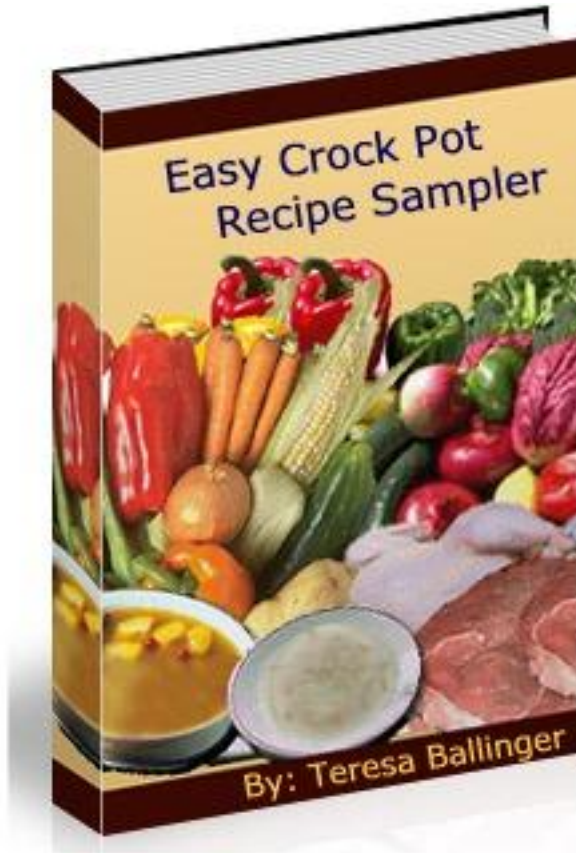


Come Home to Delicious Meals Already Prepared Using Easy Crock Pot Recipes!



Once, everything was cooked "slow". True to our heritage, we long for food that has nothing "fast" about it. Crock pot cooking is about planning and about following time-honored recipes for classic dishes. It's about learning something new; it's about putting real thought into your cooking.

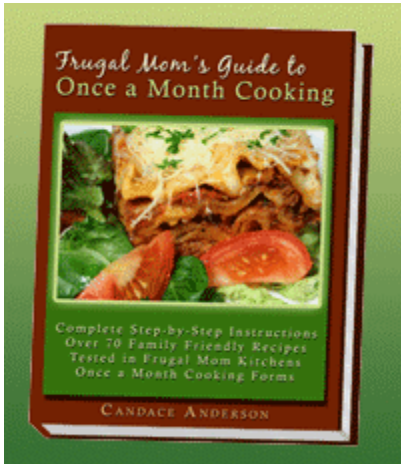
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Easy Crock Pot Recipes Resources You Might Enjoy

[Crock Pots Versus Slow Cookers](#)

The basic differences in crock pots and slow cookers revealed.

[Crock Pot Tips and Techniques](#)

Make your crock pot recipe preparation even easier. Great tips and techniques.

[Adapt Your Favorite Recipe to the Crock Pot](#)

Many of your favorite recipes can be successfully adapted to crock pot recipes if you follow a few simple rules.

[Recipe for Success - Resources To Save You Time and Money!](#)

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Appetizer Crock Pot Recipes



Mexican Cheese Dip

- 16 ounces Velveeta cheese, cubed
- 2 teaspoons taco seasoning mix
- 1 can diced tomatoes with green chiles
- 1 small onion, peeled and chopped
- 1 pound ground beef

Cube Velveeta cheese and place in slow cooker. Cover and heat on LOW for 30 to 60 minutes, until melted, stirring occasionally. Meanwhile, brown ground beef and onion in a skillet until meat is no longer pink; drain. Add seasoning, tomatoes, ground beef and onion to melted cheese; stir well. Cover and continue heating 30 minutes.

Serve hot, with tortilla chips or corn chips.

Serves 8

Reuben Spread Appetizer

- 2-1/2 cups cubed cooked 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 crock pot, combine the first five ingredients and mix well. Cover and cook on low for 3 hours, stirring occasionally.

Serve warm with the snack rye bread.

Yield 5 cups

Hot Crab Dip

- 1/2 cup milk
- 1/3 cup salsa
- 3 packages (8 ounces each) cream cheese
- 2 packages (8 ounces each) imitation crabmeat, flaked
- 1 cup thinly sliced green onions
- 1 can (4 ounces) chopped green chilies

Assorted Crackers

Combine milk and salsa. Transfer to a slow cooker coated with nonstick cooking spray. Stir in cream cheese, crab, onions and chilies. Cover and cook on low for 3-4 hours, stirring every 30 minutes.

