

Check out these links for many slow cooker recipes!!

<http://allrecipes.com/directory/43.asp?tsrc=rn>

<http://busycooks.about.com/od/healthyckpotrecipes/a/healthyckpot.htm>

<http://busycooks.about.com/od/healthyckpotrecipes/a/morehealthckpot.htm>

Walnut Raisin Apple Bake

1/2 cup apple cider
Juice of 1 lemon
2 teaspoons maple syrup
2 tablespoons raisins
1 tablespoon dark brown sugar
1 teaspoon ground cinnamon
1 teaspoon ground walnuts
4 large Macintosh apples, cored

Pour the cider, lemon juice, and maple syrup into an electric crockpot.

Combine the raisins, cinnamon, and walnuts in a small bowl. Place the apples in the crockpot. Using a spoon, fill the center of the apples with the raisin mixture. Cover and cook on LOW until the apples are tender, 2 to 3 hours.

Apple Cobbler in the Crock

4 medium tart apples
1/2 cup honey
1 grated rind and juice of 1 lemon
1 dash cinnamon
5 tbs butter
3/4 cup natural cereal with nuts and fruits
Oil to grease pot

Grease side of your crockpot lightly with oil. Core, peel and slice apples; place in crock. Add sugar, lemon rind, lemon juice and cinnamon. Combine butter and cereal. Add to crock; mix thoroughly. Cover. Cook on Low for 6 to 8 hours or High for 2 to 3 hours. Serve with vanilla ice cream or whipped topping, if desired.

http://dir.yahoo.com/Society_and_Culture/Food_and_Drink/Cooking/Recipes/By_Preparation_Method/Crock_Pot/

<http://chetday.com/crockpotrecipes.htm#nonveg>

<http://busycooks.about.com/cs/crockpotrecipes/a/3ingredcrock.htm>

<http://www.aliciasrecipes.com/crockpot.htm>

<http://chetday.com/crockpotchickenmenu.htm> (chicken crockpot recipes)

Quick Chicken Stew

A Seattle computer company created an operating system that was Quick and Dirty. Be like Bill Gates and use this recipe for your own self advancement... or just for your own nourishment.

2 lb skinless chicken breasts cut in 1 inch cubes
2 cans fat-free chicken broth
3 cup potatoes; peeled and cubed
1 cup onion; chopped
1 cup celery; sliced
1 cup carrots; slice dthin
1 tsp paprika
1/2 tsp pepper
1/2 tsp rubbed sage
1/2 tsp dried thyme
6 oz no-salt-added tomato paste

1/4 cup cold water
3 Tbs cornstarch

In your favorite crockpot, combine the first 11 ingredients; cover and cook on high for 4 hours or low for 8 hours. A half hour before serving, mix water and cornstarch until smooth; stir into stew. Cook, covered, 30 minutes more on high or until the vegetables are tender.

Chicken Con Corn "y" Beans

Poultry. Corn. Beans... how can you go wrong?

2 cans niblets corn
4 chicken breasts, uncooked, cubed
2 cans black beans, drained
1 jar chunky salsa
1 cup grated, sharp cheddar cheese

Lightly spray crock with Pam. Put corn in bottom of pot, followed by chicken cubes, salsa, beans. Lightly stir beans and salsa. Start on high to get chicken going, turn down to low and cook 8-9 hours. Add the cheese just before serving. Serve over rice.

Peanut Poultry Punjab

Hot peanuts, honey, soy sauce, ginger, and chicken breasts. My mouth is watering.

1/4 cup peanut butter
2 Tbs chopped peanuts
2 Tbs soy sauce
1 Tbs minced onions
1 Tbs minced parsley
1 clove garlic -- crushed
Several drops of red pepper sauce
1/8 tsp ground ginger
4 whole chicken breasts -- skinned & boned
2 Tbs soy sauce
2 Tbs honey
1 Tbs melted butter
1 10 1/2 ounce chicken broth
1 Tbs cornstarch

Mix peanut butter, peanuts, 2 tbs soy sauce, onion, parsley, garlic, pepper sauce, and ginger. Spread on inside of each chicken breast. Fold in half; close with small skewer or a toothpick. Place in slow-cooking pot.

Mix remaining 2 tbs soy sauce with honey, butter, and broth; pour over chicken. Cover and cook on low for 4 to 5 hours. Remove chicken from pot. Turn control to high. Dissolve cornstarch in small amount of cold water; stir into sauce. Cook on high for about 15 minutes.

Spoon sauce on chicken and serve.

