

# **CROCK POT MEALS:**

## **PEOPLE'S CHOICE TOP 50 DELICIOUS CROCK POT RECIPES:**

A SIMPLE A WAY TO MAKE DELICIOUS CROCK POT MEALS.

**Lisa Ryan**

# **CROCK POT MEALS: PEOPLE'S CHOICE TOP 50 DELICIOUS CROCK POT RECIPES**

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Smashwords Edition

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## To Die for Crock Pot Roast



Prep Time: 5 minutes

Total Time: 9 hours 5 minutes

Yields: 8

### Ingredients

1 (4 -5 lbs.) beef roast, any kind

1 (1 1/4 ounce) packages brown gravy mix, dry

1 (1 1/4 ounce) packages dried Italian salad dressing mix

1 (1 1/4 ounce) packages ranch dressing mix, dry

1/2 cup water

### Directions

1. Put the roasted beef in the crock pot.
2. Incorporate dried mixes in a small bowl. Dust roast beef with the mixture.
3. Dispense water around the roast beef.
4. Cook over low heat for about 7-9 hours.

**Variations:**

- Use 3 lbs. boneless chuck roast and reduce ranch dressing into half. Add up additional ¼ cup water and cook for about 9 hours for a tenderer outcome. Serve with mashed potatoes and gravy.
- Directly rub dried mixture of seasonings to the roast beef instead of dusting for a more flavorful outcome.

| Nutrition Facts         |     | Amount Per Serving      | % Daily Value |
|-------------------------|-----|-------------------------|---------------|
| Serving Size: 1 (245 g) |     | Total Fat 9.7g          | 14%           |
| Servings Per Recipe: 8  |     | Saturated Fat 3.9g      | 19%           |
| Amount Per Serving      |     | Cholesterol 149.8mg     | 49%           |
| Calories 295.2          |     | Sugars 0.0 g            |               |
| Calories from Fat 87    |     | Sodium 380.5mg          | 15%           |
|                         | 29% | Total Carbohydrate 2.6g | 0%            |
|                         |     | Dietary Fiber 0.0g      | 0%            |
|                         |     | Sugars 0.0 g            | 0%            |
|                         |     | Protein 49.5g           | 99%           |

## **Crock-Pot Chicken with Black Beans & Cream Cheese**



Prep Time: 3 minutes

Total Time: 4 hours 3 minutes

Yields: 4

### **Ingredients**

4 -5 boneless chicken breasts

1 (15 1/2 ounce) cans black beans

1 (15 ounce) cans corn

1 (15 ounce) jars salsa, any kind

1 (8 ounce) packages cream cheese

### **Directions**

1. Get 4-5 frozen, boneless chicken breasts and put in the crock pot.
2. Add in 1 can drained black beans, 1 can drained corn kernels and 1 jar salsa.
3. Cook in the crock pot on high heat for 4-5 hours or until done.
4. Top chicken with one package cream cheese and let stand for ½ hour.
5. Serve with rice and enjoy.

### Variations:

- Use sour cream or Velveta cream as substitute to cream cheese, and use green mountain medium salsa for a very flavorful outcome.
- Try to cook chicken also over low flame instead of high for more tender and juicy chicken.

| Nutrition Facts         |               | Amount Per Serving       | % Daily Value |
|-------------------------|---------------|--------------------------|---------------|
| Serving Size: 1 (493 g) |               | Total Fat 35.0g          | 53%           |
| Servings Per Recipe: 4  |               | Saturated Fat 15.1g      | 75%           |
| Amount Per Serving      | % Daily Value | Cholesterol 155.2mg      | 51%           |
| Calories 679.1          |               | Sugars 9.9 g             |               |
| Calories from Fat 315   | 46%           | Sodium 913.4mg           | 38%           |
|                         |               | Total Carbohydrate 50.0g | 16%           |
|                         |               | Dietary Fiber 11.1g      | 44%           |
|                         |               | Sugars 9.9 g             | 39%           |
|                         |               | Protein 45.8g            | 91%           |



## Crock Pot Whole Chicken



Prep Time: 15 hours  
Total Time: 23 hours  
Yields: 4

### Ingredients

- 4 teaspoons salt
- 2 teaspoons paprika
- 1 teaspoon cayenne pepper
- 1 teaspoon onion powder
- 1 teaspoon thyme
- 1 teaspoon white pepper
- 1/2 teaspoon garlic powder
- 1/2 teaspoon black pepper
- 1 large roasting chicken
- 1 cup chopped onion (optional)

### Directions

1. Mix all the spices in a small bowl.
2. Clean chicken thoroughly and eliminate innards (guts, gizzards and livers) polish and rub chicken with the mixture of spices.
3. Put chicken in an airtight and reseal able bag. Chill overnight. You can prepare chicken earlier before the said cooking.
4. Place chopped onions in the crock pot bottom, add in the chicken. Do not pour any liquids the chicken will produce its own juice.
5. Cook chicken over low heat for 4-8 hours or until done,
6. Serve with rice and enjoy.

### Variations:

- Use a little wine and add to the spices. Reserve the stock for making a chicken soup to serve with the chicken.
- Line crock pot with aluminum foil packed with cubed potatoes, seasoned with butter, salt and pepper, instead of using onion slices.

| Nutrition Facts         |               | Amount Per Serving      | % Daily Value |
|-------------------------|---------------|-------------------------|---------------|
| Serving Size: 1 (196 g) |               | Total Fat 23.4g         | 36%           |
| Servings Per Recipe: 4  |               | Saturated Fat 6.6g      | 33%           |
| Amount Per Serving      | % Daily Value | Cholesterol 106.9mg     | 35%           |
| Calories 327.0          |               | Sugars 0.2 g            |               |
| Calories from Fat 211   | 64%           | Sodium 2426.7mg         | 101%          |
|                         |               | Total Carbohydrate 2.2g | 0%            |
|                         |               | Dietary Fiber 0.8g      | 3%            |
|                         |               | Sugars 0.2 g            | 0%            |
|                         |               | Protein 25.5g           | 51%           |

## Crock Pot Cream Cheese Chicken



Prep Time: 20 minutes  
Total Time: 7 hours 20 minutes  
Yields: 6

### Ingredients

3 lbs. chicken pieces  
1 (2/3 ounce) package Italian salad dressing mix  
4 tablespoons melted butter (divided)  
1 small onion, chopped  
1 garlic clove, chopped  
1 (10 1/2 ounce) cans cream of chicken soup  
8 ounces cream cheese  
1/2 cup chicken broth

### Directions:

1. In a crock pot, put the chicken pieces, dust chicken with Italian seasoning. Then drop 2 tablespoon melted butter over the chicken.

2. Cook chicken over low heat for about 4-6 hours
3. In a saucepan, heat 2 tbsp. butter. Sauté the garlic and onion over the butter. Add in cream of chicken soup, chicken broth and the cream cheese. Mix until mixture is smooth.
4. Pour soup mixture to the crock pot over the chicken mixture. And cook for another 1 hour or until done.
5. Serve and enjoy!

### Variations:

- Add up some mushrooms with the cream cheese mixture. Then top with crumbled bacons and chives before serving.

| Nutrition Facts         |               | Amount Per Serving      | % Daily Value |
|-------------------------|---------------|-------------------------|---------------|
| Serving Size: 1 (267 g) |               | Total Fat 44.4g         | 68%           |
| Servings Per Recipe: 6  |               | Saturated Fat 19.0g     | 95%           |
| Amount Per Serving      | % Daily Value | Cholesterol 169.4mg     | 56%           |
| Calories 547.4          |               | Sugars 2.0 g            |               |
| Calories from Fat 399   | 73%           | Sodium 696.8mg          | 29%           |
|                         |               | Total Carbohydrate 6.4g | 2%            |
|                         |               | Dietary Fiber 0.2g      | 0%            |
|                         |               | Sugars 2.0 g            | 8%            |
|                         |               | Protein 29.7g           | 59%           |

## Pulled Pork (Crock Pot)



Prep Time: 30 minutes  
Total Time: 18 hours 30 minutes  
Yields: 10

### Ingredients

- 4 lbs. pork roast (shoulder or butt)
- 2 large onions
- 1 cup ginger ale
- 1 (18 ounce) bottles favorite barbecue sauce

### Directions:

1. Cut the onions and place half of sliced onions in the crock pot.
2. Place the roast over the onion slices and top with the other half of onion slices. Put the crock pot cover and cook over low heat for 12 hours.
3. Take out meat from the crock pot. Drain all liquids and save the onion slices. Shred the meat using a fork and drain excess fats, dispose bones and skin.
4. Put the onions and shredded meat back to the crock pot. Pour the barbecue sauce and continue cooking for 4-6 hours over low heat.
5. Serve with burger buns or bread rolls. Enjoy!

**Variations:**

- Substitute ginger ale with apple cider vinegar or juice and add up 1 tsp. liquid smoke.

| Nutrition Facts         |               | Amount Per Serving       | % Daily Value |
|-------------------------|---------------|--------------------------|---------------|
| Serving Size: 1 (292 g) |               | Total Fat 6.9g           | 10%           |
| Servings Per Recipe: 10 |               | Saturated Fat 2.0g       | 10%           |
| Amount Per Serving      | % Daily Value | Cholesterol 125.1mg      | 41%           |
| Calories 335.1          |               | Sugars 18.0 g            |               |
| Calories from Fat 62    | 18%           | Sodium 584.5mg           | 24%           |
|                         |               | Total Carbohydrate 25.3g | 8%            |
|                         |               | Dietary Fiber 0.8g       | 3%            |
|                         |               | Sugars 18.0 g            | 72%           |
|                         |               | Protein 40.2g            | 80%           |

# Crock Pot Taco Soup



Prep Time: 10 minutes  
Total Time: 2 hours 10 minutes  
Yields: 8-10

## Ingredients

- 1 (16 ounce) cans pinto beans
- 1 (16 ounce) cans white beans or 1 (16 ounce) cans kidney beans
- 1 (11 ounce) cans nib let corn
- 1 (11 ounce) cans Rotel tomatoes & chilies
- 1 (28 ounce) cans diced tomatoes
- 1 (4 ounce) cans diced green chilies
- 1 (1 1/4 ounce) envelopes taco seasoning mix
- 1 (1 ounce) envelope Hidden Valley® Original Ranch® Dressing and Seasoning Mix
- 1 lb. shredded chicken, or ground beef

## Directions

1. Boil meat then drain.
2. Place all ingredients including the liquids in the crock pot. Stir mixture to mix

3. Cook mixture over high heat for about 2 hours or cook over low heat for 4 hours. Maintain low heat until ready to serve.
4. Serve hot and accompany with shredded cheese, sour cream, tortilla chips or minced green onions.

**Variations:**

- Use 3 chicken breasts cut into cubes, substitute Rotel tomatoes with regular small can of tomatoes and use great northern beans in place of white beans.

| Nutrition Facts         |               | Amount Per Serving       | % Daily Value |
|-------------------------|---------------|--------------------------|---------------|
| Serving Size: 1 (292 g) |               | Total Fat 9.9g           | 15%           |
| Servings Per Recipe: 8  |               | Saturated Fat 2.6g       | 13%           |
| Amount Per Serving      | % Daily Value | Cholesterol 42.5mg       | 14%           |
| Calories 339.2          |               | Sugars 6.0 g             |               |
| Calories from Fat 89    | 26%           | Sodium 729.6mg           | 30%           |
|                         |               | Total Carbohydrate 43.4g | 14%           |
|                         |               | Dietary Fiber 10.9g      | 43%           |
|                         |               | Sugars 6.0 g             | 24%           |
|                         |               | Protein 22.3g            | 44%           |



# Crock Pot Lasagna



Prep Time: 15 minutes  
Total Time: 4 hours 15 minutes  
Yields: 4-6

## Ingredients

- 1 lb. lean ground beef
- 1 onion, chopped
- 2 garlic cloves, smashed
- 1 (28 ounce) cans tomato sauce
- 1 (6 ounce) cans tomato paste
- 1 1/2 teaspoons salt
- 1 teaspoon dried oregano
- 12 ounces cottage cheese
- 1/2 cup grated parmesan cheese or 1/2 cup asiago cheese
- 12 ounces lasagna noodles, uncooked
- 16 ounces shredded mozzarella cheese

## Directions

1. In a frying pan, fry the ground beef then sauté garlic and onions.
2. Stir in the tomato paste, tomato sauce, oregano and salt.
3. Let mixture boil.
4. Ladle a layer of the meat sauce into the slow cooker bottom.
5. Top with two layers of uncooked lasagna noodles. Place cheese on top of the noodles.
6. Spoon again meat sauce over the cheese place lasagna noodles over the sauce and top again with cheese.
7. Repeat the procedure until all are used.
8. Cover the slow cooker and cook lasagna for 4-5 hours or until done.
9. Serve and enjoy!