Serve warm with the crackers.

Yield 5 cups

Spicy Party Mix

- 4 cups Wheat Chex
- 3 cups Cheese crackers
- 3 cups pretzels
- 1 can (12 ounces) salted peanuts or mixed nuts
- 1/4 cup butter or margarine, melted
- 1 tablespoon worchestershire sauce
- 3/4 teaspoon seasoned salt
- 1/2 teaspoon onion powder
- 1/2 teaspoon garlic powder

In a slow cooker combine the first four ingredients. Combine the rest of the ingredients in a bowl and mix well. Drizzle the butter mixture over the dry mixture, then stir until well mixed. Cover and cook on low for up to 3 hours, stirring every 30 minutes.

Serve warm or at room temperature.

Yield 3 quarts

Chicken Nachos

This recipe may be served as a crock pot appetizer or main dish. If serving as an appetizer, drain the liquid and shred chicken before topping with sour cream and guacamole.

- 1 bag tortilla chips
- 4 to 6 chicken breasts
- 1 cup salsa (hot or mild to taste)
- 2 cups Monterey Jack cheese, grated
- 1/2 cup sour cream
- 1/2 cup guacamole

Line the bottom of a crock pot with a layer of tortilla chips. Arrange chicken pieces over the top of the chips. Pour the salsa over chicken and chips. Cover and cook on low for 8 hours and then add cheese. Cook until cheese is melted.

Remove the chicken from the crock pot and top with sour cream and guacamole.

Serve with fresh tortilla chips.

Chicken Crock Pot Recipes



Chicken and Dumplings

- 4 boneless skinless chicken breasts, cut in small chunks
- 2 cans condensed cream of chicken soup
- 1/4 cup onion, finely diced
- 2 cups water
- 1 chicken bouillon cube
- 2 10 ounce packages refrigerated biscuits

Combine all ingredients, except biscuits, in a crock pot. Cover and cook on low for 5 to 6 hours. 40 minutes before serving turn crock pot on high. Tear or cut biscuit dough into 1-inch pieces. Add to your crock pot; stirring gently. Cover and cook on HIGH for an additional 30 minutes or until biscuits are fluffed up and cooked through.

Yield – 4 Servings

Chicken and Rice with Mushrooms and Peas

- 1 pound boneless skinless chicken breasts, each cut into 4 pieces
- 1 10 3/4-ounce can condensed cream of chicken soup
- 1/2 teaspoon onion powder
- 1/2 teaspoon garlic powder
- 1 4.5-ounce jar sliced mushrooms - undrained
- 1/2 cup water
- 1 1/2 cups frozen sweet green peas - (from 1-pound bag), thawed
- 1 1/2 cups uncooked instant white rice

In 3- to 4-quart slow cooker, place chicken. Top with soup, onion powder, garlic powder, mushrooms and water; stir gently to mix and spread evenly over chicken. Cover; cook on low setting 4-1/2 to 5-1/2 hours.

About 15 minutes before serving, stir thawed peas and the rice into chicken mixture. Cover; cook on Low heat setting 10 to 15 minutes longer or until rice is tender, add salt and pepper to taste.

Yield: 4 servings (1-1/4 cups each).

Hawaiian Chicken

- 6 pounds skinless, boneless chicken breasts, halved
- 2 cans pineapple slices, drained
- 2 cans mandarin oranges, drained
- 1/4 cup cornstarch
- 1/4 cup brown sugar, packed
- 1 envelope stir-fry chicken seasoning blend

Combine all ingredients, except the chicken in the crock pot. Stir well. Add the chicken and stir well to coat. Cover and cook on preferred setting: Low - 6 to 8 hours; High - 3 hours.

Chicken and Stuffing

- 4 boneless skinless chicken breast halves
- 2 cans (10 3/4 ounces each) condensed cream of chicken soup, diluted with 1/2 can of water
- 1/4 teaspoon garlic powder
- 1/4 teaspoon onion powder
- 1 1/4 cups water
- 1/4 cup butter or margarine, melted
- 1 package (6 ounces) corn bread stuffing mix

Place chicken in a greased crock pot. Mix soups, garlic and onion in a bowl. Top chicken with soup mixture. Combine the water, butter and stuffing mix; spoon over the chicken. Cover and cook on low for 4 - 6 hours or until chicken juices run clear.

