

CROCK POT COOKERY



Busy schedule? No time to cook?

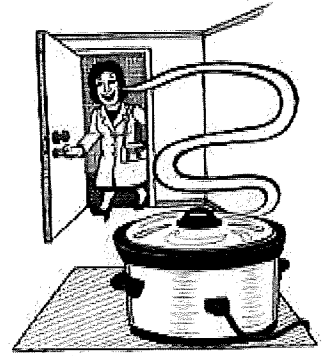
Using your crock pot can make life a little more convenient. By planning ahead, you can save meal preparation time at the end of a busy day.

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**For more information on crock pot cooking and nutrition information, contact:
Wisconsin Nutrition Education Program
Rusk County, UW-Extension at:**

715-532-2269 www.rusk.uwex.edu

Opening the front door on a cold winter evening and being greeted by the inviting smells of beef stew or chicken noodle soup wafting from a slow cooker can be a diner's dream come true, but winter is not the only time a slow cooker is useful. In the summer, using this small appliance can avoid introducing heat from a hot oven. At any time of year, a slow cooker can make life a little more convenient, because by planning ahead, you save time later.

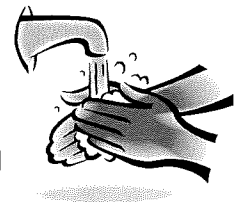


IS A SLOW COOKER SAFE?

Yes, the slow cooker, a countertop appliance, cooks food slowly at a low temperature – generally between 170° and 280°F. The low heat helps less expensive, leaner cuts of meat become tender. Direct heat from the crockpot, lengthy cooking, and steam created within the tightly covered container combine to destroy bacteria and make the slow cooker safe for cooking foods.

SAFE BEGINNINGS

Begin with a clean cooker, clean utensils, and a clean work area. Wash hands before and during food preparation.



Keep perishable foods refrigerated until preparation time. If you cut up meat and vegetables in advance, store them separately in the refrigerator.

THAW AND CUT UP INGREDIENTS

Always defrost meat or poultry before putting into a slow cooker. Cut food into chunks or small pieces to ensure thorough cooking.

USE THE RIGHT AMOUNT OF FOOD

Fill cooker no less than half full and no more than two-thirds full. Vegetables cook slower than meat and poultry in a slow cooker so if using them, put vegetables in first, at the bottom. Then add meat and cover the food with liquid such as broth, water, or barbecue sauce. Keep the lid in place, removing only to stir the food or check for doneness.

SETTINGS

Most cookers have two or more settings. Foods take different times to cook, depending upon the setting used. Certainly, foods will cook faster on high than on low. However, for all day cooking or for less tender cuts, you may want to low setting.

If possible, turn the cooker on the highest setting for the first hour of cooking time and then to low or the setting called for in your recipe. However, it's safe to cook foods on low the entire time.

While food is cooking and once it's done food will stay safe as long as the slow cooker is on.

HANDLING LEFTOVERS



Store leftovers in shallow, covered containers, and refrigerate within two hours after cooking is finished. Reheating leftovers in a slow cooker is *not recommended*. However, cooked food can be brought to steaming on the stove top or in a microwave oven and then put into preheated slow cooker to keep hot for serving. Be sure to throw out leftovers after 4 days!

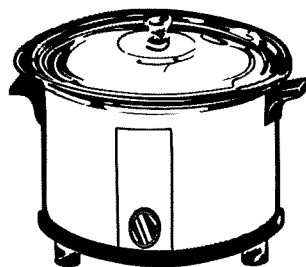
RECIPES

QUICK CROCK POT BBQ CHICKEN

Place a package of cut up chicken parts, skin removed, in the crock pot and pour a bottle of your favorite BBQ sauce. Cook on low for 7 to 8 hours.

CROCK POT BARBECUE

Place a rump roast, brisket, or desired cut of meat in crock pot and cover with one jar of barbecue sauce. Cook on low for 7 to 8 hours. The meat becomes so tender that you can fork it apart into shreds. Serve on bread or buns.



SLOW - COOKED CHILI

2 Pounds Ground Beef	2 - 16oz Cans Kidney Beans
1, 28oz Can Chopped Tomatoes	Cheddar Cheese
1-8oz Tomato Sauce	2 Onions, chopped
1 Green Pepper, chopped	2 Cloves Garlic
2 Tablespoons Chili Powder	1 Tablespoon Cumin
2 tsp. Salt	1 tsp. Pepper

Brown beef and drain. Put in cooker and add next 9 ingredients. Cover and cook on low for 4 hours. Garnish with cheese.

