SLOW COOKING
Slow Cooker Safety

Opening the front door on a cold winter evening and being greeted by the inviting smells of beef stew or chicken noodle soup wafting from a slow cooker can be a diner’s dream come true. But winter is not the only time a slow cooker is useful. In the summer, using this small appliance can avoid introducing heat from a hot oven. At any time of year, a slow cooker can make life a little more convenient because by planning ahead, you save time later. And it takes less electricity to use a slow cooker rather than an oven.

Is a slow cooker safe?
Yes, the slow cooker, a countertop appliance, cooks foods slowly at a low temperature—generally between 170° and 280°F. The low heat helps less expensive, leaner cuts of meat become tender and shrink less.

The direct heat from the pot, lengthy cooking and steam created within the tightly-covered container combine to destroy bacteria and make the slow cooker a safe process for cooking foods.

Safe beginnings – 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 the bacteria, which multiply rapidly at room temperature, won’t get a “head start” during the first few hours of cooking.

Thaw and cut up ingredients
Always defrost meat or poultry before putting it into a slow cooker. Choose to make foods with a high moisture content such as chili, soup, stew or spaghetti sauce.

Cut food into chunks or small pieces to ensure thorough cooking. Do not use the slow cooker for large pieces like a roast or whole chicken because the food will cook so slowly it could remain in the bacterial “danger zone” too long.

Use the right amount of food
Fill the cooker no less than half full and no more than two-thirds full. Vegetables cook slower than meat and poultry in a slow cooker so if using them, put vegetables in first, at bottom and around sides of the utensil. Then add meat and cover the food with liquid such as broth, water or barbecue sauce. Keep the lid in place, removing only to stir the food or check for doneness.

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 food in 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.

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 if the food was completely cooked before the power went out, the food should remain safe up to two hours in the cooker with the power off.
APPETIZERS AND BEVERAGES

SLOW-COOKED SALSA

Yield: 2 cups

High 2 1/2–3 hrs.

10 plum tomatoes, cored
2 jalapeno peppers
2 garlic cloves
1/4 cup cilantro or parsley leaves
1 small onion, cut into wedges
1/2 teaspoon salt, optional

Cut a small slit in two tomatoes; insert a garlic clove into each slit. Place tomatoes and onion in slow cooker. Cut stem off jalapenos; remove seeds if a milder salsa is desired. Place jalapenos in the slow cooker. Cover and cook on high for 2-1/2 to 3 hours or until vegetables are softened (some may brown slightly); cool. In blender or food processor, combine the tomato mixture, cilantro and salt if desired; cover and process until smooth. Refrigerate leftovers.

REUBEN SPREAD

Yield: 5 cups

Low 3 hrs.

2-1/2 cups cubed corned beef
1 jar (16 ounces) sauerkraut, rinsed and well drained
2 cups (8 ounces) shredded Swiss cheese
2 cups (8 ounces) shredded cheddar cheese
1 cup mayonnaise
Snack rye bread

In a slow cooker, combine the first five ingredients and mix well. Cover and cook on low for 3 hours, stirring occasionally. Serve warm with rye bread. Editor's Note: Reduced-fat cheese and

SPICED APRICOT CIDER

Yield: 6 servings

Low 2 hrs.

2 cans (12 ounces each) apricot nectar
2 cups water
1/4 cup lemon juice
1/4 cup sugar
2 whole cloves
2 cinnamon sticks (3 inches)

In a slow cooker, combine all ingredients; mix well. Cover and cook on low for 2 hours or until cider reaches desired temperature. Remove cloves and cinnamon

SPICED COFFEE

Yield: 8 cups

Low 2-3 hrs.

8 cups brewed coffee
1/3 cup sugar
1/4 cup chocolate syrup
1/2 teaspoon anise extract
4 cinnamon sticks (3 inches), halved
1-1/2 teaspoons whole cloves
Additional cinnamon sticks, optional

In a slow cooker, combine the first four ingredients; mix well. Place cinnamon sticks and cloves in a double thickness of cheesecloth; bring up corners of cloth and tie with string to form a bag. Add to slow cooker. Cover and cook on low for 2-3 hours. Discard spice bag. Ladle coffee into mugs; garnish.
## COUNTRY CHICKEN SOUP

**Cooking Time:**
Low 8-10 hrs.

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Measurement</th>
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<tbody>
<tr>
<td>2 onions, chopped</td>
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<tr>
<td>2 to 3 carrots, sliced</td>
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<tr>
<td>2 stalks celery, sliced</td>
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<tr>
<td>2 teaspoons salt</td>
<td></td>
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<tr>
<td>3 tablespoons dry parsley</td>
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<tr>
<td>1/4 teaspoon pepper</td>
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<tr>
<td>10-ounce package frozen</td>
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<tr>
<td>peas (optional)</td>
<td></td>
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<tr>
<td>2-1/2 pound whole chicken</td>
<td></td>
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<tr>
<td>4 cups water</td>
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<tr>
<td>1 cup noodles</td>
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</tbody>
</table>

Place all ingredients in CROCK-POT, except noodles, in order listed. Cover and cook on Low 8 to 10 hours. (High: 4-6 hours). One hour before serving, remove chicken and cool slightly. Remove meat from bones and return meat to CROCK-POT. Add noodles. Turn to High. Cover and cook one hour or prepare stove top directions on package of noodles. When noodles are cooked and drained, add to soup. Warm in CROCK-POT for 15 minutes and serve.

## MINESTRONE

**Cooking Time:**
Low 10-16 hrs.

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Measurement</th>
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<tbody>
<tr>
<td>3 cups water</td>
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<tr>
<td>1 1/2 pounds beef shank</td>
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<tr>
<td>1 medium onion, diced</td>
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<tr>
<td>2 carrots, diced</td>
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<tr>
<td>2 stalks celery with tops,</td>
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<tr>
<td>sliced</td>
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<tr>
<td>14-1/2 ounce can tomatoes</td>
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<tr>
<td>2 teaspoons salt</td>
<td></td>
</tr>
<tr>
<td>10-ounce package frozen</td>
<td></td>
</tr>
<tr>
<td>mixed vegetables</td>
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<tr>
<td>1/2 cup shredded cabbage</td>
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<tr>
<td>1 tablespoon dried basil</td>
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<tr>
<td>1 clove garlic, minced</td>
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<tr>
<td>16-ounce can garbanzo beans</td>
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<tr>
<td>1 teaspoon oregano</td>
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<tr>
<td>1 zucchini, sliced</td>
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</tbody>
</table>