Yield: 4 servings

Chicken Cacciatore

- 4 boneless skinless chicken breast halves (about 1-1/2 pounds)
- 2 tablespoons canola oil (or any cooking oil you have on hand)
- 1 jar (26 ounces) of your favorite spaghetti sauce
- 1 medium onion, peeled and chopped
- 2 cans (4 ounces each) sliced mushrooms, drained
- 1/2 teaspoon garlic powder

In a skillet, brown chicken in oil on both sides. Transfer to your crock pot. In a bowl, combine the remaining ingredients; pour over the chicken. Cover and cook on low for 4 - 5 hours or until chicken juices run clear. Serve with hot cooked spaghetti or pasta of your choice.

Beef Crock Pot Recipes



"To Die For" Beef Pot Roast

- 1 - 3 to 5 pound beef pot roast
- 1 packet Ranch Dressing Mix
- 1 packet Italian Dressing Mix
- 1 packet Brown Gravy Mix
- 1/2 cup water

Place the roast in your crock pot. Mix all other ingredients together and pour over pot roast. Cook on low 8 to 10 hours.

Yield - 8 to 10 servings

Italian Beef Roast

- 1 boneless rump roast (3 to 3-1/2 pounds)
- 1 teaspoon salt
- 1/2 teaspoon garlic powder
- 1/4 teaspoon pepper
- 1 jar (4-1/2 ounces) sliced mushrooms, drained
- 1 medium onion peeled and diced
- 1 jar (26 ounces) your favorite spaghetti sauce
- 1/2 cup red wine or beef broth

Hot Cooked Pasta

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

Yield - 8 to 10 Servings

Home Style Meatloaf Dinner

- 1 egg
- 1/4 cup milk
- 2 slices day-old bread, cubed
- 1/4 cup finely chopped onion
- 2 tablespoons finely chopped green pepper (optional)
- 1 teaspoon salt
- 1/4 teaspoon pepper
- 1 - 1/2 pounds lean ground beef
- 1/4 cup ketchup
- 8 medium carrots, cut into 1 inch chunks
- 8 small red potatoes

In a bowl, beat the egg and milk. Stir in the bread cubes, onion, green pepper, salt and pepper. Add the beef and mix well. Shape into a round loaf. Place in a 5 quart crock pot. Spread ketchup on top of the meatloaf. Arrange carrots around meat loaf. Peel a strip around the center of each potato; place potatoes over carrots. Cover and cook on high for 1 hour. Reduce heat to low; cover and cook 7 - 8 hours longer or until the meat is no longer pink and the vegetables are tender.

Yield – 4 Servings

Mushroom Beef & Noodles

- 1 can (10-3/4 ounces) condensed golden mushroom soup, undiluted
- 1 can (10-3/4 ounces) condensed beefy mushroom soup, undiluted
- 1 can (10-3/4 ounces) condensed French onion soup, undiluted
- 1/4 cup seasoned bread crumbs
- 2 pounds beef stew meat cut into 1/2 inch cubes
- 1 package (12 ounces) wide egg noodles

In a slow cooker, combine soups and bread crumbs; mix well. Stir in beef. Cover and cook on low for 8 hours or until meat is tender. Cook noodles according to package directions; drain. Serve with beef mixture.

Serves 6 – 8

Crock Pot Cola Round Steak

- 1 1/2 pounds beef round steak, boneless
- 1 tablespoon flour
- 1 cup onion chopped
- 1/2 teaspoon salt
- 1/8 teaspoon garlic salt
- 1/8 teaspoon pepper
- 1/4 cup ketchup
- 1/2 cup regular coke (not diet)

Trim meat, cut into 4 portions, dredge with flour. Place meat in crock pot. Combine other ingredients and pour over meat. Cover and cook on low 8-10 hours.

Yield - 4 Servings

Pork Crock Pot Recipes



Tender Pork Roast

- 1 boneless pork roast (about 3 pounds)
- 1 envelope dry onion soup mix
- 1 cup water
- 6 potatoes, peeled and quartered
- 6 carrots, peeled and cut into 1 inch chunks

Spray 5-qt. crock pot with vegetable oil spray (like Pam). Put vegetables in the crock pot. Cut pork roast in half; place meat fat side up on top of the vegetables. Combine onion soup mix and water; pour over roast. Cover and cook on high for 5-6 hours or on low for 10-12 hours or until a meat thermometer reads 160 - 170 degrees.