SLOW-COOKER SCALLOPED POTATOES

8 to 10 Potatoes	1 Cup Grated Cheddar Cheese
2 Small Onions, chopped	6 - 8 Slices Ham
1 - 10oz Can Cream of Mushroom or Celery Soup	

- 1. Peel and thinly slice potatoes.**
- 2. Mix together sliced potatoes, onion, and soup.**
- 3. Place ½ of ham slices in bottom of cooker.**
- 4. Place ½ of potato mixture on ham, add grated cheese.**
- 5. Put grated cheese on potatoes.**
- 6. Add the rest of the ham slices and then potato mixture.**
- 7. Cover cooker. Cook on LOW for 8 to 10 hours or HIGH for 4 to 6 hours.**

TACO SOUP

- 1 Pound Lean Ground Beef or Turkey
- 1 Medium Onion, chopped
- 1 - 16 oz. Can Tomato Sauce
- 2 - 16 oz Cans Tomatoes
- 2 - 16oz Cans Pinto or Chili Beans, undrained
- ½ Package Taco seasoning (if you like spicy food, use a whole package)

Brown meat with onion in a frying pan. Place in crock pot and add remaining ingredients and cook on high 1 hour. Change to low setting and cook 1-6 hours.

CHILI CON CARNE

- 3 - 15oz Cans Kidney Beans Drained
- 2 Large Onions, chopped
- 2 Green Peppers, Chopped
- 2 Pounds Lean Ground Beef or Ground Turkey
- 2 - 16 oz Cans Tomatoes
- 2 - 8oz Cans Tomato Sauce
- 1/4 tsp. Paprika
- 2 Tablespoons Chili Powder
- 2 Bay Leaves, crumbled

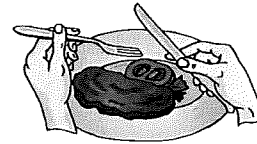


Brown meat in frying pan. Put in crock pot and add remaining ingredients. Cover and cook on high for 1 hour, reducing to low and continue cooking until ready to serve.

ROUND STEAK with MUSHROOM GRAVY

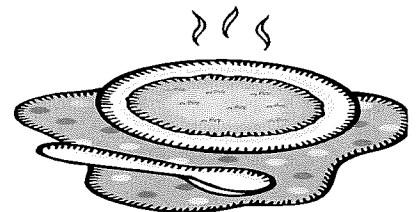
2 TO 2 1/2 Pounds Round Steak
1 (1 1/2 oz) Envelope Dry Onion Mix
1 Can Cream of Mushroom Soup

1/4 Cup Water



- Cut steak into 5 or 6 serving-size pieces.
- Place in pot and add other ingredients.
- Cover and cook on LOW for 6 to 8 hours.
- Serve with rice or mashed potatoes.
- Makes 5 to 6 servings.

HAM AND SPLIT PEA SOUP



16 oz Package (2 cups) Dried Split Peas
2 Pounds Smoked Ham Shank or Smoked Pork Hocks
1 tsp. Salt
1 Small Onion, chopped
2 Stalks Celery, sliced
1/2 tsp. Basil Leaves
6 to 8 Cups Water
1 Carrot, chopped

In crock pot, combine first 6 ingredients. Cook on high setting for 1 hour. Stir in celery and carrots. Continue cooking on low setting 4-6 hours or until peas is tender and soup thickens. Remove ham shank: cut meat from bone and return to soup. Heat through.

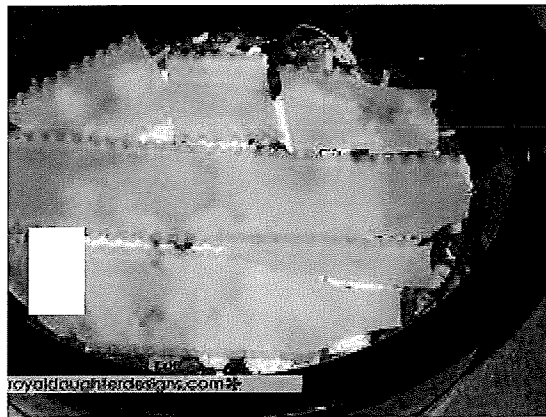
For Ham & Bean Soup:

Substitute dried navy beans for split peas. Soak beans overnight in 2 quarts of water. Drain and rinse. Add 6-8 cups of water. Increase first cooking time to 2 hours. Stir in celery and carrots. Continue cooking as directed.