Place all ingredients in CROCK-POT except zucchini. Stir to mix thoroughly. Cover and cook on Low 10 to 16 hours (High: 4 to 6 hours). During last hour, remove meat and bones. Cut meat from bones and return to soup with zucchini. Turn CROCK-POT to High and cook one hour. Ladle into bowls and sprinkle with Parmesan cheese. Serve with crusty French bread.
FRENCH ONION SOUP

3 large onions, thinly sliced
1/2 cup butter or margarine
2 tablespoons instant beef bouillon or
   6 bouillon cubes
4 cups hot water
1 teaspoon Worcestershire sauce
1/2 teaspoon salt
4 slices toasted French bread
1/4 cup grated Parmesan cheese

In large skillet cook onions in butter until lightly browned. In pot, combine browned onions in butter with bouillon, water, Worcestershire sauce, and salt. Cover and cook on low 4 to 6 hours. Top each bowl with toasted French bread sprinkled with cheese. Makes 4 servings. Recipe may be doubled, kept hot in slow-cooking pot, and served from pot.

CREAM OF CAULIFLOWER SOUP

1 medium head cauliflower, cut into flowerets
1 stalk celery, cut into 1 inch pieces
1 medium onion, chopped
1 teaspoon salt
1/8 teaspoon pepper
1 qt. canned chicken broth
1 cup skim evaporated milk
1/2 teaspoon Worcestershire sauce

Combine cauliflower, celery, onion, salt, pepper, and broth in slow-cooking pot. Cover and cook on low 6 to 8 hours. Force mixture through sieve or puree in blender. Return to pot. Add milk and Worcestershire sauce. Cook on high 5 to 10 minutes to heat. Makes 6 servings.
**NO-FUSS POTATO SOUP**

- 6 cups cubed peeled potatoes
- 5 cups water
- 2 cups chopped onion
- 1/2 cup celery, chopped
- 1/2 cup thinly sliced carrots
- 1/4 cup butter or margarine
- 4 teaspoons chicken bouillon granules
- 2 teaspoons salt
- 1/4 teaspoon pepper
- 1 can (12 ounces) evaporated skim milk
- 3 tablespoons chopped fresh parsley or 1 tablespoon dry parsley
- Snipped chives, optional

In a large slow cooker, combine the first nine ingredients. Cover and cook on high for 7 hours or until the vegetables are tender. Add milk and parsley; mix well. Cover and cook 30-60 minutes longer or until heated through. Garnish with chives if desired.

**SLOW-COOKER VEGETABLE SOUP**

- 1 pound boneless round steak, cut into 1/2-inch cubes
- 1 can (14-1/2 ounces) diced tomatoes, undrained
- 3 cups water
- 2 medium potatoes, peeled and cubed
- 2 medium onions, diced
- 3 celery ribs, sliced
- 2 carrots, sliced
- 3 beef bouillon cubes
- 1/2 teaspoon dried basil
- 1/2 teaspoon dried oregano
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1-1/2 cups frozen mixed vegetables

In a slow cooker, combine the first 12 ingredients. Cover and cook on high for 6 hours. Add vegetables; cover and cook on high 2 hours longer or until the meat and vegetables are tender.
**SOUPS**

**HEARTY BLACK BEAN SOUP**

3 medium carrots, halved and thinly sliced  
2 celery ribs, thinly sliced  
1 medium onion, chopped  
4 garlic cloves, minced  
1 can (30 ounces) black beans, rinsed and drained  
2 cans (14 – 1/2 ounces each) chicken broth  
1 can (15 ounces) crushed tomatoes  
1-1/2 teaspoons dried basil  
1/2 teaspoon dried oregano  
1/2 teaspoon ground cumin  
1/2 teaspoon chili powder  
1/2 teaspoon hot pepper sauce  
Hot cooked rice

In a slow cooker, combine the first 12 ingredients. Cover and cook on low for 9-10 hours or until vegetables are tender. Serve over rice.

**MANHATTAN CLAM CHOWDER**

3 celery ribs, sliced  
1 large onion, chopped  
1 can (14-1/2 ounces) sliced potatoes, drained  
1 can (14-1/2 ounces) sliced carrots, drained  
2 cans (6-1/2 ounces each) chopped clams  
2 cups tomato juice  
1-1/2 cups water  
1/2 cup tomato puree  
1 tablespoon dried parsley flakes  
1-1/2 teaspoons dried thyme  
1 teaspoon salt, optional  
1 bay leaf  
2 whole black peppercorns

In a slow cooker, combine all ingredients; stir. Cover and cook on low for 8-10 hours or until the vegetables are tender. Remove bay leaf and peppercorns before serving.

**Cooking time:**  
Low 8-10 hrs.  
**Yield:** 9 servings

**Cooking time:**  
Low 9-10 hrs.  
**Yield:** 8 servings
CURRIED LENTIL SOUP

Yield: 10 servings
(2-1/2 quarts)

Cooking time:
Low 8 hrs.

4 cups hot water
1 can (28 ounces) crushed tomatoes
3 medium potatoes, peeled and diced
3 medium carrots, thinly sliced
1 celery rib, chopped

1 large onion, chopped
1 cup dry lentils
2 garlic cloves, minced
2 bay leaves
4 teaspoons curry powder
1-1/2 teaspoons salt, optional

In a slow cooker, combine all ingredients; stir well. Cover and cook on low for 8 hours or until vegetables are tender. Discard the bay leaves before serving.
Dried beans, especially red kidney beans, should be boiled before adding to a recipe. Cover the beans with 3 times their volume of unsalted water and bring to a boil. Boil 10 minutes. Discard water after boiling.

Beans must be softened completely before combining with sugar and/or acid foods (Note: Sugar and acid have a hardening effect on beans and will prevent softening). After boiling beans in a saucepan on top of the stove 10 minutes, reduce heat, cover and allow to simmer 1 1/2 hours or until beans are tender. Soaking in water, if desired, should be completed before boiling. Discard water after soaking or boiling. You could use canned beans: 1 cup dry beans = 2 cups canned beans or 1 15-1/2 ounce can.

**NEW ENGLAND STYLE BAKED BEANS**

- 1 1/2 pounds dry navy beans (3 1/2 cups)
- 1/2 cup packed brown sugar
- or use 3 cans (15-1/2 ounce) drained and rinsed navy beans
- 1 pound smoked ham
- 1/2 cup maple syrup
- 1/2 cup chopped onion
- 1 teaspoon salt
- 1 teaspoon dry mustard

Completely soften beans as directed above or use 3 15-1/2 ounce cans of navy beans. (Beans should be soft before mixing with sugar and syrup). Drain. Put beans in CROCK-POT. Add all remaining ingredients along with 1 cup water; mix well. Cover and cook on Low 10 to 12 hours. (High: 4 to 5 hours, stirring occasionally). Cut ham from bone and return to CROCK-POT. If thicker beans are desired, uncover and turn on High during last hour.

