrees.)

396397 -- SPICED FRUIT COBBLER

4 cans or 1 qt. fruit
1 tsp. nutmeg
1 tsp. cinnamon
2 tbsp. sugar
1 pkg. white cake mix
1 1/2 c. water
2 eggs

Place drained fruit slices in bottom of Dutch oven. Sprinkle with spices and sugar. Blend cake mix, water and eggs. Pour over fruit mixture. Cover and cook 25-35 minutes at 350 degrees.

396398 -- EGG CHILI PUFF

10 eggs
1/2 c. flour
1 tsp. baking powder
1/2 tsp. salt
1 pt. cottage cheese
1 lb. shredded Jack cheese
1/2 c. melted butter
2 (4 oz.) cans diced green chilies

(12 inch Dutch oven) Preheat oven to 350 degrees. Beat eggs until light. Sift together flour, baking powder, and salt. Add to eggs. Add cottage cheese, Jack cheese and melted butter. Stir in chilies. Pour into greased Dutch oven. Bake for 35-45 minutes or until the top is golden brown and center is firm. Serve hot for breakfast, lunch or dinner.

396399 -- KENNEDY STEW

5-7 potatoes, sliced small (not thin),
uncooked
1 lb. hamburger
1 can peas with juice
4 carrots, uncooked
1 can cream of mushroom soup
1 can cream of celery
1 sm. onion
1 tsp. salt
1 tsp. pepper

Preheat oven to 375 degrees. Brown hamburger and onions. In a 1 1/2-quart oven-proof dish add all ingredients and mix well. Put in oven 1 hour 15 minutes.

396400 -- GOULASH

1 lb. lean ground beef
1 med. onion
1 c. elbow macaroni
1 qt. whole tomatoes
1 tsp. salt
1/4 tsp. pepper

Brown ground beef in heavy skillet. Add onion, salt and pepper, tomatoes. Bring to a boil. Add macaroni. Cover with tight lid; cook for 10 minutes. Chili powder may be used for seasoning if desired.

396401 -- BREAKFAST CASSEROLE

8 eggs
6 slices bread (with crust on)
1 c. grated cheddar cheese
2 c. milk
1 tsp. salt
1 tsp. dry mustard
1 lb. bulk sausage

Cook sausage, drain. Then add to other ingredients. Let set in refrigerator overnight. Use 9x13 pan. Bake at 350 degrees for 35 minutes.

396402 -- UPSIDE-DOWN TACOS

6 lb. ground beef
4 lg. onions, chopped
6 (15 oz.) cans chili beans
6 (10 oz.) cans enchilada sauce
Salt to taste
5 heads lettuce, coarsely chopped
1 (8 oz.) bottle commercial Italian
salad dressing
6 bunches green onions, chopped
10 fresh tomatoes, chopped
2 lbs. shredded cheddar cheese
3 (7 oz.) pkgs. corn chips, crumbled

Select a covered roasting pan with tight fitting cover. Place meat in pan and cook, stirring, until it loses its redness. Add onions and cook. Add beans and enchilada sauce, rinsing each can with water and adding a little of the water to the pan. Bring to boil and add salt, about 2 teaspoons or more, to the taste. Cover roasting pan and simmer for about 1 or 2 hours. To assemble this dish, place lettuce in a large salad bowl and toss with dressing to coat each bite. Then place onions, tomatoes, cheese and chips on top. Enjoy! You can also let guests fix their own dish.

396403 -- MINESTRONE SOUP

1 1/2 lb. shin beef with bone
1 qt. water
1/2 c. dried red kidney beans
1 tbsp. salt
1 tsp. Accent
2 bay leaves
3/4 tsp. Tabasco
1 1/4 c. chopped parsley
1/2 c. diced celery
1 c. shredded cabbage
3 carrots
1 can tomatoes
1 lg. zucchini
1 (10 oz.) pkg. frozen peas
1/2 c. vermicelli
Grated Parmesan

Combine beef, water, beans, salt, Accent and bay leaves in a deep kettle. Bring to boil; skim. Cover; simmer two hours. Add Tabasco, onion, parsley, celery, cabbage, carrots, and tomatoes. Simmer 25 minutes longer or until fresh vegetables are tender. Add zucchini, peas and vermicelli; simmer 15 minutes longer. Garnish with grated Parmesan cheese, if desired.

396404 -- AURORA'S HUNGARIAN GOULASH

Chopped green onions
1 red onion, chopped
1 bell pepper, chopped
1 lb. lean ground beef
1 can tomato paste
1 clove garlic, minced
3 tsp. chili seasoning or Hungarian
paprika
1 (16 oz.) can diced tomatoes
1 (8 oz.) can tomato sauce
1 (7 oz.) pkg. rotini pasta

Saute onions and bell pepper in oil until tender. Add beef, garlic, chili seasoning or paprika. Cook until beef is browned. Add undrained tomatoes and sauce and add tomato paste to taste starting with half a can. Cook pasta, drain and add to mixture. Cook on medium-high heat 8-10 minutes. Serves 4-6.

396405 -- MEAT LOAF SURPRISE

4 potatoes
1 can cream of mushroom soup
Favorite meat loaf recipe
Cheese

Arrange sliced potatoes in bottom of 13x9-inch baking dish. cover with 1 can cream of mushroom soup. Next add your favorite meat loaf recipe. Bake at 350 degrees for 30 minutes. Add cheese to top and bake for 30 more minutes.

396406 -- SMOKED SAUSAGE AND BEANS

2 lg. pork-n-beans (3-21 oz. cans)
1 pt. chili sauce
1 c. barbecue sauce
1 c. sweet and sour sauce
1 1/2 lbs. smoked sausage (sliced
into bite-size pieces)

12-inch Dutch oven. Place all ingredients in Dutch oven. Mix together. Bake for 30 minutes at 375 degrees.

396407 -- CROCKPOT BEEF STEW

2 lbs. beef stew meat, cut into 1 inch
pieces
1/4 c. flour
1/2 tsp. pepper
1 tsp. Worcestershire sauce
1 bay leaf
3 potatoes, diced
1 stalk celery, sliced
1 1/2 tsp. salt
1 1/2 c. beef broth
1 clove garlic
1 tsp. paprika
2 onions, chopped
2 tsp. Kitchen Bouquet (optional)

Place meat in crock pot. Mix flour, salt, pepper and pour over meat. Stir to coat meat with flour. Add remaining ingredients and stir to mix well. Cover and cook on low for 10 to 12 hours or high for 4 to 6 hours. Stir stew thoroughly before serving.

396408 -- BEAN SOUP FOR CROCK POT

1/2 bag Northern beans (dry)
4 c. water
2 (8 oz.) cans tomato sauce
Lawry's season salt
Pepper
2 med. potatoes, diced
2 carrots, shredded
2 sm. onions, diced
Ham, diced

Soak beans overnight in enough water to cover. Drain beans, put in crock pot and add all other ingredients. Stir. Cook on low all day.

396409 -- CROCK POT CHICKEN IN MUSHROOM GRAVY

3 whole chicken breasts, halved
1/4 c. dry white wine or chicken broth
1 can cream of chicken soup
1 (4 oz.) can mushrooms, sliced
Salt & pepper

Place chicken pieces in crock pot. Season with salt and pepper. Mix wine and soup. Pour over chicken. Add mushrooms. Cover and cook on low for 7 to 9 hours or high 3 to 4 hours. Recipe may be doubled in 5-quart crock pot.

396410 -- CROCK POT EASY SWISS STEAK

2 to 2 1/2 lbs. round steak
1 pkg. onion soup mix
1/4 c. water
1 (10 oz.) can cream of mushroom soup

Cut steak into 5 to 6 serving size pieces. Place in crock pot. Add dry onion soup mix, water and soup. Cover and cook for 6 to 8 hours. Excellent with mashed potatoes. If you like lots of gravy use 2 packages soup mix and 2 cans of soup.

396411 -- ANNE'S CHICKEN FOR CROCK POT

1 frying chicken, cut up
Salt & pepper
1 can cream of mushroom soup
1/2 c. sauterne or sherry
2 tbsp. butter or margarine, melted
2 tbsp. dry Italian salad dressing mix
2 (3 oz.) pkgs. cream cheese, cut in
cubes
1 tbsp. onion, chopped

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

396412 -- ITALIAN BEEF SANDWICHES

1 (5 lb.) rolled rump roast

Shake garlic, onion and celery salt over roast. (Oregano and Accent may be used also.) Bake uncovered at 475 degrees for one hour. With electric knife, slice beef thin. Put in crock pot and add 1 package onion soup mix, 1 can beer, and 1 cube of beef bouillon, which has been dissolved in 1 cup of water. Refrigerate overnight in removable crock only, or in covered bowl. Cook for 4 to 6 hours in crock pot and serve on your favorite rolls.

396413 -- CROCK POT BBQ CHICKEN WINGS

5 lbs. chicken wings, with tips cut off
1 (12 oz.) bottle chili sauce
1/3 c. lemon juice
1 tbsp. Worcestershire sauce
2 tbsp. molasses
2 tsp. salt
2 tsp. chili powder
1/4 tsp. hot pepper sauce
Dash of garlic salt

Place wings in crock pot. Combine all remaining ingredients and pour over chicken. Cook on low 6 to 8 hours or on high for 2 to 3 hours. Yields: 6 to 8 servings.

396414 -- BAKED APPLES (CROCK POT)

5 to 6 med. apples, cored & peeled
about 1 inch down
1/2 c. sugar
2 tbsp. raisins
1 tsp. cinnamon
2 tbsp. butter
1/2 c. water

Mix sugar, raisins and cinnamon. Stuff apples with sugar mixture and dot them with butter. Pour water into cooker. Add apples. Cook on low 7 to 8 hours. Yields 5 to 6 servings.

