



# Selecting and Using Slow Cookers

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## Selecting and Using Slow Cookers

With today's hectic schedules, enjoying dinner together as a family may seem like an impossible dream. One way to make those meals happen is to rely on dishes simmered in a slow cooker. Available in many new colors, sizes, and shapes, this tried-and-true appliance never goes out of style because it provides ready-when-you-are convenience and helps budget-conscious cooks turn less expensive meats into sensational meals.

No matter whether you've had a slow cooker for years or are just pulling your first one out of the box, you're probably looking for innovative ways to use it. Many ideas and slow cooker tips are included in this booklet.



### Invention of Slow Cookers

In 1971, the Rival Company, known for manufacturing home kitchen electric appliances and for its invention of the electric can opener in 1955, introduced a revolutionary countertop appliance (originally designed to be an electric bean cooker called the Beanery). They called this new appliance the Crock-Pot. Today there are several brands and models of slow cookers available. Millions have been sold and they are one of the most popular small appliances in kitchens today. "Crock-Pot" is a trademark owned by the Rival Corporation.

### What is Slow cooking

Slow Cookers operate on the principle of low and slow heat. The "low setting" on a slow cooker keeps food at 180 degrees F and the "high setting" at 300 degrees F.

Think of "high" as a low and slow oven for braises, and "low" as a setting for longer and slower braises. Recipes for the low setting will cook at least 8 hours, about the time most of us would spend outside the home while at work. The beauty of the high setting is that a meal can be put into the machine and be ready in about 4 hours.

A range in cooking time is provided to account for variables such as thickness of meat, fullness of the slow cooker and the temperature of the food to be cooked.

### Why do I Need one?

#### Convenience

Slow cookers cook all day—while the cook's away! Just add the ingredients to your slow cooker and go off for the day. You'll come home later to a hot home cooked meal. No mess, no fuss on your part. Slow cookers produce one-pot meals with minimal prep and easy clean-up.

#### Saves Time

Slow cookers cut down on the time you need to spend in the kitchen to create a tasty, nutritious meal. Most foods can be prepped for the slow cooker in 30 minutes or less. Just set it and forget it.

#### Saves Money

Slow cookers can help you save money. Moist low-heat cooking is ideal for less-tender, more economical cuts of meat, such as rump roasts and round steaks. They are also a "green" appliance since they use less

electricity when compared to cooking the same dish in an oven. And, they give off little heat, which helps keep the kitchen cool in the summer.

Slow cookers use approximately 75 watts of electricity on LOW and 150 watts of electricity on HIGH. They cook all day for only a few cents.

### Healthier Meals

Because slow cookers should always remain covered, nutrients (vitamins, minerals) that might be lost in an oven or uncovered pot are retained. You will also have better flavor than you can get by boiling or frying.

### **Buying a slow cooker**

Slow cookers are available in a wide range of prices, sizes, and styles.

Before you purchase one, decide on a price range that fits your budget and pick a size that is appropriate for your family.

Look for models with removable inserts, which make it easier to clean. Most inserts are ceramic, but some models have aluminum inserts. Aluminum inserts allow you to brown meats directly in the insert on the stovetop. Then you can drain the meat and transfer the insert to the slow cooker. Look for inserts that are dishwasher safe.

Slow cookers are available in the classic round shape or an oval shape. If you plan on preparing roasts in the slow cooker, you may wish to consider an oval shape. If stews and soups are your forte, then a round slow cooker is perfect for your cooking needs.

A “keep-warm” feature should be a consideration if you are planning on using the slow cooker as a chafing dish to keep items warm during a party. Some slow cookers will automatically switch to a keep-warm setting after cooking.

Think twice before you purchase a garage-sale bargain. If it is older and used, it might not be a smart buy. Older units can lose their cooking efficiency and might not rise to the proper temperature. See the “Slow Cooker Temperature Check” listed below.

### **Slow Cooker Temperature Check**



To be considered safe, a slow cooker must be able to cook slowly enough that it can be left unattended, yet it must be fast enough to keep the food at a proper temperature. Here’s how to check you slow cooker.

1. Fill the slow cooker 1/2 to 2/3 full with room temperature water.
2. Cover and heat on low for 8 hours.
3. Using a thermometer, check the temperature of the water quickly since the temperature can drop quite a bit once the lid is removed.
4. The temperature should be at least 185 degrees F. If it’s too hot, your meal cooked for 8 hours would likely be overdone. If the temperature is below 185 degrees, the slow cooker is not safe to use and should be discarded.

## Are Slow Cookers Safe To Use?

Yes, according to the United States Department of Agriculture Food Safety and Inspection Service the slow cooker is very safe.

Foods cook more slowly and at a lower temperature—generally between 170 degrees F and 280 degrees F. The multidirectional heat from the pot, lengthy cooking time, and concentrated steam created within the tightly covered container combine to destroy bacteria and make the slow cooker a safe appliance for cooking foods.

### **To ensure that your food is safe to eat, take a few precautions.**

- Begin with a clean cooker, clean utensils and a clean work area. Wash hands before and during food preparation.
- Keep perishable foods refrigerated until preparation time. If you cut up meat and vegetables in advance, store them separately in the refrigerator. The slow cooker may take several hours to reach a safe, bacteria-killing temperature. Constant refrigeration assures that bacteria, which multiply rapidly at room temperature, won't get a "head start" during the first few hours of cooking.
- Thaw ingredients. Always thaw meat or poultry before putting it into a slow cooker. It takes too long for frozen meats to reach a safe temperature. Bacteria grows most rapidly between 40 degrees F and 140 degrees F. Because the slow cooking process brings fresh or thawed meat up to temperature at a slow rate, frozen meat placed in the cooker hovers within the danger zone for far too long, putting you and others at risk. Choose to make foods with a high moisture content such as chili, soup, stew or spaghetti sauce. If using a commercially frozen slow cooker meal, prepare according to manufacturer's instructions.
- Brown and drain all ground meats before adding them to the slow cooker to destroy any bacteria that the meat may contain. Immediately place the browned ground meat in the slow cooker to finish cooking.
- Use the right amount of food. Vegetables cook slower than meat and poultry in a slow cooker so if using them, put the vegetables in first. Large cuts of meat and poultry may be cooked safely in a slow cooker, however, since slow cookers are available in several sizes, consult the instruction booklet for suggested sizes of meat and poultry to cook in your slow cooker.

Then add the meat and desired amount of liquid suggested in the recipe, such as broth, water or barbecue sauce. Keep the lid in place, removing only to stir the food or check for doneness.

- Temperature Settings Most cookers have two or more settings. Foods take different times to cook depending upon the setting used. Certainly, foods will cook faster on high than on low. However, for all-day cooking or for less-tender cuts, you may want to use the low setting.

If possible, turn the cooker on the highest setting for the first hour of cooking time and then to low or the setting called for in your recipe. However, it's safe to cook foods on low the entire time—if you're leaving for work, for example, and preparation time is limited.

While food is cooking and once it's done, food will stay safe as long as the cooker is operating.

- Make sure the lid fits properly. The lid holds in the heat, allowing for safe cooking temperatures to be reached and maintained. Only remove the lid to check the doneness at the minimum cooking time. It is estimated that the temperature drops about 10 degrees F. every time the lid is removed and it takes about 20 minutes to recover the temperature.
- Power out If you are not at home during the entire slow-cooking process and the power goes out, throw away the food even if it looks done. If you are at home, finish cooking the ingredients immediately by some other means: on a gas stove, on the outdoor grill or at a house where the power is on. When you are at home, and the food is completely cooked before the power went out, the food should remain safe up to two hours in the cooker with the power off.
- Handling leftovers. Store leftovers in shallow covered containers and refrigerate within two hours after cooking is finished. Reheating leftovers in a slow cooker is not recommended. Cooked food should be reheated on the stove, in a microwave, or in a conventional oven until it reaches 165 degrees F. Then the hot food can be placed in a preheated slow cooker to keep it hot for serving—at least 140 degrees F as measured with a food thermometer.

### Slow Cooker Sizes

Use this guide as an easy way to estimate the right size cooker to use for your family. Remember the ingredients should be filled ½ to ¾ full for most dishes to cook properly.

If You are.....	Use this size cooker....	For.....
Single	1 ½ quart	*Cooking two meals at once (You can freeze most leftovers) * Keeping casual party foods warm
A Couple	1 ½ -2 quart 3 ½ quart	*Dinners for two—no leftovers *Keeping casual party foods warm *Cooking small (2-2 ½ lb) roast.
Small Family(3-4)	3 ½ to 4 ½ quart	*Cooking all-time favorites for 3 or 4, including soups, stews, chili, meat and vegetables.
Large family(5-7)	4 1/2-5 quart	*Family-size meals plus leftovers For 5-7 to freeze and serve later
Cooking for 8 Or more	6-8 quart	*Dinners with friends *Keeping casual party foods or beverages warm * Potlucks * Use for steaming pudding and brown bread, which require a mold.



There are two basic types of slow cookers.

### 1. **Continuous Slow Cooker**

The food cooks continuously at a very low wattage. The heating coils are in the outer metal shell. The coils become hot and stay on constantly to heat the crockery liner. This type of cooker has two or three fixed settings: low (about 200 degrees F), high (about 300 degrees F) and in some newer models, auto, which shifts from high to low automatically. The ceramic liner may be fixed or removable. Removable liners offer easy cleanup.

### 2. **Intermittent Slow Cooker**

This cooker has a heating element in the base on which the cooking container stands. The heat cycles on and off (like an oven) to maintain constant temperature. They have an adjustable thermostat indicating temperature in degrees.



### Manual Slow Cookers

Manual slow cookers have high or low cook settings and some come with a warm setting.

### Programmable Slow Cookers

These cookers give you one-touch control and total convenience with multiple time and temperature settings. Just load your ingredients and select the cook time and temperature. Many come with additional features including: countdown timer, built-in thermometer, automatic shift to a warm mode (in case you are running late).

### Portable Slow Cookers

Some slow cookers are designed for easy travel with features that include hinged locking lids, carrying handles and specially designed bags and straps. *If your slow cooker has a lid locking feature –do not put in locking position while cooking.*

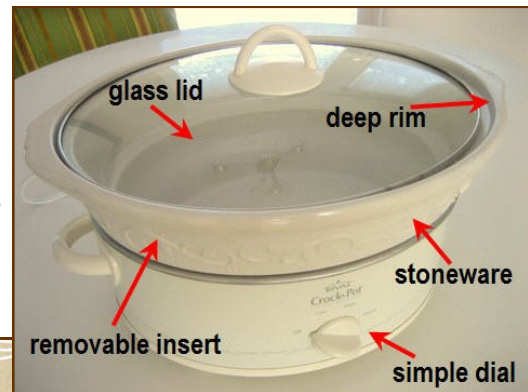
### Entertaining Slow Cookers and Warmers

These are perfect for parties and keep food at the perfect serving temperature while you enjoy your guest.



When buying a slow cooker, look for these features:

- *A snug-fitting, see through lid*
- *A removable ceramic or stainless steel insert or liner.* These are easier to clean if you can take them out of the cooker. The insert should have large, sturdy handles to make it easier (and safer) to remove it from the base. A “stove-top-safe” insert is an excellent feature for one-pan browning. Consider a stainless steel insert if a ceramic insert feels too heavy. Metal inserts allow you to brown meats directly in the insert on the stovetop. Then you can drain the meat and transfer the insert to the slow cooker. Look for inserts that are dishwasher-safe.
- *A programmable timer* to set the cooker to start if you will be gone all day. (Note: The cooker should be set to start within 2 hours of filling it.) Some timers can be programmed to cook on high for a set time and then switch to low.
- *Cookers with wrap-around heating* elements heat more evenly than those with the element on the bottom.
- *Oval-shaped cookers* are better suited to oblong cuts of meat and are easier to pour from than round cookers.
- *A keep-warm setting* should be a consideration if you are planning on using the slow cooker as a chafing dish to keep items warm during a party. Some slow cookers will automatically shift to a keep-warm setting after cooking. Food can be held safely on the keep-warm setting for up to 4 hours.



### Temperature Settings—High or Low?

Most slow cookers have a low and high control setting. At the low setting, the food temperature remains just below the boiling point. Many people use the low heat setting because the longer cooking time often fits better into their daily schedule. If possible, start the food in the slow cooker on the high setting for the first hour before putting it on the low setting. This helps to bring the food up to a safe temperature faster.

At the high heat setting, liquid gently bubbles and cooks approximately twice as fast as on low heat. It is always best to use the heat setting that a recipe recommends, but sometimes you prefer a shorter cook time.

- 1 hour on high is equal to 2 to 2 ½ hours of cooking on low. So if you don't have 8-10 hours for dinner to cook on the low setting, use high instead, and it should be ready to eat in about 4 to 5 hours.
- After the food is cooked, it can be held at the low setting up to an hour or so without overcooking.
- Most programmable slow cookers will automatically switch to the “Keep Warm” setting when the cooking time is up. This will keep the food hot until you are ready to eat it.