**VARIATION:** Stir in 2/3 cup catsup and 2 tablespoons prepared mustard during last hour.
BEANS

OLD FASHIONED BEAN SOUP

1 pound dry navy beans or
2 15-1/2 ounce cans (completely soften
beans as directed above)
2 quarts water
1 pound meaty ham bones or pieces

3 whole peppercorns or 1/4 teaspoon
ground pepper
1/2 cup chopped celery leaves
1 medium onion
Salt to taste

Put all ingredients in CROCK-POT. Cover and cook on Low 10 to 12 hours. (High: 5 to 6 hours).

WHITE BEAN AND CHICKEN CHILI

3 T olive oil, divided
2 boneless, skinless chicken breasts
1 medium onion, chopped
4 cloves garlic, minced
medium jalapeño pepper, seeded and chopped
2 t dried oregano

1 t ground cumin
2 15-ounce cans white kidney beans,
drained, and rinsed under cold water
3 cups canned low-sodium chicken broth
1/2 cup minced cilantro leaves, (optional)
2 cups shredded sharp cheddar cheese

Lightly spray 4- to 6-quart slow cooker with vegetable oil cooking spray. Heat 2 tablespoon olive oil in a large nonstick skillet over medium-high heat. Add chicken breasts and cook until no longer pink on outside, about 5 to 6 minutes. Remove and place in slow cooker. Add remaining 1 tablespoon oil to skillet and cook onion, garlic, jalapeno pepper, oregano and cumin 7 to 8 minutes or until soft. Place in slow cooker.

Add white kidney beans and broth. Stir to combine. Cover and cook on low heat setting 7 to 8 hours or until the chicken are very tender and shreds easily. Remove chicken from slow cooker and shred with a fork. Return to slow cooker and stir to combine. Add salt to taste. To thicken chili, mash some of beans against side of pot with back of a large mixing spoon. If desired, garnish with cilantro and cheese. Makes 6 servings.
MEATS

**CHILI CASSEROLE**

Cooking time:
Low 7 hrs.

Yield: 6 servings

- 1 pound lean ground beef
- 2 cups water
- 1 can (15-1/2 ounces) chili beans, undrained
- 1 can (14-1/2 ounces) diced tomatoes, undrained
- 3/4 cup uncooked long grain rice
- 1/4 cup chopped onion
- 1 tablespoon chili powder
- 1 teaspoon Worcestershire sauce
- 1 teaspoon prepared mustard
- 3/4 teaspoon salt
- 1/8 teaspoon garlic powder
- 1 cup (4 ounces) shredded cheddar cheese

In a skillet, cook ground beef until no longer pink; drain. Transfer to a slow cooker. Add the next 10 ingredients; stir well. Cover and cook on low for 7 hours or until rice is tender. Stir in cheese during the last 10 minutes of cooking time.

**ITALIAN MEAT SAUCE**

Cooking time:
Low 10-12 hrs.
High 4-5 hrs.

- 1 1/2 pounds lean ground beef, browned and drained
- 1 cup chopped onion
- 2 cloves garlic
- 1 14-1/2 ounce can tomatoes
- 2 6-ounce cans tomato paste
- 2 stalks celery with tops, chopped
- 1 1/2 teaspoon salt
- 2 teaspoons dried oregano leaves
- 1/4 teaspoon dried thyme leaves
- 1 bay leaf

Put all ingredients in CROCK-POT. Stir thoroughly. Cover and cook on Low 10 to 12 hours (High: 4 to 5 hours).
MEATS

POT ROAST OF BEEF

Cooking time:
Low 10-12 hrs.

2 to 3 potatoes, pared and thinly sliced
2 to 3 carrots, pared and thinly sliced
1 to 2 onions, peeled and sliced

1 1/2 teaspoons salt
1/4 teaspoon pepper
3 to 4 pound brisket, rump roast or pot roast, cut into large chunks
1/2 cup water or beef broth

Put vegetables in bottom of CROCK-POT. Salt and pepper meat, then put in pot. Add liquid. Cover and cook on Low 10 to 12 hours. (High: 5 to 6 hours.) Remove meat and vegetables with spatula and thicken for gravy, if desired.

Without Vegetables: Season roast with salt, pepper, and any other favorite seasonings. Add no liquid. Cook as directed.

BEEF STEW

Cooking time:
Low 10-12 hrs.
High 4-6 hrs.

2 pounds beef chuck or stew meat, cut into 1-inch cubes
1/4 cup flour
1 1/2 teaspoons salt
1/2 teaspoon pepper
1 1/2 cups beef broth
1 teaspoon Worcestershire sauce
1 clove garlic
1 bay leaf
1 teaspoon paprika
4 carrots, sliced
3 potatoes, diced
2 onions, chopped
1 stalk celery, sliced
2 teaspoons Kitchen Bouquet (optional)

Place meat in CROCK-POT. Mix flour, salt and pepper, and pour over meat; stir to coat meat with flour. Add remaining ingredients and stir to mix well. Cover and cook on Low 10 to 12
MEATS

**SWISS STEAK**

**Cooking time:**
- Low 8-10 hrs.
- High 3-5 hrs.

- 1 1/2 pounds round steak, cut 3/4-inch thick
- 1 medium onion, sliced
- 2 tablespoons flour
- 1 carrot, chopped
- Salt and pepper to taste
- 1 15-ounce can tomato sauce
- 1 small stalk celery, chopped

Cut round steak into serving pieces. Season flour with salt and pepper. Dredge meat in seasoned flour. Place onions in bottom of CROCK-POT; add meat. Top with carrots and celery and cover with tomato sauce. Cover and cook on Low 8 to 10 hours. (High 3 to 5 hours.)

**CREAMY SWISS STEAK:** Place onions and meat in CROCK-POT as directed. Spread 1 10-ounce can cream of mushroom soup over meat. Cook as directed.

