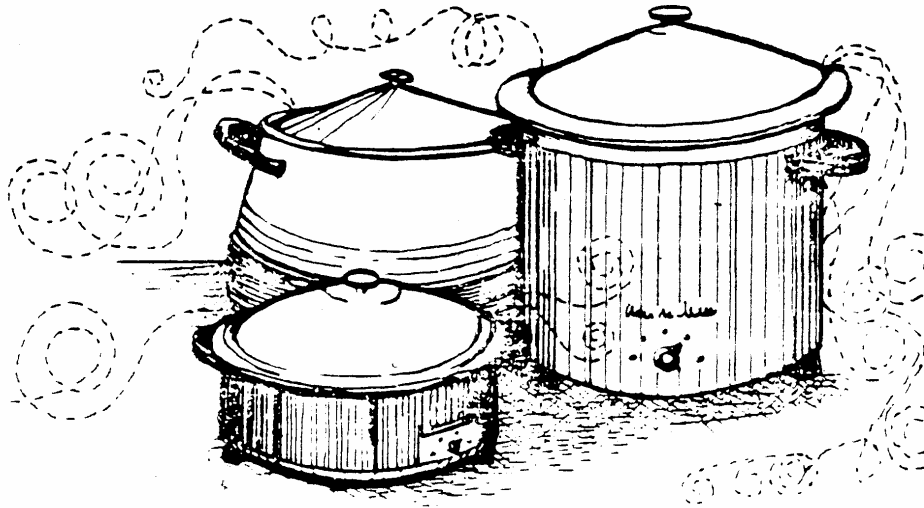


SLOW COOKER MEALS

JK COOPERATIVE EXTENSION
UNIVERSITY OF KENTUCKY — COLLEGE OF A

SLOW COOKER MEALS



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color, age, sex, religion, disability or national origin.

SLOW COOKER REMINDERS

- Prevent food safety risks by pre-browning meats before putting into crockpot or turning on high for the first hour and reducing heat to low (depending on recipe).
- Do not lift the lid of crockpot to view food. This will add 20 – 30 minutes to 1 hour extra cooking time and may reduce liquid levels.
- Potatoes can be prevented from darkening by rinsing in one cup of water and 1/2 teaspoon cream of tartar.
- Remove excess fat from soups or stews by removing visible fat before cooking, by skimming off fat with ladle or with a slice of bread to absorb fat.
- Lids on slow cookers are usually glass or plastic. A broken or bent lid can affect the cooking, so keep the lid intact. If a lid is broken or bent, you may use heavy-duty aluminum foil as a substitute. Make sure steam that collects is directed into the slow cooker and that steam doesn't escape.
- Cracked crocks (or liners) need to be discarded.
- Use less liquid than conventional recipes.
- Add seasonings carefully. Fresh herbs are best, whole herbs and spices are next (not crushed or ground forms). If crushed or ground spices are what you have, add them the last 30 minutes of cooking. Adjust spices to your tastes.
- Add root vegetables to bottom and sides of slow cooker, meat next, sauce on top for better results. Vegetables like thawed frozen green vegetables and corn may have better color and appearance when added the last 30 minutes of cooking.
- Milk, sour cream and cream may curdle during long cooking times. Add them to the last 30 minutes of cooking time.
- Pasta, rice, and noodles can be cooked until slightly tender and added at

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last of cooking process.

- For best results, use slow cookers that have heating coils that surround the crock, not those with a heating element in the bottom only. The times and results in the “bottom heating” slow cookers vary widely.
- Your slow cooker needs to be at least 1/2 to 2/3 full for proper cooking.
- To make clean-up easier, spray the inside of the slow cooker with non-stick cooking spray before adding food.
- To test the safe cooking temperature of a slow cooker, fill it with 2 quarts of water. Cover and turn on low heat for 8 hours. Using an instant-read thermometer immediately after removing lid, water temperature should be at least 185 degrees. If it is lower than 185 degrees, the slow cooker needs to be replaced. (Source: Iowa State Extension Service).
- For food safety, start meats on High heat for 1 hour and then turn cooker to low.
- If your stoneware is removable, never place it on a stovetop burner.
- Never reheat leftovers in slow cooker.
- Even pieces of meat, vegetables mean evenly cooked dishes.
- One hour of high heat on slow cooker equals 2 – 2 1/2 hours on low.
- Even though some recipe books will recommend slow cooking a thawed whole turkey breast, USDA experts do not recommend it due to food safety concerns.
- Do not use frozen ingredients. It will endanger the food safety of the food and change cooking times by hours.
- High altitudes (about 4,000 feet) will increase cooking times.
- Slow cookers, like cats, don't like water. Let the crocks cool properly before washing. Do not submerge the base in water.