Greek Crockpot Chicken (freezes well without the cheese)

Serves 6

- 6 skinless chicken thighs -- cut into 1-inch pieces
- 2 tablespoons flour
- 8 ounces baby carrots
- 2 medium onions -- cut into 6 thin wedges
- 1 6-ounce can tomato paste
- 1/2 cup dry red wine -- or substitute apple juice
- 3 tablespoons water
- 2 tablespoons lemon juice
- 1 teaspoon cumin
- 1/2 teaspoon cinnamon

- 1 teaspoon honey
- 1/3 cup crumbled Feta cheese

Combine chicken and flour; toss to coat evenly with flour. Place in crockpot. Stir in carrots and onions. Combine tomato paste, wine (or juice), water, lemon juice, cumin and cinnamon; mix until well blended.

Stir into meat mixture. Cover and cook on low heat setting 6-7 hours or until chicken is tender. Stir in honey. Sprinkle each serving with a small amount of cheese.

Per serving: 268 Calories (kcal); 9g Total Fat; (33% calories from fat); 27g Protein; 16g Carbohydrate; 3g Fiber; 80mg Cholesterol; 402mg Sodium

Food Exchanges: 0 Grain(Starch); 3 1/2 Lean Meat; 2 Vegetable; 0 Fruit; 1/2 Fat; 0 Other Carbohydrates

SERVING SUGGESTIONS: Serve with brown rice, baked winter squash and a simple green salad.

Pineapple Salsa Chicken

3-6 skinless chicken breasts
 1 can tidbit pineapple (drain the juice)
 1 can black beans (do not drain)
 1 32-ounce jar of mild to medium chunky style salsa

Place the thawed chicken breasts in the crockpot and add the rest of the ingredients. Cook on low for 6-8 hours. Serve with warm tortillas and some rice.

We like the leftovers served in a tortilla with fixins, this makes a great chicken burrito.

Barbecue Cowboy Pinto Beans

16 oz package dried pinto beans, rinsed and picked over
 4 cups hot water
 2 medium onions, chopped
 1 tbs chili powder
 3/4 cup hickory-flavored barbecue sauce
 1/2 cup ketchup
 1 1/2 tbs prepared yellow mustard
 Dash of Tabasco sauce

In your crock pot, mix together the beans, hot water, onions, and chili powder. Cover and cook on the low heat setting about 7 hours, or until the beans are tender but not falling apart.

Drain off all the cooking liquid. Stir in the barbecue

sauce, ketchup, mustard, and Tabasco sauce. Cook, uncovered, 10 to 15 minutes longer, until heated through.

Asian Spiced Chicken and Beans

1 (15-ounce) can Navy beans, rinsed, drained
1 (15-ounce) can red beans, rinsed, drained
1 pound boneless, skinless chicken breast, cut into 1/2-inch cubes
3 large carrots, diagonally sliced
2-3 tsp minced garlic
2-3 tsp minced ginger or 1-2 tsp ground ginger
1 (14 1/2-ounce) can reduced-sodium, fat-free chicken broth (divided use)
2 Tbs cornstarch
1/2 tsp crushed red pepper
2 to 3 Tbs reduced-sodium soy sauce
4 cups cooked rice
Sliced green onions and tops as garnish
Chopped peanuts as garnish

Place beans, chicken, carrots, garlic, ginger and 1 1/2 cups chicken broth in slow cooker, and stir well. Cover and cook on low until beans are tender, 5 1/2 to 6 hours. Turn slow cooker to high. Stir in combined cornstarch and remaining 1/2 cup chicken broth; stir in crushed red pepper. Cover and cook until thickened, about 30 minutes. Stir in soy sauce.

Serve over rice; sprinkle with green onions and peanuts. Makes 6 servings.

Chicken Tortilla Casserole

Chet, here is a great meal for dinner or for those pot luck meals. This is one of my favorite dishes!

14 1/2 oz can of diced tomatoes
10 3/4 oz can of cream of chicken soup
Small can of diced Ortega green chile (blue can)
2 Tbs of Minute Tapiaco
1 onion diced
12 corn tortillas diced
Grated Cheese
3-4 Pieces of boneless chicken

Place chicken in foil or oven bag (make sure completely wrapped) and cook in oven at 400 degrees for one hour. Once baked, dice.

In a large bowl combine the following:

Tomatoes, cream of chicken soup, Ortega chile, and tapiaco. This will make a soup mixture.