#### Variations:

- Try to replace half of the ground beef with spiced sausage and turn crock pot to warm setting to avoid overcooked pasta.

| Nutrition Facts         |               | Amount Per Serving              | % Daily Value |
|-------------------------|---------------|---------------------------------|---------------|
| Serving Size: 1 (460 g) |               |                                 |               |
| Servings Per Recipe: 4  |               |                                 |               |
| Amount Per Serving      | % Daily Value |                                 |               |
| <b>Calories 1098.2</b>  |               | <b>Total Fat 46.1g</b>          | <b>70%</b>    |
| Calories from Fat 415   | 37%           | Saturated Fat 23.6g             | 118%          |
|                         |               | <b>Cholesterol 190.0mg</b>      | <b>63%</b>    |
|                         |               | Sugars 20.9 g                   |               |
|                         |               | <b>Sodium 3576.5mg</b>          | <b>149%</b>   |
|                         |               | <b>Total Carbohydrate 92.0g</b> | <b>30%</b>    |
|                         |               | Dietary Fiber 8.1g              | 32%           |
|                         |               | Sugars 20.9 g                   | 83%           |
|                         |               | <b>Protein 78.9g</b>            | <b>157%</b>   |

## Slow-Cooker Cheesy Chicken



Prep Time: 10 minutes  
Total Time: 8 hours 10 minutes  
Yields: 8

### Ingredients

2 lbs. boneless skinless chicken breasts  
2 (10 1/2 ounce) cans condensed cream of chicken soup  
1 (10 1/2 ounce) cans condensed cheddar cheese soup  
1/4 teaspoon garlic powder  
Salt and pepper

### Directions

1. Arrange chicken breasts into the crock pot.
2. Incorporate the unmixed soups together. Add in garlic powder and drizzle over the chicken.
3. Put crock pot cover and cook over low heat for about 6-8 hours or until done.
4. Serve with sauce and rice. Enjoy!

**Variations:**

- Slice boneless chicken into cubes before placing in crockpot. Serve over egg noodles.
- Use broccoli cheese soup in place of cheddar cheese. Serve with sauce and rice.

| Nutrition Facts         |               | Amount Per Serving      | % Daily Value |
|-------------------------|---------------|-------------------------|---------------|
| Serving Size: 1 (225 g) |               | Total Fat 10.2g         | 15%           |
| Servings Per Recipe: 8  |               | Saturated Fat 3.8g      | 19%           |
| Amount Per Serving      | % Daily Value | Cholesterol 87.1mg      | 29%           |
| Calories 241.7          |               | Sugars 0.6 g            |               |
| Calories from Fat 92    | 38%           | Sodium 912.1mg          | 38%           |
|                         |               | Total Carbohydrate 8.4g | 2%            |
|                         |               | Dietary Fiber 0.3g      | 1%            |
|                         |               | Sugars 0.6 g            | 2%            |
|                         |               | Protein 27.4g           | 54%           |

# **Easy and Tasty Barbecue Chicken Sandwiches in the Crock Pot**



Prep Time: 10 minutes  
Total Time: 8 hours 10 minutes  
Yields: 4-6

## **Ingredients**

- 1 -2 lbs. boneless skinless chicken breast
- 1 (18 ounce) jars of your favorite barbecue sauce
- 1 medium sweet onion, sliced
- 4 -6 hamburger buns

## **Directions**

1. Get rid of all noticeable fats from the chicken, then place the chicken into the crock pot.
2. Put the onion slices over the chicken.
3. Dispense enough barbecue sauce over the chicken.
4. Cook chicken over low heat for about 8 hours or until done.

5. Shred chicken using the fork. Ladle mixture into the buns bottom part and top with the buns top part.
6. Serve with potato chips and carrot raisin salad. Enjoy!

### Variations:

1. You can use sweet Baby Rays barbecue sauce, soak shredded chicken over the sauce for 4-5 hours. Add few teaspoons of liquid smoke to your ingredients.
2. Use 2.5 lbs. chicken. Season chicken with pepper, garlic and salt before cooking for more flavorful outcome.

| Nutrition Facts         |               | Amount Per Serving              | % Daily Value |
|-------------------------|---------------|---------------------------------|---------------|
| Serving Size: 1 (216 g) |               |                                 |               |
| Servings Per Recipe: 4  |               |                                 |               |
| Amount Per Serving      | % Daily Value |                                 |               |
| <b>Calories 471.3</b>   |               | <b>Total Fat 5.2g</b>           | <b>8%</b>     |
| Calories from Fat 47    | 10%           | Saturated Fat 1.1g              | 5%            |
|                         |               | <b>Cholesterol 72.6mg</b>       | <b>24%</b>    |
|                         |               | Sugars 40.5 g                   |               |
|                         |               | <b>Sodium 1529.8mg</b>          | <b>63%</b>    |
|                         |               | <b>Total Carbohydrate 74.8g</b> | <b>24%</b>    |
|                         |               | Dietary Fiber 2.2g              | 8%            |
|                         |               | Sugars 40.5 g                   | 162%          |
|                         |               | <b>Protein 28.4g</b>            | <b>56%</b>    |

## **Crock Pot Chicken, Gravy and Stuffing**



Prep Time: 20 minutes  
Total Time: 6 hours 20 minutes  
Yields: 4

### **Ingredients**

4 boneless skinless chicken breasts  
Salt  
Pepper  
1 cup chicken broth  
4 -6 slices Swiss cheese  
1 (10 1/2 ounce) cans cream of chicken soup  
1 (10 1/2 ounce) cans cream of mushroom soup  
1/4 cup milk  
2 cups Pepperidge Farm Herb Stuffing  
1/2 cup butter, Melted

### **Directions**

1. Flavor chicken breasts with salt and pepper. Put chicken breasts into the crock pot. Dispense Chicken stock or broth over the chicken breasts.
2. Place one slice of Swiss cheese on each of the chicken.
3. Incorporate both soups with the milk.
4. Coat the chicken breasts with the soup mixture then sprinkle the stuffing all over the chicken.
5. Put melted butter on top of chicken then cook for about 6 hours over low heat or 3 hours over high heat.
6. Serve and enjoy!

### Variations:

- Replace butter with  $\frac{1}{4}$  cup Smart balance spread or you can also use broth instead of butter

| Nutrition Facts         |               | Amount Per Serving       | % Daily Value |
|-------------------------|---------------|--------------------------|---------------|
| Serving Size: 1 (399 g) |               | Total Fat 43.4g          | 66%           |
| Servings Per Recipe: 4  |               | Saturated Fat 22.9g      | 114%          |
| Amount Per Serving      | % Daily Value | Cholesterol 170.3mg      | 56%           |
| <b>Calories 594.1</b>   |               | Sugars 2.0 g             |               |
| Calories from Fat 390   | 65%           | Sodium 1632.2mg          | 68%           |
|                         |               | Total Carbohydrate 12.7g | 4%            |
|                         |               | Dietary Fiber 0.0g       | 0%            |
|                         |               | Sugars 2.0 g             | 8%            |
|                         |               | <b>Protein 37.5g</b>     | <b>75%</b>    |



## Slow Cook Down Home Pork Chops and Gravy



Prep Time: 30 minutes  
Total Time: 2 hours 30 minutes  
Yields: 6

### Ingredients

1/2 cup all-purpose flour  
1 1/2 teaspoons dry mustard  
1/2 teaspoon salt  
1/2 teaspoon garlic powder  
6 lean boneless pork chops (1 inch thick)  
1 (10 3/4 ounce) cans condensed chicken broth  
2 tablespoons vegetable oil

### Directions

1. In a narrow plate incorporate first four ingredients.
2. Coat pork chops over the flour mixture. Set aside.
3. Mix excess flour mixture with the chicken stock or broth then dispense into the crock pot.

4. Meanwhile heat the oil in a large frying pan, fry pork chops over the hot oil until pork chops are golden brown in color.
5. Transfer pork chops into the crock pot and cook covered for 2-5 hours over high heat.
6. Flavor with salt and pepper according to taste.
7. Serve with rice or with mashed potatoes. Enjoy!

### Variations:

- Use 1 box of chicken broth as substitute to condensed broth.
- Use old bay seasoning instead of salt for more flavor. And use chicken bouillon instead of condensed broth.

| Nutrition Facts         |               | Amount Per Serving      | % Daily Value |
|-------------------------|---------------|-------------------------|---------------|
| Serving Size: 1 (257 g) |               | Total Fat 18.2g         | 28%           |
| Servings Per Recipe: 6  |               | Saturated Fat 5.3g      | 26%           |
| Amount Per Serving      | % Daily Value | Cholesterol 124.5mg     | 41%           |
| Calories 385.6          |               | Sugars 0.2 g            |               |
| Calories from Fat 164   | 42%           | Sodium 633.5mg          | 26%           |
|                         |               | Total Carbohydrate 8.7g | 2%            |
|                         |               | Dietary Fiber 0.3g      | 1%            |
|                         |               | Sugars 0.2 g            | 1%            |
|                         |               | Protein 43.6g           | 87%           |

## Crock-Pot Potato Chowder



Prep Time: 30 minutes  
Total Time: 8 hours 30 minutes  
Serves: 12 / Yields: 3 quarts

### Ingredients

8 cups diced potatoes  
1/3 cup onion, chopped  
3 (14 1/2 ounce) cans chicken broth  
1 (10 3/4 ounce) cans condensed cream of chicken soup  
1 (8 ounce) packages cream cheese, cubed, softened  
1/2 lb. bacon, cooked and crumbled  
Chives

### Directions

1. Mix potatoes with the broth, chicken soup and onions in the crock pot.
2. Put crock pot cover and cook for 8-10 hours over low heat until the potatoes are tender.
3. Stir in cream cheese
4. Garnish with bacon and chives.

5. Serve and enjoy!

**Variations:**

- Add the following spices to your ingredients: 1 1/2 tsp. white pepper, 1 tsp. dried basil, and 1/2 tsp. thyme. Then garnish with sour cream, bacon, chopped green onions and shredded cheese.

| Nutrition Facts         |               | Amount Per Serving       | % Daily Value |
|-------------------------|---------------|--------------------------|---------------|
| Serving Size: 1 (278 g) |               | Total Fat 17.1g          | 26%           |
| Servings Per Recipe: 12 |               | Saturated Fat 7.1g       | 35%           |
| Amount Per Serving      | % Daily Value | Cholesterol 35.7mg       | 11%           |
| Calories 270.6          |               | Sugars 2.0 g             |               |
| Calories from Fat 154   | 57%           | Sodium 741.0mg           | 30%           |
|                         |               | Total Carbohydrate 21.0g | 7%            |
|                         |               | Dietary Fiber 2.2g       | 9%            |
|                         |               | Sugars 2.0 g             | 8%            |
|                         |               | Protein 8.2g             | 16%           |

## Crock Pot Chicken Taco Meat



Cooking time: 6 hours

Total Time: 6 hours

Yields: 8

### Ingredients

3 tablespoons taco seasoning

1 cup chicken broth

1 lb. boneless skinless chicken breast

Taco shells

### Directions

1. Melt the taco seasoning into the chicken broth.
2. Put the chicken breasts into the crock pot and dispense the chicken broth mixture on top of chicken breasts.
3. Put crock pot cover and cook from 6-8 hours over low heat
4. Sliver chicken into bite size cuts using the fork
5. Place chicken slices into taco shells then serve.
6. Store remaining taco stuffing in airtight bags and chill for later use.