## Cleaning Tips

- Always turn your slow cooker off, unplug it from the electrical outlet, and allow it to cool before cleaning.
- The lid can be washed in the dishwasher or with hot, soapy water.
- Removable inserts make cleanup a breeze. Be sure to cool the insert before rinsing or cleaning with water to avoid cracking or warping. Do not immerse the metal base in water. Clean it with a damp sponge.
- Be careful during cleaning not to hit the crockery liner on the faucets or hard surfaces of your sink. Crockery chips easily.
- Soak cooled inserts in hot soapy water to help remove stuck on food.
- If dishwasher safe, place the insert in the dishwasher. Otherwise, wash in warm water, soapy water. Avoid using abrasive cleansers, since they may scratch the surface. Use a plastic cleaning pad, sponge or cloth to clean liner.
- To remove mineral stains on a ceramic insert, fill the cooker with hot water and 1 cup white vinegar; cover. Turn the heat to high for 2 hours, then empty. When cool, wash with hot, soapy water and a cloth or sponge. Rinse well and dry with a towel.
- To remove water marks from a highly glazed ceramic insert, rub the surface with canola oil and allow to stand for 2 hours before washing with hot, soapy water.
- Even after thorough cleaning, a white haze will sometimes remain on the interior of your ceramic liner. This is simply food residue left from cooking. This residue is more visible on black crocks. For complete removal of residue, make a paste from dish liquid and baking soda. Use paste mixture as a scrub to clean, then rinse well.

## Slow Cooker Do's and Don'ts

- **Do** prep ingredients the night before. It will save you time in the morning.
- **Do** place soups and stews and other suitable recipes in the insert and refrigerate overnight. Place the insert in an unheated slow cooker.
- **Don't** preheat the slow cooker. Preheating could crack a ceramic insert.
- **Do** fill the insert at least  $\frac{1}{2}$  full. If it is less than  $\frac{1}{2}$  full, the food may be burnt at the end of the cooking time.
- **Don't** fill the slow cooker more than  $\frac{3}{4}$  full. Foods may not cook properly and reach safe temperatures in a reasonable length of time. When foods give up their moisture over the long cooking process, you may find your cooker filled to the brim or overflowing with liquid by the time you are ready to serve.
- **Do** thaw meats before adding to the slow cooker. If using purchased frozen slow cooker meals, follow manufacturer's directions for cooking.
- **Do** spray the insert with cooking spray for easier cleanup or use slow cooker disposable liners.
- **Do** cut large cuts of meat (over 2  $\frac{1}{2}$  to 3 pounds) in half. Cut up whole chicken before cooking.
- **Do** brown meats and drain fat before adding to the slow cooker. Some people prefer the convenience of not having to brown meat before adding to the slow cooker. Browning meats in a skillet, prior to adding to the slow cooker will create a greater depth of flavor to any dish as well as melt out fat that can be poured off before slow cooking.



- **Do** brown all ground meats and drain fat before adding slow cooker. This is important for food safety reasons. Browning ground meats first will ensure that any harmful bacteria present is destroyed by reaching the proper temperature quickly.
- **Do** cut vegetables into uniform sizes. Place vegetables, such as potatoes, rutabagas, turnips, parsnips, onions and carrots, in the bottom and around the sides of the slow cooker. These firm vegetables take longer to cook than the meat.
- **Do** defrost frozen vegetables before adding to the slow cooker because frozen vegetables will lower the temperature of the cooker, adding to the cooking time and adding extra moisture as well.
- **Do** taste and adjust seasonings before serving. The long, slow cooking time can weaken the flavor of some seasonings.
- **Don't** lift the lid. You can lose 10 to 15 degrees, and it can take 20 to 30 minutes for the temperature to recover. Also, make sure the lid is sitting properly on the slow cooker, so heat and steam can't escape.
- **Do** remove food from the slow cooker within 1-2 hours and refrigerate any leftovers.
- **Don't** use the slow cooker to reheat food. Use a microwave or stovetop. If your slow cooker has a warm setting, transfer the heated food to the slow cooker to keep warm.
- **Do** allow the lid and insert to completely cool before washing.
- **Don't** leave cooked food in the slow cooker insert for storage in the refrigerator. It can take food in this quantity up to 24 hours to cool to a safe temperature. Instead, divide food into small, shallow (no more than 3 inch deep) containers.

### Converting Recipes for the Slow Cooker

Almost any recipe that bakes in the oven or simmers on the stovetop can be converted for the slow cooker. Here are some guidelines

- Select recipes that simmer for at least 45 minutes. Good choices to start with are soups stews, pot roasts, chili and one-dish meals.
- Look for a recipe that is similar to the one you want to convert for guidance. Note the quantity and size of the meat and vegetables, heat setting, cooking time and amount of liquid.

<u>Conventional oven or stove top time</u>	<u>Slow Cooker time</u>
½ hour	1 ½ hrs high/ 3 hours low
1 hour	3 ½ hours high/ 6 to 7 hrs low
2 hours	4 ½ hrs high/ 9-10 hrs low
3 hours	5 ½ hrs high/ 10-11 hrs low

- Since there is no evaporation, you will probably need to reduce the amount of liquid the recipe calls for. Unless you are adapting a soup recipe, reduce the amount of liquid by about one half, then add more as necessary at the end of cooking. All slow cooker recipes should call for some liquid. If the recipe does not call for any, add about ½ cup of water, broth or juice.

- If you are adapting a soup recipe, use the same amount of liquid as called for in the recipe.
- Use less-expensive cuts of meat, such as beef round steak, beef chuck roast or pork boneless shoulder roast, which will work well in the moist heat and low temperatures of the slow cooker.
- Trim as much visible fat from meat and poultry before cooking so there is less fat to remove from the finished dish.
- Use a meat thermometer to check the doneness of large cuts of meat.
  - Cook all beef, pork, lamb and veal roasts to a minimum internal temperature of 145 degrees F as measured with a food thermometer.
  - Cook all raw ground beef, pork, lamb and veal to an internal temperature of 160 degrees F as measured with a food thermometer.
  - Cook all poultry to a safe minimum internal temperature of 165 degrees F. As measured with a food thermometer.
- Instead of using fresh dairy products, such as milk or sour cream, which can curdle, try canned condensed soups, nonfat milk powder or canned evaporated milk. Packaged white sauce mixes work well to add creaminess to your recipe. Evaporate milk should be added during the last 30-60 minutes of cooking time.
- Vegetables: Cut potatoes, carrots, parsnips, and other dense vegetables into bite-size pieces; place them in the bottom of the cooker. Add tender vegetables, such as fresh or frozen broccoli, green beans, or peas, at the end of the cooking time and cook on the high-heat setting for 30 minutes or until tender.
- Thickeners: Use quick-cooking tapioca for thickening stews and sauces, or thicken the juices with cornstarch and flour in a saucepan at the end of cooking. For each cup of liquid, use 1 tablespoon cornstarch or 2 tablespoons all-purpose flour. Quick-cooking tapioca is most often added to a recipe in the beginning because it doesn't break down during the long cooking time.
- Dried beans: Rinse beans and place in a saucepan. Add enough water to cover beans by 2 inches. Bring to boiling; reduce heat. Simmer, uncovered, for 10 minutes. Remove from heat. Cover and let stand for about 1 hour. Drain and rinse beans before adding them to slow cookers.

## Cooking Tips

### Breads and Cakes



- For ideal results use a 3-5 quart slow cooker and fill stoneware with your recipe's ingredients  $\frac{1}{2}$  to  $\frac{3}{4}$  full. Do not over beat breads and cakes. Follow all recommended mixing times. Do not add water to the slow cooker until it specifically says to in the recipe. After breads and cakes have finished cooking, allow them to cool for 5 minutes before removing from the cake pan.

### Dairy Products

- Add dairy during the last 15-30 minutes of slow cooking. Do not simmer or boil, stir in until heated through. Condensed soups may be substituted for milk and can cook for extended times. Milk, cream, and sour cream break down during extended cooking which brings the temperature of the food up to the simmer point.

## Fish

- Fish is delicate and should be stirred in gently during the last 15-30 minutes of cooking time, unless the recipe indicates otherwise. Cook on High until just cooked through and serve immediately.
- Shellfish should also be cooked on High and be added the last 15-30 minutes of cooking time. When cooking a large quantity, extend the cooking time. Note: shellfish can overcook easily.

## Herbs and Spices

- It is best to add fresh herbs to the finished dish, not during the cooking cycle. If added at the beginning of the cooking cycle, many of the herbs' flavor will dissipate over long cook times. For dishes with shorter cook times, hearty, fresh herbs such as rosemary and thyme will hold up well.
- When using ground and/or dried herbs and spices add half the amount at the beginning of the cooking cycle, then taste and adjust seasonings toward the end of the cooking cycle. Use chili powders and garlic powder sparingly as these can sometimes intensify over longer cook times. Always taste dish at the end of the cook cycle and correct seasonings, including salt and pepper.
- Tomatoes, vinegar, wine, or citrus juice aids in the tenderization process. For long cook times, taste and add additional citrus during the last 15-30 minutes if desired.

## Pasta, Rice and Beans



- Pasta should be fully cooked and added during the last 30 minutes of cook time, unless otherwise stated in the recipe .
- Use risotto or long-grained rice for best results. If rice doesn't cook completely after suggested time, try adding an extra 1 to 1 2/3 cup of liquid per cup of rice.
- Fully cooked, rinsed canned beans may be used as a substitute for dried beans but should be added at the end of the cooking cycle to maintain the integrity of the bean. Beans must be softened completely before combining with sugar and/or acidic foods. Sugar and acid have a hardening effect on beans and will prevent softening.
- Dried beans should be boiled before adding to a recipe, especially red kidney beans. Cover the beans with 3 times their volume of unsalted water and bring to a boil. Boil 10 minutes, reduce heat, cover and allow to simmer 1 ½ hours or until beans are tender. Soaking in water, if desired, should be completed before boiling. Discard water after soaking or boiling.



## Vegetables

- Place root vegetables near the sides or bottom of the stoneware because they often cook slower than meat. Cut vegetables according to cook at the same rate as the meat. For example, smaller cuts of vegetables for lean versus larger vegetables for marbled meats.
- Pitted olives should be added at the end of the cooking cycle.
- Saute onions, garlic, dried herbs and spices before adding them into the cooker. This will make them more flavorful.
- Dried mushrooms and dried fruits boost flavors when added to a slow cooker recipe.



### References:

Betty Crocker's Slow Cooker Cook Book

Crock-Pot.com

Not your Mothers slow Cooker Cookbook by Beth Hensperger and Julie Kaufmann

Slow Cooker: the Best Cookbook Ever by Diane Phillips

Better Homes and Gardens–The Ultimate Slow Cooker Book

Taste of Home –Slow Cooker Book

USDA Food Safety and Inspection Service

## Hot Holiday Cider

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2	quarts	apple cider or juice	3		cinnamon sticks, 3 inches long
1	quart	cranberry juice	1	teaspoon	whole allspice
2	cups	orange juice	1	teaspoon	whole cloves
1/2	cup	sugar			

In a 5-6 quart slow cooker, combine the cider, juices and sugar. Place the cinnamon sticks, allspice and cloves on a double thickness of cheesecloth; bring up corners of cloth and tie with string to form a bag, Place in slow cooker. Cover and cook on low for 3-4 hours. Discard spice bag. Serve warm in mugs.

Servings: 14

### Cooking Times

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Preparation Time: 10 minutes

Cooking Time: 3 hours

## Oriental Chicken Wings

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16		chicken wings, split and tips removed	1/4	cup	dry cooking sherry
1	cup	chopped red onion	2	tablespoons	chopped fresh ginger
1	cup	soy sauce	2		cloves garlic, minced
3/4	cup	packed light brown sugar			chopped fresh chives

1. Preheat broiler. Broil chicken wings about 55 minutes per side. Transfer to slow cooker.
2. Combine onion, soy sauce, brown sugar, sherry, ginger and garlic in large bowl. Add to slow cooker; stir to blend well.
3. Cover and cook on low 5-6 hours or on high 2-3 hours. Sprinkle with chives before serving.

Servings: 32

### Cooking Times

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Preparation Time: 20 minutes

### Source

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Source: Everyday Favorites

## Slow Cooker Hot Chipped Beef and Chipotle Dip

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1	8-oz	pkg. cream cheese, softened	1/4	teaspoon	garlic powder
2	oz	shredded hot pepper Monterey Jack cheese	2		chipotle chilies in adobo sauce (from 7 or 11oz.can), seeded finely chopped
2	tablespoons	finely chopped onion	1	(2 to 2.5 oz)	pkg. dried beef, finely chopped
2	tablespoons	mayonnaise	1/4	cup	chopped pecans, toasted

1. In medium bowl, combine cream cheese, Monterey Jack cheese, onion, mayonnaise, garlic powder and chilies; mix well. Stir in dried beef. Spoon into 1 or 1 1/2 quart slow cooker.
2. Cover; heat on low setting 1 1/2 to 2 hours.
3. Just before serving, sprinkle pecans over top. Dip can be kept warm in slow cooker for up to 1 hour. Serve with crackers or cocktail bread.