Layer the crock pot the following order:

1/3 of each

- 1) Diced Tortillas
- 2) Diced Chicken
- 3) Spread Soup Mix
- 4) Diced Onion
- 5) Grated Cheese

Repeat each layer in same order. Cook in crockpot for 4 hours on high or 7 hours on low (make sure you stir).

Elmer's German Potato Salad

2 potatoes, sliced
1/2 cup onions, chopped
1/2 cup celery sliced
1/4 cup green peppers, diced
1/4 cup vinegar
1/4 cup oil
Chopped parsley
Veggie bacon bits or sliced bacon, cooked and crumbled

Combine all ingredients except parsley and bacon. Add salt and pepper to taste. Stir and cook for 5-6 hours

on low in crockpot. Garnish with bacon and parsley.

Moist and Tender Turkey with Gravy

1 (15-ounce) can chicken broth
2 cups water
2 stalks celery, cut into large pieces
1 medium onion
1/4 cup butter
1/2 to 1 teaspoon favorite seasoning
1 (4- to 6-pound) turkey breast, thawed
1/4 cup of shake-and-blend flour
1/2 cup cold water

In your crockpot, combine broth, water, celery, onion, butter and seasoning. Heat on high until it simmers. Add turkey, breast-side down, cover and cook on high for 4 to 6 hours. Turkey is done when the temperature reaches 180 degrees.

When turkey is cooked, remove from crockpot and let stand for 10 minutes before slicing.

Meanwhile, to prepare gravy, strain vegetables, and put

broth into a large nonstick skillet. Heat to boiling. Mix shake-and-blend flour with cold water and stir until flour is dissolved. Pour flour mixture into broth and heat, stirring constantly, until gravy is thick and bubbly. Serve with hot sliced turkey. Makes 10 servings.

Patty's Crockpot Meat Loaf and Veggies

Just make a meat loaf mixture the same as you normally would, using about 1 1/2 or 2 lbs. of ground beef.

Put 6 potatoes, peeled and cut up in bottom of crockpot (I sprayed some oil in first.)

Then put in a small bag of carrots

Add a layer of fresh onion slices, if you wish.

Salt and pepper all those ingredients.

Shape meat mixture into a flat, round "shape" and sort of press down on top of veggies.

Open and drain a can of diced tomatoes and spread tomatoes on top of meat mixture.

Cover and cook on low for 8 to 10 hours. (I cooked on low for about 5 hours and then turned to high for about 2 hours - remove the lid for the last 20 minutes or so.) You can speed up the cooking process if you need to (as I did) according to your schedule.

Healthy Apple Bread Pudding

8 to 9 pieces of your favorite bread
4 Tbs butter
3 Golden Delicious apples
2 Tbs lemon juice
1 Tbs grated lemon rind
1/4 to 1/2 cup honey
1 tsp cinnamon
1/4 tsp nutmeg
1 cup apple juice
1/2 golden raisins
1/2 cup walnuts (optional)

Spread bread with butter and toast both sides under a broiler. Cut bread into chunks. Place all ingredients in the slow cooker except walnuts. The amount of honey should be determined by tartness of apples. Set slow cooker on LOW and allow to cook for 5 to 6 hours. If possible, gently stir halfway through cooking process. If desired, stir in walnuts just before serving.

Artichoke Chicken and Olives

1 1/2 lbs chicken breast halves without skin
2 cups sliced mushrooms

15 ounces canned diced tomatoes
9 ounces frozen artichoke hearts
1 cup chicken broth
1 medium onion, chopped
1/2 cup pitted black olives, sliced
1/4 cup dry white wine
3 Tbs quick cooking tapioca
3 tsp curry powder
3/4 tsp dried thyme, crushed
1/4 tsp salt
1/4 tsp pepper
4 cups couscous or rice -- cooked

Rinse chicken; set aside. In crockpot, combine mushrooms, undrained tomatoes, frozen artichoke hearts, chicken broth, onion, olives, and wine. Stir in tapioca, curry powder, thyme, salt, and pepper. Add chicken; spoon some of the tomato mixture over the chicken.

Cover: cook on low heat for 7 to 8 hours or on high heat for 3 1/2 to 4 hours. Serve with hot cooked couscous or favorite rice.

Bandelero Beans

1 can lima beans
1 can kidney beans
1 can butter beans
1 large can Bushes bake beans
1 cup catsup
1 teaspoon dry mustard
1/2 cup red wine
1/2 cup brown sugar
1 large onion, chopped
Crumbled cooked bacon, to taste

Put your lima beans in with a can of kidney beans, a can of butter beans, a big can of Bushes baked beans, a cup of catsup, 1 tsp of dry mustard, 1/2 cup red wine, 1/2 cup brown sugar, crumbled bacon to taste, and 1 large chopped onion. Cook all day on low in your crockpot. I hate butter beans and lima beans, but I like this! It's great for parties and bbqs where you can let guests serve themselves out of the pot and they can be kept warm without burning on low.