396415 -- CIDER MILL HAM (CROCKETTE)

1 to 1 1/2 lb. canned ham
1 c. apple juice
1/3 c. brown sugar
1 tsp. prepared mustard

Slice ham into 4 slices and place in crock-ette. Combine apple juice, brown sugar and mustard. Pour over ham slices. Cover and cook 7 to 10 hours. Double or triple this recipe for larger ham to be cooked in large crock pot.

396416 -- CHICKEN AND DUMPLINGS

--FOR 3 1/2 QUART:--

1 (3 lb.) chicken, cut up
1/2 c. chicken bouillon broth
2 tsp. salt
1/2 tsp. pepper
1/2 tsp. poultry seasoning
3 stalks celery, cut in 1 inch pieces
3 sm. carrots cut into 1 inch pieces
2 c. packaged biscuit mix
3/4 c. milk
1 tsp. parsley flakes

--FOR 5 1/2 QUART:--

2 (3 lb.) chickens, cut up
1/2 c. chicken bouillon broth
4 tsp. salt
1 tsp. pepper
1 tsp. poultry seasoning
6 stalks celery, cut in 1 inch pieces
6 sm. carrots, cut into 1 inch pieces
2 c. packaged biscuit mix
3/4 c. milk
1 tsp. parsley flakes

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, 3 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 1/2 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. (3 1/2 quart or 8 servings 5 1/2 quart.)

396417 -- CHILI CHEESE DIP

1 1/2 lbs. hamburger, cooked & drained
1 lb. Velveeta cheese
1 c. salsa
1 c. Hormel chili (with or without
beans)

Put all in crock pot. Serve with taco chips or tostitos.

396418 -- HAM BROCCOLI CHOWDER

2 tbsp. flour
1 sm. can evaporated milk
2 c. ham, diced
1 pkg. frozen chopped broccoli
1/4 c. onion, minced
1 c. Swiss cheese, grated
2 c. water
1 c. light cream

Mix flour and evaporated milk in cooker. Add other ingredients except cream. Cook on low 7 hours, or on automatic for 4 hours. Before serving, stir in cream and heat. Yields: 6 servings.

396419 -- BEEF AND RICE CASSEROLE

1 lb. hamburger, browned & drained
1 sm. onion, sliced very thin
1/2 c. celery, sliced
1 tsp. soy sauce
1/8 tsp. oregano
1 can cream of chicken soup
1 c. rice, cooked
Toasted slivered almonds (optional)

Combine cooked beef and all other ingredients except rice and almonds in cooker. Cook on High for 3 hours. Add rice and serve with toasted almonds (optional). Yields: 6 servings.

396420 -- APPLE BROWN BETTY

3 lbs. cooking apples
10 slices of bread, cubed (about 4 c.)
1/2 tsp. cinnamon
1/4 tsp. nutmeg
1/8 tsp. salt
3/4 c. brown sugar
1/2 c. butter or margarine, melted

Wash apples, peel, core, cut into eighths; place in bottom on crock. Combine bread cubes, cinnamon, nutmeg, salt, sugar, butter; toss together. Place on top of apples in crock. Cover. Place crock into outer shell. Cook on Low setting 2 to 4 hours. Makes 6 to 8 servings.

396421 -- SWISS STEAK

--FOR 3 1/2 QUART:--

3 lbs. round steak, 1 1/2 inch thick
2 tsp. salt
1/4 tsp. pepper
2 med. onions, sliced 1/8 inch thick
1 (1 lb.) can tomatoes, undrained

--FOR 5 1/2 QUART:--

6 lbs. round steak, 1 1/2 inch thick
4 tsp. salt
1/2 tsp. pepper
4 med. onions, sliced 1/8 inch thick
2 (1 lb.) cans tomatoes, undrained

Trim excess fat from meat; cut into serving size pieces. Place raw meat in bottom of crock; sprinkle with salt and pepper. Arrange onion slices over meat; top with tomatoes. Cover. Place crock into outer shell. Cook. For 3 1/2 quart: Cook on Low setting, 9 to 12 hours or High setting 5 to 6 hours. For 5 1/2 Quart: Cook on Low setting, 9 to 11 hours or High setting, 4 to 5 hours. Makes 8 to 10 servings for 3 1/2 quart; makes 15 to 18 servings for 5 1/2 quart.

396422 -- BARBECUED RIBS

3 1/2 to 4 lbs. country style pork ribs
1 (10 1/2 oz.) tomato soup
1/2 c. cider vinegar
1/2 c. brown sugar
1 tbsp. soy sauce
1 tsp. celery seed
1 tsp. chili powder

Trim excess fat off ribs. Place ribs in slow cooking pot. In mixing bowl combine tomato soup, vinegar, brown sugar, soy sauce, celery seed and chili powder. Pour over ribs. Cover and slow cook at setting #3 for 7 to 8 hours, setting #4 for 5 to 6 hours, or setting #5 for 3 to 4 hours. Reduce to setting #2 for serving. Makes 4 servings.

396423 -- 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

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 slow cooking pot. Pour soup over meatballs. Cover and slow cook at setting #3 for 7 to 8 hours or setting #4 for 4 to 5 hours. Makes 4 to 6 servings.

396424 -- COMPANY POTATO CASSEROLE

6 c. frozen hash browns, partially
thawed
1/2 c. butter or margarine, melted
1/2 c. onion, chopped
1 tsp. salt
2 (10 1/4 oz.) cans cream of chicken
soup
1 c. sour cream
1 c. potato chips or Corn Flakes,
crushed

Combine all ingredients except sour cream. Pour into lightly greased crock pot. Cover. Cook 5 to 7 hours. During last hour of cooking, stir in sour cream. Sprinkle with crushed potato chips.

396425 -- CROCK POT HEARTY BEEF STEW

2 lbs. stew meat, chop in 1 inch cubes
3 potatoes, diced
3 carrots, sliced
1 med. onion, diced
2 (14 1/2 oz.) can whole tomatoes
4 tbsp. quick-cooking tapioca
2 bay leaves
Salt & pepper to taste

Trim all fat from meat. Put all ingredients in crock pot. Mix thoroughly. Cover and cook for 8 to 10 hours.

396426 -- HOT DOGS

1 can jelled cranberry sauce
1 bottle Heinz chili sauce
2 lbs. hot dogs, cut into 1 inch
pieces

Combine all ingredients and heat in crock pot for at least four hours.

396427 -- ENCHILADA CASSEROLE

2 lbs. lean ground beef
1 med. onion, chopped
1 clove garlic, minced (I use 1 tsp.
garlic powder)
1 (15 oz.) can tomato sauce
2 to 3 tbsp. chili powder or to taste
Salt & pepper
8 flour tortillas
1 can cream of chicken soup
3/4 c. milk
2 c. Cheddar cheese, shredded

Brown beef, onion and garlic. Add tomato sauce and chili powder; salt and pepper. Heat thoroughly. Spray crock pot with Pam. Line with 2 tortillas. Cover with 1/3 of meat mixture and cheese. Layer 2 more times beginning with tortillas, meat mixture and cheese. Top with 2 more tortillas. Combine soup and milk. Pour over top tortillas. Sprinkle with remaining cheese. Cook on low for 4 to 5 hours. (Can also be baked in casserole dish in oven at 350 degrees for 45 minutes.)

396428 -- SWEDISH MEATBALLS

--BALLS:--

1 1/2 lbs. ground chuck
3/4 c. seasoned bread crumbs
1 sm. onion, diced
1 egg
1 1/2 tsp. salt
3/4 tsp. pepper
1 pkg. Lipton onion soup mix (or mix
of your choice)

Mix all ingredients above and form into balls. Brown in oven at 350 degrees for approximately 30 minutes. Place balls into crock pot on low. --SAUCE:--

1 can cranberry jelly sauce
1 bottle chili sauce

Simmer on top of stove until melted together. Pour sauce over meatballs. Slow cook for 2 to 3 hours.

396429 -- BEEF STEW

1 tbsp. flour
3/4 tsp. salt
Dash of pepper
1 to 2 lbs. stew meat
1 (10 1/2 oz.) can tomato soup
1 can water (1 1/4 c.)
Onion, chopped (to taste)
1/4 tsp. dried basil, crushed
4 med. potatoes, pared & cubed
3 med. carrots, cut in 1 inch pieces
1/4 c. dry red wine or water

Meat can be browned or just added raw. Mix soup, water, basil, salt, pepper and onion. Add meat, potatoes, and carrots. Bake at 375 degrees for 2 1/2 to 3 hours or put in crockpot on high for about 6 to 8 hours. Makes about 4 to 5 servings.

396430 -- CROCK POT APPLE BUTTER

8 c. mashed apples
4 c. sugar
1 tsp. cinnamon
1/2 tsp. cloves

Cook and mash the apples. Put all ingredients into the crockpot. Cook on high for 5 hours, then on low heat for 3 hours. Stir occasionally. Put in jars and seal.

396431 -- CROCK POTT APPLE BUTTER

Fill a 5 quart slow cooker heaping full with finely chopped apples. (Tart apples are best). Drizzle 4 cups sugar, 4 teaspoons cinnamon, 1/4 teaspoon ground cloves, 1/4 teaspoons salt over apples. Cover. (Lid may not fit tight at first, but apples will shrink as cooked.) Begin cooking on high then lower heat and cook all day until thick and dark color. Stir occasionally. Place in small jars and seal.

