

# I can make THAT in a Crock Pot!?!

## Indian Curried Veggies

### Ingredients:

- 3 potatoes, chopped
- 1 cauliflower, chopped
- 1 1/2 cups green peas
- 3 tomatoes, chopped
- 3/4 tsp turmeric
- 1/2 tsp chili powder
- 1 1/2 tsp cumin
- 1 tsp curry
- 1 cup water

### Preparation:

Place all ingredients in a crock pot or slow cooker. Cook on low for 5 to 6 hours.

## Cheesy Bacon Dip

### Ingredients:

- 16 slices bacon (about 12 ounces), diced, fried and well drained
- 16 ounces cream cheese, cubed, room temperature
- 4 cups shredded cheddar cheese
- 1 cup half-and-half
- 2 teaspoons Worcestershire sauce
- 1 teaspoon dried minced onion
- 1/2 teaspoon dry mustard
- 1/2 teaspoon salt
- dash hot sauce

### Preparation:

Put all ingredients in the slow cooker; cover and cook on low, stirring occasionally, for about 1 to 2 hours, until cheese is melted and mixture is hot. Taste and adjust seasonings, add bacon, and keep on low to serve. Serve with cubed or sliced French bread or other dippers.

## Crock pot Mac n Cheese

### Ingredients

- 1/2 (8oz) bag of uncooked Fussili
- 3 tbsp margarine
- 2 cups shredded monterey jack cheese
- 2 cups shredded cheddar cheese
- 1 can condensed cheddar soup
- 1/2 cup heavy cream
- 1 cup of milk
- 1/2 cup sour cream
- 1/2 tsp salt
- 1/2 tsp black pepper
- 1 tsp dried mustard
- 1 tbsp margarine
- 1/2 cup bread crumbs
- 1/2 cup parmesan cheese

Cook the Fussili until al dente. While the pasta is boiling, set your slow cooker to low and add in the 3 tbsp margarine, monterey jack and cheddar cheeses.

Once the pasta is al dente - do **NOT** over cook - add it into the crock pot. Mix in the sauce (heavy cream, milk, soup, sour cream, salt, pepper and dried mustard). Combine all ingredients well. Cook on low for 1 and a 1/2 to 2 hours. Stir occasionally. At the 2 hour mark, add 1 tbsp margarine to a pan on the stove. Mix in bread crumbs and toast. Add pasta to casserole dish. Layer with toasted bread crumbs and top with parmesan cheese.

## **Crock Pot Yams (Sweet Potato) with Coconut and Pecans**

### **Ingredients**

2 pounds (1kg) Yams or Sweet Potatoes (orange flesh)	½ cup brown sugar (light or dark)
1/3 c coconut milk	¼ cup shredded coconut (sweetened - see note above)
¼ tsp vanilla extract	¼ cup pecans
¼ cup butter (melted)	2 tbs (approx) cold butter

Melt the butter. Spray your crock with cooking oil or coat with butter to prevent sticking.

You can peel the Yams if you prefer but I leave the skin on, more fiber and it tastes great

Slice the Yams into ½ inch thick slices. Arrange the Yam slices in the crock, overlapping the slices. You will probably need a couple of layers. Mix the coconut and vanilla with the butter and pour over the yams. In a small bowl mix together the brown sugar, coconut and pecans - sprinkle over the yams.. Cut the cold butter into little pieces and dot over top of yams.

Cook on low for about 6 hours - pierce with a skewer or fork to check if cooked. Should be soft when done. Serve with whatever you like - it goes well with pork chops! And is very tasty cold (or hot) the next day as left overs.

## **Chicken and Corn Enchiladas in the Crock Pot**

- 1 can (10.75 oz) - cream of mushroom soup, undiluted
- 1 container (8 oz) - sour cream
- 1 can (4.5 oz) - green chilies, chopped
- 1-2 # Fully cooked Diced Chicken Breast
- 2 cups - Super Sweet Cut Corn (frozen)
- 1 can (10 oz) - enchilada sauce
- 12 (6 inch) - corn tortillas
- 2 cups - shredded cheddar cheese

Stir together soup, sour cream and chilies. Fold chicken and corn into the soup and sour cream. Pour half a can of enchilada sauce on bottom of a medium-sized (4-5 qt) slow cooker and arrange half of cut tortillas pieces over sauce. Spread half of chicken mixture over cut tortilla and enchilada sauce and top with half of cheese. Repeat layer, starting with remaining enchilada sauce and cut tortillas. Cover and Cook on low setting for 4-6 hrs.