**TENDER ‘N’ TANGY RIBS**

**Cooking time:**
- Low 4-6 hrs.

**Yield:** 2-3 servings

- 3/4 to 1 cup vinegar
- 1 1/2 cup ketchup
- 2 tablespoons sugar
- 2 tablespoons Worcestershire sauce
- 1 garlic clove, minced
- 1 teaspoon ground mustard
- 1 teaspoon paprika
- 1/2 to 1 teaspoon salt
- 1/8 teaspoon pepper
- 2 pounds pork spareribs

Combine the first nine ingredients in a slow cooker. Cut ribs into serving-size pieces. Place ribs in broiler pan under broiler for 15 minutes to brown and remove excess fat. Transfer to slow cooker. Cover and cook on low for 4-6 hours or until tender.
### MEATS

<table>
<thead>
<tr>
<th>Recipe</th>
<th>Cooking Time</th>
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<tbody>
<tr>
<td><strong>BARBECUE RIBS</strong></td>
<td>Low 8-10 hrs. High 4-5 hrs.</td>
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<tr>
<td></td>
<td>3 to 4 pounds spareribs</td>
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<tr>
<td></td>
<td>1 16-ounce bottle of smokey barbecue sauce (or 2 cups homemade sauce)</td>
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<td></td>
<td>Salt and pepper</td>
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<td></td>
<td>1 onion, sliced</td>
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Sprinkle ribs with salt and pepper. Place ribs in broiler pan under broiler for 15 minutes to brown and remove excess fat. Put sliced onion in CROCK-POT. Slice ribs into serving pieces and put in CROCK-POT. Pour in barbecue sauce. Cover and cook on Low 8 to 10 hours. (High: 4 to 5 hours).

<table>
<thead>
<tr>
<th><strong>LEAN MAGIC MEATLOAF</strong></th>
<th>Low 8-10 hrs. High 4-6 hrs.</th>
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<tbody>
<tr>
<td></td>
<td>2 pounds lean ground beef</td>
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<tr>
<td></td>
<td>2 eggs</td>
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<td></td>
<td>2/3 cup quick cooking oats</td>
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Reserve 2 tablespoons catsup. Combine ground beef, eggs, oats, soup mix and remaining catsup. Shape into a loaf. Place in CROCK-POT. Top with remaining catsup. Cover and cook on Low 8 to 10 hours (High: 4 to 6).

<table>
<thead>
<tr>
<th><strong>SAUCY ITALIAN ROAST</strong></th>
<th>1 medium onion, diced</th>
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<tbody>
<tr>
<td></td>
<td>1 jar (14 ounces) spaghetti sauce</td>
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<td></td>
<td>1/4 to 1/2 cup beef broth</td>
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<td></td>
<td>Hot cooked pasta</td>
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1 boneless rump roast (3 to 3-1/2 pounds)
1/2 to 1 teaspoon salt
1/2 teaspoon garlic powder
1/4 teaspoon pepper
1 jar (4-1/2 ounces) sliced mushrooms, drained

Cut the roast into quarters. Combine salt, garlic powder and pepper; rub over roast. Place in a 5-qt. slow cooker. Top with mushrooms and onion. Combine the spaghetti sauce and broth; pour over meat and vegetables. Cover and cook on low for 8-9 hours or until meat is tender. Slice roast; serve.
MEATS

STEAK ‘N’ GRAVY

1 pound round steak, trimmed
1 tablespoon cooking oil
1-1/2 cups water
1 can (8 ounces) tomato sauce
1 teaspoon ground cumin
1 teaspoon garlic powder
1/2 teaspoon salt
1/4 teaspoon pepper
2 tablespoons all-purpose flour
1/4 cup cold water
Hot cooked rice or mashed potatoes

Cut beef into bite-size pieces; brown in oil in a skillet. Transfer to a slow cooker. Cover with water; add tomato sauce and seasonings. Cover and cook on low for 8 hours, or on high for 4 hours, or until meat is tender. In a small bowl, combine flour and cold water to make a paste; stir into liquid in slow cooker. Cover and cook on high 30 minutes or longer or until gravy is thickened. Serve over rice or potatoes.

Yield: 4 servings

BEEF IN MUSHROOM GRAVY

2 to 2 1/2 pounds boneless round steak
1 to 2 envelopes dry onion soup mix
1 can (10-3/4 ounces) cream of mushroom soup, undiluted
1/2 cup water
Mashed potatoes, optional

Cut steak into six serving-size pieces; place in a slow cooker. Combine soup mix, soup and water; pour over beef. Cover and cook on low for 7-8 hours or until meat is tender. Serve with mashed potatoes or noodles.

Yield: 6 servings
**MEATS**

**SLOW-COOKED FLANK STEAK**

1 flank steak (about 1-1/2 pounds), cut in quarters
1 tablespoon vegetable oil
1 large onion, sliced
1/3 cup water
1 can (4 ounces) chopped green chilies
2 tablespoons vinegar
1-1/4 teaspoons chili powder
1 teaspoon garlic powder
1/2 teaspoon sugar
1/3 cup water
1/2 teaspoon salt
1/8 teaspoon pepper

In a skillet, brown steak in oil; transfer to a slow cooker. In the same skillet, saute onion for 1 minute. Gradually add water, stirring to loosen browned bits from pan. Add remaining ingredients; bring to a boil. Pour over the flank steak. Cover and cook on low for 7-8 hours or until the meat is tender. Slice the meat; serve with onion and pan juices.

**Cooking time:**
Low 7-8 hrs.

**Yield:** 4-6 servings

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**BEEF ‘N’ BEANS**

1 pound ground beef
1 cup chopped onion
12 bacon strips, cooked and crumbled
2 cans (16 ounces each) kidney beans, rinsed and drained
1 can (16 ounces) butter beans, drained
1 cup ketchup
1/4 cup packed brown sugar
3 tablespoons vinegar
1/2 teaspoon salt
1/4 teaspoon pepper

In a skillet, cook the beef and onion until meat is no longer pink; drain. Transfer to a slow cooker. Stir in the remaining ingredients. Cover and cook on low for 6-7 hours or until heated through.

**Cooking time:**
Low 6-7 hrs.

**Yield:** 8 servings
**SPANISH RICE**

- 2 pounds lean ground beef
- 1 cup water
- 1 medium onion, chopped
- 2 1/2 teaspoons chili powder
- 1 green pepper, chopped
- 2 teaspoons salt
- 1 28-ounce can tomatoes
- 2 teaspoons Worcestershire sauce
- 2 8-ounce cans tomato sauce
- 1 cup raw rice (converted)

Brown beef in skillet and drain off fat. Put all ingredients in CROCK-POT. Stir thoroughly. Cover and cook on Low 7 to 9 hours. (High: 3 hours).