396432 -- CROCK - POT APPLE BUTTER

3 lb. apples, peeled, cored and finely
chopped
Sweet 'N Low equivalent to 4 c. of

sugar
4 tsp. cinnamon
1/4 tsp. cloves
1/4 tsp. salt

Heap crock-pot with the chopped apples. (Lid may not fit at start). Drizzle the sweetener, cinnamon and salt over the apples. Cook on high all day until apples are dark and thick. Stir occasionally. Place in small jars and seal. Process at 5 pound pressure in pressure cooker about 10 minutes. Yield: 32 (2 tablespoon) servings. Exchanges: 1/2 fruit Calories: 33 Carbohydrates: 8 grams, Sodium: 24 milligrams

396433 -- HOMEMADE APPLE BUTTER (CROCK POT)

8 c. cooked apples
5 c. sugar

If apples are lumpy, run through blender. Put in crock pot the apples and sugar and cook on high for 5 hours. Leave lid cracked for steam passage. Stir in a few drops of cinnamon or 1 package of red hot cinnamon candy. Yield: 4 1/2 pints.

396434 -- CROCK POT PEACH BUTTER

6 c. unsweetened peaches
3 c. white sugar
1 1/2 c. apricot nectar
2 tbsp. orange or lemon juice
1 tsp. vanilla

Put peaches through food mill or food processor. Mix all ingredients together well and put in crock pot. Bring to a good boil, uncover and boil until thick or 4 hours, high or low to keep it boiling. When it boils good, remove cover.

396435 -- CROCKPOT APPLE BUTTER

Peel and core apples until crockpot is heaping over full
4 c. sugar
4 tsp. cinnamon
1/4 tsp. cloves
1/4 tsp. salt

Place in crockpot apples, heaping full, they will shrink as they are cooked. Cover and cook on high 1 hour, then lower heat and let cook all day. Cook until

thick and brown with no liquid left. Place in hot sterilized jars. Set in hot water with lids on for 10 minutes. Boil until seal is secure and set aside to cool, you will hear a ping noise when sealed safely. Makes 4 or 5 pints. Good on hot biscuits.

396436 -- CROCKPOT APPLE BUTTER

8 c. applesauce
3 c. sugar
1 tsp. cinnamon
1/2 tsp. ground cloves

Combine all ingredients and mix well (in crockpot). Cook on high for six hours, turn to low for 12 hours. Stir occasionally. Pour into hot jars, turn upside down to seal.

396437 -- CROCK POT APPLE BUTTER

Cook 5 pounds Jonathan apples in 1 1/2 cups cider vinegar (quartered and cored, not peeled). Makes 7 quarts pulp. 3 c. sugar
1 1/2 tsp. cinnamon
1/4 tsp. allspice
1/2 tsp. cloves

Cook all night with lid slightly ajar; put toothpick under lid. Put in hot jars and seal.

396438 -- CROCKPOT OATMEAL

2 c. milk
1/4 c. brown sugar
1 tbsp. melted butter
1/4 tsp. salt
1/2 tsp. cinnamon
1 c. rolled oats
1 c. chopped apple
1/2 c. raisins
1/2 c. chopped walnuts

Grease the inside of a slow cooker crockpot. Put ingredients into crockpot and mix with whisk. Cover. Just before going to bed, turn on the crockpot, at "low" speed. The cereal will be ready for morning. Serve with milk. Serves 4.

396439 -- CROCK POT APPLE BUTTER

Tart apples
4 c. sugar
4 tsp. cinnamon
1/4 tsp. cloves
1/4 tsp. salt

Fill a 5-quart crock pot heaping full with finely chopped apples. (Tart apples are best.) Drizzle 4 cups sugar (or less, depending on sweetness of apples), 4 teaspoons cinnamon, 1/4 teaspoon cloves, and 1/4 teaspoon salt over the apples. Cover. Lid may not fit tightly at start, but apples will shrink. Begin cooking on high. Lower heat after mixture starts to bubble. Cook all day, until thick and dark in color. Stir occasionally. Place in small jars. Cool and freeze.

396440 -- CROCKPOT DRESSING

1 (8 inch) pan cornbread
8 slices dry white bread
4 eggs
2 c. chicken broth
2 cans cream of chicken soup
1 tsp. sage
1/2 tsp. black pepper
Celery to taste
1 med. onion
2 tbsp. butter

Mix ingredients except butter. Place in crock pot. Dot butter on top. Cook 2 hours on High then 4 hours on low.

396441 -- CROCK POT MACARONI

1 (8 oz.) pkg. macaroni
1 lg. can evaporated milk
1 1/2 c. milk
2 eggs, beaten
1/4 c. melted margarine
1 tsp. salt
3 c. sharp cheese
Pepper to taste

Cook and drain macaroni. Grate cheese. Grease crock pot. Mix oil ingredients in crock pot. Reserve some of the cheese to put on top. Sprinkle with paprika. Cook on low for 3 1/4 hours.

396442 -- CROCKPOT APPLE BUTTER

8 c. applesauce
5 c. sugar
1/2 c. vinegar
1/2 c. cinnamon candies (red hots)

Mix. Cook 4 hours on low in crockpot with lid on. Stir often. Cook 4 hours on high with lid off. Pour into sterilized jars. Makes about 4 1/2 pints.

396443 -- LO-CAL CROCK POT CHICKEN

2 med. onions, thinly sliced
2-3 lb. chicken, cut up and skinned
2 cloves garlic, minced
1 lg. can tomatoes
1 tsp. salt
1/4 tsp. pepper
1/2 tsp. oregano, crushed
1/2 tsp. basil
1/2 tsp. celery seed
1 bay leaf

Layer in order and cook on low 6-8 hours, or on high 2 1/2 - 4 hours.

396444 -- CROCK POT MACARONI

8 oz. macaroni, cooked and drained
1 tall can Carnation milk
1 1/2 c. sweet milk
1 tsp. salt
3 c. sharp cheese, grated
1/4 c. melted margarine
1 egg, beaten
Black pepper
2 tbsp. margarine

Mix macaroni with milk, salt, cheese, melted margarine, egg, and pepper to taste. Put in crockpot which has been greased with the 2 tablespoon margarine. Cut thin slices of cheese and put on top. Cook 3 hours and 15 minutes on low.

396445 -- CROCKPOT MACARONI PIE

8 oz. box (cooked) macaroni
3 c. grated cheese
1 (16 oz.) can of evaporated milk
1 1/2 c. sweet milk
2 eggs
1/4 c. margarine
1 tsp. sugar
Salt and pepper to taste

Combine cooked macaroni with other ingredients and pour into a greased crockpot. Cook 3 1/2 hours on medium heat.

396446 -- CROCK POT APPLE BUTTER

3 c. sugar (could substitute apple
juice)
1 c. Karo syrup
1 1/2 tsp. cinnamon
1 c. water
1/4 c. cider vinegar
1/2 tsp. cloves

Peel, quarter, and core enough apples to fill a crock pot within 1 inch from the top (approximately one gallon). Add ingredients. Cook all night on low heat. Fill sterilized jars and seal. Makes about 4 pints.

396447 -- CROCK POT APPLE BUTTER

12 lg. apples, cooked & strained, or 3
qts. applesauce
1 qt. apple cider or juice
3 c. honey
1 tsp. cinnamon
1/4 tsp. cloves
1/4 tsp. allspice

Cover and cook on the low setting for 12 to 15 hours, or until the mixture reaches the consistency which you desire. Yields: 2 to 3 quarts.

396448 -- CROCKPOT APPLEBUTTER

Apples, (a cooking apple)
Sugar (1 c. of sugar for every cup of
applesauce)

Cinnamon oil
Canning jars
Lids & rings

Clean, core and peel apples, then cook apples and make applesauce. Put applesauce and sugar into crockpot and cook slowly all day. When it is done (the applesauce will turn brown), add cinnamon to taste (approximately 4 drops) and stir. Put applebutter in sterile canning jar. Boil lids and put onto jars then put rings on. It should seal.

396449 -- CROCK POT APPLE BUTTER

Chopped apples
4 c. sugar
4 tsp. cinnamon
1/4 tsp. cloves
1/4 tsp. salt

Fill crock pot with chopped apples and rest of ingredients. Start on high, then low all day or until it's thick and dark in color. Fill jars; cool and freeze.

396450 -- CROCK POT TOMATO SAUCE

2 (28 oz.) cans crushed tomatoes
2 (28 oz.) cans tomato puree
1 (18 oz.) can tomato paste
1/4 c. extra virginia olive oil
1 med. onion, chopped
4 bay leaves
2 cloves garlic, sliced
1 tbsp. dry basil
2 tsp. seasoned salt
1-2 lg. carrots, shredded

Heat oil in crock pot then add onion and carrot and garlic. Saute on high until transparent. Add tomatoes and seasonings (basil and seasoned salt) and add 1 can of water (or dry red wine) from the 18 ounce can that had the paste in it. Cook on low all day.

396451 -- CROCKPOT ROAST (French Dip Sandwich)

3-4 lb. beef roast
1 can beer
1 pkg. onion soup mix

Trim fat from roast. Put roast in crock pot and sprinkle with soup mix. Pour beer over top. Cook on low for about 8 hours. Cut or pull apart to make sandwiches on hard roll. Juice makes an excellent dip.

396452 -- CROCK POT MEAT SAUCE

12 oz. chili sauce
10 oz. grape jelly
1 tbsp. Worcestershire sauce

Put ingredients in crock pot. Mix well. Add hot dogs, meatballs, sausage or whatever kind of meat you prefer. Heat on low until meat is hot or done. Depends on what meat you use. Great for parties.