Servings: 1.5

### Cooking Times

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Preparation Time: 10 minutes

Total Time: 2 hours and 10 minutes

### Nutrition Facts

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Serving size: 1 serving.

Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.

Nutrition information provided by the recipe author.

Amount Per Serving	
<b>Calories</b>	130
	% Daily Value
<b>Total Fat</b> 12g	<b>18%</b>
<b>Cholesterol</b> 30mg	<b>10%</b>
<b>Sodium</b> 350mg	<b>15%</b>
<b>Total Carbohydrates</b> 2g	<b>&lt;1%</b>
<b>Protein</b> 4g	<b>8%</b>

## Source

Source: Betty Crocker

## Hot Wing Dip

2 cups shredded cooked chicken  
1 package (8 ounces) cream cheese, cubed  
2 cups (8 ounces) shredded cheddar cheese  
1 cup ranch salad dressing  
1/2 cup Louisiana-style hot sauce  
tortilla chips and/or celery sticks  
Minced fresh parsley, optional

In a 3 quart slow cooker, combine the chicken, cream cheese, cheddar cheese, salad dressing and hot sauce. Cover and cook on low for 1-2 hours or until cheese is melted. Serve with chips and/or celery. Sprinkle with parsley if desired. Yield: 4 1/2 cups.

Servings: 18

## Cooking Times

Preparation Time: 10 minutes

Total Time: 1 hour

## Nutrition Facts

Serving size: 1/18 of a recipe.

Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.

Nutrition information provided by the recipe author.

Amount Per Serving	
<b>Calories</b>	186
	% Daily Value
<b>Total Fat</b> 16g	<b>25%</b>
<b>Cholesterol</b> 43mg	<b>14%</b>
<b>Sodium</b> 235mg	<b>10%</b>
<b>Total Carbohydrates</b> 2g	<b>&lt;1%</b>
<b>Protein</b> 8g	<b>16%</b>

## Source

Source: Taste of Home

## Paddy's Reuben Dip

4 packages (2 ounces each) thinly sliced deli corned beef, finely chopped  
1 package (8 ounces) cream cheese, cubed  
1 can (8 ounces) sauerkraut, rinsed and drained  
1 cup sour cream  
1 cup shredded Swiss cheese  
Rye bread or crackers

In a 1 1/2 quart slow cooker, combine the first five ingredients. Cover and cook on low for 2 hours or until cheese is melted; stir until blended. Serve warm with bread or crackers. Yield: about 4 cups.

Servings: 32

## Cooking Times

Preparation Time: 5 minutes

Total Time: 2 hours

## Source

Source: Taste of Home

## Tangy Barbecue Wings

25		whole chicken wings (about 5 pounds)	1	teaspoon	salt
2 1/2	cups	hot and spicy ketchup	1	teaspoon	Worcestershire sauce
2/3	cup	white vinegar	1/2	teaspoon	onion powder
1/2	cup	plus 2 tablespoons honey	1/2	teaspoon	Chili powder
1/2	cup	molasses	1/2 to 1	teaspoon	Liquid Smoke, optional

1. Cut chicken wings into three sections; discard wing tip sections. Place chicken wings in two greased 15x10x1 baking pans. Bake, uncovered, at 375° for 30 minutes; drain. Turn wings; bake 20-25 minutes longer or until juices run clear.
2. Meanwhile, in a large saucepan, combine the ketchup, vinegar, honey, molasses, salt, Worcestershire sauce, onion powder and chili powder. Add liquid smoke if desired. Bring to a boil. Reduce heat; simmer, uncovered, for 25-30 minutes.
3. Drain wings; place a third of them in a 5-quart slow cooker. Top with about 1 cup sauce. Repeat layers twice. Cover and cook on low for 3-4 hours. Stir before serving. Yield: about 4 dozen.

Servings: 48

## Cooking Times

Preparation Time: 1 hour and 30 minutes

Total Time: 3 hours

## Nutrition Facts

Serving size: 1/48 of a recipe.

Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.

Nutrition information provided by the recipe author.

Amount Per Serving	
<b>Calories</b>	89
	% Daily Value
<b>Total Fat</b> 4g	6%
<b>Cholesterol</b> 15mg	5%
<b>Sodium</b> 225mg	9%
<b>Total Carbohydrates</b> 10g	3%
<b>Protein</b> 5g	10%

## Source

Source: Taste of Home

## Cheese-Trio Artichoke & Spinach Dip

1	cup	chopped fresh mushrooms	1	cup	(4 ounces) shredded part-skim mozzarella cheese, divided
1	tablespoon	butter	1	can	(14 ounces) water-packed artichoke hearts, rinsed, drained and chopped
2		garlic cloves, minced	1	package	(10 ounces) frozen chopped spinach, thawed and squeezed dry
1 1/2	cups	mayonnaise			chopped sweet red pepper
1	package	(8 ounces) cream cheese, softened			Toasted French bread baguette slices
1	cup	plus 2 tablespoons grated Parmesan cheese, divided	1/4	cup	

1. In a large skillet, sauté mushrooms in butter until tender. Add garlic; cook 1 minute longer.
2. In a large bowl, combine the mayonnaise, cream cheese, 1 cup Parmesan cheese and 3/4 cup mozzarella cheese. Add the mushroom mixture, artichokes, spinach and red pepper.
3. Transfer to a 3-qt. slow cooker. Sprinkle with remaining cheeses. Cover and cook on low for 2-3 hours or until heated through. Serve with baguette slices. Yield 4 cups.

Servings: 16

## Cooking Times

---

Preparation Time: 20 minutes

Total Time: 2 hours

## Nutrition Facts

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Serving size: 1/16 of a recipe.

Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.

Nutrition information provided by the recipe author.

Amount Per Serving	
Calories	264
% Daily Value	
<b>Total Fat</b> 25g	<b>38%</b>
<b>Cholesterol</b> 34mg	<b>11%</b>
<b>Sodium</b> 354mg	<b>15%</b>
<b>Total Carbohydrates</b> 4g	<b>1%</b>
Fiber 1g	<b>4%</b>
<b>Protein</b> 6g	<b>12%</b>

## Source

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Source: Taste of Home

## Nacho Salsa Dip

---

1 pound ground beef  
1/3 cup chopped onion  
2 pounds process cheese (Velveeta), cubed  
1 jar (16 ounces) chunky salsa  
1/4 teaspoon garlic powder  
tortilla chips or cubed French bread

1. In a large skillet, cook beef and onion over medium heat until meat is no longer pink; drain well.
2. Transfer to a greased 3-quart slow cooker; stir in the cheese, salsa and garlic powder. Cover and cook on low for 3-4 hours or until heated through. Stir; serve warm with tortilla chips or cubed bread. Yield: 7 cups.

Servings: 28

## Cooking Times

---

Preparation Time: 15 minutes

Total Time: 3 hours

## Source

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Source: Taste of Home

## Spiced Cider

---

1 container (59 oz) pineapple-orange juice  
8 cups apple cider  
1 tablespoon honey  
1 large orange  
2 cinnamon sticks (2 to 3) inch  
1/2 teaspoon whole cloves  
1 slice fresh gingerroot, peeled  
7 whole cardamom  
2 star anise, if desired  
small pineapple wedges, if desired

1. In a 3-quart slow cooker, mix pineapple-orange juice, apple cider and honey. Remove outer peel of orange with citrus zester or vegetable peeler. Cut peel into thin 3-4 inch long strips. Add orange peel, cinnamon sticks, cloves, gingerroot, cardamom and star anise to slow cooker.
2. Cover; cook on low heat setting 4 hours. Before serving, strain cider to remove whole spices. Serve hot. Garnish with pineapple wedges.

## Nutrition Facts

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Serving size: Entire recipe.

Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.

Amount Per Serving	
Calories	137
% Daily Value	



Nutrition information provided by the recipe author.

<b>Total Fat</b>	0g	
<b>Sodium</b>	27mg	1%
<b>Total Carbohydrates</b>	34g	11%
<b>Fiber</b>	0.1g	<1%
<b>Protein</b>	0g	

## Party Meatballs

---

1 package frozen cocktail-size turkey or beef meatballs  
1/2 cup maple syrup  
1 jar chili sauce (12 ounces)  
1 jar grape jelly (12 ounces)

Place meatballs, syrup, chili sauce and jelly in slow cooker. Stir to combine. Cover; cook on low 3-4 hours or on high 2-3 hours. Serve warm.

Servings: 12

## Marmalade Meatballs

---

1 bottle (15 ounces) Catalina salad dressing  
1 cup orange marmalade  
3 tablespoons Worcestershire sauce  
1/2 teaspoon crushed red pepper flakes  
1 package (32 ounces) frozen fully cooked homestyle meatballs, thawed

In a 3-qt. slow cooker, combine the salad dressing, marmalade, Worcestershire sauce and pepper flakes. Stir in meatballs. Cover and cook on low for 4-5 hours or until heated through.

Yield: 5 dozen

### Cooking Times

---

Preparation Time: 10 minutes

Total Time: 4 hours

## Triple Delicious Hot Chocolate

---

1/3 cup sugar  
1/4 cup unsweetened cocoa powder  
1/4 teaspoon salt  
3 cups milk, divided  
3/4 teaspoon vanilla  
1 cup heavy cream  
1 square bittersweet chocolate  
1 square white chocolate  
3/4 cup whipped cream  
6 teaspoons mini chocolate chips or shaved bittersweet chocolate

1. Combine sugar, cocoa, salt and 1/2 cup milk in medium bowl. Beat until smooth. Pour into slow cooker. Add remaining 2 1/2 cups milk and vanilla. Cover; cook on low 2 hours.
2. Add cream. Cover; cook on low 10 to 15 minutes. Stir in bittersweet and white chocolates until melted.
3. Pour hot chocolate into 6 cups. Top each with 2 tablespoons whipped cream and 1 teaspoon chocolate chips.

Servings: 6

### Cooking Times

---

Preparation Time: 20 minutes

Total Time: 2 hours and 30 minutes

## Hot Broccoli Cheese Dip

---

1/2 cup	butter	2 cans	(10 3/4 ounces) condensed cream of celery soup
6	stalks celery, sliced		
2	onions, chopped	5-6 ounces	garlic cheese, cut into cubes
2 cans	(4 ounces each) sliced mushrooms, drained	2 packages	(10 ounces each) frozen broccoli spears
1/4 cup	plus 2 tablespoons flour		French bread slices, bell pepper strips, cherry tomatoes

1. Melt butter in large skillet. Add celery, onion and mushrooms; cook and stir until translucent. Stir in flour and cook 2-3 minutes. Transfer to slow cooker.
2. Stir in soup, cheese and broccoli. Cover; cook on high, stirring every 15 minutes, until cheese is melted. Turn slow cooker to low. Cover cook 2 to 4 hours or until ready to serve.
3. Serve warm with bread slices or assorted vegetables, as desired.

Yield: 6 cups

### **Cooking Times**

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Preparation Time: 15 minutes

### **Source**

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Source: Impress Your Guests

## Three-Cheese Chicken & Noodles

3	cups	chopped cooked chicken	1/2	cup	diced celery
1 1/2	cups	cottage cheese	1/2	cup	diced onion
1	can	(10 3/4 ounces) condensed cream of chicken soup	1/2	cup	chicken broth
1	package	(8 ounces) wide egg noodles, cooked and drained	1	can	(4 ounces) sliced mushrooms, drained
1	cup	diced green and or red bell pepper	2	tablespoons	butter, melted
1	cup	grated Monterey Jack Cheese	1/2	teaspoon	dried thyme
1/2	cup	grated Parmesan cheese			

Combine all ingredients in slow cooker. Stir to coat evenly. Cover; cook on low 6 to 10 hours or on high 3-4 hours.

Servings: 6

### Cooking Times

Preparation Time: 10 minutes

### Source

Source: Kids in the Kitchen

## Slow Cooker Lasagna

	<b>Meat sauce</b>		3/4	cup	grated Parmesan cheese
1	pound	Italian sausage	1	teaspoon	Italian seasoning
1	large	(1 cup) onion, chopped	1/2	teaspoon	salt
1	small	(1/2 cup) green bell pepper, chopped	1	(6 ounce)	package (3 cups) fresh spinach leaves, chopped
2	teaspoons	finely chopped fresh garlic			<b>Noodles</b>
2	jars	(24 ounce) pasta sauce	12		no-cook lasagna noodles
	<b>Filling</b>				<b>Cheese</b>
1	15 ounce	container ricotta cheese	12	3/4 ounce	slices cheese Italian blend

1. Generously spray 6-quart slow cooker with no-stick cooking spray; set aside.
2. Combine Italian sausage, onion, green pepper and garlic in 12 inch skillet; cook over medium-high heat, stirring occasionally, until sausage is cooked through (6 to 10 minutes). Drain, if necessary. Add pasta sauce; mix well.
3. Combine all filling ingredients in medium bowl until well mixed.
4. Spoon 1/4 meat mixture (about 2 cups) into prepared slow cooker; top with 3 lasagna noodles (break to fit). Spread with 1/4 cheese filling (about 3/4 cup); top with 3 cheese slices. Repeat layers 2 more times. Top all with remaining noodles; remaining filling and remaining meat mixture.
5. Cover; cook on low heat setting for 4-6 hours or high heat setting for 2-4 hours, or until noodles are tender.
6. Top with remaining 3 cheese slices. Let stand until cheese is melted. Cut lasagna into pieces or wedges.