**STUFFED GREEN PEPPERS**

- 6 to 8 small green peppers, tops removed and seeded
- 1 10-ounce package frozen corn
- 1 pound lean ground beef, browned and drained
- 1 8-ounce can tomato sauce
- 1/2 teaspoon garlic salt
- 1/4 teaspoon pepper
- 1 cup shredded American cheese
- 1/2 teaspoon Worcestershire sauce
- 1/4 cup chopped onion
- 2 tablespoons ketchup

Wash peppers and drain well. Combine all remaining ingredients except ketchup in mixing bowl. Stir well. Stuff peppers 2/3 full. Pour 3 tablespoons of water in CROCK-POT. Arrange stuffed peppers in CROCK-POT. Pour ketchup over top of peppers. Cover and cook on Low 7 to 9 hours. (High: 3 hours). **Note:** For half recipe in a 2 quart model, substitute 6 tablespoons ketchup for 1 can tomato sauce.
CORNED BEEF AND CABBAGE

Put all ingredients except cabbage wedges in CROCK-POT in order listed. Cover and cook on Low 8 to 10 hours. (High: 5 to 6 hours). Add cabbage wedges to liquid, pushing down to moisten, turn to High and cook an additional 2 to 3 hours.

NOTE: Vegetables may be varied, or omitted for plain corned beef.

CABBAGE: To prepare more cabbage than CROCK-POT will hold with large brisket, cook it separately in skillet. Remove 1 cup of broth from CROCK-POT during last hour of cooking. Pour over cabbage wedges in skillet. Cover and cook slowly for 20 to 30 minutes.

SLOW-COOKED CHILI

In a skillet, brown beef; drain. Transfer to a slow cooker. Add the next nine ingredients. Cover and cook on low for 8-10 hours or on high for 4 hours. Garnish individual servings with cheese, if desired.
MEATS – Sandwiches

**SHREDDED BEEF SANDWICHES**

1 boneless beef roast (3 pounds)  
1 medium onion, chopped  
1/3 cup vinegar  
3 bay leaves  
1/2 teaspoon salt, optional  
1/4 teaspoon ground cloves  
1/8 teaspoon garlic powder  
12 hamburger buns, split

Cut roast in chunks; place in a slow cooker. Combine onion, vinegar, bay leaves, salt if desired, cloves and garlic powder; pour over roast. Cover and cook on low for 10-12 hours or until the meat is very tender. Discard bay leaves. Remove meat and shred with a fork. Serve on buns.

**TANGY BARBECUE SANDWICHES**

3 cups chopped celery  
1 cup chopped onion  
1 cup ketchup  
1 cup barbecue sauce  
1 cup water  
2 tablespoons vinegar  
2 tablespoons Worcestershire sauce  
2 tablespoons brown sugar  
1 teaspoon chili powder  
1 teaspoon salt  
1/2 teaspoon pepper  
1/2 teaspoon garlic powder  
1 boneless chuck roast (3 to 4 pounds), trimmed and cut into chunks

In a slow cooker, combine the first 12 ingredients; mix well. Add roast. Cover and cook on high for 6-7 hours or until tender. Remove roast; cool. Shred meat and return to sauce; heat through.

**FRENCH DIP**

1 beef chuck roast (3 pounds), trimmed  
2 cups water  
1/2 cup soy sauce  
1 teaspoon dried rosemary  
1 teaspoon dried thyme  
1 teaspoon garlic powder  
1 bay leaf  
3 to 4 whole peppercorns  
8 French rolls, split

Cut roast into chunks and place in a slow cooker. Add water, soy sauce and seasonings. Cover and cook on high for 5-6 hours or until beef is tender. Remove meat from broth; shred with fork and keep warm. Strain broth; skim off fat. Pour broth into small cups for dipping. Serve beef on
## MEATS – Sandwiches

<table>
<thead>
<tr>
<th>ITALIAN BEEF SANDWICHES</th>
<th>Yield: 10-12 servings</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Cooking time:</strong></td>
<td>Low 7-8 hrs.</td>
</tr>
<tr>
<td><strong>1 boneless beef chuck</strong></td>
<td><strong>1 cup water</strong></td>
</tr>
<tr>
<td><em>roast (3 to 4 pounds)</em></td>
<td><strong>1 envelope dry onion</strong></td>
</tr>
<tr>
<td>trimmed and cut into chunks</td>
<td><strong>3 tablespoons dried basil</strong></td>
</tr>
</tbody>
</table>

Cut roast into chunks. In a skillet, brown beef pieces in a small amount of oil. Place pieces in a slow cooker. Combine basil, oregano and water; pour over roast. Sprinkle with soup mix. Cover and cook on low for 7-8 hours or until meat is tender. Remove meat; shred with a fork and keep warm. Strain broth; skim off fat. Serve meat on rolls; use broth for dipping if desired.

<table>
<thead>
<tr>
<th>HEARTY ITALIAN SANDWICHES</th>
<th>Yield: 8 servings</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Cooking time:</strong></td>
<td>Low 6 hrs.</td>
</tr>
<tr>
<td><strong>1-1/2 pounds lean ground beef</strong></td>
<td><strong>1 teaspoon pepper</strong></td>
</tr>
<tr>
<td><strong>1-1/2 pounds bulk Italian sausage</strong></td>
<td><strong>1/4 teaspoon crushed red pepper flakes</strong></td>
</tr>
<tr>
<td><strong>2 large onions, sliced</strong></td>
<td><strong>8 sandwich rolls, split</strong></td>
</tr>
<tr>
<td><strong>2 large green peppers, sliced</strong></td>
<td><strong>Shredded Monterey Jack</strong></td>
</tr>
<tr>
<td><strong>2 large sweet red peppers, sliced</strong></td>
<td><strong>optional</strong></td>
</tr>
<tr>
<td><strong>cheese,</strong></td>
<td></td>
</tr>
<tr>
<td><strong>1 teaspoon salt</strong></td>
<td></td>
</tr>
</tbody>
</table>

In a skillet, brown beef and sausage; drain. Place a third of the onions and peppers in a slow cooker; top with half of the meat mixture. Repeat layers of vegetables and meat, then top with remaining vegetables. Sprinkle with salt, pepper and pepper flakes. Cover and cook on low for 6 hours or until vegetables are tender. With a slotted spoon, serve about 1 cup of meat and vegetables on each roll. Top with cheese if desired. Use pan juices for dipping, if desired.
**CHICKEN**