396453 -- CROCK - POT APPLE BUTTER

Apples, peeled, cored and finely
chopped
4 c. sugar or less
4 tsp. cinnamon
1/4 tsp. cloves
1/4 tsp. salt

Fill crock pot heaping full of chopped apples. (Lid may not fit at first, but apples shrink as it cooks.) Drizzle sugar, cinnamon, cloves and salt over apples. Cover and cook on high 1 hour. Lower heat and cook all day until thick and dark in color. Stir occasionally. Place in small jars. Cool and freeze. (Leave room for expansion.)

396454 -- CROCK POT DRESSING

8 c. prepared stuffing mix
1/2 c. chopped onions
1/2 c. chopped celery
1/2 c. melted butter
2 c. turkey broth and cooked giblets,
chopped
1 can mushroom soup
1 c. raisins

Mix together; cook on high at least 1 hour and then on low for an hour or more.

396455 -- CROCK POT SPANISH RICE

2 lbs. ground chuck or beef
1 med. onion, chopped
1 green pepper, chopped
1 (28 oz.) can stewed tomatoes
1 (16 oz.) can tomato sauce
1 1/2 c. water
2 1/2 tsp. chili powder (or to taste)
2 tsp. seasoned salt (to taste)
2 tbsp. Worcestershire sauce
2 c. raw rice, converted
3 stalks celery, chopped

Brown beef in skillet and drain off fat. Put all ingredients in crock pot. Stir thoroughly. Cover and cook on Low 7 to 9 hours or on High 3 hours. Stir in cheese and sprinkle on top (if desired).

396456 -- CROCK-POT APPLE BUTTER

8 c. cooked apples
4 c. sugar
1/2 c. vinegar
1/2 tsp. ground cloves
2 tsp. cinnamon
1/2 tsp. allspice

Peel and slice apples. Cook on low heat with small amount of water until tender. Put cooked apples, sugar and vinegar in slow cooker. Cover and cook 12 hours on low. Puree mixture and return to crock pot. Add spices and cook for 3 hours on high without lid until mixture becomes a spreading consistency. Fill refrigerator containers or put into sterilized jars, adjust lids and submerge in boiling water for 10 minutes.

396457 -- CROCK - POT APPLE BUTTER

Applesauce, sugar and allspice in the crock pot. For each cup of applesauce add 3/4 cup sugar and a teaspoon of allspice and a little cinnamon. Cook covered on high for 3-4 hours. Then cook uncovered on high for 3-4 more hours or on low overnight until right consistency. Cold pack 5-10 minutes.

396458 -- CROCK POT STEW

2 cans ranch style beans
2 cans minestrone soup
1 can Rotel tomatoes
1 lb. ground beef

Brown meat. Combine with canned stuff in crock pot. Cook for 5-6 hours.

396459 -- HUNTER'S CROCKPOT BEANS

1 lb. ground beef
3/4 lb. fried crumbled bacon
1 c. chopped onions
1 c. ketchup
1/4 c. brown sugar
1/2 tsp. pepper
1 tsp. hickory smoke flavoring
1 lb. can each pork and beans, lima
beans, butter beans, and kidney
beans

Cook on low in crockpot for 4-8 hours. The longer it cooks, the smokier it tastes.

396460 -- CROCK POT APPLEBUTTER

10 c. apples
5 c. sugar
2 tbsp. cider vinegar
2 drops cinnamon oil (optional)
1 (5 oz.) red hots

Cook and mash apples. Add sugar and cook until dissolved. Pour into crock pot. (Add a cup of water if needed.) Cook for 4 hours, stirring often. Add red hots. Cook 1 hour longer. Add oil of cinnamon just before putting into jars. If applebutter is too thin, cook another hour.

396461 -- CROCK PICKLES

4 c. water
1/2 c. salt
1/2 c. 90 grain vinegar

Pack gallon jar with small cucumber. Combine the water, salt and vinegar stir until dissolved and pour over the cucumbers. Add dill, grape leaves and green grapes. DO NOT HEAT BRINE: Will be ready to eat in 7 to 10 days.

396462 -- CROCK - POT APPLE BUTTER

1 bag apples, peeled, cored and finely
chopped
4 c. sugar or less
4 tsp. cinnamon
1/4 tsp. cloves
1/4 tsp. salt

Fill crock-pot heaping full of chopped apples (lid may not fit at start, but apples shrink as cooked). Drizzle sugar (sweet apples require less sugar), cinnamon, cloves, and salt over apples. Cover and cook on high 1 hour. Lower heat and cook all day until thick and dark in color. Stir occasionally. Put in small jars, cool and freeze.

396463 -- CROCK - POT CHILI

2 (15 1/2 oz.) cans mild chili beans
1 (15 1/2 oz.) cans tomatoes
2 lbs. deer burger, browned or
hamburger
2 med. onions, coarsely chopped
1 green pepper, coarsely chopped
2 cloves garlic, crushed
3 heaping tbsp. chili powder
1 1/2 tbsp. salt
1 tsp. pepper
1 tsp. cumin
2 celery stalks, chopped

Put all ingredients in crock-pot in order listed. Stir once. Cover and cook on low for 8 hours. Yields: 6 servings.

396464 -- CROCKPOT APPLEBUTTER

12-14 tart apples (Jonathan, Melrose,
etc.)
2 c. cider
Sugar
Cinnamon
Cloves
Allspice

Wash and core apples (do not peel). Combine apples and cider in a lightly oiled crockpot. Cook on low for 10-18 hours. (Or on high for 2-5 hours.) Process the apples with a food mill. Measure the applesauce and return to the crockpot. For each pint of cooked fruit, add: 3/4 c. granulated sugar
1/2 tsp. cinnamon
1/4 tsp. allspice
1/4 tsp. cinnamon

This is lightly seasoned. Add more to suit your taste. Cover and cook on high for three hours. Remove the cover and cook an additional three hours to cook down. Stir gently every two hours. Can and seal.

396465 -- BETTY CROCKER SOUR CREAM CHOCOLATE CAKE

2 c. self-rising flour
2 c. sugar
1 c. water
1/4 c. shortening
4 oz. melted unsweetened chocolate
(cooled)
1 tsp. vanilla
2 eggs
3/4 c. dairy sour cream
1/4 tsp. soda
Sour Cream Frosting

Preheat oven to 350 degrees. Grease and flour pans. Measure all ingredients except icing in a large mixing bowl. Mix 1/2 minute on low speed, scraping bowl constantly. Beat 3 minutes high speed, scraping bowl occasionally. Pour into pans. Bake layers 30-35 minutes or until top springs back when touched lightly with finger. Cool. Frost with Sour Cream Frosting.

SOUR CREAM FROSTING:
1/3 c. butter or margarine, softened
3 oz. melted unsweetened chocolate
(cooled)
3 c. confectioners sugar
1/2 c. dairy sour cream
2 tsp. vanilla

Mix butter and cooled chocolate thoroughly. Blend in sugar. Stir in sour cream and vanilla. Beat until frosting is smooth and of spreading consistency.

396466 -- BETTY CROCKER CRUNCHY COOKIES

1 c. white sugar
1 c. brown sugar
1/2 c. Crisco
2 eggs
3 c. flour
1 tsp. baking soda

1/2 tsp. salt
1 c. nuts

Put all ingredients together. Roll into balls, flatten with glass that has been dipped in sugar. Bake at 350 degrees.

396467 -- DAVY CROCKETTS

1 c. white sugar
1 c. brown sugar
1 c. shortening
3 eggs
2 c. flour
1 tsp. salt
1 tsp. soda
1 tsp. baking powder
2 c. quick oats
1 tsp. black walnut extract
1 c. chopped nuts
1 c. chocolate pieces

Cream sugars, shortening and eggs. Add sifted dry ingredients. Stir in remaining ingredients. Bake on large cookie sheet or jelly roll pan at 350 degrees for 15 to 20 minutes. Cut in squares when cool. Makes 3 dozen.

396468 -- PEANUT CLUSTERS IN CROCK POT

2 (12 oz.) bags chocolate chips
1 box white chocolate (almond bark)
3 lbs. salted peanuts
1 capful almond extract
1/3 slice of paraffin

396469 -- CROCKPOT SPAGHETTI SAUCE

4 tbsp. cooking oil
1 sm. onion, finely chopped
1 (15 1/2 oz.) can tomato sauce
1 1/2 c. water
1/2 tsp. pepper
1/2 tsp. red pepper, optional
1 lb. ground beef
1 (29 oz.) can tomato puree

1 (6 oz.) can tomato paste
1 tsp. salt
1/2 tsp. oregano
2 lbs. sausage (Italian links or
country style)

Brown ground beef in 2 tablespoon hot oil in frying pan. When almost browned, add onion and continue browning until onion is tender. Pour meat and onion into 3 1/2 quart crockpot. Add puree, sauce, paste, water, salt, pepper and oregano and set dial on low setting. Cut 2 lbs. sausage into pieces and brown in remaining 2 tablespoons oil. When brown, place sausages in sauce in crockpot. Continue cooking for 12 hours. (If you like your sauce sweeter, you could add 1/4 to 1/2 cup sugar to this.)

396470 -- CROCK POT APPLE BUTTER

Enough apples to fill a crock pot
1/2 c. vinegar
3 c. white sugar
1 c. brown sugar
3 tsp. cinnamon
Pinch cloves

Peel and slice enough apples to fill a crock pot as full as possible. The apples will shrink as the cooking process starts. Add vinegar to apples and cook on high for 8 hours and lower heat to low for 10 hours. After a total of 18 hours of cooking, add the rest of ingredients. Let cook 4 more hours. Put in jars and seal.

