

CROCK POT COOKING FOR COLD NIGHTS

Italian Wedding Soup

Ingredients:

1 pound small meatballs	1 package (8 oz. size) chopped spinach
6 cups chicken broth	2 cloves garlic, finely chopped
1 cup cooked chicken, chopped	½ t thyme
1 cup carrots, diced or cut into matchsticks	Salt and pepper to taste
1 cup celery, diced	¼ cup romano cheese
	¼ cup bowtie or other small pasta

Directions:

Saute meatballs until browned if desired. (if using larger pre-made meatballs you can quarter them)
Combine all ingredients except pasta in crockpot and cook for 8-10 hours on low.
Add the pasta during the last hour of cooking.

Sticky Bananas

Ingredients

4 bananas	juice from ½ lemon
1 tbs butter	½ tsp crushed cardamom seeds
3 tbs soft brown sugar	

Method 1. Put butter in crock pot and turn on. 2. Peel bananas and cut diagonally in ½ inch (1cm) slices. 3. Place bananas in the Crock Pot. (does not matter if butter not yet melted) 4. sprinkle lemon juice, brown sugar and cardamom over bananas. 5. Stir to ensure bananas well coated in juice. 6. Cook on low for 2 hours or on high for 1 hour. Notes Serves 4

Serve with Cream and/or Ice-Cream, rice pudding, etc. This is a fun recipe to play with, make with chocolate, raspberry, orange, mint, or cinnamon, etc, to play off other flavors.

Crock Pot Coconut Rice Recipe

Ingredients

3 ½ c milk
½ c coconut milk
2 c arborio rice
¼ c sugar

Method 1. Place all ingredients in the crock pot. 2. Wisk until combined. 3. Cook on low for 8 hours.

Notes Serves 4-6

Serve with stewed fruit.

Asian Chicken (crock pot)

Makes 5-6 servings

5 or 6 chicken breasts	cayenne pepper to taste
1/2 cup soy sauce	1 (8 ounce) can tomato sauce
1/4 cup packed light brown sugar	1 tablespoon toasted sesame seeds
2 tablespoons crushed red pepper or 3/4 tsp	

Rinse chicken and dry with paper towels. Place chicken in slow cooker. In medium bowl combine all ingredients except sesame seeds. Pour over chicken. Cover and cook on Low about 5 hours or until tender. Remove to platter and sprinkle sesame seed over chicken.

Curried Zucchini and Apple Crock Pot Soup

Ingredients

1½lb Zucchini – sliced	4 cups Chicken Stock OR Vegetable Stock for a Vegetarian alternative
2 large apples - peeled, cored, chopped	2 tspn Curry Powder
2 large onions - diced ½ cup rice (we used white, but any should work)	3 tbs per serve milk

Method

1. Mix curry powder and stock together.
2. Place all of the other ingredients into the crock pot.
3. Pour the stock over top.
4. Cover and cook for 8-10 hours on Low.
5. When ready to serve, puree soup in a blender or use a hand held device in the crock pot (saves washing another item).
6. Add 60ml (3 tbs) milk per serve and enjoy.

Notes Serves 8-10

Freeze the excess, for an extra quick meal later.
Add the milk just as serving. Don't add milk if freezing.

Southwest Breakfast Crock- Put this on before bed and will be ready for brunch!

1 pound bulk pork sausage cooked and well drained	1 can 4 oz chopped green chilies drained
1 medium onion diced	2 and 1/2 cups grated pepper jack cheese
1 red bell pepper chopped	18 eggs
	salt and pepper to taste

Directions

1. spray the inside of your crockpot with nonstick cooking spray
2. beginning with the sausage layer the meat, onions, bell pepper, chilies and cheese repeating until all the ingredients are gone
3. in a large bowl whisk the eggs until well combined and all the yolks are broken and mixed in well
4. pour over the layers in the crock pot
5. cover and cook 8 hours on low heat
6. serve with sour cream and your favorite salsa

Hawaiian Crock

3 boneless skinless chicken breasts, split	1 garlic clove, minced
1 lb. kielbasa, cut into pieces	2 tbs. dijon mustard
3 medium baking potatoes, halved lengthwise and thinly sliced	soy sauce
20 ounces of pineapple tidbits, drained	Pepper
1/2 inch piece of ginger, grated	Paprika

Directions

1. Slightly brown the chicken in a skillet (this will lock in the flavor)

2. Place all ingredients in the order listed inside the crock-pot and let cook for 6 hours on low.
3. * there is no need to open the crock-pot to stir during the cooking time. A crock-pot will distribute heat evenly through all the food. Just opening a crock-pot for 10 seconds can greatly alter the temperature inside.
4. Serve with rice.