Servings: 8

### Cooking Times

Preparation Time: 35 minutes

Total Time: 4 hours and 35 minutes

### Nutrition Facts

Serving size: 1/8 of a recipe.

Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.

Nutrition information provided by the recipe author.

Amount Per Serving	
<b>Calories</b>	700
	% Daily Value
<b>Total Fat</b> 40g	<b>62%</b>
<b>Cholesterol</b> 105mg	<b>35%</b>
<b>Sodium</b> 1960mg	<b>82%</b>

<b>Total Carbohydrates</b> 55g	<b>18%</b>
Fiber 6g	<b>24%</b>
<b>Protein</b> 31g	<b>62%</b>

## Source

Source: Land 'O Lakes

## Slow-Cooked Enchilada Dinner

1	pound	lean ground beef (90% lean)	1/2	teaspoon	salt
1	small	onion, chopped	1/2	teaspoon	ground cumin
1	can	(15 ounces) ranch-style beans, undrained	1/4	teaspoon	pepper
1	can	(10 ounces) diced tomatoes with mild green chilies, undrained.	1	cup	(4 ounces) shredded Monterey Jack cheese, divided
1/4	cup	chopped green pepper	1	cup	(4 ounces) shredded cheddar cheese
1	teaspoon	chili powder	6	flour	tortillas (6 inches)

- In a large skillet, cook beef and onion over medium heat until meat is no longer pink; drain. Stir in the beans, tomatoes green pepper, chili powder, salt, cumin and pepper in a small bowl, combine the cheeses, and sit aside.
- In a 5-qt slow cooker coated with cooking spray or lined with a slow cooker liner, place two tortillas side by side, overlapping if necessary. Layer with a third of the beef mixture and cheese Repeat layers twice. Cover and cook on low for 2 to 2 1/2 hours or until heated through.

Servings: 6

## Cooking Times

Preparation Time: 25 minutes  
Total Time: 2 hours

## Source

Source: Taste of Home

## Ham Tetrazzini

1	can	(10 3/4 ounces) reduced-sodium condensed cream of mushroom soup, undiluted	2	tablespoons	white wine or water
1	cup	sliced fresh mushrooms	1	teaspoon	prepared horseradish
1	cup	cubed fully cooked ham	1	package	(7 ounces) spaghetti
1/2	cup	fat-free evaporated milk	1/2	cup	shredded Parmesan cheese

In a 3-qt slow cooker, combine the soup, mushrooms, ham, milk, wine and horseradish. Cover and cook on low for 4 hours. Cook spaghetti according to package directions; drain. Add the spaghetti and cheese to slow cooker; toss to coat.

Servings: 5

## Cooking Times

Preparation Time: 15 minutes  
Total Time: 4 hours

## Source

Source: Taste of Home

# Ham and Scalloped Potatoes

---

- 2 cups diced cooked ham
- 2 cups milk
- 1 cup boiling water
- 2 cans (11 oz each) whole kernel corn with red and green peppers, drained
- 1 can (10 3/4-oz) can condensed cheddar cheese soup
- 1 box scalloped potatoes

1. In 3 1/2 or 4 quart slow cooker, mix all ingredients, making sure potato slices are covered with sauce.
2. Cover; cook on low heat setting 8 to 10 hours or until potatoes are tender

Servings: 4

## Cooking Times

---

Preparation Time: 10 minutes

Total Time: 8 hours and 10 minutes

## Nutrition Facts

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Serving size: 1/4 of a recipe.

Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.

Nutrition information provided by the recipe author.

Amount Per Serving	
	% Daily Value
<b>Calories</b>	610
<b>Total Fat</b> 18g	<b>28%</b>
<b>Cholesterol</b> 60mg	<b>20%</b>
<b>Sodium</b> 3480mg	<b>145%</b>
<b>Total Carbohydrates</b> 82g	<b>27%</b>
Fiber 5g	<b>20%</b>
<b>Protein</b> 0g	

## Source

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Source: Busy Day Pork & Sausage

## Corn on the Cob with Garlic Herb Butter

---

1 stick unsalted butter, at room temperature      4-5 ears corn, husked  
3-4 cloves garlic, minced      salt and pepper to taste  
2 tablespoons finely minced fresh parsley

1. Thoroughly mix butter, garlic and parsley in small bowl.
2. Place each ear of corn on a piece of aluminum foil and generously spread butter on each ear. Season corn with salt and pepper and tightly seal foil. Place corn in slow cooker; overlap ears, if necessary. Add enough water to come one-fourth of the way up each ear.
3. Cover; cook on low 4-5 hours or on high 2 to 2 1/2 hours, or until done.

Servings: 5

### Cooking Times

---

Preparation Time: 15 minutes

### Source

---

Source: Spectacular Sides

## Orange-Spiced Sweet Potatoes

---

2 pounds sweet potatoes, peeled and diced      1/2 teaspoon grated orange peel  
1/2 cup packed dark brown sugar      juice of 1 medium orange  
1/2 cup butter (1 stick) cut into small pieces      1/4 teaspoon salt  
1 teaspoon ground cinnamon      1 teaspoon vanilla  
1/2 teaspoon ground nutmeg      chopped toasted pecans (optional)

1. Place sweet potatoes, brown sugar, butter, cinnamon, nutmeg, orange peel, orange juice, salt and vanilla in slow cooker. Cover; cook on low 4 hours or on high 2 hours, or until potatoes are tender. Sprinkle with pecans before serving, if desired.
2. Variation: Mash potatoes; add 1/4 cup milk or whipping cream. Sprinkle with a mixture of sugar and cinnamon.

Servings: 8

### Cooking Times

---

Preparation Time: 15 minutes

### Source

---

Source: Spectacular Sides

## Homestyle Mac 'N' Cheese

---

12 ounces uncooked elbow macaroni (about 3 cups)      1 teaspoon dry mustard  
4 tablespoons unsalted butter, melted      1/2 teaspoon salt  
2 cans (12 ounces each) evaporated milk      1/4 teaspoon black pepper  
2 large eggs, lightly beaten      4 cups shredded sharp cheddar cheese  
1 cup milk      Toasted bread crumbs (optional)  
1/3 cup all-purpose flour

1. Coat slow cooker with nonstick cooking spray. Bring large pot of lightly salted water to a boil. Add macaroni and cook according to package directions; drain. Transfer to slow cooker. Combine butter, evaporated milk, eggs, milk, flour, mustard, salt and pepper in a bowl; add to slow cooker. Stir in cheese until well combined.
2. Cover; cook on low 3 1/2 to 4 hours until cheese has melted and macaroni are very tender. Remove cover and stir well. Top with toasted bread crumbs, if desired.

## Cooking Times

---

Preparation Time: 8 minutes

## Source

---

Source: Comfort cooking

## Creamed Corn

---

2	packages	(one 16 ounces, one 10 ounces) frozen corn	1	tablespoon	sugar
			1/2	teaspoon	salt
1	package	(8 ounces) cream cheese, softened and cubed			
1/4	cup	butter, cubed			

In a 3-qt slow cooker coated with cooking spray, combine all the ingredients. Cover and cook on low for 3 to 3 1/2 hours or until the cheese is melted and the corn is tender. Stir just before serving.

Servings: 5

## Cooking Times

---

Preparation Time: 10 minutes

Total Time: 3 hours

## Scalloped Corn

---

2/3	cup	all-purpose flour	1	teaspoon	salt
1/4	cup	butter or margarine, melted	1/8	teaspoon	pepper
1	carton	fat-free egg product (1 cup)	1	can	(14.75 oz) cream-style corn
3/4	cup	evaporated milk	1	can	(15.25 oz) whole kernel corn, drained
2	teaspoons	sugar			

1. Spray 2 to 4 quart slow cooker with cooking spray. In large bowl, mix all ingredients except whole kernel corn. Stir in whole kernel corn. Pour into slow cooker.
2. Cover; cook on high heat setting 2-3 hours.

Servings: 8

## Cooking Times

---

Preparation Time: 10 minutes

Total Time: 2 hours and 10 minutes

## Source

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Source: Pillsbury Fast Slow Cooker Cookbook

## Alfredo Green Bean Casserole

---

2	bags	(1 lb each) frozen cut green beans	1/4	teaspoon	salt
1	can	(8 ounce) sliced water chestnuts, drained	1	container	(10 oz) refrigerated Alfredo pasta sauce
1/2	cup	roasted red bell peppers (from a jar), cut into small strips	1	can	(2.8 oz.) French fried onions.

1. Spray inside of 3-4 quart slow cooker with cooking spray. In large bowl, mix all ingredients except onions. Stir in half of the onions; spoon mixture into slow cooker.
2. Cover; cook on low heat setting 3-4 hours, stirring after 1 to 1/2 hours.
3. Just before serving, in 6-inch skillet, heat remaining half of onions over medium-high heat 2-3 minutes, stirring

frequently, until hot. Stir bean mixture; sprinkle with onions.

Servings: 10

### Cooking Times

---

Preparation Time: 10 minutes

Total Time: 3 hours and 10 minutes

### Nutrition Facts

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Serving size: 1/10 of a recipe.

Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.

Nutrition information provided by the recipe author.

Amount Per Serving	
<b>Calories</b>	190
	% Daily Value
<b>Total Fat</b> 13g	<b>20%</b>
<b>Cholesterol</b> 30mg	<b>10%</b>
<b>Sodium</b> 240mg	<b>10%</b>
<b>Total Carbohydrates</b> 13g	<b>4%</b>
Fiber 3g	<b>12%</b>
<b>Protein</b> 0g	

### Source

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Source: Pillsbury Fast Slow Cooker Cookbook

## Southwestern Calico Baked Beans

---

- |               |  |           |                               |
|---------------|--|-----------|-------------------------------|
| 1 package     | (12 oz) bulk spicy pork sausage                | 1 box     | (9 oz) frozen baby lima beans |
| 1 can (55 oz) | or 4 cans (15 oz each) baked beans, drained    | 1 cup     | chunky style salsa            |
| 1 can         | (15.5 or 15 oz) dark red kidney beans, drained | 1 package | (1.25 oz) taco seasoning mix  |
| 1 can         | (15 oz.) black-eyed peas, drained              |           |                               |

1. In 8 inch skillet, cook sausage over medium heat, stirring frequently, until no longer pink; drain.
2. In 3 1/2 or 4 quart slow cooker, gently mix cooked sausage and remaining ingredients.
3. Cover; cook on low heat setting 5-6 hours.

Servings: 20

### Cooking Times

---

Preparation Time: 15 minutes

Total Time: 5 hours and 15 minutes

### Nutrition Facts

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Serving size: 1/20 of a recipe.

Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.

Nutrition information provided by the recipe author.

Amount Per Serving	
<b>Calories</b>	170
	% Daily Value
<b>Total Fat</b> 3.5g	<b>5%</b>
<b>Cholesterol</b> 10mg	<b>3%</b>
<b>Sodium</b> 630mg	<b>26%</b>
<b>Total Carbohydrates</b> 26g	<b>9%</b>
Fiber 7g	<b>28%</b>
<b>Protein</b> 0g	

### Source

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Source: Pillsbury Fast Slow Cooker Cookbook



## Deluxe Potato Casserole

---

1	can	(10 3/4 ounces) condensed cream of chicken soup	1	teaspoon	salt
1	container	(8 ounces) sour cream	2	pounds	potatoes, peeled and chopped
1/4	cup	chopped onion	2	cups	(8 ounces) shredded cheddar cheese
1/4	cup	plus 3 tablespoons melted butter, divided	1 1/2 to 2	cups	stuffing mix

1. Combine soup, sour cream, onion, 1/4 cup butter and salt in small bowl.
2. Combine potatoes and cheese in slow cooker. Pour soup mixture over potato mixture; mix well. Sprinkle stuffing mix over potato mixture; drizzle with remaining 3 tablespoons butter.
3. Cover; cook on low 8-10 hours or on high 5-6 hours or until potatoes are tender.

Servings: 10

### Cooking Times

---

Preparation Time: 10 minutes

### Source

---

Source: Impress Your Guests

## Slow Cooker Barbecue Beef

1	boneless beef sirloin tip roast (about 3 pounds), cut into large chunks	3	tablespoons	chili powder
		2	tablespoons	lemon juice
3	ribs	2	tablespoons	molasses
1	large	2	teaspoons	salt
1	medium	2	teaspoons	Worcestershire sauce
1	cup	1	teaspoon	ground mustard
1	can	8-10		sandwich rolls, split
1/2	cup			
1/4	cup			

- Place beef in a 5-qt. slow cooker. Add the celery, onion and green pepper. In a bowl, combine the ketchup, tomato paste, brown sugar, vinegar, chili powder, lemon juice, molasses, salt, Worcestershire sauce and mustard. Pour over beef mixture. Cover and cook on low for 8-9 hours or until meat is tender.
- Skim fat from cooking juices if necessary. Shred beef. Toast rolls if desired. Use a slotted spoon to serve beef on rolls.