396471 -- SOUTHERN CROCKPOT APPLE BUTTER

4 c. sugar
4 tsp. cinnamon
1/4 tsp. cloves
1/4 tsp. salt
Apples

Fill crockpot heaping full with fine chopped apples (tart apples are best). Drizzle sugar, spices and salt over it. Cook all day until thick and dark color. Stir occasionally place in small jars. Freeze.

396472 -- CROCK POT 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 crock pot; cook 1 hour on high. Do not stir. Turn crock pot to low and stir every 15 minutes for 1 hour. Drop on waxed paper and cool. Store in tin.

396473 -- CROCKPOT APPLE BUTTER

16 c. harvest apples, washed, cored,
unpeeled, and chopped
2 c. apple cider
2 c. sugar
1/4 tsp. ground cloves
2 tsp. ground cinnamon
Dash of ginger, nutmeg, mace and
allspice to taste

Combine apples and cider in crockpot. Cover and cook on low heat 10- 12 hours. Puree in food mill, sieve or food processor. Return apple mixture to pot and add sugar and spices. Cover and cook on low heat 6-10 hours. Pour into hot sterilized jars and seal. Apple butter may also be cooled and pureed in freezer containers and frozen for several months. Makes 4 pints.

396474 -- CROCK POT DRESSING

1 c. butter
1 3/4 c. chopped onions
1 1/2 c. chopped celery
1/2 tsp. pepper
12 c. bread crumbs
1/3 tsp. poultry seasoning
1 1/2 tsp. sage
1/2 tsp. thyme
2 sm. cans mushrooms (optional)
4 1/2 c. broth
2 eggs, beaten

Melt butter in a skillet, saute celery and onions. Pour over bread crumbs and seasonings. Add broth, then the eggs. Cook on high for 50 minutes or low 5-8 hours.

396475 -- CROCK POT APPLE BUTTER

2 qts. applesauce or pulp

3 1/3 c. sugar
2/3 c. brown sugar
2 tbsp. + 2 tsp. vinegar
2 tbsp. + 2 tsp. lemon juice
1 tbsp. ground cinnamon
1/2 tsp. ground allspice
1/2 tsp. ground cloves

Put all ingredients in crock pot and stir to mix. Cover and cook on high for 2 to 3 hours. Stir occasionally. Remove lid, cook until thickness desired. Total hours, about 8. Can be processed in hot water bath for 20 minutes.

396476 -- CROCK POT APPLE BUTTER

4 c. sugar
8 c. cooked apples
1/2 c. white vinegar
2 tsp. cinnamon
1/2 tsp. cloves
1/2 tsp. nutmeg

Wash, peel and slice apples thin. Pack into crockpot until full. Add only enough water to keep from sticking to the bottom. Cook all day, covered on low; that night, add 4 cups of sugar to 8 cups of cooked apples (adjust sugar is less than 8 cups). Add 1/2 cup white vinegar; stir well and cook all night, covered on low. The next morning, add spices. Cook, uncovered, on high for 3 hours, then fill jars and seal.

396477 -- WALDORF ASTORIA STEW - CROCK POT

2 lbs. beef - Sirloin, cut up (raw)
2 c. potatoes, cut in lg. pieces
2 c. carrots, cut in lg. pieces
2 c. celery, cut in lg. pieces
1 bag frozen onions (small)
1 slice white bread, cut up
1 (16 oz.) can whole tomatoes (and juice)
2 tbsp. dry minced onion
3 tbsp. quick cooking tapioca
1 tbsp. sugar
1 can tomato soup
Salt to taste
Pepper to taste

Place all in large crock pot. Cover and cook at low setting for 5 hours. Do not stir. Makes 6 to 8 servings. Add additional vegetables; whatever your family likes. 6 to 8 servings.

396478 -- HOMEMADE CROCK POT CHICKEN SOUP

1 pkg. boneless, skinless chicken
breasts
1 pkg. chicken soup starter
1 lg. can chicken broth
2 c. each carrots & celery
1 c. slivered onions
Seasonings according to taste
(parsley flakes, garlic, salt,
pepper, etc.)

Night before: Cut carrots, celery and onion. Take chicken out of freezer. Set out seasonings. Have crock pot accessible. In a.m. literally throw above ingredients in crock pot and fill crock pot with water to the top. Put on lid, turn on medium-high, approximately 8 hours. Have a relaxed, non stressful day at work. Remove chicken breasts from crock pot with tongs. Cut meat on plate and return meat to soup mixture. Make rice or noodles for thicker soup.

396479 -- OLD FASHIONED VEGETABLE SOUP IN CROCK POT

2 lb. soup bones or 1 lb. beef short
ribs
2 qt. water
1 tsp. salt
1 tsp. celery salt
1 sm. onion, chopped
1 c. carrots, diced
1/2 c. celery, diced
2 c. potatoes, diced
1 lb. can whole kernel corn, undrained
1 lb. can tomatoes or home canned,
cut up
2 turnips, peeled and finely chopped

Place the meat, water, salts, onions, carrots and celery in crock pot. Cover and cook on low for 4-6 hours. Remove bones, chop meat and return to pot. Add potatoes, corn, tomatoes and turnips. Cover and cook on high for 2-3 hours more. Serves 10-12.

396480 -- EASY CROCK POT SPAGHETTI SAUCE

1 lb. hamburger
1/2 c. chopped onion
1/2 c. chopped bell pepper

1 c. chopped celery
1 clove minced garlic
1 tsp. Italian herb seasoning
1 can stewed tomatoes
1 can tomato paste
1 lg. can tomato sauce
1 lg. can water
1 pkg. spaghetti sauce seasoning

Brown hamburger with onion, bell pepper and garlic. Drain well and put into crockpot with all other ingredients. Have crockpot on high until sauce comes to a boil and then turn it to low and simmer for 6 hours. Serve hot over favorite noodles (our family likes egg noodles) and goes well with the garlic bread, and a fresh salad. Chopped bell pepper and celery can be kept in the freezer until ready to use. Be sure to rinse well before adding to any recipe to remove freezer taste.

396481 -- CROCK POT POTATO SOUP

5-6 potatoes, peeled & diced
1 onion, chopped
1 lg. carrot, sliced
1 lg. stalk celery, sliced
4 chicken bouillon cubes
1 tbsp. parsley flakes
5 c. water
1 tbsp. salt (less if desired)
Pepper
1/4-1/3 c. butter
1 (13 oz.) can evaporated milk

Put all ingredients in except evaporated milk in crock pot. During last hour add milk. Use skim milk evaporated milk and Mazola oil for low fat diet.

396482 -- CROCK POT STEW

1 to 1 1/2 lbs. stew meat
1 can green beans
2 cans tomatoes
5 carrots, quartered
1 onion, quartered
Salt and pepper to taste

Put all ingredients in crock pot. Cover; cook on low for at least 8-10 hours.

396483 -- CROCK POT SOUP

Chuck roast about 2-3 1/2 lb., cut
into small chunks
5 med. potatoes, diced
5 carrots, diced
1 lg. onion, diced
4-5 sticks celery, chopped
1 can Rotel tomatoes
1 sm. can corn
1 sm. can green beans
Salt and pepper

Put this all into the crock pot and turn on high until the mixture starts to
boil. Turn on low and cook all day. Serve with hot corn bread.

396484 -- MINESTRONE SOUP FOR "CROCKPOT" COOKER

1 c. diced ham
1 lb. corn chickpeas
1/2 c. minced onion
1 clove garlic, minced
1/2 c. diced carrots
1/2 c. diced celery
1 pkg. frozen chopped spinach
10 oz. can tomatoes
1 med. potato, diced
2 tbsp. parsley
1 qt. chicken broth
1/2 c. elbow macaroni
Grated Parmesan cheese

Combine all ingredients except macaroni and cheese in "crockpot" cooker. Add
water if chicken broth does not cover. Cook on high 1 hour, then switch to low
6-8 hours. Or cook on automatic 5-6 hours. One half hour before stirring, add
macaroni. Serve soup generously sprinkled with cheese. Serves 6.

396485 -- CROCK POT HAMBURGER SOUP

1 lb. lean ground beef
1/4 tsp. pepper
1/4 tsp. oregano
1/4 tsp. basil
1/4 tsp. seasoned salt
1 env. onion soup mix
1 (8 oz.) can tomato sauce
1 tbsp. soy sauce
1 c. celery, chopped
1 c. carrots, sliced

1/2 c. macaroni, cooked
1/4 c. Parmesan cheese, grated

Crumble beef into slow-cooking pot. Add pepper, oregano, basil, seasoned salt and dry onion soup mix. Stir in 3 cups boiling water, tomato sauce and soy sauce, then add celery and carrots. Cover and cook on low for 6 to 8 hours. Turn control on high. Add cooked macaroni and Parmesan cheese. Cover and cook on high for 10-15 minutes. Other vegetables may be added, if desired.

396486 -- CROCK POT POTATO SOUP

3 potatoes, peeled & cut into bite
size pieces
1 lg. onion
1 carrot, chopped
1 stalk celery, chopped
1 tbsp. parsley
5 c. water
4 chicken bouillon cubes
1 tbsp. salt
Pepper to taste

Cook on low 10 to 12 hours or on high 3 to 4 hours. During the last hour of cooking, add 1 1/2 cups milk. TIP: If you own a blender, it works well to chop all vegetables in it.