Brunch Casserole

1 1/2 lb ground beef	1/2 teaspoon oregano; leaf
1 each onion; large; finely chopped	1/2 pkg spinach; chopped; frozen*
2 tablespoon olive oil or butter	3 tablespoon flour
2 each garlic; cloves; minced	6 each eggs; beaten
1 can mushrooms; sliced; drained; 4oz	1/4 cup milk; scalded
2 teaspoon salt	1/2 cup cheddar cheese; sharp; grated
1/2 teaspoon nutmeg	

*thawed; drained 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)

Crock Pot Chocolate Sundae Cake

1 cup flour	1/2 cup milk
1/2 cup sugar	1/4 cup oil
1/2 cup coarsely chopped pecans	1 teaspoon vanilla extract
1/4 cup unsweetened cocoa	1 cup boiling water
2 teaspoons baking powder	1/2 cup chocolate syrup
1/2 teaspoon salt	Whipped cream or ice cream

PREPARATION:

In mixing bowl, combine first 6 ingredients; stir in milk, oil and vanilla. Pour batter into 6-cup greased mold or similar container (make sure this will fit in your crock pot). Mix boiling water with chocolate syrup; pour over batter. Place small trivet, foil ring, or band from canning jar in bottom of cooker; add 2 cups warm water to the crock-pot. Place mold in crock pot and cover with 4 layers of paper towels. Cover crock pot and cook on high 3 to 4 hours. Serve warm with heavy cream or ice cream.

Enchilada Casserole

Ingredients:

3 tablespoons diced green chiles, divided	roasted)
1/2 cup salsa	1/2 cup egg substitute
1/4 cup chopped green onions	1 package (8 1/2 ounce size) corn muffin mix
1 clove garlic, minced	2 tablespoons chopped bottled roasted red bell peppers
1/4 cup chopped fresh cilantro	1 1/2 cup shredded Mexican blend, jack or cheddar cheese
1 can (15-ounce size) black beans, rinsed and drained	6 tablespoons low-fat or regular sour cream
1 can (11-ounce size) corn with red and green peppers, drained	1 1/2 teaspoon thinly sliced fresh cilantro
1 tablespoon chili powder	1/2 head iceberg lettuce, shredded
1 cup canned crushed tomatoes (preferably fire	

Directions:

Place 2 tablespoons green chiles and next 8 ingredients (through crushed tomatoes) in a 3 1/2-quart electric and stir well. Cover and cook on low-heat setting 4 hours.

Combine remaining 1 tablespoon green chiles, egg substitute, muffin mix, and roasted in a bowl. Spoon batter evenly over bean mixture in slow cooker. Cover and cook 1 hour or until is done.

Sprinkle cheese over corn bread. Cover and cook 5 minutes or until cheese melts and serve. Top each serving with sour cream; sprinkle with cilantro and lettuce.

BASIC TIPS

- When purchasing a crockpot, look for one with a removable liner. They are much easier to clean. If you have a nonremovable liner, however, all is not lost! Line your crockpot with a cooking bag and you'll have no cleanup at all. Spray the inside of the liner with cooking spray before you fill it to make cleanup easier.
- Only fill the crockpot one half to two thirds full. The foods will not cook properly if the appliance is filled to the brim. If the food and liquid level is lower, the foods will cook too quickly.
- Foods cooked on the bottom of the slow cooker cook faster and will be moister because they are immersed in the simmering liquid.
- Remove skin from poultry, and trim excess fat from meats. Fats will melt with long cooking times, and will add an unpleasant texture to the finished dish. Fatty foods will also cook too quickly.
- 140 degrees is the temperature the food needs to reach as quickly as possible. If you are at home during the cooking times, test the food temperature after four hours of cooking on LOW - the temp should be at least 140 degrees. If it isn't, there's a problem with your crockpot and you should get a new one.
- For food safety reasons, it's a good idea to cook on HIGH for the first hour to quickly bring the temperature up to 140 degrees. Then turn the dial to LOW and finish cooking.
- The LOW setting is about 200 degrees, and the HIGH setting is about 300 degrees. Note that both of these temps are well above the minimum safe temperature of 140 degrees.
- Experts recommend you do not put frozen foods in the crockpot. All foods should be defrosted before cooking so the food temperature can reach 140 degrees as soon as possible.
- Most meats require 8 hours of cooking on LOW. Use cheaper cuts of meat - not only do you save money, but these meats work better in the slow cooker. Cheaper cuts of meat have less fat, which makes them more suited to crockpot cooking. Moist, long cooking times result in very tender meats.
- Ground meats must be cooked in a skillet before cooking in the crockpot.
- Seafood should be added during the last hour of cooking time, or it will overcook and have a rubbery texture.
- Large pieces of meat can be browned before cooking in the crockpot, but this step isn't necessary. Browning adds color and helps in flavor development.
- One hour on HIGH is equal to two hours on LOW.
- Cayenne pepper and tabasco sauce tend to become bitter if cooked for long periods of time. Use small amounts and add toward the end of the cooking time.
- Add tender vegetables like tomatoes, mushrooms and zucchini during the last 45 minutes of cooking time so they don't overcook.
- Dairy products should be added during the last 30 minutes of cooking time, unless the recipes states otherwise.
- Liquids do not boil away in the crockpot, so if you are making a recipe that wasn't specifically developed for the crockpot, reduce the liquid by 1/3 to 1/2 unless you are cooking rice or making soup.
- Remove cooked food from the crockpot or liner before storage. Because the liner is made of such thick material, the food won't cool down quickly enough to prevent the growth of harmful bacteria.
- Stir in spices for the last hour of cooking. They will lose flavor if cooked with the rest of the ingredients for the long cooking period.
- Follow the layering instructions carefully. Vegetables do not cook as quickly as meat, so they should be placed in the bottom of the appliance.
- Don't lift the lid to stir, especially if you are cooking on the low setting. Each time you lift the lid, enough heat will escape that the cooking time should be extended by 20 minutes to half an hour. To check progress without lifting the lid, spin the cover until the condensation falls off. Then it's easy to see inside.

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