## Variations:

1. Add up some chopped garlic and cayenne. Serve with tortillas and add some toppings such as cheese, lettuce, tomatoes, and olives,
2. Use taco bell seasoning instead of taco seasoning. Add up a can of Rotel tomatoes and chills with lime and cilantro

| Nutrition Facts        |               | Amount Per Serving      | % Daily Value |
|------------------------|---------------|-------------------------|---------------|
| Serving Size: 1 (88 g) |               | Total Fat 1.6g          | 2%            |
| Servings Per Recipe: 8 |               | Saturated Fat 0.3g      | 1%            |
| Amount Per Serving     | % Daily Value | Cholesterol 36.3mg      | 12%           |
| Calories 71.4          |               | Sugars 0.2 g            |               |
| Calories from Fat 14   | 20%           | Sodium 239.3mg          | 9%            |
|                        |               | Total Carbohydrate 0.6g | 0%            |
|                        |               | Dietary Fiber 0.1g      | 0%            |
|                        |               | Sugars 0.2 g            | 1%            |
|                        |               | Protein 12.6g           | 25%           |

## Olive Garden Pasta E Fagioli Soup in a Crock Pot



Prep Time: 15 minutes  
Total Time: 7 hours 15 minutes  
Yields: 12-14

### Ingredients

- 2 lbs. ground beef
- 1 onion, chopped
- 3 carrots, chopped
- 4 stalks celery, chopped
- 2 (28 ounce) cans diced tomatoes, un drained
- 1 (16 ounce) cans red kidney beans, drained
- 1 (16 ounce) cans white kidney beans, drained
- 3 (10 ounce) cans beef stock
- 3 teaspoons oregano
- 2 teaspoons pepper
- 5 teaspoons parsley
- 1 teaspoon Tabasco sauce (optional)

1 (20 ounce) jars spaghetti sauce

8 ounces pasta

## Directions

1. Fry beef in a skillet
2. Remove excess fat from the beef using a strainer.
3. Place the beef into the crock pot. add in all ingredients remaining except the pasta.
4. cook covered for 4-5 hours over high heat or cook for 7-8 hours over low heat
5. Add up the pasta 1 hour before serving when using the low heat while add up pasta 30 minutes before serving for the high heat.

## Variations:

1. Use ground turkey as a substitute to beef.
2. Add in 1/3 cup of fresh chopped parsley and use beef bouillon instead of stock or broth.

| Nutrition Facts         |               | Amount Per Serving       | % Daily Value |
|-------------------------|---------------|--------------------------|---------------|
| Serving Size: 1 (375 g) |               | Total Fat 13.2g          | 20%           |
| Servings Per Recipe: 12 |               | Saturated Fat 4.8g       | 24%           |
| Amount Per Serving      | % Daily Value | Cholesterol 51.9mg       | 17%           |
| Calories 377.2          |               | Sugars 8.4 g             |               |
| Calories from Fat 119   | 31%           | Sodium 560.8mg           | 23%           |
|                         |               | Total Carbohydrate 40.0g | 13%           |
|                         |               | Dietary Fiber 8.6g       | 34%           |
|                         |               | Sugars 8.4 g             | 33%           |
|                         |               | Protein 24.6g            | 49%           |



## **Awesome Slow Cooker Pot Roast**



Prep Time: 10 minutes  
Total Time: 8 hours 10 minutes  
Yields: 12

### **Ingredients**

2 (10 3/4 ounce) cans condensed cream of mushroom soup  
1 (1 ounce) package dry onion soup mix  
1 1/4 cups water  
5 1/2 lbs. pot roast

### **Directions**

1. Combine cream of mushroom soup, water and dry onion soup mix in a slow cooker.
2. Put the pot roast into the slow cooker and cover with the soup mixture.
3. Cook for about 3-4 hours over high heat or 8-9 hours over low heat.
4. Serve and enjoy!

**Variations:**

- 1. Substitute water with beef broth and use boneless chuck instead of pot roast. Add up some baby carrots and potatoes.
- 2. Substitute mushroom soup with Specialty Soup Substitutes.

| Nutrition Facts         |               | Amount Per Serving      | % Daily Value |
|-------------------------|---------------|-------------------------|---------------|
| Serving Size: 1 (77 g)  |               | Total Fat 3.0g          | 4%            |
| Servings Per Recipe: 12 |               | Saturated Fat 0.7g      | 3%            |
| Amount Per Serving      | % Daily Value | Cholesterol 0.0mg       | 0%            |
| Calories 50.0           |               | Sugars 0.8 g            |               |
| Calories from Fat 27    | 53%           | Sodium 546.6mg          | 22%           |
|                         |               | Total Carbohydrate 4.9g | 1%            |
|                         |               | Dietary Fiber 0.1g      | 0%            |
|                         |               | Sugars 0.8 g            | 3%            |
|                         |               | Protein 0.9g            | 1%            |

## Crock Pot Chicken Cacciatore



Prep Time: 5 minutes

Total Time: 9 hours 5 minutes

Yields: 4

### Ingredients

3 lbs. chicken, cut up in pieces

1 large onion, thinly sliced

2 (6 ounce) cans tomato paste

6 ounces sliced mushrooms

1 green bell pepper, finely chopped

2 -4 garlic cloves, minced

2 teaspoons oregano

1 teaspoon dried basil

1/2 teaspoon celery powder

1 teaspoon salt

1/2 cup dry white wine

3 tablespoons olive oil

1 teaspoon crushed red pepper flakes

## Directions

1. Arrange onion slices into the crock pot bottom.
2. Add in chicken cuts.
3. Combine all remaining ingredients.
4. Dispense mixture into the crock pot over the chicken.
5. cook chicken for 7-9 hours over low heat or 3-4 hours over high heat
6. Serve with rice or pasta. Enjoy!

## Variations:

1. Put some celery powder to the mixture and use skinless chicken thighs.
2. Use skinless and boneless thighs and homemade tomato sauce instead of canned tomato sauce.

| Nutrition Facts         |               | Amount Per Serving       | % Daily Value |
|-------------------------|---------------|--------------------------|---------------|
| Serving Size: 1 (579 g) |               | Total Fat 62.0g          | 95%           |
| Servings Per Recipe: 4  |               | Saturated Fat 16.2g      | 81%           |
| Amount Per Serving      | % Daily Value | Cholesterol 255.1mg      | 85%           |
| Calories 948.7          |               | Sugars 13.8 g            |               |
| Calories from Fat 558   | 58%           | Sodium 1503.2mg          | 62%           |
|                         |               | Total Carbohydrate 23.9g | 7%            |
|                         |               | Dietary Fiber 5.2g       | 21%           |
|                         |               | Sugars 13.8 g            | 55%           |
|                         |               | Protein 69.1g            | 138%          |

## Crock Pot Ravioli



Prep Time: 10 minutes  
Total Time: 4 hours 10 minutes  
Yields: 6-8

### Ingredients

1 (25 ounce) bag beef ravioli  
1 (26 ounce) jars pasta sauce  
1 (8 ounce) cans tomato sauce  
1 cup water  
2 -3 teaspoons red peppers  
Italian spices  
1 cup shredded mozzarella cheese

### Directions

1. Dispense half of the pasta sauce into the crock pot.
2. Add in the frozen ravioli
3. Dispense remaining pasta sauce, water, and tomato sauce. stir in red pepper

4. Dust the Italian seasonings over the sauces.
5. Top with shredded cheese.
6. Cook ravioli for 4-5 hours over low heat or until done

### Variations:

- Add up diced spicy Italian sausages, omit tomato sauce and add some more pasta sauce with some Italian diced tomatoes for some texture.
- Use 2 packages of frozen deli ravioli and use canned chopped tomatoes in place of tomato sauce. Use parmesan cheese

| Nutrition Facts         |               | Amount Per Serving       | % Daily Value |
|-------------------------|---------------|--------------------------|---------------|
| Serving Size: 1 (189 g) |               | Total Fat 7.9g           | 12%           |
| Servings Per Recipe: 6  |               | Saturated Fat 3.4g       | 17%           |
| Amount Per Serving      | % Daily Value | Cholesterol 17.5mg       | 5%            |
| Calories 186.5          |               | Sugars 14.1 g            |               |
| Calories from Fat 71    | 38%           | Sodium 888.6mg           | 37%           |
|                         |               | Total Carbohydrate 21.6g | 7%            |
|                         |               | Dietary Fiber 4.2g       | 16%           |
|                         |               | Sugars 14.1 g            | 56%           |
|                         |               | Protein 7.1g             | 14%           |

## Slow-Cooker Beef Short Ribs



Prep Time: 10 minutes  
Total Time: 9 hours 10 minutes  
Yields: 6

### Ingredients

1/3 cup flour  
1 teaspoon salt  
1/4 teaspoon pepper  
2 1/2 lbs. boneless beef short ribs  
1/4 cup butter  
1 cup chopped onion  
1 cup beef broth  
3/4 cup red wine vinegar  
3/4 cup brown sugar  
1/4 cup chili sauce  
2 tablespoons catsup  
2 tablespoons Worcestershire sauce

2 tablespoons minced garlic

1 teaspoon chili powder

## Directions

1. Place the flour, pepper and salt in a reseal able bag.
2. Put the ribs in the bag and mix to coat the ribs.
3. Heat in a skillet. Fry ribs over the butter.
4. Transfer ribs into the slow cooker crock pot.
5. Incorporate remaining ingredients in the skillet and let the mixture boil, while stirring constantly.
6. Dispense mixture into the crock pot over the ribs and cook covered for 9 hours over low heat

## Variations:

- Use the combination of soy sauce, sesame oil, and ginger in place of the Worcestershire sauce.
- Use bone in short ribs and use catsup instead of chili sauce then add 1 tsp. of Sriracha

| Nutrition Facts         |               | Amount Per Serving       | % Daily Value |
|-------------------------|---------------|--------------------------|---------------|
| Serving Size: 1 (356 g) |               | Total Fat 76.4g          | 117%          |
| Servings Per Recipe: 6  |               | Saturated Fat 34.7g      | 173%          |
| Amount Per Serving      | % Daily Value | Cholesterol 163.9mg      | 54%           |
| Calories 976.7          |               | Sugars 30.8 g            |               |
| Calories from Fat 688   | 70%           | Sodium 979.1mg           | 40%           |
|                         |               | Total Carbohydrate 40.6g | 13%           |
|                         |               | Dietary Fiber 1.5g       | 6%            |
|                         |               | Sugars 30.8 g            | 123%          |
|                         |               | Protein 29.4g            | 58%           |



## Granny's Slow Cooker Vegetarian Chili



Prep Time: 15 minutes  
Total Time: 6 hours 15 minutes  
Yields: 8

### Ingredients

- 1 (11 ounce) cans condensed black bean soup
- 1 (15 ounce) cans kidney beans, drained and rinsed
- 1 (15 ounce) cans garbanzo beans, drained and rinsed
- 1 (16 ounce) cans vegetarian baked beans
- 1 (14 1/2 ounce) cans chopped tomato puree
- 1 (15 ounce) cans whole kernel corn, drained
- 1 onion, chopped
- 1 green bell pepper, chopped
- 2 zucchini, chopped
- 2 stalks celery, chopped
- 2 garlic cloves, chopped

1 (4 ounce) cans diced chilies  
1 -2 jalapeno, chopped  
1 tablespoon chili powder  
2 teaspoons cumin  
1 tablespoon dried parsley  
1 tablespoon dried oregano  
1 tablespoon dried basil  
1 tablespoon cilantro

## **Directions**

1. Sauté onions, zucchini, bell pepper, and celery for 5 minutes in a saucepan.
2. Meanwhile mix black bean soup, garbanzo beans, kidney beans, baked beans, corn, jalapeno, chilies and the sautéed onions, zucchini, bell pepper and celery in a slow cooker.
3. Spice up with chili powder, parsley, cumin, garlic, basil and oregano.
4. Cook for 6 hours over low heat.
5. serve and enjoy!