Mexican Pork and Black Beans

1 pound black beans, cooked
1 pound boneless pork sirloin -- cut in 1" cubes
1 tsp chili powder
1 tsp ground coriander

2 tsp salt
1 onion, chopped
1 garlic clove, minced
16 ounces stewed tomatoes, broken up
2 cups water
Freshly-ground black pepper to taste
Fresh cilantro leaves

Put beans in crock pot. Toss pork with chili powder, coriander and salt. Lightly brown onion and garlic with pork in ungreased skillet. Mix tomatoes into crockpot with their juice. Add meat, pepper and 2 cups water. Cover and cook 9 hours on LOW.

Ladle over rice and garnish with cilantro.

Blueberry Dessert Dumplings

2 pints fresh or frozen blueberries
1/2 cup plus 2 Tbs sugar (optional)
1/2 cup water, warm if using frozen blueberries
2 Tbs instant tapioca
2 cup all-purpose flour
2 1/2 tsp baking powder
1/2 as salt
4 Tbs unsalted butter; chilled
1/2 cup milk
1 large egg
2 Tbs light brown sugar

In a 3-1/2 quart crockpot, combine blueberries, the 1/2 cup granulated sugar, the water and tapioca. Cover and slow-cook until the berries have formed a thick sauce, 5 to 6 hours on LOW.

In a medium bowl, whisk flour, the remaining 2 Tbs granulated sugar, baking powder and salt to combine. Using a pastry blender or two knives, cut in the butter until the mixture resembles coarse meal. In small bowl, beat milk and egg together. Stir into flour mixture to form a soft dough.

Turn your crockpot setting to HIGH. Drop the dough by tablespoonfuls on top of the blueberries. Cover and slow-cook until the topping is firm and a toothpick inserted in the center comes out clean, about 30 minutes. Sprinkle the dumplings with the brown sugar. Let the dumplings stand for 5 minutes before serving, then spoon into individual bowls.

Beef Diablo

1 lb beef pot roast, boneless
3/4 ts chili sauce
3-4 potatoes, peeled and sliced
3/4 tsp Worcestershire sauce
1/4 onion, sliced
1/4 tsp vinegar

1 1/2 tsp flour
1/4 tsp sugar
3/4 tsp mustard

Trim all excess fat from roast. Place potatoes and onion in bottom of crockpot. Make a smooth paste of flour, mustard, chili sauce, Worcestershire sauce, vinegar and sugar. Spread over top of roast (cut roast in half, if necessary, to fit easily). Place roast in crockpot on top of potatoes and onions. Cover and cook on LOW setting for 10 to 12 hours (on HIGH setting for 5 to 6 hours).

Stuffed Green Peppers

1 package (10 oz) frozen corn kernels
1 can (15 oz) red kidney beans drained and rinsed
1 can (14.5 oz) diced tomatoes
1/4 cup salsa
1/4 cup chopped onions
1 1/2 cups cooked rice
1 tsp Worcestershire sauce
1/4 tsp salt
1/2 tsp pepper
2 cups shredded reduced fat Cheddar cheese, divided
6 green peppers. tops removed & seeded

Combine all ingredients, except 1/4 cup cheese and green peppers. Stuff peppers. Arrange peppers in crockpot. Cover, cook on low 6-8 hours (high 3-4 hours). Sprinkle with 1/4 cup cheese during the last 30 minutes. Makes 6 servings.

Lowfat Creole Chicken

3 pounds thighs -- skinned
1 red bell pepper sliced
1 onion sliced
1 can tomatoes
1/2 tsp paprika
Louisiana hot sauce to taste
1 cup celery diced
1 green bell pepper sliced
1 can sliced mushrooms
1 tsp garlic powder
1 tsp favorite Cajun seasoning
Salt and pepper to taste
2 cups favorite rice cooked

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

Apple Peanut Crumble

8 apples -- peeled, cored, sliced
2/3 cup brown sugar, packed
1/2 cup flour
1/2 tsp cinnamon
1/2 cup oatmeal
1/2 tsp nutmeg
1/3 cup butter, softened
2 Tbs peanut butter

Place apple slices in crockpot. In medium bowl combine the sugar, flour, oats, cinnamon and nutmeg. Mix well. Mix in the soft butter and peanut butter. Sprinkle over apples. Cover and cook on low 5-6 hours. Serve warm.