Mexican Round Steak

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1 1/2 lb. boneless beef round steak, trimmed of fat, cut into 6 servings
1 cup chopped fresh cilantro (estimated 1 bunch)
1 cup frozen whole kernel corn, thawed
3 medium stalks celery, sliced thinly (1-1/2 cups)
1 large onion, sliced
1/2 cup beef broth
1 (20 oz.) jar chunky-style salsa
1 (15 oz.) can black beans, drained and rinsed
4 oz. shredded Monterey Jack cheese or hot pepper cheese, optional

Place beef in slow cooker. In medium bowl, combine all remaining ingredients, except cheese. Mix well. Pour over beef. Cover and cook on low for 8-9 hours, high for 4-5 hours. Serve with cheese sprinkled on top. Serves 6.

Nutrients per serving: 335 calories; 10 g. total fat, 5 g. sat. fat; 950 mg. sodium

Chicken Beef Roll-Ups

6 boneless, skinless chicken breasts
4 (2.5 oz.) pkg. thinly sliced beef
1 (10 3/4 oz.) can low fat cream of mushroom soup
1 (10 3/4 oz.) can low fat cream of chicken soup
1/2 cup fat free sour cream

In the bottom of the slow cooker, line the bottom and lower sides of the pot with single slices of the beef. Wash chicken and pat dry with paper towels. Wrap each chicken breast with slices of beef and place in slow cooker. Combine soups and pour over chicken. Cover and cook on low heat for 6-8 hours. When ready to serve, add sour cream to top of dish, replace lid, and cook 5 more minutes. Serves 6

Nutrients per serving: 294 calories; 5 g. total fat; 2 g. sat. fat; 1665 mg. sodium.

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Slow Cooker Enchiladas

1 pound extra lean ground beef
1 cup chopped onion
1/2 cup chopped green pepper
1 (15 oz. or 16 oz.) can pinto or kidney beans, rinsed and drained
1 (15 oz.) can black beans, rinsed and drained
1 (10 oz.) can diced tomatoes & green chilies, undrained
1/3 cup water
1 teaspoon chili powder
1/2 teaspoon ground cumin
1/4 teaspoon pepper
1 cup reduced fat shredded sharp cheddar cheese
6 corn or flour tortillas, (6 or 7 inches)

In a skillet, brown beef, onion, and green pepper until beef is browned and vegetables are tender, drain. Combine next 7 ingredients (all except cheese and tortillas) in a bowl. In a 5 quart slow cooker, layer about 3/4 cup beef mixture, one tortilla, and 2 Tablespoons cheese. Repeat layers. Cover and cook on low for 5-7 hours or until heated through. Yield: 6 servings.

Nutrients per serving: 398 calories; 10 g. total fat, 5 g. sat. fat; 846 mg. sodium

Hoppin' John

2 cans (15 oz.) black-eyed peas, undrained
1 (15 oz.) can diced tomatoes
8 oz. ham, chopped
1 large onion, chopped
1 cup celery, chopped
1 teaspoon salt, optional
2 teaspoons chili powder
1/4 teaspoon dried basil leaves
1 bay leaf
1/2 pound sausage, browned

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- 1 teaspoon tobasco sauce
- 1 cup cooked rice (added last 30 minutes of cooking)

Add ingredients, except rice, to slow cooker and simmer 3-4 hours on high. Add rice last 30 minutes of cooking, cover and continue cooking. Serves 15.