## **Variations:**

- Add more garlic and cumin. Use jalapeno and serrano for more spice.
- Use 14 ½ ounce can of tomato puree and add 14 ½ ounce can diced tomatoes.

# Nutrition Facts

Serving Size: 1 (415 g)  
Servings Per Recipe: 8

| Amount Per Serving   | % Daily Value |
|----------------------|---------------|
| Calories 293.7       |               |
| Calories from Fat 25 | 76%           |

| Amount Per Serving       | % Daily Value |
|--------------------------|---------------|
| Total Fat 2.8g           | 4%            |
| Saturated Fat 0.5g       | 2%            |
| Cholesterol 0.0mg        | 0%            |
| Sugars 13.5 g            |               |
| Sodium 1114.8mg          | 46%           |
| Total Carbohydrate 59.3g | 19%           |
| Dietary Fiber 14.3g      | 57%           |
| Sugars 13.5 g            | 54%           |
| Protein 13.9g            | 27%           |

## French Dip Roast Beef for the Crock Pot



Prep Time: 10 minutes  
Total Time: 7 hours 10 minutes  
Yields: 12

### Ingredients

3 1/2-4 lbs. boneless chuck roast  
1/2 cup soy sauce  
1 beef bouillon cube  
1 bay leaf  
3 -4 peppercorns  
1 teaspoon dried rosemary, crushed  
1 teaspoon dried thyme  
1 teaspoon garlic powder  
12 French rolls, split

### Directions

1. Put the roast into a 5 quart slow cooker crock pot.

2. Incorporate soy sauce with beef bouillon, bay leaf, peppercorns, rosemary, thyme and garlic powder. mix well.
3. Dispense mixture into the slow cooker over the crock pot.
4. Cover and cook for 7 hours over low heat or until done.
5. Take out the roast and save the broth. Shred roasts using the fork.
6. Serve with sandwich rolls accompanied by the broth as a dip

#### Variations:

- Use ½ tsp. of oregano in replacement of the rosemary and use ½ tsp. of thyme only.
- Add in a can of golden mushroom soup to flavor the broth and some onion slices

| Nutrition Facts         |     | Amount Per Serving       | % Daily Value |
|-------------------------|-----|--------------------------|---------------|
| Serving Size: 1 (183 g) |     | Total Fat 9.7g           | 15%           |
| Servings Per Recipe: 12 |     | Saturated Fat 4.0g       | 20%           |
| Amount Per Serving      |     | Cholesterol 87.3mg       | 29%           |
| Calories 300.4          |     | Sugars 0.4 g             |               |
| Calories from Fat 87    |     | Sodium 1055.3mg          | 43%           |
|                         | 29% | Total Carbohydrate 20.6g | 6%            |
|                         |     | Dietary Fiber 1.4g       | 5%            |
|                         |     | Sugars 0.4 g             | 1%            |
|                         |     | Protein 32.6g            | 65%           |

## Smokehouse Chicken Crock Pot



Prep Time: 10 minutes

Total Time: 10 hours 10 minutes

Yield: 1 smoked chicken

### Ingredients

1 whole chicken

1/4 cup liquid smoke

### Directions

1. Wash chicken thoroughly and drain excess water.
2. Flavor if desired.
3. Put chicken in the crock pot with the breast side down.
4. Dispense liquid smoke into the crock pot over the chicken
5. cover crock pot and cook over low heat until done.

### Variations:

- Use six large boneless and skinless chicken breasts. pour 1/4 cup liquid smoke over the chicken breasts then pour 1/8 cup Worcestershire sauce. cook over high heat for 3 hours

- Add up some chopped onions to the crock pot bottom and rub chicken with chicken seasoning.

| Nutrition Facts          |  | Amount Per Serving      | % Daily Value |
|--------------------------|--|-------------------------|---------------|
| Serving Size: 1 (1336 g) |  | Total Fat 211.7g        | 325%          |
| Servings Per Recipe: 1   |  | Saturated Fat 60.5g     | 302%          |
| Amount Per Serving       |  | Cholesterol 975.2mg     | 325%          |
| Calories 2885.7          |  | Sugars 0.0 g            |               |
| Calories from Fat 1905   |  | Sodium 908.4mg          | 37%           |
|                          |  | Total Carbohydrate 0.0g | 0%            |
|                          |  | Dietary Fiber 0.0g      | 0%            |
|                          |  | Sugars 0.0 g            | 0%            |
|                          |  | Protein 228.9g          | 457%          |

## Crock Pot Stuffing



Prep Time: 10 minutes  
Total Time: 3 hours 10 minutes  
Yields: 10

### Ingredients

2 cups chopped onions  
1 1/2 cups thinly sliced celery  
1 cup diced tart apple, peeled and cored  
1/4 cup butter  
1 tablespoon ground sage  
1 teaspoon ground marjoram  
1 teaspoon salt  
1 teaspoon pepper  
1/2 teaspoon savory  
1/2 teaspoon thyme  
12 cups lightly toasted bread, cubes  
1/4 cup fresh parsley, chopped



1 1/2 cups chicken stock or 1 1/2 cups vegetable stock

## Directions

1. Heat butter in a large frying pan, sauté onions, apple and celery until onions are transparent
2. Add in sage, salt and pepper, marjoram, thyme and savory.
3. Meanwhile mix together the vegetables, parsley and bread crumbs. Mix well
4. Dispense stock over the mixture then mix.
5. Pour into the crock pot. Then cover, cook for an hour over high heat.
6. Lessen heat to low then continue cooking for about 2-3 hours while stirring occasionally.
7. Spoon to serving bowls then serve.

## Variations:

Add up ½ cup cranberries to add color and cook for 4 ½ hours.

Add additional sage and add in 5 Italian sausages (casings removed, fried and crumbled)

| Nutrition Facts         |               | Amount Per Serving       | % Daily Value |
|-------------------------|---------------|--------------------------|---------------|
| Serving Size: 1 (158 g) |               | Total Fat 6.9g           | 10%           |
| Servings Per Recipe: 10 |               | Saturated Fat 3.4g       | 17%           |
| Amount Per Serving      | % Daily Value | Cholesterol 13.2mg       | 4%            |
| Calories 221.4          |               | Sugars 5.8 g             |               |
| Calories from Fat 62    | 28%           | Sodium 615.0mg           | 25%           |
|                         |               | Total Carbohydrate 34.2g | 11%           |
|                         |               | Dietary Fiber 2.6g       | 10%           |
|                         |               | Sugars 5.8 g             | 23%           |
|                         |               | Protein 5.6g             | 11%           |

## **Crock Pot Cube Steak and Gravy**



Prep Time: 15 minutes  
Total Time: 8 hours 15 minutes  
Yields: 4

### **Ingredients**

2 lbs. cube steaks  
Salt  
Pepper  
Flour (for coating)  
1 (1 ounce) package onion gravy mix  
1 (10 1/2 ounce) cans cream of mushroom soup  
2 cups water

### **Directions**

1. Season the steak with salt and pepper. coat with flour. Pour oil in a skillet and heat. fry the steak over the hot oil. then transfer to the crock pot.
2. Pour water, gravy mix and soup into the crock pot over the steak.
3. Place the crock pot cover then cook for 6-8 hours over low heat.

4. Serve with rice or mashed potatoes. Enjoy!

### Variations:

- Use home-style gravy with some dehydrated onions and use pork cutlets.
- Double the can of cream chicken and use 1 can of cream celery as substitute for the cream of mushroom.

| Nutrition Facts         |               | Amount Per Serving      | % Daily Value |
|-------------------------|---------------|-------------------------|---------------|
| Serving Size: 1 (193 g) |               | Total Fat 4.3g          | 6%            |
| Servings Per Recipe: 4  |               | Saturated Fat 1.0g      | 5%            |
| Amount Per Serving      | % Daily Value | Cholesterol 0.0mg       | 0%            |
| Calories 63.2           |               | Sugars 1.0 g            |               |
| Calories from Fat 39    | 62%           | Sodium 525.9mg          | 21%           |
|                         |               | Total Carbohydrate 5.0g | 1%            |
|                         |               | Dietary Fiber 0.0g      | 0%            |
|                         |               | Sugars 1.0 g            | 4%            |
|                         |               | Protein 1.2g            | 2%            |

## **Debbie's Crock Pot Chili**



Prep Time: 30 minutes  
Total Time: 6 hours 30 minutes  
Yields: 4-6

### **Ingredients**

#### **Seasoning Mix**

4 tablespoons chili powder  
2 1/2 teaspoons ground coriander  
2 1/2 teaspoons ground cumin  
1 1/2 teaspoons garlic powder  
1 teaspoon oregano  
1/2 teaspoon cayenne pepper

#### **Chili**

1 1/2 lbs. ground beef  
1 tablespoon minced onion  
1 (28 ounce) cans diced tomatoes  
1 (15 ounce) cans tomato sauce  
2 (15 ounce) cans kidney beans

## Directions

1. Combine all seasonings. mix well. place in an airtight containers and store for later use. Note: you will only use 3 tsp of the seasoning per recipe preparation.
2. Brown the ground beef in a skillet then drain excess oil.
3. Add in onion and 3 teaspoon of the seasoning mix.
4. Combine tomato sauce, tomatoes, 1 can of beans and 2 tsp. of the seasoning in a crock pot.
5. Pour the other can of beans into a blender and beat until smooth.
6. Add in processed beans and beef into the crock pot
7. Mix and cook for about 6-8 hours over low heat.
8. Serve and enjoy

## Variations:

- Use small white beans and light kidney beans for the puree.
- Add some can of tomato paste to the mixture and a little sugar

| Nutrition Facts         |               | Amount Per Serving       | % Daily Value |
|-------------------------|---------------|--------------------------|---------------|
| Serving Size: 1 (468 g) |               | Total Fat 29.0g          | 44%           |
| Servings Per Recipe: 4  |               | Saturated Fat 10.6g      | 53%           |
| Amount Per Serving      | % Daily Value | Cholesterol 115.6mg      | 38%           |
| Calories 642.3          |               | Sugars 14.4 g            |               |
| Calories from Fat 261   | 40%           | Sodium 1447.7mg          | 60%           |
|                         |               | Total Carbohydrate 50.7g | 16%           |
|                         |               | Dietary Fiber 18.9g      | 75%           |
|                         |               | Sugars 14.4 g            | 57%           |
|                         |               | Protein 47.5g            | 95%           |

## **Crock Pot Slow Cooked BBQ Ribs**



Prep Time: 10 minutes  
Total Time: 10 hours 10 minutes  
Yields: 4-6

### **Ingredients**

3 lbs. pork spareribs  
Salt  
Pepper  
1 (8 ounce) jars barbecue sauce  
1 onion, diced

### **Directions**

1. Chop onions and place into the crock pot. .
2. Season the ribs with the salt and pepper before placing them into the crock pot.
3. Pour BBQ sauce over the ribs.
4. Cook covered for about 8-10 hours over low heat, or until done.