Betty's Barbecue Beef

1 1/2 lbs chuck roast (or other cuts of beef)
2 cups ketchup OR
2 cups favorite barbecue sauce
2 Tbs honey
1 can beer -- your favorite
1 package Lipton Onion Soup Mix

Place all ingredients in crock pot and cook on high 3-4 hours or low 4-8 hours. Shred meat and serve on buns.

Arizona Beans and Beef

1 lb pinto beans (about 2 1/2 cups), rinsed, picked over
2 10 oz cans beef broth
2 1/2 cups water
5 1/2 oz can tomato paste
1 lb lean ground beef, cut into 1-inch cubes
1/4 lb salt pork, diced
1 medium onion, chopped
2 cloves garlic, minced
1 Tbs chili powder
1 tsp cumin seeds
1/2 tsp dried thyme
1/2 tsp red pepper flakes
Salt and pepper

Place all ingredients in slow cooker; cover and cook on low setting 12 hours or until beans are tender. Season to taste with salt and pepper. Makes 8 to 10 servings.

Barbecue Spoon Burgers

1 1/2 lb ground beef
1/2 cup onion, chopped
1/2 cup green pepper, chopped
1 clove garlic, minced
1 Tbs Worcestershire sauce
1 tsp dry mustard
1 tsp salt
1/2 tsp paprika

1/8 tsp pepper
1 6 oz. can tomato paste
3/4 cup water
2 tbs vinegar
2 tsp brown sugar

Brown ground beef in skillet, drain fat. Combine all ingredients in crockpot; stirring well. Cook on low for 6-8 hours or on high for 3-4 hours. Serve over warm hamburger buns, noodles or rice.

Beef Stew with Apple Dumplings

5 pounds stew beef cut into 1 1/2" cubes
1/2 cup flour
3 beef bouillon cubes, crushed
1/2 tsp pepper
2 cups onions -- sliced
2 garlic cloves -- minced
1/2 cup beef broth
3/4 cup apple juice
2 Tbs vinegar
1 tsp thyme
1 tsp curry

Apple Dumplings

1 cup applesauce
2 eggs, well beaten
2 tsp parsley, chopped
2 cups flour
2 tsp baking powder
1 tsp salt

Coat meat with mixture of flour, salt and pepper. Combine meat, onion, garlic, beef broth, apple juice, vinegar, thyme and curry in crockpot. Cover and cook on auto 7 hours; or high 4 to 5 hours; or low 8 to 10 hours. Remove cover and place tablespoons of dumpling batter on top of stew. Cover and cook on high for 20 minutes.

To make dumpling batter, blend applesauce with eggs and parsley; add flour, baking powder and salt and beat into egg mixture.

Vegetarian Enchilada Casserole

1 can crushed tomatoes in tomato puree -- (28-ounce)
1 can chunky salsa -- (14 1/2-ounce)
1 can tomato paste -- (6-ounce)
2 cans black beans -- (15-ounce) rinsed and drained
1 can whole kernel corn -- (15 1/4-ounce) drained
1 can diced green chiles -- (4-ounce)
1 1/2 tablespoons ground cumin
1/2 teaspoon garlic powder
5 corn tortillas
1 can sliced ripe olives -- (2 1/4-ounce) drained

In a large bowl, combine the tomatoes, salsa, tomato paste, beans, corn, green chiles, cumin, and garlic powder. Mix well. Ladle about 1 cup of this mixture into the bottom of your slow cooker; spread evenly. Top with 1

1/2 tortillas, cutting to fit as necessary. Spread on 1/3 of the remaining tomato mixture. Repeat these layers 2 more times, ending with the rest of the tomato mixture;

spread evenly over the top. Sprinkle the sliced olives over all.

Cover and cook on the low heat setting about 5 hours.
Serve hot.

Crockpot Meatball and Potato Stew

- 40 frozen meatballs
- 6 potatoes, peeled and sliced
- 16 oz. bag baby carrots
- 2 stalks celery, chopped
- 3 (14 oz). can ready to serve chicken broth
- 1 Tbsp. parsley flakes
- 1/8 tsp. pepper
- 12 oz. can evaporated milk

PREPARATION:

Put all ingredients except evaporated milk in a 3-4 quart crockpot, except milk. Cover and cook on low 10-12 hours. Stir in evaporated milk during last hour and cook until thoroughly heated. 4-6 servings