Yield – 8 Servings

Shredded Pork Barbecue

- 1 boneless pork loin roast (3 to 4 pounds)
- 1 1/2 teaspoons seasoned salt
- 1 teaspoon garlic powder
- 1 cup barbecue sauce
- 1 cup cola
- 8 to 10 sandwich buns, split

Cut roast in half; place in a 5-qt. crock pot. Sprinkle with seasoned salt and garlic powder. Cover and cook on low for 4 - 6 hours or until meat is tender.

Remove meat; skim fat from cooking juices. Shred meat with a fork and return to the slow cooker. Combine barbecue sauce and cola; pour over meat. Cover and cook on high for 1 - 2 hours or until sauce is thickened. Serve on rolls.

Yield - Serves 8 to 10

Pork Tenderloin with Mushrooms

- 2 pork tenderloins (1 pound each)
- 1 can (10-3/4 ounces) condensed cream of mushroom soup, undiluted
- 1 can (10-3/4 ounces) condensed golden mushroom soup, undiluted
- 1 can (10-1/2 ounces) condensed french onion soup, undiluted
- Hot mashed potatoes, optional

Place the pork tenderloins in a slow cooker. In a bowl, combine the soups: stir until smooth. Pour over the pork. Cover and cook on low for 4-5 hours or until the meat is tender.

Serve with mashed potatoes if desired.

Yield - Serves 6

Easy and Elegant Ham

- 1 fully cooked boneless ham (about 6 pounds)
- 2 cans (20 ounces each) sliced pineapple
- 1 jar (6 ounces) maraschino cherries, well drained
- 1 jar (12 ounces) peach preserves

Drain pineapple, reserving juice; set juice aside. Place half of the pineapple in an ungreased 5-qt slow cooker. Cut ham in half; place on top of the pineapple. Add cherries, remaining pineapple and reserved pineapple juice. Spoon peach preserves over the ham. Cover and cook on low for 6 - 7 hours or until heated through.

Remove to a warm serving platter. Let stand for 10 - 15 minutes before slicing. Serve pineapple and cherries with sliced ham.

Yield - Serves 18 to 20

Chicken Fried Pork Chops

- 1/2 cup all-purpose flour
- 2 teaspoons salt
- 1/4 teaspoon pepper
- 1/2 teaspoon garlic powder
- 6 boneless pork loin chops (3/4 inch thick)
- 2 tablespoons vegetable oil
- 1 can (10-3/4 ounces) condensed cream of chicken soup, undiluted
- 1/3 cup water

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

Yield - Serves 6

Low Fat Crock Pot Recipes



Spicy Lemon Crock Pot Chicken

- 1 medium onion, chopped
- 1/3 cup water
- 1/4 cup lemon juice
- 1 tablespoon vegetable or canola oil
- 1/2 to 1 teaspoon salt
- 1/2 teaspoon **each** garlic powder, chili powder, paprika and ground ginger
- 1/4 teaspoon pepper
- 4 boneless skinless chicken breast halves (4 ounces each)

4-1/2 teaspoons cornstarch

4-1/2 teaspoons cold water

Hot cooked noodles or rice

Chopped fresh parsley, optional

In a greased slow cooker, combine the onion, water, lemon juice, oil and seasonings. Add chicken; turn to coat. Cover and cook on low for 4-5 hours or until a meat thermometer reads 170 degrees. Remove chicken and keep warm.

In a saucepan, combine the cornstarch and cold water until smooth. Gradually add the cooking juices from the chicken. Bring to a boil; cook and stir for 2 minutes or until thickened. Serve with chicken over noodles or rice. Sprinkle with parsley, if desired.

Yield 4 servings

Nutritional Analysis: One chicken breast with 1/4 cup sauce (prepared with 1/2 teaspoon salt; calculated without noodles or rice) equals 190 calories, 5 g fat (1 g saturated fat), 66 mg cholesterol, 372 mg sodium, 8 g carbohydrate, 1 g fiber, 27 g protein.