5. Serve and enjoy!

**Variations:**

- Try using beef ribs and use the Sweet Baby Ray's Raspberry Chipotle, and season the ribs with Cajun spices and garlic powder

| Nutrition Facts         |               | Amount Per Serving       | % Daily Value |
|-------------------------|---------------|--------------------------|---------------|
| Serving Size: 1 (287 g) |               | Total Fat 79.9g          | 123%          |
| Servings Per Recipe: 4  |               | Saturated Fat 25.6g      | 128%          |
| Amount Per Serving      | % Daily Value | Cholesterol 272.6mg      | 90%           |
| Calories 1048.7         |               | Sugars 17.4 g            |               |
| Calories from Fat 719   | 68%           | Sodium 806.5mg           | 33%           |
|                         |               | Total Carbohydrate 25.2g | 8%            |
|                         |               | Dietary Fiber 0.8g       | 3%            |
|                         |               | Sugars 17.4 g            | 69%           |
|                         |               | Protein 53.0g            | 106%          |

## **Drunken Garlic Crock Pot Roast**



Prep Time: 15 minutes  
Total Time: 7 hours 15 minutes  
Yields: 4-5

### **Ingredients**

2 1/2 lbs. boneless beef chuck roast, trimmed of fat  
2 tablespoons vegetable oil  
1/2 teaspoon salt  
1/4 teaspoon pepper  
2 medium onions, thinly sliced  
24 garlic cloves, minced  
2 beef bouillon cubes  
1/2 cup hot water  
8 ounces lager beer  
3 tablespoons brown sugar  
1 tablespoon Dijon mustard  
1 tablespoon cider vinegar  
Cornstarch (dissolved in water, for gravy)



## Directions

1. Heat 1 tbsp. oil in a large skillet. Fry roast until golden brown in color on both sides, season with salt and pepper. Transfer to a plate and keep it warm.
2. Add in remaining tbsp. of cooking oil to the skillet. Sauté onions then add the garlic. Sauté for few minutes.
3. Combine bouillon cubes with water and mix until it is completely dissolved. Pour mixture into the skillet. stir in the beer, mustard, sugar and vinegar. Mix well.
4. Dispense mixture into the crock pot and lay roast flat over the liquid. cut roast into pieces if it doesn't lay flat on the crock pot cook roast for 7-8 hours over low heat.
5. Transfer the roast into a serving plate. set aside
6. Meanwhile dispense broth into a saucepan and bring to boil. mix the cornstarch mixture stirring constantly until mixture thickens into a gravy consistency
7. Serve roast with rice or noodles and gravy. Enjoy!

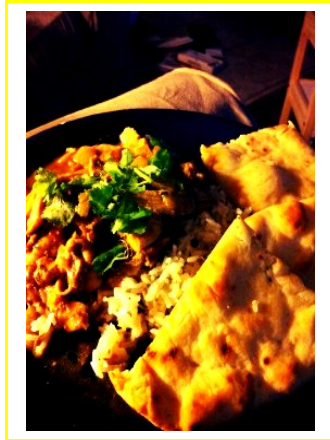
## Variations:

- Add garlic cloves and sweet Vidalia onions into the gravy mixture. Serve with mashed potatoes and a mixture of vegetables such as carrots, cauliflower and broccoli.
- Use pork in replace of beef.

| Nutrition Facts         |               | Amount Per Serving       | % Daily Value |
|-------------------------|---------------|--------------------------|---------------|
| Serving Size: 1 (377 g) |               | Total Fat 24.5g          | 37%           |
| Servings Per Recipe: 4  |               | Saturated Fat 8.7g       | 43%           |
| Amount Per Serving      | % Daily Value | Cholesterol 187.4mg      | 62%           |
| Calories 580.3          |               | Sugars 13.1 g            |               |
| Calories from Fat 221   | 38%           | Sodium 1083.8mg          | 45%           |
|                         |               | Total Carbohydrate 25.1g | 8%            |
|                         |               | Dietary Fiber 1.4g       | 5%            |
|                         |               | Sugars 13.1 g            | 52%           |
|                         |               | Protein 62.5g            | 125%          |



## Crock Pot Chicken Vindaloo



Prep Time: 10 minutes  
Total Time: 5 hours 10 minutes  
Yields: 3

### Ingredients

- 3 tablespoons vinegar
- 3 garlic cloves, minced
- 1 1/2 tablespoons fresh ginger
- 3/4 tablespoon curry powder
- 1 tablespoon ground cumin
- 1/4 teaspoon ground cardamom
- 1/4 teaspoon ground cloves
- 1/4 teaspoon ground hot pepper
- 1 tablespoon mustard seeds
- 2 tablespoons olive oil
- 1 cup tomato sauce

1 cinnamon stick

1 small onion, chopped

3 boneless skinless chicken breast halves, quartered

2 tablespoons fresh parsley, chopped

## Directions

1. Using a blender puree the first 10 ingredients.
2. Dispense pureed mixture into the crock pot. Stir in tomato sauce, onion and cinnamon stick. Blend well.
3. Add in chicken and turn to coat the chicken with the mixture.
4. Cover and cook for about 5 hours over low heat.
5. Garnish with chopped parsley then serve with bread rolls or rice. Enjoy!

## Variations:

- Cut down the vinegar, and then add a little brown sugar and some salt. Add up some more cumin, curry and cayenne
- Try using beef or pork instead of chicken.

| Nutrition Facts         |  | Amount Per Serving       | % Daily Value |
|-------------------------|--|--------------------------|---------------|
| Serving Size: 1 (262 g) |  | Total Fat 13.7g          | 21%           |
| Servings Per Recipe: 3  |  | Saturated Fat 2.0g       | 10%           |
| Amount Per Serving      |  | Cholesterol 75.5mg       | 25%           |
|                         |  | Sugars 4.8 g             |               |
| Calories 277.9          |  | Sodium 573.4mg           | 23%           |
| Calories from Fat 123   |  | Total Carbohydrate 10.9g | 3%            |
|                         |  | Dietary Fiber 2.9g       | 11%           |
|                         |  | Sugars 4.8 g             | 19%           |
|                         |  | Protein 27.8g            | 55%           |

## Crock Pot Creamy Italian Chicken



Prep Time: 5 minutes

Total Time: 4 hours 5 minutes

Yields: 4-6

### Ingredients

4 -6 boneless skinless chicken breasts, halved

1 (1 1/4 ounce) envelopes dried Italian salad dressing mix

2 ounces water

8 ounces cream cheese, softened

1 (10 1/2 ounce) cans reduced-sodium cream of chicken soup, undiluted

1 (4 ounce) cans mushroom stems and pieces, drained

hot cooked rice or pasta

### Directions

1. Put chicken breast halves into the crock pot,
2. Meanwhile incorporate Italian dressing mix with water and mix until mixture is smooth. Dispense over the chicken.
3. Cook covered for about 3 hours over low heat.

4. Mix together the cream cheese and soup in a bowl and stir until well blended. Add in mushroom portions.
5. Dispense soup mixture into the crock pot and cook chicken for about an hour or until done.
6. Serve with pasta or rice. Enjoy!

### Variations:

- Use garlic and herb envelope instead of Italian. also replace canned mushrooms with portabella mushroom slices.
- Use cream of mushroom instead of cream of chicken, add in some cayenne and serve with egg noodles

| Nutrition Facts         |               | Amount Per Serving             | % Daily Value |
|-------------------------|---------------|--------------------------------|---------------|
| Serving Size: 1 (170 g) |               |                                |               |
| Servings Per Recipe: 4  |               |                                |               |
| Amount Per Serving      | % Daily Value |                                |               |
| <b>Calories 345.4</b>   |               | <b>Total Fat 22.7g</b>         | <b>34%</b>    |
| Calories from Fat 204   | 59%           | Saturated Fat 11.6g            | 58%           |
|                         |               | <b>Cholesterol 138.0mg</b>     | <b>46%</b>    |
|                         |               | Sugars 3.3 g                   |               |
|                         |               | <b>Sodium 603.4mg</b>          | <b>25%</b>    |
|                         |               | <b>Total Carbohydrate 5.7g</b> | <b>1%</b>     |
|                         |               | Dietary Fiber 1.6g             | 6%            |
|                         |               | Sugars 3.3 g                   | 13%           |
|                         |               | <b>Protein 29.6g</b>           | <b>59%</b>    |

## **Split Pea Soup (Crock Pot) - Dairy Free**



Prep Time: 10 minutes  
Total Time: 6 hours 10 minutes  
Yields: 4-6

### **Ingredients**

- 1 (16 ounce) packages dried split peas, rinsed
- 2 cups diced ham
- 3 carrots, peeled and sliced
- 1 medium onion, chopped
- 2 stalks celery, plus leaves, chopped
- 2 garlic cloves, minced
- 1 bay leaf
- 1/2 teaspoon seasoning salt
- 1/2 teaspoon fresh pepper
- 1 1/2 quarts hot water or 1 1/2 quarts broth

### **Directions**

1. Arrange ingredients in the crock pot by layers.

2. Dispense in the water or broth. Do not mix.
3. Cook covered for about 4-5 hours over high heat or 9-10 hours over low heat.
4. Take out the bay leaf from the soup.
5. Serve hot with some buns or crusty bread.

### Variations:

- .Try adding left-over spiral hams with bone over the soup for more flavor.

| Nutrition Facts         |     | Amount Per Serving       | % Daily Value |
|-------------------------|-----|--------------------------|---------------|
| Serving Size: 1 (422 g) |     | Total Fat 5.5g           | 8%            |
| Servings Per Recipe: 4  |     | Saturated Fat 1.5g       | 7%            |
| Amount Per Serving      |     | Cholesterol 36.4mg       | 12%           |
| Calories 525.5          |     | Sugars 12.7 g            |               |
| Calories from Fat 49    |     | Sodium 1137.8mg          | 47%           |
|                         | 41% | Total Carbohydrate 76.7g | 25%           |
|                         |     | Dietary Fiber 31.1g      | 124%          |
|                         |     | Sugars 12.7 g            | 51%           |
|                         |     | Protein 44.4g            | 88%           |



## Crock Pot Stuffed Chicken Rolls



Prep Time: 10 minutes  
Total Time: 4 hours 10 minutes  
Yields: 6

### Ingredients

6 boneless skinless chicken breast halves  
6 slices cooked ham  
6 slices Swiss cheese  
1/4 cup flour  
1/4 cup parmesan cheese  
1 teaspoon sage  
1/2 teaspoon paprika  
1/2 teaspoon salt  
1/2 teaspoon pepper  
1/4 cup vegetable oil  
1 (10 ounce) cans cream of chicken soup  
1/2 cup chicken broth

## Directions

1. Compress and even out the chicken slices
2. Place ham and cheese on each chicken slices.
3. Roll Chicken slices and lock using a toothpick. Set aside
4. Meanwhile mix together the flour, sage, parmesan cheese and season with salt and pepper.
5. Dip and cover chicken with the flour mixture. Refrigerate for 1 hour.
6. After an hour, heat oil in a skillet and fry the chicken rolls.
7. Transfer chicken rolls in a crock pot. Pour broth and soup into the crock pot over the chicken.
8. Cook covered for 4 hours over low heat.

## Variations:

- Use milk instead of broth for a creamier outcome.

| Nutrition Facts         |     | Amount Per Serving      | % Daily Value |
|-------------------------|-----|-------------------------|---------------|
| Serving Size: 1 (233 g) |     | Total Fat 24.0g         | 37%           |
| Servings Per Recipe: 6  |     | Saturated Fat 8.4g      | 42%           |
| Amount Per Serving      |     | Cholesterol 108.7mg     | 36%           |
|                         |     | Sugars 0.7 g            |               |
| Calories 405.3          |     | Sodium 842.3mg          | 35%           |
| Calories from Fat 216   | 53% | Total Carbohydrate 9.4g | 3%            |
|                         |     | Dietary Fiber 0.3g      | 1%            |
|                         |     | Sugars 0.7 g            | 3%            |
|                         |     | Protein 36.3g           | 72%           |

## **Jambalaya for the Crock Pot**



Prep Time: 10 minutes

Total Time: 8 hours 10 minutes

Yields: 6

### **Ingredients**

12 ounces boneless skinless chicken breasts

1 1/2 cups green peppers, chopped

1 medium onion, chopped

2 celery ribs, sliced

4 garlic cloves, minced

1 (14 ounce) cans whole tomatoes

1/3 cup tomato paste

1 (10 1/2 ounce) cans beef broth

1 tablespoon parsley

1 1/2 teaspoons basil

1/2 teaspoon oregano

1 teaspoon Tabasco sauce

1/2 teaspoon cayenne pepper

1/2 teaspoon salt

1 lb. shrimp, shelled

3 cups cooked rice

## Directions

1. Slice chicken into 1 inch portions.
2. Place all ingredients into the crock pot except the shrimp and rice.
3. Cook covered for about 8 hours over low heat.
4. Add in shrimp during the last 20 minutes of cooking the jambalaya.
5. Add the rice to the mixture just before serving. Enjoy!