## **Teriyaki Pineapple Chicken**

- 1 small bag of baby carrots
- 1 can chunked pineapple (we used 20 oz can)
- 1/2 large red onion cut in chunks
- 2 cloves garlic
- 4 chicken breasts or 6 thighs
- 1/2 cup teriyaki sauce
- 2 Tablespoons of soy sauce
- 1 Tablespoon of brown sugar
- Salt and Pepper to taste

Layer the vegetables, fruit, and garlic in the crock pot. Season your chicken and place into the pot. Add the soy sauce. Evenly sprinkle the sugar over the chicken. Drizzle the teriyaki sauce over the chicken. Serve over prepared rice. Serve with a smirk on your face because you're awesome and you worked really hard on this dish.

## **Crockpot Pumpkin Tea Bread**

### **Ingredients**

- 1/2 cup of oil
- 1/2 cup of sugar
- 1/2 cup of packed brown sugar
- 2 eggs (beaten)
- 1 can (16 oz.) of solid pack pumpkin
- 1 1/2 cup of sifted flour
- 1/4 tsp. of salt
- 1/2 tsp. of cinnamon
- 1/2 tsp. of pumpkin pie spice or nutmeg
- 1 tsp. of soda
- 1 cup of chopped walnuts
- 1/2 cup of cut up dates

## Instructions

Blend the oil and both of the sugars into a large bowl. Next, stir in the beaten eggs and canned pumpkin. Add the dry ingredients and mix well. Stir in the nuts and the dates. Pour the resulting batter into a greased and floured 2 lb. coffee tin. Next, place the pan into a crock pot. Cover the top of the can with eight paper towels. Place the crock pot lid on top of the crockpot and bake on high 2 1/2 to 3-1/2 hours.

## **BLUEBERRY DUMP CAKE**

Makes 8-10 servings

1 can (21 oz.) blueberry pie filling

1/2 cup butter or margarine, melted

1 package (18-1/4 oz.) yellow cake mix

1/2 cup chopped walnuts

Place pie filling in a slow cooker. Combine dry cake mix and butter; sprinkle over filling. Sprinkle with walnuts. Cover and cook on low for 2-3 hours. Serve warm in bowls. Great topped with vanilla ice cream or whipped topping.

## **Flank Steak with Herb Mustard**

- 3 tablespoons dijon mustard
- 1 tablespoon extra-virgin olive oil
- 1 1/4 pounds flank steak, trimmed of excess fat
- Freshly ground black pepper
- 2 tablespoons minced fresh chives
- 1 tablespoon minced fresh tarragon
- 2 pounds large russet potatoes
- 2 large egg whites
- 1 teaspoon paprika
- Pinch of cayenne pepper
- Kosher salt
- Olive oil cooking spray
- 2-4 Cups Beef stock or broth

### **Directions**

Sear the Flank steak quickly in a hot skillet.. Whisk the mustard and olive oil in a small bowl. Coat the steak with 2 tablespoons of the mustard mixture, then season with black pepper and set aside. Whisk the chives, tarragon and 2 tablespoons cold water into the remaining mustard mixture.

Slice the potatoes into 1/4-inch-thick sticks; pat dry. Whisk the egg whites, paprika, cayenne and 1/4 teaspoon salt in a large bowl; add the potatoes and toss. Place in Bottom of crock pot, slowly add 2-4 cups beef stock. Place Flank steak on top of potatoes, covering steak with mustard mixture. Cover and cook 6-8 hours on low.

## **Hot Carmel Apple Dip**

1 pkg. Cream Cheese (8 oz)

½ Cup Dark Brown Sugar

Add Cinnamon or Maple Flavor as Desired

Quick and easy, just softened Cream Cheese, stir in brown sugar and flavoring as desired. Super hot or cold, we love this as a treat fall through spring, and have used it as the base for apple and pear tarts. Serve hot in a small crock pot for dipping.

**Make your own creations!** Use the following table, select one or more items from each column, and enjoy!

Meats	Vegetables	Stocks	Pizzazz!
Chicken Beef Turkey Sausage Seafood Bacon Ham Pork	Frozen mixed vegetables Corn Broccoli Potatoes Squash Asparagus Carrots Beans	Tomato juice Vegetable juice Chicken broth Turkey broth Mashed potatoes Canned soup Milk	Peppers Fresh cilantro Basil Herb seasoning Cheese Coriander Cumin Chili pepper Poultry seasoning onions
<p><b><u>Add-ons:</u></b></p> Sour cream Black olives Snipped herbs Cheese Bacon bits Croutons		<p><b><u>Generally speaking</u></b></p> Crock pot soups:  Low 7-9 hours  High 3-4 hours.  Add cream or dairy items toward the end.  Use herb cubes stored in the freezer from summer for seasoning in the winter!	

**For more Crock pot ideas and a host of other recipes, herbs and vegetables visit**