**Cooking time:**  
Low 8-10 hrs.  
High 3 1/2-5 hrs.

**“CHICKEN IN A POT”**

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Quantities</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 carrots, sliced</td>
<td></td>
</tr>
<tr>
<td>2 onions, sliced</td>
<td></td>
</tr>
<tr>
<td>with leaves, cut in 1-inch pieces</td>
<td></td>
</tr>
<tr>
<td>1 3-pound whole broiler/fryer chicken, skin removed, cut into pieces</td>
<td></td>
</tr>
<tr>
<td>2 teaspoons salt</td>
<td></td>
</tr>
<tr>
<td>1/2 teaspoon coarse 2 celery stalks black pepper</td>
<td></td>
</tr>
<tr>
<td>1/2 cup water or chicken broth</td>
<td></td>
</tr>
<tr>
<td>1/2 to 1 teaspoon basil</td>
<td></td>
</tr>
</tbody>
</table>

Put carrots, onions, and celery in bottom of CROCK-POT. Add chicken. Top with salt, pepper, and liquid. Sprinkle basil over top. Cover and cook on Low 8 to 10 hours. (High: 3 1/2 to 5 hours, using 1 cup water). Remove chicken and vegetables with spatula.

**Cooking time:**  
High 1 hr. & then  
Low 8-10 hrs.

**ROAST CHICKEN**

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Quantities</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 3 to 4 pound roasting chicken, washed and cut into pieces</td>
<td>Parsley</td>
</tr>
<tr>
<td>Salt and Pepper</td>
<td>Butter</td>
</tr>
<tr>
<td></td>
<td>Basil or tarragon (optional)</td>
</tr>
</tbody>
</table>

Thoroughly wash chicken and pat dry (patting dry assures good browning). Sprinkle generously with salt, pepper and parsley. Place in CROCK-POT, dot chicken with butter. Sprinkle with parsley and basil or tarragon, if desired. Cover and cook on High 1 hour, then Low 8 to 10 hours.

**Cooking time:**  
Low 4 hrs.

**CHICKEN MUSHROOM STEW**

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Quantities</th>
</tr>
</thead>
<tbody>
<tr>
<td>6 boneless skinless chicken breast halves (1 1/2 pounds)</td>
<td>4 garlic cloves, minced</td>
</tr>
<tr>
<td>2 tablespoons cooking oil, divided</td>
<td>3 medium tomatoes, diced</td>
</tr>
<tr>
<td>8 ounces fresh mushrooms, sliced</td>
<td>1 can (6 ounces) tomato paste</td>
</tr>
<tr>
<td>1 medium onion, diced</td>
<td>3/4 cup water</td>
</tr>
<tr>
<td>3 cups diced zucchini</td>
<td>2 teaspoons salt, optional</td>
</tr>
<tr>
<td>1 cup diced green pepper</td>
<td>1 teaspoon each dried thyme, oregano, marjoram and basil</td>
</tr>
</tbody>
</table>

Cut chicken into 1-inch cubes; brown in 1 tablespoon oil in a large skillet. Transfer to a slow cooker. In the same skillet, sauté the mushrooms, onion, zucchini, green pepper and garlic in remaining oil until crisp-tender. Place in slow cooker. Add tomatoes, tomato paste, water and seasonings. Cover and cook on low for 4 hours or until the vegetables are tender.
CHICKEN

CHICKEN ‘N NOODLES

**Cooking time:**
Low 8-10 hrs.
High 4-5 hrs.

<table>
<thead>
<tr>
<th>Ingredients</th>
</tr>
</thead>
<tbody>
<tr>
<td>3 to 4 pound chicken, cut up</td>
</tr>
<tr>
<td>2 cups water</td>
</tr>
<tr>
<td>Salt and pepper to taste</td>
</tr>
<tr>
<td>1 package (10 ounces) egg noodles</td>
</tr>
</tbody>
</table>

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

CHICKEN IN MUSHROOM GRAVY

**Cooking time:**
Low 7-9 hrs.

<table>
<thead>
<tr>
<th>Ingredients</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 3-pound chicken, cut up and skin removed</td>
</tr>
<tr>
<td>1.10 3/4-ounce can condensed cream of mushroom soup</td>
</tr>
<tr>
<td>Salt and pepper</td>
</tr>
<tr>
<td>1 4-ounce can sliced mushrooms, drained</td>
</tr>
<tr>
<td>1/4 cup chicken broth</td>
</tr>
</tbody>
</table>

Place chicken pieces in CROCK-POT. Season with salt and pepper. Mix broth and soup; pour over chicken. Add mushrooms. Cover and cook on Low 7 to 9 hours. (High 3 to 4 hours). Recipe may be doubled for the 5-quart model.

**Chicken Parisienne:** Prepare recipe as directed above. Remove cooked chicken pieces to warm serving platter. Stir together 1 cup sour cream and 1/4 cup flour. Stir sour cream mixture into mushroom gravy. Heat for 30 minutes on Low. Serve sauce over chicken with rice or noodles.

**SOUTHWESTERN CHICKEN**

**Cooking time:**
Low 7-8 hrs.

<table>
<thead>
<tr>
<th>Ingredients</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 cans (15-1/4 ounces each) whole kernel corn, drained</td>
</tr>
<tr>
<td>1 can (15 ounces) black beans, rinsed and drained</td>
</tr>
<tr>
<td>1 jar (16 ounces) chunky salsa, divided</td>
</tr>
<tr>
<td>6 boneless skinless chicken breast halves</td>
</tr>
<tr>
<td>1 cup (4 ounces) shredded cheddar cheese</td>
</tr>
</tbody>
</table>

Combine the corn, black beans and 1/2 cup of salsa in a slow cooker. Top with chicken; pour the remaining salsa over chicken. Cover and cook on high for 3 to 4 hours or on low for 7-8 hours or until meat juices run clear. Sprinkle with cheese; cover until cheese is melted, about 5 minutes.
# CHICKEN

**Cooking time:**
Low 7-8 hrs.

### CHICKEN A LA KING

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity/Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 can (10-3/4 ounces) condensed cream of chicken soup, undiluted</td>
<td>1/2 cup chopped green pepper</td>
</tr>
<tr>
<td>3 tablespoons all-purpose flour</td>
<td>1/4 cup chopped onion</td>
</tr>
<tr>
<td>1/4 teaspoon pepper</td>
<td>1 package (10 ounces) frozen peas, thawed</td>
</tr>
<tr>
<td>1 pound boneless skinless chicken breasts, cut into cubes</td>
<td>2 tablespoons diced pimientos, drained</td>
</tr>
<tr>
<td>1 celery rib, chopped</td>
<td>Hot cooked rice</td>
</tr>
</tbody>
</table>

In a slow cooker, combine soup, flour, and pepper. Blend until smooth. Stir in chicken, celery, green pepper, and onion. Cover and cook on low for 7-8 hours or until meat juices run clear. Stir in peas and pimientos.