## Variations:

- Add in smoked ham, smoked sausage, crab meat, oysters. Also add up "Tony Chachere's original creole seasoning" after it was cooked and before serving.

| Nutrition Facts         |               | Amount Per Serving              | % Daily Value |
|-------------------------|---------------|---------------------------------|---------------|
| Serving Size: 1 (434 g) |               | Total Fat 2.9g                  | 4%            |
| Servings Per Recipe: 6  |               | Saturated Fat 0.5g              | 2%            |
| Amount Per Serving      | % Daily Value | Cholesterol 131.5mg             | 43%           |
| <b>Calories 288.2</b>   |               | Sugars 5.6 g                    |               |
| Calories from Fat 26    | 53%           | <b>Sodium 1008.6mg</b>          | <b>42%</b>    |
|                         |               | <b>Total Carbohydrate 37.4g</b> | <b>12%</b>    |
|                         |               | Dietary Fiber 3.0g              | 12%           |
|                         |               | Sugars 5.6 g                    | 22%           |
|                         |               | <b>Protein 27.1g</b>            | <b>54%</b>    |

## Interesting Crock Pot Chicken



Prep Time: 10 minutes  
Total Time: 7 hours 10 minutes  
Yields: 6

### Ingredients

2 (1 ounce) envelopes dry ranch dressing mix  
6 boneless skinless chicken breasts  
12 ounces thinly sliced mushrooms  
2 tablespoons butter  
1 (14 1/2 ounce) cans chicken broth  
2 (10 1/2 ounce) cans condensed cream of mushroom soup  
8 ounces cream cheese  
2 garlic cloves, minced  
Salt  
Black pepper

### Directions

1. Combine dressing mix, mushrooms, chicken, chicken broth and butter in the crock pot.
2. Cook for about 5-6 hours over high heat.
3. Approximately 1 hour before serving, Stir in mushroom soup, garlic and cream cheese to the mixture then continue cooking.
4. Flavor with salt and pepper.
5. Serve with noodles or rice.

### Variations:

- Cut the chicken breasts in halves and use one envelope of ranch dressing, 1 can of soup, 4 ounce cream cheese. Serve with boiled red potatoes and accompany with steamed broccoli.

| Nutrition Facts         |               | Amount Per Serving       | % Daily Value |
|-------------------------|---------------|--------------------------|---------------|
| Serving Size: 1 (391 g) |               | Total Fat 26.3g          | 40%           |
| Servings Per Recipe: 6  |               | Saturated Fat 11.9g      | 59%           |
| Amount Per Serving      | % Daily Value | Cholesterol 127.3mg      | 42%           |
| Calories 407.9          |               | Sugars 4.0 g             |               |
| Calories from Fat 236   | 58%           | Sodium 1216.5mg          | 50%           |
|                         |               | Total Carbohydrate 10.6g | 3%            |
|                         |               | Dietary Fiber 0.5g       | 2%            |
|                         |               | Sugars 4.0 g             | 16%           |
|                         |               | Protein 32.2g            | 64%           |

## Crock Pot Chili Pork Chops



Prep Time: 15 minutes  
Total Time: 7 hours 15 minutes  
Yields: 3

### Ingredients

1/2 cup chopped onion  
2 tablespoons olive oil  
2 -3 garlic cloves  
2 tablespoons Worcestershire sauce  
1/2 cup water  
3/4 cup ketchup  
1 teaspoon chili powder  
5 -6 pork chops  
Salt and pepper

### Directions

1. Sauté onions in oil until translucent,
2. Add in garlic, chili powder, Worcestershire sauce, ketchup, and water. season with salt and pepper according to taste.

3. Let mixture simmer for about 10 minutes.
4. Place pork chops into the crock pot. dispense sauce over the pork chops.
5. Cook covered for about 6-7 hours over low heat.
6. Serve with mashed potatoes accompanied by some vegetables. Enjoy!

### Variations:

- Use whole diced onions, 4-5 cloves of garlic, add in a little cumin, and cinnamon, then double the chili powder. Also add up some sugar about 1 tbsp. to control the sourness of the Worcestershire sauce and ketchup. Serve with fried potatoes.

| Nutrition Facts         |               | Amount Per Serving       | % Daily Value |
|-------------------------|---------------|--------------------------|---------------|
| Serving Size: 1 (481 g) |               | Total Fat 39.3g          | 60%           |
| Servings Per Recipe: 3  |               | Saturated Fat 11.2g      | 56%           |
| Amount Per Serving      | % Daily Value | Cholesterol 228.8mg      | 76%           |
| Calories 726.6          |               | Sugars 16.0 g            |               |
| Calories from Fat 353   | 48%           | Sodium 979.4mg           | 40%           |
|                         |               | Total Carbohydrate 20.8g | 6%            |
|                         |               | Dietary Fiber 0.9g       | 3%            |
|                         |               | Sugars 16.0 g            | 64%           |
|                         |               | Protein 70.2g            | 140%          |



## Slow Cooker Macaroni & Cheese



Prep Time: 5 minutes

Total Time: 3 hours 5 minutes

Yields: 12

### Ingredients

2 cups uncooked elbow macaroni

4 tablespoons butter, cut into pieces

2 1/2 cups grated sharp cheddar cheese or 10 ounces sharp cheddar cheese

3 eggs, beaten

1/2 cup sour cream

1 (10 3/4 ounce) cans condensed cheddar cheese soup

1/2 teaspoon salt

1 cup whole milk

1/2 teaspoon dry mustard

1/2 teaspoon black pepper

## Directions

1. Cook macaroni according to package directions. Strain and drain excess liquid.
2. Combine cheese and butter in a saucepan, heat and stir until the cheese completely melts
3. Incorporate butter-cheese mixture with eggs, soup, sour cream, milk, and mustard in a slow cooker crock pot. Season with salt and pepper. Mix well
4. Stir in drained macaroni noodles.
5. Cook for about 3 hours and stir occasionally.
6. Serve and enjoy!

## Variations:

- Melt Gouda cheese d cheddar cheese. Use cream in replace of milk for smoother sauce. Drizzle some Dijon mustard instead of using dried mustard. and add up some red hot chili to spice it up.

## Nutrition Facts

Serving Size: 1 (114 g)

Servings Per Recipe: 12

Amount Per Serving

% Daily Value

**Calories 273.9**

Calories from Fat 159

58%

Amount Per Serving

% Daily Value

**Total Fat 17.7g**

**27%**

Saturated Fat 10.6g

53%

**Cholesterol 94.2mg**

**31%**

Sugars 2.1 g

**Sodium 488.1mg**

**20%**

**Total Carbohydrate 16.8g**

**5%**

Dietary Fiber 0.8g

3%

Sugars 2.1 g

8%

**Protein 11.7g**

**23%**

## Crock Pot Stifado



Prep Time: 20 minutes

Total Time: 10 hours 20 minutes

Yields: 6-8

### Ingredients

1 tablespoon vegetable oil

2 lbs. stewing beef, cut into 1-inch cubes

3 large onions, peeled and diced

4 garlic cloves, minced

1/2 teaspoon ground cinnamon

1/2 teaspoon ground allspice

3 tablespoons red wine vinegar

1 1/2 cups tomato sauce

1 teaspoon white sugar

1 bay leaf

1 cup crumbled feta cheese

### Directions

1. Pour oil in a skillet and heat over medium-high flame. Fry beef over the hot oil in bunches.
2. Spoon browned beef into the crock pot using a fitted spoon.
3. Lessen heat to medium. Sauté onions in the skillet until soft add in garlic, allspice, and cinnamon and cook in 1 minute.
4. Stir in vinegar, sugar, tomato sauce and the bay leaf. Blend well.
5. Dispense mixture into the crock pot over the beef.
6. Put crock pot cover and cook beef for 4-5 hours over high heat until beef is soft.
7. Stir in feta cheese and continue to cook covered for 10 minutes.
8. Remove bay leaf and serve.
9. Serve with mashed potatoes or with hot buttered pasta.

#### Variations:

- Use tomato paste with enough water in replacement for tomato sauce. also add more feta cheese.

| Nutrition Facts         |               | Amount Per Serving       | % Daily Value |
|-------------------------|---------------|--------------------------|---------------|
| Serving Size: 1 (244 g) |               | Total Fat 14.5g          | 22%           |
| Servings Per Recipe: 6  |               | Saturated Fat 7.0g       | 35%           |
| Amount Per Serving      | % Daily Value | Cholesterol 119.0mg      | 39%           |
| Calories 332.3          |               | Sugars 7.5 g             |               |
| Calories from Fat 131   | 39%           | Sodium 725.0mg           | 30%           |
|                         |               | Total Carbohydrate 13.2g | 4%            |
|                         |               | Dietary Fiber 2.3g       | 9%            |
|                         |               | Sugars 7.5 g             | 30%           |
|                         |               | Protein 38.2g            | 76%           |

## Crock Pot Swiss Steak



Prep Time: 30 minutes  
Total Time: 1 hour 45 minutes  
Yields: 6

### Ingredients

- 1 1/2 lbs. beef round steak, cut 3/4 inch thick
- 3 tablespoons flour
- 1 teaspoon salt
- 1 teaspoon dry mustard
- 1/4 teaspoon pepper
- 3 teaspoons garlic powder
- 2 teaspoons shortening
- 1 (16 ounce) cans tomatoes
- 1 small onion, sliced
- 1 stalk celery, sliced
- 2 medium carrots, sliced
- 1 tablespoon Worcestershire sauce

1/4 cup red wine

1/4 cup water

Hot cooked noodles

Mashed potatoes or hot cooked rice

## **Directions**

1. Divide meat into 6 serving portions.
2. Incorporate flour, mustard, salt, garlic powder and pepper together.
3. Coat the meat with 2 tbsp. of the flour mixture.
4. Pour some oil in a skillet and heat. Fry meat in the skillet with oil.
5. Drain excess oil from the meat. and transfer into the crock pot.
6. Put remaining flour mixture into the skillet and add in remaining ingredients.
7. Cook until mixture is thick.
8. Dispense mixture into the crock pot over the meat and cook for 8-10 hours over low heat.
9. Serve with rice and Enjoy!

## **Variations:**

- Remove the celery and carrots and replace with few tbsp. of soy sauce and bell peppers to create a pepper steak.

# Nutrition Facts

Serving Size: 1 (180 g)

Servings Per Recipe: 6

Amount Per Serving

% Daily Value

Calories 72.1

Calories from Fat 16

22%

Amount Per Serving

% Daily Value

Total Fat 1.8g

2%

Saturated Fat 0.4g

2%

Cholesterol 0.0mg

0%

Sugars 4.0 g

Sodium 440.7mg

18%

Total Carbohydrate 11.2g

3%

Dietary Fiber 2.1g

8%

Sugars 4.0 g

16%

Protein 1.8g

3%

## Chicken Stroganoff - Crock Pot



Prep Time: 5 minutes

Total Time: 7 hours 5 minutes

Servings: 6

### Ingredients

1 lb. frozen boneless skinless chicken breast

1 (10 1/2 ounce) cans fat-free cream of mushroom soup

16 ounces fat free sour cream

1 (1 1/4 ounce) envelopes dry onion soup mix

### Directions

1. Place the chicken into the crock pot bottom.
2. Pour soup, onion soup mix and sour cream over the chicken.
3. Cook covered for about 4 hours over high heat
4. Serve with noodles or rice. Enjoy!

### Variations:

- Use celery soup in replace of mushroom. Use garlic and herbs instead of onion soup and add some fresh slices of sautéed mushroom.