Servings: 10

### Cooking Times

Preparation Time: 15 minutes

## Easy French Dip Sandwiches

1	fresh beef brisket (not corned beef), 3 lb	1	can (10 1/2 oz)	condensed beef broth
		8		mini baguettes or burger buns
1	package (1 oz)			onion soup mix (from 2 oz box)

- Spray 3-4 quart slow cooker with cooking spray. Place beef in slow cooker. In small bowl, mix dry soup mix and broth; pour over beef.
- Cover; cook on low heat setting 8 to 10 hours.
- Remove beef from slow cooker to cutting board; cut beef across grain into thin slices or shred with 2 forks. Cut each baguette in half horizontally. Fill baguettes with beef; cut crosswise in half.
- Skim fat from liquid in slow cooker. Pour liquid into 8 small custard cups; serve with sandwiches for dipping.

### Nutrition Facts

Serving size: Entire recipe.

Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.

Nutrition information provided by the recipe author.

Amount Per Serving	
<b>Calories</b>	480
	% Daily Value
<b>Total Fat</b> 14g	<b>22%</b>
<b>Sodium</b> 1000mg	<b>42%</b>
<b>Total Carbohydrates</b> 41g	<b>14%</b>
Fiber 2g	<b>8%</b>
<b>Protein</b> 48g	<b>96%</b>

## Beef Brisket with Cranberry Gravy

2 1/2	lb	fresh beef brisket (not corned beef)	1	can	(8 oz) tomato sauce
1/2	teaspoon	salt	1/2	cup	chopped onion
1/4	teaspoon	pepper	1	tablespoon	yellow mustard
1	can	(16 oz) whole berry cranberry sauce			

- Rub surface of beef brisket with salt and pepper. In 4-6 quart slow cooker, place beef. In small bowl, mix remaining ingredients. Pour over beef.
- Cover; cook on low heat setting 8 to 10 hours.
- Remove beef from slow cooker. Cut beef across grain into thin slices. If desired, skim fat from cranberry sauce in slow

cooker. Serve beef with sauce.

Servings: 8

### Cooking Times

Preparation Time: 10 minutes

Total Time: 8 hours and 10 minutes

### Nutrition Facts

Serving size: 1/8 of a recipe.

Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.

Nutrition information provided by the recipe author.

Amount Per Serving	
<b>Calories</b>	200300
	% Daily Value
<b>Total Fat</b> 9g	<b>14%</b>
<b>Cholesterol</b> 60mg	<b>20%</b>
<b>Sodium</b> 370mg	<b>15%</b>
<b>Total Carbohydrates</b> 25g	<b>8%</b>
Fiber 1g	<b>4%</b>
<b>Protein</b> 0g	

### Source

Source: Pillsbury Fast Slow Cooker Cookbook

## Best-Ever Roast

- 1 beef chuck shoulder roast (3 to 5 pounds)
- 4-5 medium potatoes, quartered
- 1 can (10 3/4 ounces) condensed cream of mushroom soup, undiluted
- 4 cups baby carrots
- 1 package (1 ounce) dry onion soup mix

- Place roast in slow cooker. (If necessary, cut roast in half to fit into slow cooker.) Combine mushroom soup and onion soup mix in medium bowl. Pour over roast. Cover; cook on low 4 hours.
- Add potatoes and carrots to slow cooker. Cover; cook on low 2 hours.

Servings: 8

## Sweet 'n' Tender Cabbage Rolls

- 1 large head cabbage, chopped
- 1 teaspoon dried basil
- 2 eggs, lightly beaten
- 1/2 teaspoon pepper
- 1/2 cup 2% milk
- 2 pounds lean ground beef (90% lean)
- 2 cups cooked long grain rice
- Sauce**
- 2 jars (4 1/2 ounces each) sliced mushrooms, well drained
- 2 cans (8 ounces each) tomato sauce
- 1 small onion, chopped
- 1/2 cup packed brown sugar
- 2 teaspoons salt
- 2 tablespoons lemon juice
- 1 teaspoon dried parsley flakes
- 2 teaspoons Worcestershire sauce
- 1 teaspoon dried oregano

- Cook cabbage in boiling water just until leaves fall off head. Set aside 14 large leaves for rolls. (Refrigerate remaining cabbage for another use.) Cut out the thick vein from the bottom of each reserved leaf, making a V-shaped cut.
- In a large bowl, combine the eggs, milk, rice, mushrooms, onion and seasonings. Crumble beef over mixture and mix well. Place about 1/2 cup on each cabbage leaf; overlap cut ends and fold in sides, beginning from the cut end. Roll up completely to enclose filling.
- Place seven rolls, seam side down, in a 5-qt slow cooker. Combine sauce ingredients; pour half over cabbage rolls. Top with remaining rolls and sauce. Cover and cook on low for 7-8 hours or until a meat thermometer reads 160°

Servings: 7

## Cooking Times

---

Preparation Time: 40 minutes

Total Time: 7 hours

## Source

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Source: Taste of Home

## Texas-Style Beef Brisket

---

3 tablespoons Worcestershire sauce  
1 tablespoon chili powder  
2 bay leaves  
2 garlic cloves, minced  
1 teaspoon celery salt  
1 teaspoon pepper  
1 teaspoon liquid smoke, optional  
1 fresh beef brisket (6 pounds)  
1/2 cup beef broth

**Barbecue sauce**  
1 medium onion, chopped  
2 tablespoons canola oil  
2 garlic cloves, minced  
1 cup ketchup  
1/2 cup molasses  
1/4 cup cider vinegar  
2 teaspoons chili powder  
1/2 teaspoon ground mustard

1. In a large resealable plastic bag, combine the Worcestershire sauce, chili powder, bay leaves, garlic, celery salt, pepper and Liquid Smoke if desired. Cut brisket in half; add to bag. Seal bag and turn to coat. Refrigerate overnight. Transfer beef to a 5 or 6 qt. slow cooker; add broth. Cover and cook on low for 6-8 hours or until tender.
2. For sauce, in a small saucepan, sauté onion in oil until tender. Add garlic; cook 1 minute longer. Stir in the remaining ingredients; heat through.
3. Remove brisket from the slow cooker; discard bay leaves. Place 1 cup cooking juices in a measuring cup; skim fat. Add to the barbecue sauce. Discard remaining juices. Return brisket to the slow cooker; top with sauce mixture. Cover and cook on high for 30 minutes to allow flavors to blend. Thinly slice across the grain; serve with sauce.
4. \* This is a fresh beef brisket, not corned beef.

Servings: 12

## Cooking Times

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Preparation Time: 25 minutes

Total Time: 6 hours and 30 minutes

## Source

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Source: Taste of Home

## Slow Cooker Beef Stroganoff

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*This beef stroganoff uses in expensive beef stew meat that gets velvety-tender when slow cooked. So save the beef tenderloin or sirloin for the grill!*

2 pounds	beef stew meat, cut into 1-inch pieces	1 can	(10 3/4 ounces) condensed cream of chicken soup
1 large	(1 cup) onion, chopped	2 (8 ounce)	packages sliced mushrooms
2 tablespoons	French Dip concentrated Au Jus Sauce*	1 (16 ounce)	carton sour cream
1 teaspoon	finely chopped fresh garlic		<b>Noodles</b>
1/4 teaspoon	pepper	8 cups	hot cooked egg noodles
1 can	(10 3/4 ounces) condensed cream of mushroom soup		chopped fresh parsley

1. Combine all stroganoff ingredients except sour cream and noodles and parsley in slow cooker. Cover; cook on low heat setting for 6-8 hours, or high heat setting for 4-5 hours or until beef is tender. Stir in sour cream just before serving. Serve over hot noodles; sprinkle with parsley.

2. \*Substitute 2 teaspoons beef bouillon granules.

Servings: 8

### Cooking Times

Preparation Time: 10 minutes

Total Time: 6 hours and 10 minutes

### Nutrition Facts

Serving size: 1/8 of a recipe.

Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.

Nutrition information provided by the recipe author.

Amount Per Serving	
<b>Calories</b>	580
	% Daily Value
<b>Total Fat</b> 26g	<b>40%</b>
<b>Cholesterol</b> 155mg	<b>52%</b>
<b>Sodium</b> 940mg	<b>39%</b>
<b>Total Carbohydrates</b> 54g	<b>18%</b>
Fiber 3g	<b>12%</b>
<b>Protein</b> 35g	<b>70%</b>

### Tips

The au jus concentrate can be found in the condiment or savory sauces and marinades section of most large supermarkets. Sold in small plastic bottles, this dark-colored concentrated liquid is most often used to make the juicy sauce for French Dip sandwiches. It adds great "beefy" flavor!

### Source

Source: Lane O'Lakes

## Smothered Swiss Steak

2	teaspoons	vegetable oil	1	carrot, shredded
1 1/2	lb	boneless beef top round steak, trimmed of fat	1	can (4 oz.) mushroom pieces and stems, drained
1	teaspoon	salt	1	can (10 3/4 oz.) condensed cream of mushroom soup
1/4	teaspoon	pepper	1	can (8 ounce) tomato sauce
1	medium	onion, halved lengthwise, thinly sliced		

1. In 10-inch skillet, heat oil over medium-high heat until hot. Cut beef steak into 4 pieces. Place beef in skillet; cook 4-6 minutes or until well browned, turning once. Sprinkle beef with salt and pepper.
2. Meanwhile, in 3 1/2 to 4 quart slow cooker, mix onion, carrot and mushrooms.
3. Place beef in slow cooker over vegetables. In same skillet, mix soup and tomato sauce. Pour over beef.
4. Cover; cook on low heat setting 8-10 hours. Stir sauce well before serving over beef.

Servings: 4

### Cooking Times

Preparation Time: 15 minutes

Total Time: 8 hours and 15 minutes

### Nutrition Facts

Serving size: 1/4 of a recipe.

Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.

Nutrition information provided by the recipe author.

Amount Per Serving	
<b>Calories</b>	330
	% Daily Value
<b>Total Fat</b> 12g	<b>18%</b>
<b>Cholesterol</b> 95mg	<b>32%</b>
<b>Sodium</b> 1590mg	<b>66%</b>
<b>Total Carbohydrates</b> 14g	<b>5%</b>
Fiber 2g	<b>8%</b>

## Sloppy Joes

3	lb.	lean (at least 80%) ground beef	1	can	(6 oz) tomato paste
1	large	onion, chopped (1 cup)	2-3	tablespoons	packed brown sugar
2	medium	stalks celery, chopped (1 cup)	2	tablespoons	Worcestershire sauce
1/2	cup	chopped green bell pepper	1/4	teaspoon	pepper
1	bottle	(12 oz) chili sauce	16		burger buns, split

1. In 12-inch skillet or Dutch oven, cook beef, onion, celery and bell pepper over medium-high heat 5-7 minutes, stirring frequently, until beef is thoroughly cooked; drain.
2. In 3 1/2 to 4 quart slow cooker, mix beef mixture and remaining ingredients except buns.
3. Cover; cook on low heat setting 4-6 hours.
4. To serve, stir beef mixture. Spoon beef mixture into buns.

Servings: 16

### Cooking Times

Preparation Time: 15 minutes

Total Time: 4 hours and 15 minutes

### Nutrition Facts

Serving size: 1/16 of a recipe.

Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.

Nutrition information provided by the recipe author.

Amount Per Serving	
<b>Calories</b>	310
	% Daily Value
<b>Total Fat</b> 11g	<b>17%</b>
<b>Cholesterol</b> 55mg	<b>18%</b>
<b>Sodium</b> 640mg	<b>27%</b>
<b>Total Carbohydrates</b> 31g	<b>10%</b>
Fiber 3g	<b>12%</b>
<b>Protein</b> 0g	

## Smothered Meatloaf

4	cups	Potatoes O'Brien	1		egg
1	pound	lean ground beef	1	can	(12 ounce) condensed cheddar soup, divided
1 1/4	pounds	ground pork	1/2	cup	evaporated milk
1	box	(5.29 oz) garlic herb Shake 'n Bake	1	can	(10 ounce) condensed cream of mushroom soup
1	envelope	(1.1 oz) beefy onion soup mix	1	medium	onion, peeled and sliced thin
1	jar	(4.5 ounces) sliced mushrooms, drained	1	package	(8 ounce) sliced fresh mushrooms

1. Place potatoes in the bottom of a 5-quart slow cooker.
2. In a large bowl, combine ground beef, ground pork, Shake 'n Bake, onion soup mix sliced mushrooms, and egg.
3. In a small bowl, stir together 1/2 cup cheddar soup and evaporated milk, and add to meat mixture. Using a wooden spoon or clean hands, mix thoroughly and form into a loaf. Place in slow cooker on top of the potatoes, making sure meatloaf does not touch the sides of the slow cooker.
4. Stir together remaining cheddar soup with cream of mushroom soup. Pour over meatloaf. Top with onion and mushrooms.
5. Cover and cook on high setting for 1 hour. Lower temperature to low setting and cook for an additional 5-6 hours.