Diabetic Exchanges: 3 lean meat, 1/2 starch

Creamy Potato Soup

- 8 cups diced potatoes
- 1/2 cup chopped onion
- 3 cans (14-1/2 ounces each) chicken broth
- 1 can (10-3/4 ounces) condensed cream of chicken soup, undiluted
- 1/4 teaspoon pepper
- 1 package (8 ounces) cream cheese, cubed
- 1/2 pound sliced bacon, cooked and crumbled (optional)

Snipped chives (optional)

In a crock pot, combine the first 5 ingredients. Cover and cook on low for 8-10 hours or until potatoes are tender. Add cream cheese; stir until blended. Garnish with bacon and chives if desired.

Yield 12 servings (3 quarts)

Nutritional Analysis: One 1-cup serving (prepared with reduced-fat cream of chicken soup and reduced-fat cream cheese; calculated without bacon) equals 148 calories, 4 g fat (2 g saturated fat), 13 mg cholesterol, 655 mg sodium, 22 grams carbohydrate, 2 grams fiber, 6 grams protein.

Diabetic Exchanges: 1-1/2 starch, 1/2 fat

Red Bean Vegetarian Crock Pot Soup

- 3 celery ribs, chopped
- 2 medium onions, peeled and chopped
- 2 cans (14.5 ounces each) diced tomatoes
- 4 cans (16 ounces each) red kidney beans, rinsed and drained
- 4 cups chicken broth
- 2 bay leaves
- 1/2 to 1 teaspoon salt
- 1/2 to 1 teaspoon Cajun seasoning
- 1/2 teaspoon pepper
- 1/2 teaspoon hot pepper sauce

In a 5 quart crock pot, combine the celery, onions, tomatoes and beans. Stir in the remaining ingredients. Cover and cook on low for 6 hours or until the vegetables are tender. Discard bay leaves before serving.

Yield 12 servings

Diabetic Pepper Steak Stew

- 1 pound lean round steak, cut into pieces
- 2 1/2 cups green bell pepper, coarsely chopped
- 1/2 cup onion, chopped
- 3 cups raw potatoes, diced
- 1 (12 ounce) jar fat free beef gravy
- 1/4 teaspoon dried minced garlic

Spray crock pot with butter-flavored cooking spray. Add steak pieces, green pepper, onion and potatoes and stir to combine. Stir in gravy and garlic. Cover and cook on LOW for 6-8 hours.

Mix well before serving.

Exchanges: 2 Meat, 1 Starch, 1/2 Vegetable 2 Protein, 1 Vegetable, 1 1/2 Bread, 1/4 Slider

5 Optional Calories 196 Calories, 4 gm Fat, 23 gm Prot, 17 gm Carbs, 361 mg Sodium, 15 mg Calcium, 2 gm Fiber (per serving)

Yield - 4 servings

Ground Beef Stew

- 1 pound ground beef
- 6 medium potatoes, peeled and cubed
- 1 package baby carrots
- 3 cups water
- 1 envelope dry onion soup mix
- 1 teaspoon garlic powder
- 1 teaspoon Italian seasoning
- 1 to 1-1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1 can (10-3/4 ounces) condensed tomato soup, undiluted
- 1 can (6 ounces) Italian tomato paste

In a skillet, cook beef over medium heat until no longer pink; drain well and lightly rinse with water. In a crock pot, combine the next 8 ingredients.

Stir in the beef. Cover and cook on high for 4-5 hours. Stir in soup and tomato paste; cover and cook for 1 hour or until heated through.

Yield 12 servings

Nutritional Analysis: One 1-cup serving (prepared with lean ground beef, 1 teaspoon salt and reduced-fat reduced-sodium tomato soup) equals 180 calories, 4 g fat (2 g saturated fat), 14 mg cholesterol, 434 mg sodium, 26 g carbohydrate, 3 g fiber, 10 g protein.

Diabetic Exchanges: 1-1/2 starch, 1 lean meat, 1 vegetable

Casserole & Side Dish Recipes



Crock Pot Lasagna

- 1 pound ground beef
- 1 large onion, peeled and chopped
- 2 jars (26 ounce each) your favorite spaghetti sauce
- 1 teaspoon salt
- 2 teaspoons dried Italian seasonings, divided use
- 1 package (8 ounces) no-cook lasagna noodles
- 4 cups (16 ounces) shredded mozzarella cheese
- 1-1/2 cups (12 ounces) small-curd cottage cheese
- 1/2 cup grated parmesan cheese

In a skillet, cook the beef and onion over medium heat until meat is no longer pink; drain. Add the spaghetti sauce, salt and 1 teaspoon of the Italian seasonings to the meat; mix well.