# Nutrition Facts

Serving Size: 1 (206 g)  
Servings Per Recipe: 6

| Amount Per Serving    | % Daily Value |
|-----------------------|---------------|
| <b>Calories 196.1</b> |               |
| Calories from Fat 35  | 18%           |

| Amount Per Serving              | % Daily Value |
|---------------------------------|---------------|
| <b>Total Fat 3.9g</b>           | <b>6%</b>     |
| Saturated Fat 1.2g              | 6%            |
| <b>Cholesterol 57.2mg</b>       | <b>19%</b>    |
| Sugars 5.7 g                    |               |
| <b>Sodium 808.5mg</b>           | <b>33%</b>    |
| <b>Total Carbohydrate 18.8g</b> | <b>6%</b>     |
| Dietary Fiber 0.7g              | 3%            |
| Sugars 5.7 g                    | 22%           |
| <b>Protein 20.4g</b>            | <b>40%</b>    |

## Crock Pot Ham and Beans



Prep Time: 1 hour  
Total Time: 9 hours  
Servings: 4

### Ingredients

1 lb. dried great northern beans  
3 garlic cloves, peeled and sliced  
1 large sweet onion, chopped coarsely  
1/2 teaspoon kosher salt  
1/2 teaspoon black pepper  
1 tablespoon chopped parsley  
1/4 teaspoon ground cloves  
1 lb. smoked ham or 1 lb. ham hock  
6 cups water or 6 cups broth

### Directions

1. Sort and drench beans into water for overnight.

2. Transfer beans into a saucepan and bring to boil. Let simmer for 3 minutes. put the cover saucepan cover and take away from heat. Let stand for 1 hour.
3. Wash and strain beans and transfer them into the crock pot.
4. Add in onion, garlic, parsley, ham, 6 cups broth and cloves, season with salt and pepper according to taste.
5. Cook mixture for 8 hours over low heat, or until done
6. Remove excess fats if needed.
7. Serve and enjoy!

**Variations:**

- Use dried lima beans in place of the dried northern beans.

| Nutrition Facts         |     | Amount Per Serving       | % Daily Value |
|-------------------------|-----|--------------------------|---------------|
| Serving Size: 1 (653 g) |     | Total Fat 14.5g          | 22%           |
| Servings Per Recipe: 4  |     | Saturated Fat 4.8g       | 24%           |
| Amount Per Serving      |     | Cholesterol 78.1mg       | 26%           |
| Calories 636.0          |     | Sugars 4.1 g             |               |
| Calories from Fat 131   |     | Sodium 2208.4mg          | 92%           |
|                         | 20% | Total Carbohydrate 76.9g | 25%           |
|                         |     | Dietary Fiber 23.7g      | 95%           |
|                         |     | Sugars 4.1 g             | 16%           |
|                         |     | Protein 51.7g            | 103%          |

## **Crock Pot "smoked" Beef Roast**



Prep Time: 10 minutes  
Total Time: 8 hours 10 minutes  
Servings: 4-6

### **Ingredients**

- 2 -4 lbs. beef roast or 2 -4 lbs. beef brisket
- 2 tablespoons liquid smoke
- 2 tablespoons fresh coarse ground black pepper
- 2 tablespoons kosher salt
- 2 minced fresh garlic cloves

### **Directions**

1. Reduce and shave spare beef fats. Leave a some fats for flavor
2. Put the beef in the middle of a large aluminum foil.
3. Flavor beef by rubbing all spice all over the beef.
4. Drizzle liquid smoke over the beef then wrap and seal securely in foil.
5. Place in the crock pot and cook for about 8-10 hours over low heat.
6. Unpack beef then serve with the smoker juice or with your favorite barbecue sauce.

Note: DO NOT ADD LIQUID TO THE CROCKPOT!

**Variations:**

- Substitute salt and pepper with 2 tbsp. Montreal steak seasoning, and use only 1 tbsp. of liquid smoke.

| Nutrition Facts         |               | Amount Per Serving      | % Daily Value |
|-------------------------|---------------|-------------------------|---------------|
| Serving Size: 1 (160 g) |               | Total Fat 9.4g          | 14%           |
| Servings Per Recipe: 4  |               | Saturated Fat 3.8g      | 19%           |
| Amount Per Serving      | % Daily Value | Cholesterol 149.6mg     | 49%           |
| Calories 289.8          |               | Sugars 0.0 g            |               |
| Calories from Fat 84    | 29%           | Sodium 3654.7mg         | 152%          |
|                         |               | Total Carbohydrate 2.7g | 0%            |
|                         |               | Dietary Fiber 0.9g      | 3%            |
|                         |               | Sugars 0.0 g            | 0%            |
|                         |               | Protein 49.5g           | 99%           |

# Lazy Slow Cooker Creamy Chicken Noodle Soup



Prep Time: 15 minutes  
Total Time: 3 hours 15 minutes  
Servings: 8

## Ingredients

4 cups cooked chicken, chopped (from a store bought chicken?)  
1 cup onion, diced  
1 cup celery, diced  
1 cup carrot, diced  
1/2 cup frozen peas  
4 (14 ounce) cans low sodium chicken broth  
2 (10 3/4 ounce) cans condensed cream of mushroom soup  
2 teaspoons fines herbs  
Salt  
Pepper, to taste  
2 cups egg noodles, cooked

## Directions

1. Take off the chicken skin then cut the meat.
2. Place the chicken into the slow cooker together with the onions, peas, celery and carrots.
3. Pour broth and mushroom soup over the chicken. Add in fines herbs. Flavor with salt and pepper.
4. Put slow cooker cover and cook meat for 3-4 hours on high heat.
5. Add up the egg noodles then stir.
6. Add additional seasonings if desired.
7. Serve and enjoy!

### Variations:

- Consider adding cream of mushroom soup.
- Use 3 boneless and skinless chicken breasts (diced and sautéed in butter) Season with onion powder instead of celery and also season with poultry seasoning and garlic powder.

| Nutrition Facts         |               | Amount Per Serving              | % Daily Value |
|-------------------------|---------------|---------------------------------|---------------|
| Serving Size: 1 (411 g) |               |                                 |               |
| Servings Per Recipe: 8  |               |                                 |               |
| Amount Per Serving      | % Daily Value |                                 |               |
| <b>Calories 272.8</b>   |               | <b>Total Fat 10.8g</b>          | <b>16%</b>    |
| Calories from Fat 97    | 35%           | Saturated Fat 2.8g              | 14%           |
|                         |               | <b>Cholesterol 60.4mg</b>       | <b>20%</b>    |
|                         |               | Sugars 3.8 g                    |               |
|                         |               | <b>Sodium 679.2mg</b>           | <b>28%</b>    |
|                         |               | <b>Total Carbohydrate 19.1g</b> | <b>6%</b>     |
|                         |               | Dietary Fiber 1.6g              | 6%            |
|                         |               | Sugars 3.8 g                    | 15%           |
|                         |               | <b>Protein 24.9g</b>            | <b>49%</b>    |

# Crock Pot Thai Chicken Thighs



Prep Time: 5 minutes  
Total Time: 6 hours 5 minutes  
Servings: 4

## Ingredients

8 boneless skinless chicken thighs  
1 (16 ounce) jars cilantro salsa  
1/2 cup peanut butter  
2 teaspoons ginger  
2 tablespoons soy sauce  
2 teaspoons lime juice

## Directions

1. Place all ingredients in the crock pot.
2. Cook for 6-8 hours over low heat.
3. Top with cilantro, peanuts and scallions.
4. Serve with rice and enjoy!



## Variations:

- Add some large handful of fresh cilantro and lime juice to the cilantro salsa. Also add a can of light coconut milk and 1 tsp. of Sriracha hot chili sauce.

| Nutrition Facts         |               | Amount Per Serving      | % Daily Value |
|-------------------------|---------------|-------------------------|---------------|
| Serving Size: 1 (182 g) |               | Total Fat 21.7g         | 33%           |
| Servings Per Recipe: 4  |               | Saturated Fat 4.7g      | 23%           |
| Amount Per Serving      | % Daily Value | Cholesterol 114.5mg     | 38%           |
| Calories 362.9          |               | Sugars 3.2 g            |               |
| Calories from Fat 195   | 53%           | Sodium 769.7mg          | 32%           |
|                         |               | Total Carbohydrate 7.6g | 2%            |
|                         |               | Dietary Fiber 2.1g      | 8%            |
|                         |               | Sugars 3.2 g            | 12%           |
|                         |               | Protein 36.2g           | 72%           |

# **Slow Cooker Easiest Tastiest Barbecue Country Style Ribs**



Prep Time: 10 minutes  
Total Time: 6 hours 10 minutes  
Servings: 4-6

## **Ingredients**

4 -5 lbs. country-style pork ribs  
1 (18 ounce) bottles of your favorite barbecue sauce  
1 onion, chopped  
Salt and pepper, to taste

## **Directions**

1. Put all ingredients in the crock pot.
2. Cover and cook for 6-8 hours over low heat.
3. Serve and enjoy!

## **Variations:**

- Use country style spare ribs, add some chipotle to spice it up and serve with buns.

# Nutrition Facts

Serving Size: 1 (415 g)  
Servings Per Recipe: 4

| Amount Per Serving    | % Daily Value |
|-----------------------|---------------|
| Calories 1080.7       |               |
| Calories from Fat 487 | 45%           |

| Amount Per Serving       | % Daily Value |
|--------------------------|---------------|
| Total Fat 54.1g          | 83%           |
| Saturated Fat 10.7g      | 53%           |
| Cholesterol 336.2mg      | 112%          |
| Sugars 37.8 g            |               |
| Sodium 1478.4mg          | 61%           |
| Total Carbohydrate 53.5g | 17%           |
| Dietary Fiber 1.3g       | 5%            |
| Sugars 37.8 g            | 151%          |
| Protein 88.1g            | 176%          |

## Ratatouille in the Crock Pot



Prep Time: 30 minutes  
Total Time: 9 hours 30 minutes  
Servings: 8

### Ingredients

- 2 large onions, cut in half and sliced
- 1 large eggplant, sliced, cut in 2 inch pieces
- 4 small zucchini, sliced
- 2 garlic cloves, minced
- 2 large green bell peppers, de-seeded and cut into thin strips
- 2 large tomatoes cut into 1/2 inch wedges
- 1 (6 ounce) cans tomato paste
- 1 teaspoon dried basil
- 1/2 teaspoon oregano
- 1 teaspoon sugar
- 2 teaspoons salt
- 1/2 teaspoon black pepper
- 2 tablespoons fresh parsley, chopped

1/4 cup olive oil

Red pepper flakes, to spice it up

## Directions

1. Arrange half of the vegetables by layer in the crock pot: onion, eggplant, zucchini, garlic, green peppers and tomatoes.
2. Top with half of the basil, parsley, oregano, sugar, salt and pepper.
3. Pour half of the tomato paste over the vegetables.
4. Drop some olive oil.
5. Cook covered for about 7-9 hours over low heat.
6. Serve and Enjoy!

## Variations:

- Add up some green beans, asparagus, celery, potatoes. and serve with bread rolls or sandwich buns

| Nutrition Facts         |               | Amount Per Serving       | % Daily Value |
|-------------------------|---------------|--------------------------|---------------|
| Serving Size: 1 (285 g) |               | Total Fat 7.3g           | 11%           |
| Servings Per Recipe: 8  |               | Saturated Fat 1.0g       | 5%            |
| Amount Per Serving      | % Daily Value | Cholesterol 0.0mg        | 0%            |
| Calories 139.2          |               | Sugars 10.0 g            |               |
| Calories from Fat 66    | 47%           | Sodium 762.6mg           | 31%           |
|                         |               | Total Carbohydrate 17.9g | 5%            |
|                         |               | Dietary Fiber 5.8g       | 23%           |
|                         |               | Sugars 10.0 g            | 40%           |
|                         |               | Protein 3.6g             | 7%            |

## Crock Pot Hungarian Goulash



Prep Time: 20 minutes  
Total Time: 9 hours 20 minutes  
Servings: 6

### Ingredients

2 lbs. beef stew meat, cut into 1 inch cubes  
1 large onion, sliced  
1 clove garlic, minced  
1/2 cup ketchup  
2 tablespoons Worcestershire sauce  
1 tablespoon brown sugar  
2 teaspoons salt  
2 teaspoons paprika  
1/2 teaspoon dry mustard  
1 cup water  
1/4 cup flour

## Directions

1. Put the meat into the crock pot and put the onions all over the meat.
2. Incorporate the garlic, Worcestershire sauce, ketchup, salt, sugar, mustard and paprika, Pour water then stir to blend well.
3. Pour mixture over the meat.
4. Cook covered for about 8-10 hours over low heat. then turn to high heat.
5. Meanwhile, combine flour and a small amount of water to dissolve. Pour into meat mixture and mix.
6. Cook meat for about 10-15 minutes over high heat or until done.
7. Serve with rice or noodles. Enjoy!