Servings: 6

### Cooking Times

Preparation Time: 10 minutes

## Sweet and Saucy Ribs

2	pounds	pork baby back ribs	1	tablespoon	Dijon mustard
1	teaspoon	black pepper	1/4	teaspoon	salt
2 1/2	cups	barbecue sauce (not mesquite flavored)			Additional salt and black pepper (optional)
1	jar	(8 ounces) cherry jam or preserves			

1. Trim excess fat from ribs. Rub 1 teaspoon pepper over ribs. Cut ribs into 2-rib portions; place in slow cooker.
2. Combine barbecue sauce, jam, mustard and 1/4 teaspoon salt in small bowl; pour over ribs.
3. Cover; cook on low 6-8 hours or on high 3-4 hours or until ribs are tender. Season with additional salt and pepper, if desired. Serve ribs with sauce.

Servings: 4

### Source

Source: Comfort cooking

## Pulled Pork with Cola Barbecue Sauce

1	teaspoon	vegetable oil	2	teaspoons	Worcestershire sauce
3	pounds	boneless pork shoulder roast, cut into 4 equal large pieces.	2	teaspoons	spicy brown mustard
1	cup	cola			Hot pepper sauce
1/4	cup	tomato paste	8		Salt
2	tablespoons	packed brown sugar			hamburger buns

1. Heat oil in large skillet over medium-high heat. Brown pork on all sides. Transfer to slow cooker. Pour cola over pork. Cover; cook on low 7 1/2 to 8 hours or on high 3 1/2 to 4 hours or until pork is fork-tender.
2. Remove pork to plate. Tent with foil and set aside.
3. Skim fat from cooking juices (or transfer to fat separator, pour off cooking juices, and discard fat). Pour into medium saucepan. Whisk in tomato paste, brown sugar, Worcestershire sauce and mustard. Bring to boil over high heat. Boil until thickened and reduced to about 1 cup, whisking occasionally.
4. Shred pork with two forks. Stir pork into saucepan. Season with hot pepper sauce and salt. Serve on buns.

Servings: 8

## Peach-Glazed Ham

1	fully cooked smoked bone-in ham (7 lb)	1/2	cup	Dijon mustard	
3/4	cup	peach preserves	1/4	cup	white cranberry and peach juice
3/4	cup	packed brown sugar			Fresh peach slices, if desired

1. Spray 7-quart oval slow cooker with cooking spray. Remove excess fat from ham. Make cuts about 1/2 inch apart and 1/4 inch deep in diamond pattern around top and sides of ham. Place ham in slow cooker. In small bowl, mix preserves, brown sugar, mustard and cranberry juice until smooth. Spread or brush mixture over ham in slow cooker.
2. Cover; cook on low heat setting 8 hours or until meat thermometer reads 140°F. Remove ham from slow cooker; cover with foil and let stand 10-15 minutes before carving.
3. Meanwhile, pour juices from slow cooker in 2-quart saucepan. Heat to simmering; cook until slightly thickened. Serve ham with sauce. Garnish serving platter with peach slices.

### Nutrition Facts

Serving size: Entire recipe.

Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.

Nutrition information provided by the recipe author.

Amount Per Serving	
<b>Calories</b>	274
	% Daily Value
<b>Total Fat</b> 7g	11%
<b>Sodium</b> 1380mg	58%

<b>Total Carbohydrates</b> 27g	<b>9%</b>
<b>Protein</b> 25g	<b>50%</b>

## Pork chops with Cornbread Stuffing

6	boneless pork loin chops, 1 inch thick (about 2 1/4 lb)	1/2 medium	onion, chopped (1/2 cup)
		1/4 cup	chopped pecans
2	teaspoons seasoned salt	1 cup	plus 2 tablespoons water
1/2	bag (16 oz size) cornbread stuffing (3 cups)	1/4 cup	butter or margarine, melted
1/2	cup sweetened dried cranberries	1/2 cup	cranberry relish or sauce
1/2	medium apple, chopped (1/2 cup)		

1. Place pork chops in large resealable food-storage plastic bag. Add seasoned salt; seal bag and shake to coat pork.
2. Spray 5-6 quart slow cooker with cooking spray. In slow cooker, mix remaining ingredients except cranberry relish. Arrange pork chops on stuffing mixture.
3. Cover; cook on low heat setting 4-6 hours. Serve pork and stuffing with cranberry relish.

### Nutrition Facts

Serving size: Entire recipe.

Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.

Nutrition information provided by the recipe author.

Amount Per Serving	
<b>Calories</b>	560
	% Daily Value
<b>Total Fat</b> 25g	<b>38%</b>
Saturated Fat 10g	<b>50%</b>
<b>Sodium</b> 1220mg	<b>51%</b>
<b>Total Carbohydrates</b> 44g	<b>15%</b>
Fiber 3g	<b>12%</b>
<b>Protein</b> 39g	<b>78%</b>

## Cranberry Pork Tenderloin

1	pork tenderloin ( 1 pound)	1	teaspoon	ground mustard
1	can (14 ounces) whole-berry cranberry sauce	1/4 - 1/2	teaspoon	ground cloves
1/2	cup orange juice	2	tablespoons	cornstarch
1/4	cup sugar	3	tablespoons	cold water
1	tablespoon brown sugar			

1. Place the tenderloin in a 3-qt. slow cooker. In a small bowl, combine the cranberry sauce, orange juice, sugars, mustard and cloves; pour over pork. Cover and cook on low for 5-6 hours or until a meat thermometer reads 160°.
2. Remove pork and keep warm. In a small bowl, combine cornstarch and cold water until smooth; gradually stir into cranberry mixture. Cover and cook on high for 15 minutes longer or until thickened. Serve with pork.

Servings: 4

### Cooking Times

Preparation Time: 10 minutes

Total Time: 5 hours and 15 minutes



## Fruity Pork Roast

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1/2	medium	lemon, sliced	1		boneless whole pork loin roast (about 3 pounds)
1/2	cup	dried cranberries			
1/3	cup	golden raisins	1/2	teaspoon	salt
1/3	cup	unsweetened apple juice	1/4	teaspoon	pepper
3	tablespoons	sherry or additional unsweetened apple juice	1/8 to 1/4	teaspoon	ground ginger
1	teaspoon	minced garlic	1	medium	apple, peeled and sliced
1/2	teaspoon	ground mustard	1/2	cup	packed fresh parsley sprigs

1. In a small bowl, combine the lemon, cranberries, raisins, juice, sherry, garlic and mustard; set aside. Cut roast in half. Sprinkle with salt, pepper and ginger. Transfer to a 3-qt. slow cooker.
2. Pour fruit mixture over roast. Place apple and parsley around roast. Cover and cook on low for 8-9 hours or until a meat thermometer reads 160°. Transfer meat to a serving platter. Let stand for 10 minutes before slicing.

Servings: 8

### Cooking Times

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Preparation Time: 25 minutes

Total Time: 8 hours

## BBQ Pulled Chicken Sandwiches

---

1 1/4-1 1/2 pounds boneless skinless chicken thighs  
3/4 cup Barbecue sauce, divided  
1 package (14 ounces) frozen bell pepper and onion strips cut for stir-fry, thawed, well drained  
1/4-1/2 teaspoon hot pepper sauce, as desired  
4 Kaiser rolls, split, lightly toasted if desired

1. Combine chicken and 1/4 cup barbecue sauce in slow cooker mix well. Add bell pepper and onion strips; mix well. Cover; cook on low 5-6 hours or on high 2-3 hours or until chicken is cooked through.
2. Transfer chicken to medium bowl; use two forks to shred chicken. Drain pepper mixture; add to bowl with chicken. Add remaining 1/2 cup barbecue sauce and hot pepper sauce; mix well. Serve in Kaiser rolls.

Servings: 4

## Creamy Chicken Fettuccine

---

1 1/2 pounds boneless skinless chicken breasts, cut into cubes  
1/2 teaspoon onion powder  
1/2 teaspoon garlic powder  
1/8 teaspoon pepper  
1 can (10 3/4 oz) condensed cream of chicken soup, undiluted  
1 can (10 3/4 oz) condensed cream of celery soup, undiluted  
4 ounces process American cheese, cubed  
1 can (2 1/4 ounces) sliced ripe olives, drained  
1 jar (2 ounces) diced pimientos, drained, optional  
1 package (16 ounces) fettuccine or spaghetti  
Thin breadsticks, optional

1. Place the chicken in a 3-qt. slow cooker; sprinkle with onion powder, garlic powder and pepper. Top with soups. Cover and cook on high for 3-4 hours or until chicken is no longer pink.
2. Stir in the cheese, olives and pimientos if desired. Cover and cook until cheese is melted. Meanwhile, cook fettuccine according to package directions; drain. Serve with chicken and breadsticks if desired.

Servings: 6

### Cooking Times

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Preparation Time: 15 minutes  
Total Time: 3 hours

### Source

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Source: Slow Cooker

## Slow Cooker Chicken and Vegetables with Pineapple

---

1 1/4 lb boneless skinless chicken thighs, cut into 1/2 inch strips  
2 tablespoons soy sauce  
2 medium carrots, sliced (about 3/4 cup)  
1 can (8 oz) sliced water chestnuts, drained  
1 can (8 oz) pineapple chunks in unsweetened juice, drained, reserving juice  
2 cups uncooked regular long-grain white rice  
4 cups water  
1/2 cup purchased sweet-and-sour sauce  
2 teaspoons cornstarch  
1 teaspoon grated gingerroot  
1 1/2 cups fresh snow pea pods (about 6 oz.)  
3 green onions, cut into 1-inch pieces, if desired

1. In 3 1/2 to 4 quart slow cooker, combine chicken and soy sauce; mix to coat evenly. Add carrots, water chestnuts and reserved pineapple juice. Stir to combine.
2. Cover; cook on low setting for 4-5 hours.

- About 30 minutes before serving, cook rice in water as directed on package.
- Meanwhile, in small bowl, combine sweet-and-sour sauce, cornstarch and gingerroot; stir until well blended. Stir into chicken mixture. Add pea pods, onions and pineapple chunks; stir gently to mix. Increase heat setting to high; cover and cook an additional 20 to 25 minutes or until pea pods are crisp tender. Serve chicken mixture over rice.

Servings: 6

### Cooking Times

Preparation Time: 20 minutes  
Total Time: 5 hours and 45 minutes

### Nutrition Facts

Serving size: 1/6 of a recipe.

Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.

Nutrition information provided by the recipe author.

Amount Per Serving	
<b>Calories</b>	490
	% Daily Value
<b>Total Fat</b> 9g	<b>14%</b>
<b>Cholesterol</b> 60mg	<b>20%</b>
<b>Sodium</b> 450mg	<b>19%</b>
<b>Total Carbohydrates</b> 75g	<b>25%</b>
Fiber 3g	<b>12%</b>
<b>Protein</b> 27g	<b>54%</b>

### Source

Source: Betty Crocker

## Turkey and Stuffing with Onion Glaze

- |     |            |                                     |     |     |   |
|-----|------------|-------------------------------------|-----|-----|---|
| 1   | tablespoon | butter or margarine                 | 3/4 | cup | water   |
| 1/2 | cup        | chopped onion                       | 1   |     | boneless skinless turkey breast half ( 2 to 2 1/2 lb), thawed if frozen |
| 1   | tablespoon | apple jelly                         |     |     | Salt and pepper, to taste   |
| 1   | package    | turkey flavor one-step stuffing mix |     |     |   |

- In 8-inch skillet, melt butter over medium heat. Cook onion in butter 4-5 minutes, stirring occasionally, until tender and lightly browned. Stir jelly into onion mixture. Cook 1-2 minutes longer, stirring occasionally, until golden brown.
- Meanwhile, spray 4-6 quart slow cooker with cooking spray. Place stuffing mix in slow cooker. Drizzle with water; mix gently. Sprinkle turkey breast half with salt and pepper. Place on stuffing mix. Spoon onion mixture over turkey; spread evenly.
- Cover; cook on low heat setting 5-6 hours.
- Cut turkey into slices. Serve stuffing topped with turkey slices.

Servings: 5

### Cooking Times

Preparation Time: 15 minutes  
Total Time: 5 hours and 15 minutes

### Nutrition Facts

Serving size: 1/5 of a recipe.

Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.

Nutrition information provided by the recipe author.