396487 -- CROCKPOT HOLIDAY PUNCH

1 qt. apple juice
1 qt. cranberry juice cocktail
1 c. brown sugar
Cinnamon sticks
Cloves

396488 -- LEMON CROCKERS

2 c. sugar
1 1/2 c. shortening (lard best to use)
2 eggs
1 oz. ammonia
1 bottle lemon oil
Flour to make soft dough
1 pt. milk

Bake at 375 degrees until light brown.

396489 -- DAVY CROCKETT COOKIES

1 c. butter
1 c. brown sugar, packed
1 c. white sugar
2 eggs
1 tsp. vanilla
2 c. flour
1 tsp. baking soda
1/2 tsp. baking powder
1/2 tsp. salt
3 c. oats
1 (12 oz.) pkg. chocolate chips
1 c. chopped nuts (optional)

Cream butter, sugars, eggs, and vanilla. Add flour, soda, powder and salt mixing well. Stir in oats, chips, and nuts. Drop by teaspoonfuls onto lightly greased baking sheets. Bake at 350 degrees for 10-12 minutes or until lightly browned. Cool slightly before transferring to cooling racks or waxed paper.

396490 -- BETTY CROCKER FRUIT CAKE

1 1/2 c. dates, cut
1 1/2 c. raisins, cut
2 c. sugar
2 c. boiling water
5 tbsp. vegetable oil
1 tsp. soda
3 c. flour, sift before measuring
2 tsp. cinnamon
2 tsp. cloves
1 tsp. salt
1 c. chopped nuts

Put raisins, dates, sugar and vegetable oil in pan and simmer gently for 20 minutes. Cool. Sift flour, soda, cinnamon, cloves and salt. Stir in cool mix. Add nuts (mix) nuts with little flour to keep from sinking. Put in greased pan. Bake 1 1/2 hours at 325 degrees.

396491 -- CHOCOLATE PEANUT BUTTER CAKE - CROCKPOT

2 c. chocolate cake mix

1/2 c. water
1/3 c. creamy peanut butter
1/2 c. chopped nuts

Combine all ingredients in bowl mixing well. Beat about 2 minutes. Pour batter into greased and floured 2 pound coffee can. Place can in crockpot. Cover top of can with 8 paper towels. Cover crockpot and bake on high 2 to 3 hours.

396492 -- STREUSEL POUND CAKE - CROCKPOT

1 pkg. pound cake mix (16 oz.) size
1/4 c. packed brown sugar
1 tbsp. flour
1/4 c. finely chopped nuts
1 tsp. cinnamon

Mix cake mix according to package directions. Pour batter into well greased and floured 2 pound coffee tin. Combine sugar, flour, nuts and cinnamon and sprinkle over cake batter. Place can in crockpot. Cover top of can with 8 layers of paper towels. Cover pot and bake on high 3 to 4 hours.

396493 -- BEER CAKE - CROCKPOT

2/3 c. butter
1 1/2 c. brown sugar
3 eggs
2 1/2 c. flour
1 1/2 tsp. baking powder
1/4 tsp. baking soda
1 tsp. cinnamon
1/4 tsp. nutmeg
1 1/2 c. beer
1 c. chopped walnuts
1 c. raisins

Cream butter and sugar until light and fluffy. Add eggs one at a time mix well. Add flour, soda, baking powder, cinnamon, nutmeg to creamy mixture alternately with beer. Stir in walnuts and raisins. Pour mixture into well buttered and floured cake pan that will fit into crockpot. Cover tin with four or five paper towels. Put into pot. Put lid on crockpot loosely to allow steam to escape. Cook on high for 3 1/2 hours or until cake is done. Remove pan from pot and allow cake to cool on wire rack for 15 minutes before removing from pan.

396494 -- CROCK-POT CAKES

Directions: Pour mixed batter into greased and floured 3 pound shortening can. Fill can not more than 2/3 full. Place can in crock-pot. Cover top of crock with 8 paper towels folded down over edge of can (to absorb moisture). Cover paper towels with crock-pot lid. Cover and cook on high 3 to 4 hours. Do not peek until after 2 hours.

FRUIT CAKE:

3/4 c. flour
3/4 c. sugar
1/2 tsp. baking powder
1/8 tsp. salt
1/4 tsp. nutmeg
1/4 tsp. cinnamon
1/4 tsp. ground cloves
1 tbsp. hot water
1/2 c. grated raw carrots
1/2 c. chopped nuts
1/2 c. raisins
2 tbsp. flour
1/2 c. salad oil
2 eggs

Stir together 3/4 cup flour, sugar, baking powder, salt and spices. Grate carrots to a fine consistency. (This may be done in a blender - blend 5-6 seconds.) Toss raisins and nuts in an additional 2 tablespoons flour. In a large bowl, beat oil and eggs together for 1 minute. Add hot water and continue beating for 1 minute more. Stir in grated carrots. Add flour mixture, raisins and nuts. Mix together thoroughly. Turn batter in greased and floured 3 pound shortening can. Bake as directed above.

CHOCOLATE-FUDGE CAKE:

2 c. flour
1 tsp. soda
1 1/2 c. sugar
1/4 tsp. salt
6 tbsp. cocoa
1 egg
1 c. "real" mayonnaise
1 c. hot water
1 tsp. vanilla

Stir together dry ingredients in large mixing bowl. Add remaining ingredients and beat 2 minutes with electric mixer. Pour into greased and floured 3 pound shortening can and cover with paper towels. Bake in uncovered crock-pot on High 2 1/2 to 3 1/2 hours or until done.

396495 -- BETTY CROCKER FRUIT DROPS

1 c. soft shortening
2 c. brown sugar
2 eggs
1/2 c. sour milk-buttermilk or water
3 1/2 c. sifted flour
1 tsp. soda
1 tsp. salt
1 1/2 c. broken pecans

2 c. candied cherries, cut in halves
2 c. cut up dates

Mix well shortening, sugar and eggs. Stir in sour milk - sift dry ingredients together and stir in. Stir in pecans, cherries and dates. Chill at least 1 hour. Heat oven to 400 degrees. Drop 2 inches apart. Bake until almost no imprint remains. This is a good Christmas time cookie. Keep in tightly covered jar.

396496 -- BETTY CROCKER CHOCOLATE CHIPS

1 pkg. super moist chocolate or German
chocolate cake mix
1/2 c. softened butter or margarine
2 eggs
1 tsp. vanilla
1/2 c. chopped nuts
6 oz. chocolate chips

Mix about 1/2 the cake mix, the eggs, margarine and vanilla in large bowl until smooth. Add rest of mix, nuts and chips. Drop on cookie sheet. Bake 10-12 minutes, 350 degrees. Centers will be soft. Makes about 5 dozen.

396497 -- 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 stems
1 bell pepper, sliced
1 onion, sliced
Dash salt, pepper & garlic powder
1/2 c. white wine

Wash and dry chicken pieces. Place in crock pot. 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.

396498 -- CROCK POT APPLESAUCE

10 lg. cooking apples, peeled, cored &
sliced or cut in chunks
1/2 c. water
1 tsp. cinnamon
1/2 to 1 c. sugar

Put all ingredients into crockpot. Should be about 3/4 full. Cover and cook on low 8 to 10 hours (high 3 to 4 hours).

396499 -- CROCK POT APPLE BUTTER

8 c. cooked apples
5 c. sugar
1/2 c. vinegar
Cinnamon to taste

Cook 8 hours in crock pot.

396500 -- OLD FASHIONED CROCKPOT APPLE BUTTER

14 cooking apples (Winesap)
2 1/2 c. sugar
1 c. apple juice
1 tbsp. cinnamon
1 tbsp. cloves
1 tsp. Allspice

Wash and core apples; cut in 1/4 pieces. Slightly grease crockpot, put in apples and apple juice. Cook on high for 5 hours. Add other ingredients and cook for 6 hours on high. Stir each hour. Pack in 1/2 pint jars and seal. Makes 5 (1/2 pint) jars.

396501 -- CROCK PICKLES

4 lbs. sm. cucumbers, sliced thick
1/3 c. canning salt

Sprinkle salt over cucumbers. Bring to boiling enough water to completely cover cucumber slices. Let stand 5 hours; drain and rinse well. Use a wooden spoon to stir. Meanwhile, heat to boiling: 1 c. sugar 1 tsp. celery seed 2 tbsp. mixed pickling spices 2 tbsp. mustard seed 1 heaping tbsp. alum Pour over cucumbers which have been placed in a crock or glass container. Place a large plate upside down over the cucumbers using a weight on top of the plate to keep cucumber under the liquid. Add 1 cup of sugar every day for 5 days and stir well. Ready to eat. May leave in crock or put in glass jars with lids. I make three to four recipes at a time. (I received this recipe from a friend sometime ago.)

396502 -- CROCK POT APPLE BUTTER

Fill crock pot with unsweetened applesauce; cook on medium (or 3) for 12-14 hours, stirring occasionally. Add 4 cups sugar and either a bag of hot cinnamon candy or several drops of cinnamon oil. Stir well. Cook until thickens. Place in jars and seal.

396503 -- CROCK POT APPLE BUTTER

Approx. 3 lb. apples
3 c. sugar
2 tsp. cinnamon
1 tsp. nutmeg
1/2 tsp. allspice
1/2 tsp. cloves
Dash of salt
3/4 c. water

Fill crock pot 3/4 full of peeled, cored sliced apples. Add remaining ingredients and stir until evenly mixed. Cover and cook on low overnight. If butter has too much liquid, remove lid and cook on high until of desired consistency.

396504 -- CROCK POT APPLE BUTTER

2 c. apples
1 c. water
3 c. sugar
3 cinnamon sticks
Other spice (if desired)

Peel and core apples (cut in small pieces). Measure 9 cups. Cook in crock pot on low until thick, stirring once every hour. Should take about 10 hours, depending on kind of apples. When finished, will be dark and thick.