Nutrients per serving: 115 calories, 6 g. total fat; 2 g. sat. fat; 379 mg. sodium.

Crock Pot Pizza

- ¾ lb. lean ground beef
- ½ lb. pork sausage
- 3 oz. pepperoni slices
- 1 green pepper, chopped
- 1 teaspoon oregano
- 1 cup mushrooms, sliced
- 2 teaspoons Italian seasoning
- 8 oz. shredded mozzarella cheese
- 6-8 oz. wide noodles
- 8 oz. shredded cheddar cheese
- 1 jar (32 oz.) spaghetti sauce
- 1 large onion, chopped
- Parmesan cheese, optional

Brown meats in a large skillet and drain. Add oregano and seasonings. Cook noodles, according to package directions and drain. In slow cooker, layer one half of meat, noodles, sauce, onion, green pepper, and mushrooms. Top with one half of each cheese. Repeat layers. Cook 2 hours in cooker on low heat. Serves 12.

Nutrients per serving: 303 calories, 16 g. fat, 6 g. sat fat; 826 mg. sodium

Slow Cooker Burgoo

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8 ounces cooked boneless skinless chicken, chopped
4 oz. cooked beef roast (or barbecued beef/pork), chopped
1 cooked boneless pork chop, chopped
4 small potatoes, cut into cubes
¼ cup lima beans, cooked
¼ cup navy beans, cooked
3 ¼ cups chopped tomatoes
1 ½ cups shredded cabbage
¼ cup whole kernel corn
1/3 cup Worcestershire sauce
2 Tablespoons vinegar
1 teaspoon sugar
salt and pepper to taste
3 cups water

Combine the ingredients and place into a large greased slow cooker. Cover and cook on low heat for 8 hours. When ready to serve, mash vegetables with potato masher on bottom of pot to thicken the stew. Yield: 15 servings.

Recipe courtesy of Pride of Kentucky Cookbook, KEAFCS, 2003 and Martha Miller, Newman Homemakers.

Nutrients per serving: 116 calories, 2 g. total fat; 85 mg. sodium.

Slow Cooker Spaghetti Sauce

1 pound lean ground beef
½ large onion, chopped *
1 large green pepper, chopped *
3 stalks celery, chopped *
1 (14 ½ oz) can diced tomatoes

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- 1 (15 oz.) can tomato sauce
- 1 (12 oz.) can tomato paste
- 1 ½ cups water
- 2 Tablespoons parsley flakes
- 1 teaspoon oregano
- 1 teaspoon basil leaves
- 2 heaping Tablespoons brown sugar
- 1 teaspoon salt, optional
- ½ teaspoon garlic powder
- ¼ teaspoon black pepper
- 1 whole bay leaf

In a large skillet, brown ground beef until pink no longer shows. Drain off excess fat. In a greased slow cooker, combine meat and rest of ingredients, stirring gently to mix. Cover. Cook on low for 8-10 hours. Serve over hot spaghetti with garlic bread. Serves 10.

**For quicker chopping, use a blender or food processor to chop celery, onion, and green pepper together.*

Nutrients per serving: 132 calories, 2 g. total fat; less than 1 g. sat fat; 386 mg. sodium

Baked Beans – KC Crock Pot Style

- 1 cup raisins
- 2 small onions
- 2 tart apples, peeled and diced
- ¾ cup chili sauce or ketchup
- 1 cup chopped ham or 1 (2 oz.) can bacon bits
- 2 (31 oz.) cans baked beans
- 3 tsp. dry mustard
- ½ cup sweet pickle relish

Mixed together all ingredients and pour into greased slow cooker.

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Cover and cook on low for 6-8 hours, high for 4 hours. Serves 15.

Nutrients per serving: 201 calories, 1 g. fat, less than 1 g. sat fat, 574 mg. sodium.

Golden Cauliflower

2 (10 oz.) pkgs. frozen cauliflower, thawed
6 oz. prepared or homemade cheese sauce (3/4 cup)
3 Tablespoons bacon bits

Place cauliflower in greased slow cooker. Pour cheese sauce on top. Add bacon bits. Cover.