Amount Per Serving	
<b>Calories</b>	350
	% Daily Value
<b>Total Fat</b> 5g	<b>8%</b>
<b>Cholesterol</b> 125mg	<b>42%</b>
<b>Sodium</b> 760mg	<b>32%</b>
<b>Total Carbohydrates</b> 30g	<b>10%</b>
Fiber 1g	<b>4%</b>
<b>Protein</b> 0g	

## Nutty Apple Streusel Dessert

6 cups	sliced peeled tart apples	1/2 cup	biscuit/baking mix
1 1/4 teaspoons	ground cinnamon		<b>Topping</b>
1/4 teaspoon	ground allspice	1 cup	biscuit/baking mix
1/4 teaspoon	ground nutmeg	1/3 cup	packed brown sugar
3/4 cup	2% milk	3 tablespoons	cold butter
2 tablespoons	butter, softened	1/2 cup	sliced almonds
3/4 cup	sugar		Ice cream or whipped cream, optional
1 teaspoon	vanilla extract		

1. In a large bowl, toss apples with cinnamon, allspice and nutmeg. Place in a greased 3-qt. slow cooker. In a small bowl, combine the milk, butter, sugar, eggs, vanilla and baking mix. Spoon over apples.
2. For topping, combine biscuit mix and brown sugar in a large bowl; cut in butter until crumbly. Add almonds; sprinkle over apples.
3. Cover and cook on low for 6-8 hours or until the apples are tender.
4. Serve with ice cream or whipped cream if desired.

Servings: 8

### Cooking Times

Preparation Time: 20 minutes  
Total Time: 6 hours

### Nutrition Facts

Serving size: 1/8 of a recipe.

Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.

Nutrition information provided by the recipe author.

Amount Per Serving	
<b>Calories</b>	378
	% Daily Value
<b>Total Fat</b> 16g	<b>25%</b>
<b>Cholesterol</b> 75mg	<b>25%</b>
<b>Sodium</b> 387mg	<b>16%</b>
<b>Total Carbohydrates</b> 57g	<b>19%</b>
Fiber 3g	<b>12%</b>
<b>Protein</b> 5g	<b>10%</b>

### Source

Source: Taste of Home

## Cranberry Stuffed Apples

5 medium	apples, cored and sliced into 8 wedges each	1/4 teaspoon	ground cinnamon
1/3 cup	fresh or frozen cranberries, thawed and chopped	1/8 teaspoon	ground nutmeg
1/4 cup	packed brown sugar		Whipped cream or vanilla ice cream, optional
2 tablespoons	chopped walnuts		

Core apples, leaving bottoms intact. Peel top third of each apple; place in a 4-qt. slow cooker. Combine the cranberries, brown sugar, walnuts, cinnamon and nutmeg; spoon into apples. Cover and cook on low for 4-5 hours or until apples are tender. Serve with whipped cream or ice cream if desired.

Servings: 5

### Cooking Times

Preparation Time: 10 minutes  
Total Time: 4 hours

## Source

Source: Taste of Home

## Chunky Applesauce

8-10 large tart apples, peeled and cut into chunks 1/2 cup water  
Sugar substitute equivalent to 1/2 to 1 cup 1 teaspoon ground cinnamon  
sugar

Combine apples, sugar, water and cinnamon in a 3-qt. slow cooker; stir gently. Cover and cook on low for 6-8 hours or until apples are tender.

Servings: 6

## Cooking Times

Preparation Time: 5 minutes

Total Time: 6 hours

## Nutrition Facts

Serving size: 1/6 of a recipe.

Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.

Nutrition information provided by the recipe author.

Amount Per Serving	
<b>Calories</b>	93
	% Daily Value
<b>Total Fat</b> 0g	
<b>Sodium</b> 77mg	3%
<b>Total Carbohydrates</b> 25g	8%
Fiber 4g	16%
<b>Protein</b> 1g	2%

## Source

Source: Taste of Home

## Hot Fudge Sundae Cake

1 cup all-purpose flour 2 tablespoons vegetable oil  
1/2 cup granulated sugar 1 teaspoon vanilla  
2 tablespoons baking cocoa 1/2 cup chopped nuts  
2 teaspoons baking powder 3/4 cup packed brown sugar  
1/2 teaspoon salt 1/4 cup baking cocoa  
1/2 cup milk 1 1/2 cups hot water

1. Spray inside of 2- 3 1/2 quart slow cooker with cooking spray.
2. Mix flour, granulated sugar, 2 tablespoons cocoa, the baking powder and salt in medium bowl. Stir in milk, oil and vanilla until smooth. Stir in nuts. Spread batter evenly in bottom of cooker.
3. Mix brown sugar and 1/4 cup cocoa in small bowl. Stir in hot water until smooth. Pour evenly over batter in cooker.
4. Cover and cook on high heat setting 2 to 2 1/2 hours or until toothpick inserted in center comes out clean.
5. Turn off cooker. Let cake stand uncovered 30 to 40 minutes to cool slightly before serving.
6. Spoon warm cake into dessert dishes. Spoon sauce over top.

Servings: 6

## Nutrition Facts

Serving size: 1/6 of a recipe.

Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.

Nutrition information provided by the recipe author.

Amount Per Serving	
<b>Calories</b>	380
	% Daily Value
<b>Total Fat</b> 0g	
<b>Sodium</b> 380mg	16%

<b>Total Carbohydrates</b> 66g	<b>22%</b>
Fiber 3g	<b>12%</b>
<b>Protein</b> 5g	<b>10%</b>

## Source

Source: Betty Crocker

## Caramel Rice Pudding

The sweetened condensed milk caramelizes during the long, slow cooking to give this rice pudding a pleasant caramel flavor and rich beige color. The evaporated milk and condensed milk also make a smooth, creamy pudding because they don't break down and separate like fresh milk would during the long cooking time. This all-time favorite comfort food lends itself to a little flavor variety. Try chopped dried apricots, sweetened dried cherries or dried cranberries in place of the raisins. Using uncooked rice makes a pudding that is stick instead of creamy. To save time - cook the rice ahead and keep refrigerated until you are ready to make the pudding.

3 cups	cooked white rice	1 can	(12 ounces) evaporated milk
1/2 cup	raisins	1 tablespoon	sugar
1 teaspoon	vanilla	1 teaspoon	ground cinnamon
1 can	(14 ounces) sweetened condensed milk		

1. Spray inside of 2 to 3 1/2 quart slow cooker with cooking spray.
2. Mix all ingredients except sugar and cinnamon in cooker.
3. Cover and cook on low heat setting 3-4 hours or until liquid is absorbed. Stir pudding.
4. Sprinkle pudding with sugar and cinnamon. Serve warm.

Servings: 8

## Cooking Times

Preparation Time: 5 minutes

Total Time: 4 hours

## Nutrition Facts

Serving size: 1/8 of a recipe.

Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.

Nutrition information provided by the recipe author.

Amount Per Serving	
<b>Calories</b>	<b>385</b>
	% Daily Value
<b>Total Fat</b> 8g	<b>12%</b>
<b>Cholesterol</b> 30mg	<b>10%</b>
<b>Sodium</b> 140mg	<b>6%</b>
<b>Total Carbohydrates</b> 68g	<b>23%</b>
Fiber 1g	<b>4%</b>
<b>Protein</b> 11g	<b>22%</b>

## Source

Source: Betty Crocker

## Chocolate-Butterscotch Lava Cake

1 box	dark chocolate cake mix	3 1/4 cups	milk
1 box	(4-serving size) chocolate instant pudding and pie filling mix	3	eggs
1 cup	sour cream	1 bag	(8 oz) toffee bits
1/3 cup	butter or margarine, melted	1 box	(4 serving size) butterscotch instant pudding and pie filling mix.
1 teaspoon	vanilla	1 container	(8 oz) frozen whipped topping, thawed

1. Spray 5-quart oval slow cooker with cooking spray. In large bowl, beat cake mix, chocolate pudding mix, sour cream, and butter, vanilla, 1 1/4 cups of the milk and the eggs with electric mixer on medium speed 2 minutes, scraping sides

of bowl as needed. Stir in 1 cup of the toffee bits. Pour batter into slow cooker.

- In 2-quart saucepan, heat remaining 2 cups milk over medium heat 3-5 minutes, stirring frequently, until hot and bubbly. Remove from heat. Sprinkle butterscotch pudding mix over batter in slow cooker. Slowly pour hot milk over pudding.
- Cover; cook on low heat setting 4 hours 30 minutes or until edge of cake is set at least 2 inches from edge of slow cooker but center still jiggles slightly when moved. Turn off slow cooker. Let stand 15 minutes. Garnish with whipped topping and remaining toffee bits.

## Nutrition Facts

Serving size: Entire recipe.

Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.

Nutrition information provided by the recipe author.

Amount Per Serving	
<b>Calories</b>	534
	% Daily Value
<b>Total Fat</b> 23g	<b>35%</b>
<b>Sodium</b> 736mg	<b>31%</b>
<b>Total Carbohydrates</b> 70.5g	<b>24%</b>
Fiber 1.6g	<b>6%</b>
<b>Protein</b> 8.2g	<b>16%</b>

## Nutty Pumpkin-Pie Pudding

- |     |                                       |     |   |
|-----|---------------------------------------|-----|---|
|     | nonstick cooking spray                | 1   | layer size yellow cake mix                        |
| 1   | 15 ounce can pumpkin                  | 1   | cup pecans or walnuts, toasted and chopped        |
| 1   | 5 ounce can evaporated milk (2/3 cup) | 1/4 | cup butter, melted                                |
| 1/3 | cup sugar                             |     | Frozen whipped dessert topping, thawed (optional) |
| 2   | tablespoons pumpkin pie spice         |     |   |

- Lightly coat the inside of a 3 1/2 or 4 quart slow cooker with cooking spray. In the prepared cooker stir together pumpkin, evaporated milk, sugar, and 1 tablespoon of the pumpkin pie spice. Spread batter evenly in the bottom of the prepared cooker.
- In a medium bowl stir together cake mix, nuts, and the remaining 1 tablespoon pumpkin pie spice. Sprinkle mixture evenly over pumpkin mixture in cooker. Drizzle melted butter over mixture in cooker.
- Cover and cook on high-heat setting for 2 1/2 hours. Remove crockery liner from cooker, if possible, or turn off cooker. Cool, uncovered, for 30 minutes.
- To serve, spoon warm pudding into dessert dishes. If desired, servings with dessert topping.

Servings: 8

## Cooking Times

Preparation Time: 20 minutes

Total Time: 2 hours and 30 minutes

## Nutrition Facts

Serving size: 1/8 of a recipe.

Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.

Nutrition information provided by the recipe author.

Amount Per Serving	
<b>Calories</b>	349
	% Daily Value
<b>Total Fat</b> 20g	<b>31%</b>
<b>Cholesterol</b> 21mg	<b>7%</b>
<b>Sodium</b> 278mg	<b>12%</b>
<b>Total Carbohydrates</b> 42g	<b>14%</b>
Fiber 3g	<b>12%</b>
<b>Protein</b> 0g	

## Source

Source: Better Homes and Gardens

## Cherry Cobbler

1	can	(21 ounces) cherry pie filling	1/2	cup	milk
1	cup	all-purpose flour	1 1/2	teaspoons	baking powder
1/4	cup	sugar	1/2	teaspoon	almond extract
1/4	cup	margarine or butter, melted	1/4	teaspoon	salt

1. Spray inside of 2 to 3 1/2 quart slow cooker with cooking spray.
2. Pour pie filling into cooker.
3. Beat remaining ingredients with spoon until smooth. Spread batter over pie filling.
4. Cover and cook on high heat setting 1 1/2 to 2 hours or until toothpick inserted in center comes out clean.

Servings: 6

### Cooking Times

Preparation Time: 10 minutes

### Nutrition Facts

Serving size: 1/6 of a recipe.

Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.

Nutrition information provided by the recipe author.

Amount Per Serving	
	% Daily Value
<b>Calories</b>	270
<b>Total Fat</b> 8g	<b>12%</b>
<b>Sodium</b> 330mg	<b>14%</b>
<b>Total Carbohydrates</b> 49g	<b>16%</b>
Fiber 2g	<b>8%</b>
<b>Protein</b> 3g	<b>6%</b>

### Source

Source: Betty Crocker

## Blueberry Cobbler

1	can	blueberry pie filling	1/4	cup	butter, melted
1	package	yellow cake mix			vanilla ice cream, optional
1/4	cup	chopped pecans			

Place pie filling in a greased 1 1/2 qt. slow cooker. Sprinkle with cake mix and pecans. Drizzle with butter. Cover and cook on high for 3 hours or until topping is golden brown. Serve warm with ice cream if desired.

Servings: 6

### Cooking Times

Preparation Time: 10 minutes

Total Time: 3 hours

### Nutrition Facts

Serving size: 1/6 of a recipe.

Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.

Nutrition information provided by the recipe author.