**Cooking time:**
Low 8-9 hrs.

### HERBED CHICKEN AND VEGGIES

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity/Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 broiler-fryer chicken (3 to 4 pounds), cut up and skin removed</td>
<td>2 cups broccoli florets</td>
</tr>
<tr>
<td>2 medium tomatoes, chopped</td>
<td>1 bay leaf</td>
</tr>
<tr>
<td>1 medium onion, chopped</td>
<td>1-1/2 teaspoons salt</td>
</tr>
<tr>
<td>2 garlic cloves, minced</td>
<td>1 teaspoon dried thyme</td>
</tr>
<tr>
<td>1/2 cup plus 2 tablespoons chicken broth</td>
<td>1/4 teaspoon pepper</td>
</tr>
<tr>
<td></td>
<td>Hot cooked rice</td>
</tr>
</tbody>
</table>

Place chicken in a slow cooker. Top with tomatoes, onion, and garlic. Combine broth, bay leaf, salt, thyme and pepper; pour over chicken. Cover and cook on low for 7-8 hours. Add broccoli; cook 45-60 minutes longer or until the chicken juices run clear and the broccoli is tender. Discard bay leaf. Thicken pan juices, if desired. Serve over rice.

**Yield:** 4-6 servings
**VEGETABLES**

**VEGETABLE PASTA**

- 2 tablespoons butter or margarine
- 1/2 teaspoon basil
- 2 zucchini, sliced 1/4-inch thick
- 1/2 teaspoon salt
- 2 carrots, thinly sliced
- 1/4 teaspoon pepper
- 1 1/2 cups sliced fresh mushrooms or drained canned mushrooms
- 1/4 teaspoon pepper
- 1 package (10 ounces) broccoli spears, slightly thawed and cut in 1-inch pieces (optional)
- 1 cup grated Parmesan cheese
- 1 cup milk
- 2 egg yolks

Rub crock walls with butter. Place zucchini, broccoli, carrots, mushrooms, onions, garlic, seasonings and parmesan cheese in CROCK-POT. Cover and cook on High 2 hours.

Cook fettuccine according to package directions; drain. Add cooked fettuccine, mozzarella, milk and egg yolks. Stir to blend well. Allow to heat 15 to 20 minutes. For serving, turn to Low for

**SPICED ACORN SQUASH**

- 1/2 cup packed brown sugar
- 2 small acorn squash, halved and seeded
- 1 teaspoon ground cinnamon
- 3/4 cup raisins
- 1 teaspoon ground nutmeg
- 4 tablespoons butter or margarine
- 1/2 cup water

Combine brown sugar, cinnamon and nutmeg; spoon into the squash halves. Sprinkle with raisins. Top each with 1 tablespoon of butter. Wrap each squash half individually in heavy-duty foil; seal tightly. Pour water into a slow cooker. Place the squash, cut side up, in slow cooker (packets may be stacked). Cover and cook on high for 4 hours or until the squash is tender. Open foil packets carefully to allow steam to escape.
**VEGETABLES**

**FOUR-BEAN MEDLEY**

Yield: 8-10 servings

- 8 bacon strips, diced
- 1 can (16 ounces) baked beans, un-drained
- 2 medium onions, quartered and sliced
- 1 can (16 ounces) kidney beans, rinsed and drained
- 3/4 cup packed brown sugar
- 1 can (15-1/2 ounces) butter beans rinsed and drained
- 1/2 cup vinegar
- 1 can (14-1/2 ounces) cut green beans, drained
- 1/2 teaspoon garlic powder
- 1 teaspoon salt
- 1 teaspoon ground mustard

In a skillet, cook bacon until crisp. Drain, reserving 2 tablespoons drippings; set bacon aside. Sauté onions in drippings until tender. Stir in brown sugar, vinegar, salt, mustard and garlic powder. Simmer, uncovered, for 15 minutes or until onions are golden brown. Combine the beans in a slow cooker.

**CREAMY RED POTATOES**

Yield: 4-6 servings

- 2 pounds small red potatoes, quartered
- 1 package (8 ounces) cream cheese, softened
- 1 can (10-23/4 ounces) condensed cream of potato soup, undiluted
- 1 envelope ranch salad dressing mix

Place potatoes in a slow cooker. In a small mixing bowl, beat cream cheese, soup and salad dressing mix until blended. Stir into potatoes. Cover and cook on low for 8 hours or until potatoes are tender.

**CREAMY SCALLOPED POTATOES**

Cooking time:
Low 7-9 hrs.
High 3-4 hrs.

- 2 pounds potatoes (about 6 medium)
- 1/4 teaspoon pepper
- 1 small onion, thinly sliced
- 2 tablespoons butter
- 1/4 cup flour
- 1 10 3/4 ounce can cream of mushroom soup
- 1 teaspoon salt
- 4 slices American cheese

Pare and thinly slice potatoes. Toss slices in 1 cup water and 1/2 teaspoon cream of tartar. Drain. Put half of sliced potatoes in greased CROCK-POT. Top with half of onion slices, flour, salt and pepper. Add remaining sliced potatoes and onions. Sprinkle with remaining flour. Add butter.
## HOT FRUIT SALAD

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Amount</th>
<th>Type</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 jar</td>
<td>25 ounces</td>
<td>chunky applesauce</td>
<td></td>
</tr>
<tr>
<td>1 can</td>
<td>21 ounces</td>
<td>cherry pie filling</td>
<td>(reduced sugar)</td>
</tr>
<tr>
<td>1 can</td>
<td>20 ounces</td>
<td>pineapple chunks</td>
<td>undrained</td>
</tr>
<tr>
<td>1 can</td>
<td>15 ounces</td>
<td>mandarin oranges</td>
<td>undrained</td>
</tr>
<tr>
<td>1 jar</td>
<td>15-1/4 ounces</td>
<td>sliced peaches</td>
<td>undrained</td>
</tr>
<tr>
<td>1 can</td>
<td>15-1/4 ounces</td>
<td>apricot halves</td>
<td>undrained</td>
</tr>
<tr>
<td>1/2 cup</td>
<td>brown sugar</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 teaspoon</td>
<td>ground cinnamon</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Place the first six ingredients in a slow cooker and stir gently. Combine brown sugar and cinnamon; sprinkle over fruit mixture. Cover and cook on low for 3-4 hours.