Cook on High for 1 ½ hours and reduce to low for an additional 2 hours.

OR Cook on Low only for 4-5 hours. Serves 6

Nutrients per serving: 80 calories; 4 g. total fat; 2 g. sat fat; 332 mg. sodium

Banana Loaf

3 very ripe bananas, mashed
½ cup margarine, softened
2 eggs, beaten
1 teaspoon vanilla extract
1 cup sugar
1 cup flour
1 teaspoon baking soda

Place margarine in mixing bowl, and cream together with sugar until fluffy. Add eggs, vanilla and mix. Stir together flour and baking soda and add to mixture. Fold in bananas. Beat 1-2 minutes until well blended. Pour mixture into a well-greased 2

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pound coffee can.

Place can in slow cooker. Cover can with 6 layers of paper towels between can and lid. Cover cooker –lid may be slightly loose to allow venting of steam. Bake on high for 2-2 hours 45 minutes, or until toothpick inserted into center of bread comes out clean.

Cool 15 minutes before removing from can.

Serves 10.

Nutrients per serving: 252 calories; 10 g. total fat; 2 g. sat fat; 246 mg. sodium

Zucchini Bread

3 eggs

2 cups sugar

2 cups peeled, grated zucchini squash

1 cup vegetable oil

2 Tablespoons vanilla

3 cups flour

1 teaspoon baking soda

¼ teaspoon baking powder

1 teaspoon salt

3 teaspoons cinnamon

1 cup chopped nuts

1 cup raisins or chopped dates (optional)

Beat eggs, sugar, squash, oil, and vanilla in large mixing bowl with mixer. Sift together flour, baking soda, baking powder, salt, and cinnamon. Add this one cup at a time to mixture, until all is blended. Stir in nuts and raisins. Pour into a greased and lightly floured 2 pound coffee can. Place coffee can in slow cooker, covering the top of the can with 5-6 paper towels. Add slow cooker lid to top, with lid slightly open so moisture can escape. Bake for 3- 4 hours, until toothpick in center comes clean.

Serves 30.

Nutrients per serving: 212 calories; 10 g. total fat; 1 g. saturated fat; 124 mg. sodium

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nutrients per serving: 212 calories, 10 g. total fat, 1 g. saturated fat, 124 mg. sodium

*Recipe shared by Oklahoma Cooperative Extension Service,
Healthy Eating A to Z*

Hot Fruit Dessert

- 1 (25 oz.) jar chunky unsweetened applesauce
- 1 (21 oz.) can lite cherry pie filling
- 1 (20 oz.) can pineapple chunks
- 1 (15 ¼ oz.) can sliced peaches
- 1 (15 1/3 oz.) can apricot halves
- 1 (15 oz.) can mandarin oranges
- ½ cup brown sugar
- 1 teaspoon ground cinnamon

Drain fruit, reserving liquid. Place the fruit in a slow cooker and stir gently. Combine the brown sugar and cinnamon; sprinkle over fruit. Add juices as needed. Cover and cook on low for 1-2 hours. Serve over angel food cake or pound cake. Serves 10-12.

Nutrients per serving: 124 calories; trace fat; 12 mg. sodium.

Beda Brown Betty

- 4 cups ½ inch bread cubes
- 6 Tablespoons margarine, melted
- ¾ cup brown sugar
- ½ teaspoon cinnamon
- ¼ teaspoon nutmeg
- 1/8 teaspoon salt
- 4 cups chopped, peeled cooking apples

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Mix the bread cubes, margarine, brown sugar, and spices in a bowl. Alternate layers of bread mixture and apples in a greased slow cooker. Cook, covered on High for 1 ½ to 2 ½ hours or until the apples are tender. Serve alone or with a scoop of vanilla ice cream. Serves 4.

Nutrients per serving: 474 calories; 19 g. total fat; 477 mg. sodium

Source: Pride of Kentucky Cookbook, featuring more slow cooker and Kentucky commodity recipes.

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