Spread a fourth of the meat sauce in a 5 quart slow cooker. Arrange a third of the noodles over the meat sauce (break the noodles if necessary). Combine the cheeses and remaining 1 teaspoon of Italian seasonings in a bowl. Spoon a third of the cheese mixture over the noodles.

Repeat layers twice. Top with remaining meat sauce. Cover and cook on low for 4-5 hours or until noodles are tender.

Yield - Serves 6 – 8

Ham and Swiss Chicken Cordon Bleu

- 2 eggs
- 2 cups milk, divided
- 1/2 cup butter or margarine, melted
- 1/2 cup chopped celery
- 1 teaspoon finely chopped onion
- 8 slices bread, cubed
- 12 thin slices deli ham, rolled up
- 2 cups (8 ounces) shredded Swiss cheese
- 2-1/2 cups cubed cooked chicken
- 1 can (10-3/4 ounces) condensed cream of chicken soup, undiluted

In a large bowl, beat the eggs and 1-1/2 cups of milk. Add butter, celery and onion. Stir in bread cubes. Place half of the mixture in a greased crock pot; top with half of the rolled-up ham, cheese and chicken. Combine soup and remaining milk; pour half over the chicken. Repeat layers once. Cover and cook on low for 4 - 5 hours or until a thermometer inserted into bread mixture reads 160 degrees.

Yield - Serves 6

Pizza in a Crock Pot

- 1 pound bulk Italian sausage
- 1 jar (26 ounces) spaghetti sauce
- 1 can (15-1/2 ounces) chili beans
- 1 can (15 ounces) black beans, rinsed and drained
- 1 medium onion, peeled and chopped
- 1/2 teaspoon garlic powder
- 1/4 cup grated parmesan cheese
- 1 can (2-1/4 ounces) sliced ripe olives, drained (optional)

Hot cooked pasta.

Shredded mozzarella cheese, optional but recommended.

In a skillet over medium heat, cook the sausage until no longer pink; drain. Transfer to a slow cooker. Add the next 7 ingredients and mix well. Cover and cook on low for 8-9 hours or until slightly thickened. Stir before serving over pasta. Sprinkle with mozzarella cheese if desired.

Yield - Serves 6 to 8

Creamy Crock Pot Red Potatoes

- 2 pounds small red potatoes, washed and quartered
- 1 package (8 ounces) cream cheese, softened
- 1 can (10-3/4 ounces) condensed cream of potato soup, undiluted
- 1 envelope ranch salad dressing mix

Place potatoes in a crock pot. 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.

Yield - Serves 4 to 6

Cheesy Ham and Potatoes

- 4 medium red potatoes, thinly sliced
- 2 medium onions, finely chopped
- 1-1/2 cups cubed fully cooked ham
- 2 tablespoons butter or margarine
- 2 tablespoons all-purpose flour
- 1 teaspoon ground mustard
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1 can (10-3/4 ounces) condensed cream of celery soup, undiluted
- 1-1/3 cups water
- 1 cup (4 ounces) shredded cheddar cheese (optional)

In a slow cooker, layer potatoes, onions and ham. In a saucepan, melt butter. Stir in flour, mustard, salt and pepper until smooth. Combine soup and water; gradually stir into flour mixture. Bring to a boil; cook and stir for 2 minutes or until thickened and bubbly. Pour over the ham. Cover and cook on low for 8-9 hours or until potatoes are tender. If desired, sprinkle with cheese before serving.

Yield – 4 Servings

Soup, Chili and Stew Recipes



Chili with Ground Beef

- 2 pounds ground beef
- 2 medium onions, chopped
- 2 (15 1/2 ounce) cans chili hot beans (do not drain)
- 1 (28 ounce) can crushed tomatoes
- 1 (14 1/2 ounce) can diced tomatoes
- 2 tablespoons chili powder
- 1 teaspoon garlic powder
- 1 teaspoon onion powder

In a skillet, cook beef and onions over medium heat until no longer pink; drain well and transfer to crock pot. Combine the next 6 ingredients with the meat mixture. Stir well, cover and cook on low for 8 hours or on high for 4 hours. Salt and pepper to taste.

Yield: 8 servings

Buffalo Chicken Wing Soup

- 6 cups milk
- 3 cans (10-3/4 ounces) condensed cream of chicken soup, undiluted
- 3 cups shredded cooked chicken (about 1 pound)
- 1 cup (8 ounces) sour cream
- 1/4 to 1/2 cup hot pepper sauce

Combine all ingredients in a crockpot. Cover and cook on low for 4 - 5 hours.