## Variations:

- Try adding some mushrooms and spinach. throw in noodles an hour before you finish cooking.

| Nutrition Facts         |               | Amount Per Serving       | % Daily Value |
|-------------------------|---------------|--------------------------|---------------|
| Serving Size: 1 (252 g) |               | Total Fat 7.0g           | 10%           |
| Servings Per Recipe: 6  |               | Saturated Fat 2.9g       | 14%           |
| Amount Per Serving      | % Daily Value | Cholesterol 96.7mg       | 32%           |
| Calories 258.8          |               | Sugars 8.5 g             |               |
| Calories from Fat 63    | 24%           | Sodium 1178.0mg          | 49%           |
|                         |               | Total Carbohydrate 15.5g | 5%            |
|                         |               | Dietary Fiber 0.9g       | 3%            |
|                         |               | Sugars 8.5 g             | 34%           |
|                         |               | Protein 34.2g            | 68%           |

## **Corned Beef in Beer (Crock Pot)**



Prep Time: 10 minutes  
Total Time: 9 hours 10 minutes  
Servings: 6

### **Ingredients**

3 -4 lbs. corned beef brisket  
6 medium potatoes, peeled and quartered  
2 medium onions, peeled and quartered  
1 cup thinly sliced carrot  
1 bay leaf (or two small ones)  
1 cup beer  
1 small cabbage cut in wedges

### **Directions**

1. Put the potatoes, carrots, onions, and bay leaf into the crock pot.
2. Remove excess fat from the brisket and place in the crock pot on top of the vegetables.
3. Place cabbage slices on top of meat.



4. Dispense beer over the meat and vegetables.
5. Cover crock pot and cook meat for 9-11 hours over low heat.
6. Cut brisket finely.
7. Serve with the vegetables. Enjoy!

**Variations:**

- Try to use dark beer instead of light beer.

| Nutrition Facts         |               | Amount Per Serving       | % Daily Value |
|-------------------------|---------------|--------------------------|---------------|
| Serving Size: 1 (656 g) |               | Total Fat 43.3g          | 66%           |
| Servings Per Recipe: 6  |               | Saturated Fat 14.4g      | 72%           |
| Amount Per Serving      | % Daily Value | Cholesterol 222.1mg      | 74%           |
| Calories 773.4          |               | Sugars 4.2 g             |               |
| Calories from Fat 389   | 50%           | Sodium 2600.9mg          | 108%          |
|                         |               | Total Carbohydrate 45.1g | 15%           |
|                         |               | Dietary Fiber 5.9g       | 23%           |
|                         |               | Sugars 4.2 g             | 16%           |
|                         |               | Protein 46.2g            | 92%           |

# **Crock Pot Oniony Pork Chops With Creamy Mustard Sauce**



Prep Time: 25 minutes  
Total Time: 5 hours 25 minutes  
Servings: 4-6

## **Ingredients**

- 1 tablespoon vegetable oil
- 4 -6 pork chops, 1-inch thick
- 2 onions, thinly sliced
- 4 garlic cloves, minced
- 1 teaspoon dry mustard
- 1/2 teaspoon salt
- 1 teaspoon fresh ground black pepper
- 1 pinch cayenne pepper
- 2 tablespoons all-purpose flour
- 1 tablespoon cider vinegar
- 1/2 cup white wine
- 2 tablespoons Dijon mustard

1/2 cup whipping cream

## Directions

1. Heat oil in a skillet over medium-high heat. Fry pork chops over the hot oil. Transfer fried pork chops into the slow cooker.
2. Using the same skillet, lessen heat to medium. Sauté onions until soft and add in garlic, cayenne, dry mustard, salt and pepper. cook for 1 minute while stirring.
3. Stir in flour and cook for another minute. Add in the wine and vinegar, and cook until thick.
4. Dispense mixture into the crock pot over the meat. Cover and cook for about 4-5 hours over low heat.
5. Transfer pork chops into serving plate, Stir in Dijon mustard to the broth and mix. turn off heat and spoon sauce over the pork chop.
6. Serve immediately.

## Variations:

- Add up some fresh sage leaves and put onions into the crockpot before the pork chops.

| Nutrition Facts         |               | Amount Per Serving       | % Daily Value |
|-------------------------|---------------|--------------------------|---------------|
| Serving Size: 1 (224 g) |               | Total Fat 32.9g          | 50%           |
| Servings Per Recipe: 4  |               | Saturated Fat 13.3g      | 66%           |
| Amount Per Serving      | % Daily Value | Cholesterol 178.0mg      | 59%           |
| Calories 545.1          |               | Sugars 2.8 g             |               |
| Calories from Fat 296   | 54%           | Sodium 501.1mg           | 20%           |
|                         |               | Total Carbohydrate 11.5g | 3%            |
|                         |               | Dietary Fiber 1.5g       | 6%            |
|                         |               | Sugars 2.8 g             | 11%           |
|                         |               | Protein 43.5g            | 87%           |

# Crock Pot Cola Barbecue Pork Roast



Prep Time: 10 minutes

Total Time: 17 hours 10 minutes

Servings: 8-10

## Ingredients

1 pork roast

1 1/2 cups cola

1 (8 ounce) bottles barbecue sauce

## Directions

1. Remove all noticeable fat from roast. Place roast into the crock pot, pour soda and cook for about 12 hours over low heat.
2. Take out meat from the crock pot and strain all liquid from the crock pot.
3. Shred the meat and put it back into the crock pot.
4. Add in 1 bottle of barbecue sauce and cola.
5. Cover and cook for about 5-6 hours over low heat.

**Variations:**

- Use 2 pounds pork roast, Kraft original barbecue sauce and coke. Top with some onion slices

| Nutrition Facts         |     | Amount Per Serving       | % Daily Value |
|-------------------------|-----|--------------------------|---------------|
| Serving Size: 1 (107 g) |     | Total Fat 2.2g           | 3%            |
| Servings Per Recipe: 8  |     | Saturated Fat 0.6g       | 3%            |
| Amount Per Serving      |     | Cholesterol 39.1mg       | 13%           |
| Calories 135.9          |     | Sugars 12.2 g            |               |
| Calories from Fat 19    |     | Sodium 299.4mg           | 12%           |
|                         | 14% | Total Carbohydrate 15.7g | 5%            |
|                         |     | Dietary Fiber 0.1g       | 0%            |
|                         |     | Sugars 12.2 g            | 49%           |
|                         |     | Protein 12.5g            | 25%           |

## Beef Stroganoff - Crock Pot



Prep Time: 10 minutes  
Total Time: 9 hours 10 minutes  
Servings: 6-8

### Ingredients

2 lbs. beef stew meat  
1 large onion, chopped (1 cup)  
1 can condense cream of mushroom soup  
1 can condense cream of onion soup  
1 (8 ounce) cans sliced mushrooms, drained  
1/4 teaspoon pepper  
1 (8 ounce) containers cream cheese, cubed  
1 (8 ounce) containers sour cream  
6 cups hot cooked noodles or 6 cups rice,

### Directions

1. Combine beef, soups, onions, pepper and mushroom in a slow cooker crock pot
2. Cover and cook for about 8 hours over low heat.

3. Add in sour cream and cream cheese. until the cheese liquefies.
4. Serve with noodles or rice.

#### Variations:

- Add up a couple of tbsp. of Worcestershire sauce and use nonfat cream cheese, sour cream and low fat canned soup.

| Nutrition Facts         |               | Amount Per Serving       | % Daily Value |
|-------------------------|---------------|--------------------------|---------------|
| Serving Size: 1 (323 g) |               | Total Fat 34.5g          | 53%           |
| Servings Per Recipe: 6  |               | Saturated Fat 16.6g      | 83%           |
| Amount Per Serving      | % Daily Value | Cholesterol 197.1mg      | 65%           |
| Calories 652.1          |               | Sugars 7.7 g             |               |
| Calories from Fat 311   | 47%           | Sodium 963.6mg           | 40%           |
|                         |               | Total Carbohydrate 42.3g | 14%           |
|                         |               | Dietary Fiber 2.2g       | 9%            |
|                         |               | Sugars 7.7 g             | 30%           |
|                         |               | Protein 44.7g            | 89%           |

# Crock Pot Cream Cheese Ranch Chicken



Prep Time: 15 minutes  
Total Time: 6 hours 15 minutes  
Servings: 4-6

## Ingredients

- 4 boneless skinless chicken breasts
- 2 tablespoons butter, melted
- 1 (10 3/4 ounce) cans cream of chicken soup
- 8 ounces cream cheese, cubed
- 1/2 cup chicken broth
- 1 (1 ounce) package hidden valley ranch dressing mix
- 1/4 teaspoon minced garlic
- 1 dash paprika
- 1/8 teaspoon dried oregano
- 1/4 teaspoon dried parsley flakes

## Directions



1. Rinse and strain chicken breasts. Arrange equally into the crock pot. dust with some paprika.
2. Drizzle chicken with Hidden Valley ranch salad dressing. then toss.
3. Drop 1 tbsp. of melted butter over the chicken breasts.
4. Cook covered for about 4 hours over low heat.
5. In a medium saucepan melt remaining butter and sauté minced garlic over the butter.
6. Stir in cream of chicken soup, ½ cup chicken broth, cream cheese, dried parsley flakes and dried oregano. Mix until mixture is smooth.
7. pour mixture into the crock pot and continue cooking for 1-2 hours over low heat
8. Serve with Buttered egg noodles and enjoy!

#### Variations:

- Sauté onion and garlic before adding. add one block of cream cheese and 1 can of cream of chicken soup.

| Nutrition Facts         |     | Amount Per Serving      | % Daily Value |
|-------------------------|-----|-------------------------|---------------|
| Serving Size: 1 (192 g) |     | Total Fat 32.8g         | 50%           |
| Servings Per Recipe: 4  |     | Saturated Fat 16.6g     | 83%           |
| Amount Per Serving      |     | Cholesterol 159.3mg     | 53%           |
| Calories 453.6          |     | Sugars 2.3 g            |               |
| Calories from Fat 295   |     | Sodium 998.2mg          | 41%           |
|                         | 65% | Total Carbohydrate 8.0g | 2%            |
|                         |     | Dietary Fiber 0.0g      | 0%            |
|                         |     | Sugars 2.3 g            | 9%            |
|                         |     | Protein 30.9g           | 61%           |

## Spicy and Tender Crock Pot Pork Chops



Prep Time: 20 minutes  
Total Time: 8 hours 20 minutes  
Servings: 5-6

### Ingredients

5 -6 center-cut pork loin chops  
3 tablespoons oil  
1 medium onion, diced  
1 medium green pepper, diced  
1 (8 ounce) cans tomato sauce  
3 -4 tablespoons brown sugar  
1 tablespoon vinegar  
1 1/2 teaspoons salt  
1 -2 teaspoon Worcestershire sauce

### Directions

1. Heat oil in a skillet and fry pork over the hot oil.
2. Place fried chops into the slow cooker draining the excess oil.

3. Incorporate remaining ingredients together in bowl then transfer into the slow cooker.
4. Cover and cook for 8-10 hours over low heat.
5. Serve with rice and enjoy!

### Variations:

- Omit green peppers and add up jalapeno pepper slices. Serve with mashed potatoes along with steamed broccoli and carrots.

| Nutrition Facts         |               | Amount Per Serving       | % Daily Value |
|-------------------------|---------------|--------------------------|---------------|
| Serving Size: 1 (473 g) |               | Total Fat 25.1g          | 38%           |
| Servings Per Recipe: 5  |               | Saturated Fat 6.0g       | 30%           |
| Amount Per Serving      | % Daily Value | Cholesterol 312.9mg      | 104%          |
| Calories 705.6          |               | Sugars 11.5 g            |               |
| Calories from Fat 226   | 32%           | Sodium 1215.3mg          | 50%           |
|                         |               | Total Carbohydrate 13.9g | 4%            |
|                         |               | Dietary Fiber 1.4g       | 5%            |
|                         |               | Sugars 11.5 g            | 46%           |
|                         |               | Protein 100.8g           | 201%          |