396505 -- CROCK POT APPLE BUTTER

12 to 14 cooking apples (about 16 cups, chopped)
2 c. cider
2 c. sugar
1 tsp. ground cinnamon
1/4 tsp. ground cloves

Core and chop apples. (Do not peel.) Combine apples and cider in slow-cooking pot. Cover and cook on low for 10 to 12 hours or until apples are mushy. Puree in food mill or sieve. Return pureed mixture to pot; add sugar, cinnamon, and cloves. Cover and cook on low one hour. Will keep several weeks in the refrigerator. Or, if desired, pour into hot sterilized jars and seal, or pour into freezer containers and freeze. Makes about 8 cups.

396506 -- OPEN CROCK DILLS

Layer grape leaves, dill and slice pickles in stone jar. Add 1/2 cup pickling salt, 1 quart vinegar and 4 quarts cold water and do not boil, but dissolve sugar. Pour over pickles in stone jar. Put weight on. May be eaten after 7 days.

396507 -- CROCKPOT APPLEBUTTER

4 c. sugar
4 c. apples
Juice of 2 lemons
Cinnamon to taste

Cook apples until tender. Add sugar, juice, and cinnamon to taste. Boil 5 minutes or until thick.

396508 -- CROCK PICKLES

1/2 c. pickling salt
1 gal. water
Dill sprigs - 4 to 5 fresh
5 garlic cloves
Chili pequin, about 3
Enough sm. cucumbers to fill gal. jar

Stuff gallon jar with dill, garlic and chili pequin. Add small cucumbers until jar is full. Bring water and salt to boil and let stand until warm and pour over contents of jar. Cover and let stand 3 days or so before eating.

396509 -- CROCK POT APPLE BUTTER

8 c. diced apples

4 c. sugar
1/2 c. apple cider vinegar
2 tsp. cinnamon
1/2 tsp. cloves

Peel and dice apples. In a large bowl, add apples and other ingredients. Stir well. Pour into crock pot and cook 12 hours. Stir up mixture well. Can use electric mixer. Put in sterilized jars and seal.

396510 -- SPECIAL BURRITOS CROCKPOT

1 (10 oz.) can chopped Ortega peppers
Meat from bones
1 c. chopped onion
2 (4 oz.) can tomato sauce
2 lb. chuck roast

Night before begin cooking 2 lbs. chuck roast in crock pot (cook all night). In morning, remove the bones. Add to crockpot the above. Cook on low heat the rest of day. Add mixture to flour tortillas. Also add refried beans, sour cream, grated cheese with meat. Wrap in foil and bake 350 degrees for 10 minutes.

396511 -- EASY CROCKPOT BARBECUE

3 to 4 lbs. pork roast
1 lg. onion
8 to 10 whole cloves, sliced
Your favorite barbecue sauce

Before you go to bed, brown pork roast in skillet with a small amount of oil. Peel and slice 1 large onion. Place 1/2 onion in bottom of crockpot. Put roast in crockpot and add 1/2 to 3/4 cup water. Add rest of onion and cloves. Set on low. In morning, turn off crockpot, remove meat, and let cool. Discard onion and juices in crockpot. Tear roast into small pieces. Put back in crockpot and add barbecue sauce (enough until juicy). Cook on low 2 to 3 hours or until flavor is blended and hot. Serve on buns.

396512 -- CROCKPOT STROGANOFF

1 1/2 lbs. stew meat, cubed
1 (10 3/4 oz.) can cream of mushroom
soup
1 (10 1/4 oz.) can French onion soup

Put all ingredients into pot. Cook 5 to 6 hours - low heat.

396513 -- CROCK POT APPLE BUTTER

Apples
3-4 c. sugar
2 tsp. cinnamon
2 tsp. cloves
2 tbsp. lemon juice

Fill crock pot with peeled and chopped apples. (Use blender if you have one.) Add remaining ingredients. Cover and cook on high 6-8 hours. Remove cover last 1/2 of cooking, stir occasionally.

396514 -- CROCK POT APPLE BUTTER

Peel and thinly slice crock pot full of apples. Add 2 tablespoons vinegar and 1/2 cup water. Cook 12 hours on low. Mash apples in crock pot. Add: 3 tsp. cinnamon 1/8 tsp. ground cloves Cook 4 hours longer. Pour into warm jars and seal.

396515 -- CROCK POT APPLE BUTTER

2 qts. apple pulp (apples chopped
after core removed)
2 1/2 c. white sugar
2/3 c. brown sugar
2 2/3 tbsp. vinegar
2 2/3 tbsp. lemon juice
1 1/2 tbsp. cinnamon
3/4 tsp. cloves

Cook in crock pot with the lid on for 2-3 hours. Remove lid and continue to cook until excess liquid has cooked away. The entire cooking process will take 5-8 hours. Seal in hot jars and process 10 minutes in hot bath.

396516 -- OPEN CROCK PICKLES

5 c. distilled water
1/2 qt. white vinegar
1/2 c. canning salt

1/2 tbsp. black pepper

Boil until full roiling boil, pour over pickles while hot in jars packed with dill, onion, and garlic. Refrigerate 24 hours.

396517 -- CROCKPOT SPINACH

2 (10 oz.) pkg. frozen chopped spinach
2 c. cream style cottage cheese
1/4 c. butter
1 1/2 c. American or Cheddar cheese
3 eggs
1/4 c. flour
1 tsp. salt

Thaw and drain spinach. Squeeze as much water as possible. Cube cream cheese, butter and cheese. Add to drained spinach. Slightly beaten eggs. Add flour, salt and combine with spinach and cheeses. Grease crockpot. 1 hour at high; 4-5 hours on low.

396518 -- CROCK POT APPLE BUTTER

3 qt. plus 1 c. apple sauce
2 3/4 c. sugar
12 oz. (lg.) can frozen grape juice
1 tsp. cinnamon
1/4 tsp. cloves
1/4 tsp. allspice

Mix together all ingredients. Cook in crock pot 24 hours on high, uncovered. While hot put into jars and seal.

396519 -- CROCK POT DRESSING

1 c. butter
2 c. chopped onion
2 c. chopped celery
1/4 c. parsley sprigs
2 (8 oz.) cans drained mushrooms
12 - 13 c. slightly dried bread crumbs
1 tsp. poultry seasoning
1 1/2 tsp. salt
1 1/2 tsp. sage
1 tsp. dried thyme
1/2 tsp. pepper

1/2 tsp. margarine
3 1/2 - 4 1/2 c. chicken or turkey
broth with giblets
2 well beaten eggs

Melt butter, saute onions. Pour over cubes. Add remaining ingredients, adding broth last to moisten. Place in crock pot on high for 45 minutes. Reduce to low for 6 hours. Freezes well.

396520 -- CROCK POT CRANBERRIES

1 pkg. fresh cranberries
2 c. sugar
1/4 c. water

Combine cranberries with sugar and water in crock pot. Cover and cook on high 2 to 3 hours until some pop. Serve with turkey or chicken.

396521 -- CROCK-STYLE KOSHER DILL PICKLES

4 qt. water
1 c. cider vinegar
1/2 c. canning salt
Cucumbers, 2-3 inches
Fresh dill, cut (1-2 bunches)
Garlic, chopped (1-2 whole garlicks)
Grape leaves, washed

Place a bed of grape leaves on bottom of crock. Alternate layers of cucumbers, dill and garlic to fill crock. Bring water, vinegar, and salt to a boil. Cool and pour over cucumbers. Place more grape leaves on top. Weight down and let set in cool place 3-5 days or until flavor is desirable to taste. Place left over pickles in refrigerator.

396522 -- CROCK DILL PICKLES

14 c. tap water
1 c. canning salt
Dill, green grapes, grape leaves, 1
sm. clove garlic

Use a 2 gallon crock (old fashioned kind). In it layer the pickles, dill and grapes to the top. Stir brine up cold, pour on pickles. Put plate on top to weight them down into brine. Wait 5 to 6 days until ready.

396523 -- CROCK POT APPLE BUTTER

16 c. chopped cooking apples (about 12
to 14)
2 c. apple cider
1 tsp. ground cinnamon
1/4 tsp. ground cloves
2 c. sugar

Combine all ingredients in crockpot. Cover and cook on HIGH for about 2 hours. Turn crockpot to low setting and continue to cook all day or overnight. Makes about 4 pints.

396524 -- CROCKPOT APPLE BUTTER

8 c. applesauce
2 c. sugar
1 tsp. cinnamon
1/4 tsp. cloves
1/4 c. cinnamon hearts

Cook in slow cooker on low 5 to 6 hours. Seal in jars. Makes 4 1/2 pints. Good apples to use: Rambo in August; Golden Del in September; Stayman in October.

396525 -- CROCK POT APPLE BUTTER

8 c. cooked apples
4 c. sugar
1/2 c. vinegar
2 tsp. cinnamon

Place in crock pot and cook 6 hours on HIGH. Seal in jelly jars.

396526 -- CROCK POT APPLEBUTTER

8 c. applesauce
3 c. sugar
1 1/2 tbsp. vinegar
1 tsp. cinnamon
1 tsp. cloves

Cook about 4 hours in crock pot or until desired consistency.

396527 -- PARTY CITRUS FISH - CROCKPOT

1 1/2 lb. fish fillets
Salt and pepper to taste
1 med. onion, chopped
5 tbsp. chopped parsley
4 tsp. oil
2 tsp. grated lemon rind
2 tsp. grated orange rind
Orange and lemon slices

Butter crockpot and put salt and pepper on fish to taste. Then place fish in pot. Put onion, parsley and grated rinds and oil over fish. Cover and cook on low for 1 1/2 hours. Serve garnished with orange and lemon slices.