## FRUIT COMPOTE DESSERT

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Amount</th>
<th>Type</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 medium</td>
<td></td>
<td>tart apples, peeled</td>
<td></td>
</tr>
<tr>
<td>2 medium</td>
<td></td>
<td>fresh peaches, peeled and</td>
<td>peeled and</td>
</tr>
<tr>
<td></td>
<td></td>
<td>cubed inches</td>
<td>cubed</td>
</tr>
<tr>
<td>2 cups</td>
<td></td>
<td>unsweetened pineapple,</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>chunks sliced</td>
<td></td>
</tr>
<tr>
<td>1-1/4 cups</td>
<td></td>
<td>unsweetened pineapple juice</td>
<td></td>
</tr>
<tr>
<td>1/4 cup</td>
<td>honey</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2 lemon</td>
<td>slices (1/4 inch)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 cinnamon</td>
<td>stick (3-1/2)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 medium</td>
<td></td>
<td>firm banana, thinly</td>
<td></td>
</tr>
<tr>
<td>Whipped</td>
<td></td>
<td>cream, sliced almonds and</td>
<td></td>
</tr>
<tr>
<td>maraschino</td>
<td></td>
<td>cherries, optional</td>
<td></td>
</tr>
</tbody>
</table>

Cut apples into 1/4 inch slices and then in half; place in slow cooker. Add the peaches, pineapple, pineapple juice, honey, lemon and cinnamon. Cover and cook on low for 3-4 hours. Just before serving, stir in banana slices. Serve with a slotted spoon if desired. Garnish with whipped cream, almonds and cherries if desired. **Nutritional Analysis:** One 3/4 cup serving (without garnish) equals 117 calories, 2 mg sodium, 0 cholesterol, 30 gm car-
**FRUITS**

**ALL-DAY APPLE BUTTER**

5-1/2 pounds apples, peeled and finely chopped  
4 cups sugar  
2 to 3 teaspoons ground cinnamon  
1/4 teaspoon ground cloves  
1/4 teaspoon salt

Place apples in a slow cooker. Combine sugar, cinnamon, cloves and salt; pour over apples and mix well. Cover and cook on high for 1 hour. Reduce heat to low; cover and cook for 9-11 hours or until thickened and dark brown, stirring occasionally (stir more frequently as it thickens to prevent sticking). Uncover and cook on low 1 hour longer. If desired, stir with a wire whisk until smooth. Spoon into freezer containers, leaving 1/2 inch headspace. Cover and refrigerate or freeze.

**HOT CARAMEL APPLES**

4 large tart apples, cored  
1/2 cup apple juice  
8 tablespoons brown sugar  
12 red-hot candies  
4 tablespoons butter or margarine  
8 caramels  
1/4 teaspoon ground cinnamon  
Whipped topping, optional

Peel about 3/4 inch off the top of each apple; place in a slow cooker. Pour juice over apples. Fill the center of each apple with 2 tablespoons of sugar, three red-hots, 1 tablespoon of butter and two caramels. Sprinkle with cinnamon. Cover and cook on low for 4-
DESSERTS

STRAWBERRY RHUBARB SAUCE

Cooking time: Low 5-6 hrs.
Yield: 10 servings

- 6 cups chopped rhubarb (1/2 inch pieces)
- 1 cup sugar
- 1/2 teaspoon grated orange peel
- 1/2 teaspoon ground ginger
- 1 cinnamon stick (3 inches)
- 1/2 cup white grape juice
- 2 cups halved unsweetened strawberries
- Pound cake or vanilla ice cream

Place rhubarb in a slow cooker. Combine sugar, orange peel and ginger; sprinkle over rhubarb. Add cinnamon stick and grape juice. Cover and cook on low for 5-6 hours or until rhubarb is tender. Stir in strawberries; cook 1 hour longer. Discard cinnamon stick. Serve over cake or ice cream.

MINISTER'S DELIGHT

Cooking time: Low 2-3 hrs.
Yield: 10-12 servings

- 1 can (21 ounces) cherry or apple pie filling
- 1 package (18-1/4 ounces) yellow cake mix
- 1/2 cup butter or margarine, melted
- 1/3 cup chopped walnuts, optional

Place pie filling in a slow cooker. Combine dry cake mix and butter (mixture will be crumbly); sprinkle over filling. Sprinkle with walnuts, if desired. Cover and cook on low for 2-3 hours. Serve in bowls.
SLOW-COOKER BREAD PUDDING

Ingredients:
- 8 cups cubed day-old unfrosted cinnamon rolls*
- 2 cups milk
- 4 eggs
- 1/4 cup sugar
- 1/4 cup butter or margarine, melted
- 1/2 teaspoon vanilla extract
- 1/4 teaspoon ground nutmeg
- 1 cup raisins

Instructions:
Place cubed cinnamon rolls in a slow cooker. In a mixing bowl, combine the next six ingredients; beat until smooth. Stir in raisins. Pour over cinnamon rolls; stir gently. Cover and cook on low for 3 hours.

*Editor’s Note: 8 slices of cinnamon or white bread, cut into 1-inch cubes, may be substituted for the cinnamon rolls.

HOME-STYLE BREAD PUDDING

Ingredients:
- 2 eggs, slightly beaten
- 2-1/4 cups milk
- 1 teaspoon vanilla
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon salt
- 2 cups 1-inch bread cubes
- 1/2 cup brown sugar
- 1/2 cup raisins or chopped dates

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

RICE PUDDING

Cook rice according to package directions. Combine cooked rice with milk, butter, salt, sugar, eggs, vanilla, and raisins. Pour into 1-1/2 quart baking dish. Sprinkle with cinnamon. Cover baking dish with foil, not plastic. Place on metal trivet or rack in bottom of slow-cooker.

CHOCOLATE PUDDING CAKE

In a mixing bowl, combine the first six ingredients. Beat on medium speed for 2 minutes. Stir in chocolate chips. Pour into a 5 qt. slow cooker that has been coated with nonstick cooking spray. Cover and cook on low for 6-7 hours or until a toothpick inserted near the center yields clean results.

LEMON PUDDING CAKE

Beat egg whites until stiff peaks form; set aside. Beat egg yolks; blend in lemon peel, juice, butter, and milk. Combine sugar, flour, and salt; add to egg-milk mixture, beating until smooth. Fold into beaten whites. Spoon into slow-cooking pot. Cover and cook on high for 2-3 hours or until a toothpick inserted near the center yields clean results.