Amount Per Serving	
	% Daily Value
<b>Calories</b>	449
<b>Total Fat</b> 14g	<b>22%</b>
<b>Cholesterol</b> 20mg	<b>7%</b>
<b>Sodium</b> 343mg	<b>14%</b>
<b>Total Carbohydrates</b> 79g	<b>26%</b>
Fiber 3g	<b>12%</b>
<b>Protein</b> 2g	<b>4%</b>

### Source



Source: Taste of Home

## Raisin Bread Pudding

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8	slices	bread, cubed			<b>Sauce</b>
4		eggs	2	tablespoons	butter
2	cups	milk	2	tablespoons	all-purpose flour
1/4	cup	sugar	1	cup	water
1/4	cup	butter, melted	3/4	cup	sugar
1/4	cup	raisins	1	teaspoon	vanilla extract
1/2	teaspoon	ground cinnamon			

1. Place bread cubes in a greased 3 qt. slow cooker. In a large bowl, beat eggs and milk; stir in the sugar, butter, raisins and cinnamon. Pour over bread; stir.
2. Cover and cook on high for 1 hour. Reduce heat to low; cook for 3-4 hours or until a thermometer reads 160°.
3. 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.

Servings: 6

### Cooking Times

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Preparation Time: 15 minutes

Total Time: 4 hours

### Nutrition Facts

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Serving size: 1/6 of a recipe.

Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.

Nutrition information provided by the recipe author.

Amount Per Serving	
<b>Calories</b>	448
	% Daily Value
<b>Total Fat</b> 19g	<b>29%</b>
<b>Cholesterol</b> 184mg	<b>61%</b>
<b>Sodium</b> 378mg	<b>16%</b>
<b>Total Carbohydrates</b> 61g	<b>20%</b>
Fiber 1g	<b>4%</b>
<b>Protein</b> 10g	<b>20%</b>

### Source

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Source: Taste of Home

## Beef and Barley Stew

1	lb	boneless beef round steak, 1/2 inch thick, trimmed of fat, cut into 3/4 inch pieces	1	jar	sliced mushrooms, drained
2	cups	frozen cut green beans	2 1/2	cups	water
1	cup	shredded carrots	2	teaspoons	beef bouillon granules
1/2	cup	uncooked regular pearl barley	1/2	teaspoon	dried thyme leaves
1	jar	mushroom gravy	1/4	teaspoon	pepper

1. In 3 1/2 or 4 quart slow cooker, place beef, green beans, carrots, barley gravy and mushrooms.
2. Stir together remaining ingredients. Pour over beef and vegetables; stir until mixed
3. Cover; cook on low heat setting 10 to 12 hours.

Servings: 4

### Cooking Times

Preparation Time: 15 minutes

### Nutrition Facts

Serving size: 1/4 of a recipe.

Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.

Nutrition information provided by the recipe author.

Amount Per Serving	
<b>Calories</b>	360
	% Daily Value
<b>Total Fat</b> 13g	<b>20%</b>
<b>Cholesterol</b> 75mg	<b>25%</b>
<b>Sodium</b> 940mg	<b>39%</b>
<b>Total Carbohydrates</b> 27g	<b>9%</b>
Fiber 6g	<b>24%</b>
<b>Protein</b> 0g	

### Source

Source: Pillsbury Fast Slow Cooker Cookbook

## Family-Favorite Beef Stew

1 1/2	lb	beef stew meat, cut into 3/4 inch cubes	1 1/2	cups	frozen small whole onions
2	tablespoons	all-purpose flour	1	bag	(16 oz) ready to eat baby-cut carrots
1	teaspoon	salt	1	jar	(12 oz) beef gravy
1/2	teaspoon	pepper	1	can	(14.5 oz.) diced tomatoes, undrained
1	tablespoon	vegetable oil	3	tablespoons	all-purpose flour
1	lb	small red potatoes (2 1/2 to 3 inch), quartered	1/4	cup	cold water

1. In large resealable food-storage plastic bag, add beef, the 2 tablespoons flour, salt and pepper; seal bag and shake to coat. In 10-inch skillet, heat oil over medium-high heat. Cook coated beef in oil 4-6 minutes, stirring occasionally, until browned.
2. In 4-6 quart slow cooker, layer potatoes, onions and carrots. Add browned beef; sprinkle with any remaining flour mixture. Top with gravy and tomatoes
3. Cover; cook on low heat setting 8-10 hours.
4. Mix 3 tablespoons flour with the cold water. Stir into stew. Increase heat setting to high. Cover; cook about 10 minutes longer or until thickened.

Servings: 4

### Cooking Times

Preparation Time: 15 minutes

Total Time: 8 hours and 25 minutes

## Nutrition Facts

Serving size: 1/4 of a recipe.

Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.

Nutrition information provided by the recipe author.

Amount Per Serving	
<b>Calories</b>	390
	% Daily Value
<b>Total Fat</b> 16g	<b>25%</b>
<b>Cholesterol</b> 60mg	<b>20%</b>
<b>Sodium</b> 920mg	<b>38%</b>
<b>Total Carbohydrates</b> 36g	<b>12%</b>
Fiber 5g	<b>20%</b>
<b>Protein</b> 0g	

## Source

Source: Pillsbury Fast Slow Cooker Cookbook

## White Chili with Chicken

1	lb	boneless skinless chicken thighs, cut into thin bite-sized strips	5	cups	water
1	cup	dried great northern beans, sorted, rinsed	1	teaspoon	ground cumin
1	medium	onion, chopped (1/2 cup)	1/4	teaspoon	red pepper sauce
1	clove	garlic, finely chopped	1	can	(4.5 oz) chopped green chilies
2	teaspoons	dried oregano leaves			sour cream
1/2	teaspoon	salt			chopped avocado, if desired
1	can	(10 3/4 oz.) condensed cream of chicken soup			

1. In 3 1/2 to 4 quart slow cooker, mix chicken, beans, onion, garlic, oregano, salt, soup and water.
2. Cover; cook on low heat setting 9 to 10 hours.
3. Just before serving, stir cumin, pepper sauce and chilies into chili. If desired, serve with additional pepper sauce. Serve with sour cream and chopped avocado.

Servings: 6

## Cooking Times

Preparation Time: 15 minutes

Total Time: 9 hours and 15 minutes

## Nutrition Facts

Serving size: 1/6 of a recipe.

Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.

Nutrition information provided by the recipe author.

Amount Per Serving	
<b>Calories</b>	290
	% Daily Value
<b>Total Fat</b> 10g	<b>15%</b>
<b>Cholesterol</b> 50mg	<b>17%</b>
<b>Sodium</b> 700mg	<b>29%</b>
<b>Total Carbohydrates</b> 27g	<b>9%</b>
<b>Protein</b> 0g	

## Source

Source: Pillsbury Fast Slow Cooker Cookbook

## Family Favorite Chili

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2 pounds	ground beef	2	tablespoons	chili powder
1 large	onion, chopped (1 cup)	1 1/2	teaspoons	ground cumin
2 cloves	garlic, finely chopped	1/2	teaspoon	salt
1 can	(28 ounces) diced tomatoes, undrained	1/2	teaspoon	pepper
1 can	(15 ounces) tomato sauce	1	can	(15 to 16 ounces) kidney or pinto beans, rinsed and drained

1. Cook beef in 12 inch skillet over medium heat, stirring occasionally, until brown; drain.
2. Mix beef and remaining ingredients except beans in 3 1/2 to 6 quart slow cooker.
3. Cover and cook on low heat setting 6-8 hours (or high heat setting 3-4 hours) or until onion is tender.
4. Stir in beans. Cover and cook on high heat setting 15-20 minutes or until slightly thickened.

Servings: 8

### Cooking Times

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Preparation Time: 20 minutes

### Nutrition Facts

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Serving size: 1/8 of a recipe.

Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.

Nutrition information provided by the recipe author.

Amount Per Serving	
	% Daily Value
<b>Calories</b>	335
<b>Total Fat</b> 17g	26%
<b>Cholesterol</b> 65mg	22%
<b>Sodium</b> 820mg	34%
<b>Total Carbohydrates</b> 24g	8%
Fiber 6g	24%
<b>Protein</b> 28g	56%

### Source

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Source: Betty Crocker

## Slow-Cooked Corn Chowder

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2 1/2 cups	2% milk	1 cup	cubed fully cooked ham
1 can	(14 3/4 oz's) cream-style corn	1 large	onion, chopped
1 can	(10 3/4 ounces) condensed cream of mushroom soup, undiluted	2 teaspoons	dried parsley flakes
1 3/4 cups	frozen corn	2 tablespoons	butter
1 cup	frozen shredded hash brown potatoes		Salt and pepper, to taste

In a 3-qt. slow cooker, combine all the ingredients. Cover and cook on low for 6 hours.

Servings: 8

### Cooking Times

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Preparation Time: 10 minutes

Total Time: 6 hours

## Veggie Potato Soup

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6	medium	potatoes, cubed	3/4	teaspoon	salt
1	medium	carrot, thinly sliced	1/4	teaspoon	dried marjoram
1	large	leek (white portion only), chopped	1/4	teaspoon	pepper
3	cans	(14 1/2 ounces each) vegetable broth	1/4	cup	all-purpose flour
1/4	cup	butter, cubed	1 1/2	cups	half and half cream
1	garlic	clove, minced	1	cup	frozen peas, thawed
1	teaspoon	dried thyme			

1. In a 5-qt. slow cooker, combine the vegetables, broth, butter, garlic and seasonings. Cover and cook on low for 5-6 hours or until vegetables are tender.
2. In a small bowl, combine flour and cream until smooth; add to slow cooker. Stir in peas. Cover and cook on high for 30 minutes or until the soup is slightly thickened.

Servings: 11

### Cooking Times

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Preparation Time: 20 minutes

Total Time: 5 hours and 30 minutes

## Slow Cooker Chicken Chowder

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1 1/4	pounds	boneless skinless chicken breast halves or turkey, cut into 1 inch pieces	1/2	teaspoon	pepper
8	small	new red potatoes, cut into 1-inch pieces	1	cup	half-and-half
1	large	onion, chopped	2	tablespoons	cornstarch
1	16 oz	package frozen mixed vegetables	1	8-oz	container onion and chive-flavored cream cheese, softened
2	14 oz.	cans chicken broth	2	tablespoons	<b>Topping</b> butter
1 1/2	teaspoons	dried marjoram leaves	1/2	cup	dried breadcrumbs
2	teaspoons	garlic salt			
1/2	teaspoon	dried thyme leaves			

1. Combine all chowder ingredients except half & half, cornstarch and cream cheese in 5-quart slow cooker. Cover; cook on low heat setting for 6-8 hours, or high heat setting for 4-5 hours or until potatoes are tender.
2. During the last cooking hour, combine half & half and cornstarch in small bowl until smooth; gradually stir into chicken mixture. Cover; cook on high heat setting until mixture is thickened.
3. Meanwhile, melt butter in 1-quart saucepan until sizzling; add bread crumbs. Cook over medium heat, stirring constantly, until golden brown (4-5 minutes). Set aside.
4. Just before serving, stir cream cheese into chowder until melted. To serve, sprinkle each serving with 1 tablespoon topping.

Servings: 8

### Cooking Times

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Preparation Time: 15 minutes

Total Time: 6 hours and 35 minutes

### Nutrition Facts

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Serving size: 1/8 of a recipe.

Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.

Nutrition information provided by the recipe author.

Amount Per Serving	
Calories	420
% Daily Value	
<b>Total Fat</b> 14g	<b>22%</b>
<b>Cholesterol</b> 80mg	<b>27%</b>
<b>Sodium</b> 1180mg	<b>49%</b>

<b>Total Carbohydrates</b> 48g	<b>16%</b>
Fiber 5g	<b>20%</b>
<b>Protein</b> 26g	<b>52%</b>

## Source

Source: Land O'Lakes

## Slow Cooker Wild Rice Soup

1/2 cup	uncooked wild rice, rinsed	1 medium	(1/2 cup) onion, chopped
1/2 cup	shredded carrot	1 cup	sour cream
3 14 oz.	cans chicken broth	1/2 cup	all-purpose flour
1 pound	boneless skinless chicken breast halves or turkey tenderloins, cut into 1-inch pieces	1/2 cup	sliced almonds, toasted, if desired
1 rib	(1/2 cup) celery, chopped		

1. Stir together all ingredients except sour cream, flour and almonds in slow cooker.
2. Cover, cook on low heat setting for 6-8 hours, or high heat setting for 4-6 hours or until chicken and rice are tender.
3. Just before serving, stir together sour cream and flour in small bowl until smooth. If cooking on low heat setting, increase heat setting to high. Slowly stir sour cream mixture into hot soup mixture. Stirring constantly. Cook, stirring occasionally, until soup is thickened and creamy (6 to 10 minutes).
4. To serve, spoon into individual serving bowls. Garnish with sliced almonds, if desired.

Servings: 8

## Cooking Times

Preparation Time: 15 minutes

Total Time: 4 hours and 15 minutes

## Nutrition Facts

Serving size: 1/8 of a recipe.

Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.

Nutrition information provided by the recipe author.

Amount Per Serving	
<b>Calories</b>	260
	% Daily Value
<b>Total Fat</b> 11g	<b>17%</b>
<b>Cholesterol</b> 45mg	<b>15%</b>
<b>Sodium</b> 550mg	<b>23%</b>
<b>Total Carbohydrates</b> 18g	<b>6%</b>
Fiber 2g	<b>8%</b>
<b>Protein</b> 21g	<b>42%</b>

## Source

Source: Land O'Lakes