396528 -- HOT MULLED CIDER - CROCKPOT

1/2 c. brown sugar packed
2 qt. cider
1 tsp. whole allspice
1 1/2 tsp. whole cloves
2 sticks cinnamon
Orange slices

Put all ingredients in crockpot and cover cook on low for 2 to 8 hours. Spices may be taken out. Serve from crockpot with ladle.

396529 -- CROCK POT APPLE BUTTER

12 to 14 cooking apples (about 16 c.)
5 gal. cider (water maybe substituted)
2 c. sugar
1 tsp. ground cinnamon
1/4 tsp. nutmeg
1/4 tsp. ground cloves (optional)
1/4 tsp. allspice (optional)

Peel, core, chop apples and add to cider in a large pan on stove. Cook like applesauce (until they become mushy). Pour apple sauce into slow cooking crock pot with lid cracked open using wooden spoon. Cook on low for 12 hours. Stir every 2 hours. During last hour of cooking add sugar and then stir every 10

minutes. During last 1/2 hour of cooking add spices. Will keep several weeks in refrigerator. May be frozen. Makes 5 to 8 cups of apple butter.

396530 -- OPEN CROCK DILLS

Lg. cucumbers
Dill
Sliced onions
1 c. salt
3 c. sugar
2 qts. water
1 qt. white vinegar
1 heaping tsp. mixed pickling spices

(Enough brine for 8 quarts) Cut large cucumbers into quarters and put in a crock alternately with layers of dill and sliced onions. Boil the salt, sugar, water, vinegar and spices together. Pour over cucumbers while hot. Pickles are ready to eat in 24 hours.

396531 -- CROCK POT APPLE BUTTER

2 1/2 qt. apples
2 c. sugar
1/4 tsp. allspice
1 (3") cinnamon stick
1 tsp. cloves

Mix in crock pot. Cook on low 10-12 hours. Uncover last 2 hours.

396532 -- CROCK POT APPLE BUTTER

7 c. applesauce
2 c. apple cider
1 1/2 c. honey
1 tsp. ground cinnamon
1/2 tsp. ground cloves
1/2 tsp. ground allspice

In crock pot, mix all ingredients. Cover and cook on low heat 14-15 hours until mixture is a deep brown. Peek while hot into 4 hot pint jars. Process in hot water bath for 10 minutes counting time after jars have been immersed and water again comes to a rolling boil.

396533 -- CROCK CUCUMBER PICKLES

1 gallon white vinegar
1 c. sugar
1 c. salt
1 c. dry mustard
Sm. to med. whole cucumbers

Make a paste of sugar, salt and mustard and stir into vinegar. Drop in washed cucumbers. Stir every time you add cucumbers. Put a plate on top to keep cucumbers in the brine.

396534 -- HOT CRANBERRY PUNCH - CROCK POT

46 oz. can pineapple juice
1 qt. cranberry juice
3 c. water
1/2 tsp. salt
1 c. brown sugar
2 tbsp. whole cloves
1 tbsp. whole allspice
6 cinnamon sticks

Pour juices and water into pot. Add salt and sugar. Stir until dissolved. Tie cloves, allspice, cinnamon in cheesecloth and put in pot. Cover and simmer for 2 hours. Remove spice bag. Keep warm. 25 - 4 ounce servings.

396535 -- REFRIGERATED CROCK PICKLES

1 c. vinegar
1/2 c. pickling salt (less if needed)
1 qt. hot water
3 qts. cold water

Mix and set aside. Put in bottom of gallon jar: 1 garlic clove 1 sliced onion Pack your pickles in jar. Pour mixture over pickles. Close and refrigerate for 1 week.

396536 -- COLD CROCK PICKLES

Wash pickles and add dill. Add pickles. Add 2 tablespoons pickling salt and 1 quart water. Don't seal with lid. Set smaller (butter) lid on top to keep

pickles in brine. Place rock on top. Let set 3 days on counter then refrigerate with lid on loosely.

396537 -- CROCK POT SPAGHETTI SAUCE

1/2 c. olive oil
1/4 c. chopped onions
1 clove garlic, minced
2 tbsp. parsley
2 tbsp. salt
2 tbsp. sugar
1 lb. ground chuck or mild Italian
sausage
2 (6 oz.) cans tomato paste
2 lg. cans tomato puree (2 lb. 3 oz.)
2 tsp. oregano leaves
1 tsp. basil
1/4 tsp. pepper
1 (4 oz.) can mushroom stems &
pieces, drained
1/4 c. dry red wine

Saute onions and meat until not red or pink. Drain. Combine meat and remaining ingredients in crock pot, cover, set on low. Cook 8 hours. Sauce can be frozen and used for all types of pasta (i.e. ravioli, lasagna, tortellini, etc.).

396539 -- DILLED CUCKES IN CROCK

2 qts. water
1/2 c. vinegar
1/2 c. sugar
Garlic
Dill

Boil together - cool. Add 1/3 cup salt before water cools. Cut cukes in quarters lengthwise. Put garlic and dill in jar. Add cukes, cover with cooled brine. Ready to eat next day.

396551 -- CROCK POT VENISON

3-4 lb. venison
1 lg. onion
16 oz. bottle cola
24 oz. bottle catsup

Cook for 6-8 hours until done.

396552 -- CROCK POT BEAN SOUP

1 lb. dry navy beans (soak overnight)
2 qt. water
1 lb. ham and bones
1 tsp. salt
1/2 tsp. pepper
1/2 c. chopped celery leaves
1 med. onion, chopped
1 bay leaf (optional)

Put all ingredients in pot. Cook on low 10 to 12 hours.

396553 -- CROCK POT ONION SOUP

1 qt. beef bouillon
3 c. onion, sliced
1/4 c. butter
1 tsp. salt
1 tbsp. sugar
2 tbsp. flour
1/4 c. dry Vermouth or Cognac
1 c. Parmesan cheese

Pour bouillon in crock, cover, set on high. Cook onions in large skillet in butter for about 15 minutes. When feels done to desired consistency add sugar, this will brown them. Add to crock and cook for 3 hours.

396554 -- CROCK POT CORN CHOWDER

6 slices bacon
2 (10 oz.) pkgs. frozen corn
1 (16 oz.) can cream style corn
1 tbsp. Worcestershire sauce
2 c. water
1/2 c. onion, chopped
2 c. potatoes, diced
1 tbsp. sugar
1 tbsp. seasoned salt
1 (16 oz.) can chicken broth
1 c. milk
1/4 c. butter

In skillet, fry bacon until crisp, remove and reserve. Add onion and potatoes to bacon drippings, saute for 5 minutes. Combine everything in crockpot except butter and milk. Cover and cook on low for 7 hours. Pour 1/2 of the mixture into blender and puree until almost smooth. Return to crock pot with milk and butter. Cover and cook on high one hour more. 6 to 8 servings.

396555 -- CROCK POT POTATO SOUP

2 lbs. frozen hash browns
Water to cover
1 bouillon cube for each c. of water
1/2 c. diced onion
2 carrots, grated
2 stalks celery, diced
1 1/2 lbs. diced ham

396556 -- CROCKPOT SPLIT PEA SOUP

1 (16 oz.) pkg. dried green split
peas, rinsed
1 hambone, or 2 meaty hamhocks, or 2
c. diced ham
3 carrots, peeled & sliced
1 med. onion, chopped
2 stalks of celery plus leaves,
chopped
1 or 2 cloves of garlic, minced
1 bay leaf
1/4 c. fresh parsley, chopped
(optional)
1 tbsp. seasoned salt (or to taste)
1/2 tsp. fresh pepper
1 1/2 qts. hot water

Layer ingredients in slow cooker, pour in water. DO NOT STIR. Cover and cook on high 4 to 5 hours or on low 8 to 10 hours until peas are very soft and ham falls off bone. Remove bones and bay leaf. Serve garnished with croutons.
*Freezes well.

396557 -- CROCK POT CHILI

2 lbs. ground chuck

1 can tomatoes or tomato sauce
1 1/2 tsp. salt
2 tsp. cumin
1/4 c. chili powder
1/2 tsp. black pepper
1/4 tsp. garlic powder

Brown meat in skillet. Drain fat. Put in crock pot with other ingredients. Add water just to cover meat. Cook on low for about 4 hours. Stir in 1/4 cup cornmeal. Add gradually so it won't make lumps. Cook about 10 more minutes. *If you need to leave cooking as long as 8 hours, add a little more water.

396558 -- CROCK POT DEER CHILI

3 1/2 lbs. deer chuck roast
1 (1 lb.) can tomatoes
1/2 c. water
1 c. chopped onion
1 clove garlic
1 can chili beans
2 tsp. chili powder
1 can chili beef soup
1/2 c. diced green pepper
Rice

Cut meat into 1" strips. Roll in flour. Brown in skillet. Put in slow cooker or crock pot. Add tomatoes, water, onion, chili powder, soup, chili beans, garlic and green pepper. Set on low to low-medium heat setting for about 6 hours. Serve with rice.

396559 -- CROCK POT CLAM CHOWDER

2 cans chunky New England clam chowder
(Campbells)
1 can cream of celery soup
1 can cream of mushroom soup
2 cans cream of potato soup
2 cans minced clams (with juice)
1 stick margarine
1 qt. half & half*

Dump all ingredients into crock pot and cook on low for 8 to 10 hours. *If you have a smaller crock pot, cut down on your half and half.