Yield 8 servings (2 quarts)

White Chicken Crock Pot Chili

- 2 cans Great Northern or Navy beans (rinsed and drained)
- 1 can (14.5 ounce) diced tomatoes with green chilies (do not drain)
- 1 can (14 1/2 ounce) chicken broth
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1/2 teaspoon ground cumin
- 1 teaspoon red hot pepper sauce (or to taste)
- 1 box frozen (Tyson) Southwest seasoned cooked chicken breast strips, about 2 cups **or** may use 2 cups of cooked chicken and 1 tablespoon chili powder

Combine all ingredients in crock pot. Cover and cook on low for 5 to 7 hours. Garnish with sour cream and grated cheddar cheese. Serve with corn bread or crackers.

Yield: 4 servings

Savory Cheese Soup in Cooker

- 3 cans (14 1/2 ounces each) chicken broth
- 1 small onion, peeled and chopped
- 1 large carrot, peeled and chopped
- 1 celery rib, chopped
- 1/4 cup chopped sweet red pepper
- 2 tablespoons butter or margarine
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 1/3 cup all-purpose flour
- 1/2 cup cold water
- 1 package (8 ounces) cream cheese, cubed and softened
- 2 cups (8 ounces) shredded cheddar cheese
- 1 can (12 ounces) beer, optional

Additional toppings: croutons, popcorn, cooked crumbled bacon, sliced green onions

In a slow cooker, combine the first 8 ingredients. Cover and cook on low for 7-8 hours. Combine flour and water until smooth; stir into soup. Cover and cook on high 30 minutes longer or until soup is thickened. Stir in cream cheese and cheddar cheese until blended. Stir in beer if desired. Cover and cook on low until heated through. Serve directly from the cooker with desired toppings.

Yield: 8 servings

Crock Pot Beef Stew

- 2 pounds stew beef
- 4 medium potatoes, peeled and cut into 1/2 inch cubes
- 3 carrots, peeled and sliced
- 1 onion, peeled and sliced
- 1 envelope brown gravy mix
- 1 envelope onion soup mix
- 3 cups water

Spray the crock pot with a vegetable cooking spray (like PAM). Place the vegetables in the crock pot. Top with the beef. Mix the water, brown gravy mix and onion soup mix. Pour mixture over the beef. Cover and cook on low for 9 - 10 hours or until the vegetables are tender.

Yield – 8 to 10 Servings

Breakfast Recipes



Cheesy Sausage Crock Pot Breakfast Casserole

- 6 beaten eggs
- 10 slices of bread
- 1 1/2 cups milk
- 2 cups of grated sharp cheddar cheese
- 1/2 pound sausage
- salt and pepper to taste
- yellow mustard (optional)

Brown and crumble the sausage. Drain remaining fat.

Spread mustard on one side of the bread and cut bread in quarters. Beat eggs and milk together with salt and pepper to taste.

Spray inside of crock pot with nonstick cooking spray. Layer bread, cheese and sausage in crock pot. Pour milk and egg mixture over everything. Cook on low for 4 - 6 hours or until eggs are set.

Breakfast Apple Cobbler

- 4 medium-sized apples, peeled and sliced
- 1/4 cup honey
- 1 teaspoon cinnamon
- 2 tablespoons butter, melted
- 2 cups granola cereal

Spray inside of crock pot with nonstick spray. Place apples in slow cooker and mix in remaining ingredients. Cover and cook on low 6-8 hours or on high 2-3 hours. Serve with milk.

Yield - 4 servings.

Ham and Tater Breakfast

- 1 lb. frozen tater tots
- 1/2 lb. diced ham
- 1 onion, chopped
- 1 green bell pepper, chopped
- 1-1/2 cups shredded Cheddar cheese
- 6 eggs
- 1/2 cup milk
- salt and pepper to taste

In 4-5 quart crock pot, layer ingredients in order: one third of the tater tots, ham, onions, green peppers, and cheese. Repeat layers two more times, ending with cheese.

In a medium mixing bowl, combine eggs and milk and beat with whisk or egg beater until combined. Season with salt and pepper to taste. Pour mixture over layers in crock pot. Cover crock pot and cook on low for 6 -8 hours or until egg mixture is set.

Yield - 6 to 8 Servings