SLOW COOKER LASAGNA

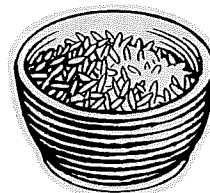
1 Pound Ground Beef 1 Large Onion, chopped
2 Garlic Cloves, minced 1, 29 oz Can Tomato Sauce
1 tsp. Salt 1 tsp. Dried Oregano
1 Package (8 oz.) Lasagna Noodles
4 Cups (16 oz) Shredded Mozzarella Cheese
1 1/2 Cups (12 oz) Small Curd Cottage Cheese
1/2 Cup Grated Parmesan Cheese

In a skillet, cook beef, onion, and garlic over medium heat until meat is no longer pink, drain. Add the tomato sauce, water, tomato paste, salt, and oregano, mix well. Spread a fourth of the meat sauce in an ungreased 5 quart slow cooker. Arrange a third on the uncooked noodles over sauce (break the noodles if necessary). Combine the cheeses, spoon a third of mixture over noodles. Repeat layers twice. Top with remaining meat sauce. Cover and cook on low for 4-5 hours or until noodles are tender.



SPANISH RICE

- 1 1/2 Cups Long Grain Rice
- 1/2 Cup Olive Oil, Butter or Margarine
- 1 1/2 Cups Tomato Juice
- 1 1/2 Cups Water
- 1 Onion, chopped
- 1 Green Pepper, chopped
- 1 1/2 Teaspoon Salt
- 1 Pound Hamburger or Cooked Sausage



Sauté rice in oil until golden brown. Place in crock pot with all remaining ingredients. Stir well. Cover and cook on low for 4 - 6 hours (high 2 to 3 hours).

HAMBURGER CASSEROLE

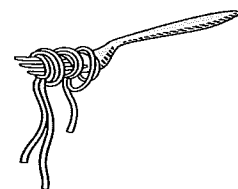
- 2 Large Potatoes, sliced
- 2-3 Carrots, sliced
- 1 - 15 oz Can Peas, drained
- 2 stalks sliced celery
- 3 Medium Onions, sliced
- 1 1/2 Pounds Ground Beef, browned
- 1 -10 oz Can Tomato Soup
- 1 - 10 oz Can Water

Layer vegetables in the crock pot in the order listed. Season each layer with salt and pepper. Put lightly browned ground beef on top of the celery. Mix soup with water and pour into crock pot. Cover, cook on low for 6-8 hours (high for 2-4 hours).

SPAGHETTI

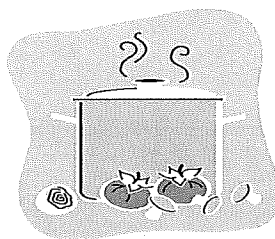
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|---------------------------------------------------|---------------------------|
| 1 Pound Ground Beef | 1 Tablespoon Minced Onion |
| 1 1/2 tsp. Salt | 1/2 tsp. Garlic Powder |
| 1/2 tsp. Dry Mustard | 1/4 tsp. Pepper |
| 1 - 8 oz Can Tomato Sauce | 1 - 4 oz Can Mushrooms |
| 3 Cups Tomato Juice | |
| 4 Ounces Dry Spaghetti, broken in 4-5 inch pieces | |

Brown ground beef well in skillet and place in crock pot. Add all remaining ingredients except dry spaghetti, stir well. Cover and cook over low for 6 to 8 hours (high for 3½ hours). Turn to high for last hour and stir in spaghetti.



CHICKEN MUSHROOM STEW

- | | |
|----------------------------|--------------------|
| 3 Boneless Chicken Breasts | 2 Tablespoon Oil |
| 8 Ounces Mushrooms | 1 Onion, diced |
| 3 Cups Diced Zucchini | 1 Cup Diced Green |
| 1 tsp. Pepper | 4 Cloves Garlic |
| 3 Diced Tomatoes | 1 Can Tomato Paste |
| 3/4 Cup Water | 2 tsp. Salt |
| 1 tsp. Thyme | 1 tsp. Oregano |
| 1 tsp. Marjoram | 1 tsp. Basil |



Cut chicken into 1" cubes and brown, add to slow cooker. Sauté mushrooms, onion, zucchini, green pepper, and garlic. Add to cooker. Add tomatoes, paste, water, and seasonings. Cover and cook on low for 4 hours.

CROCK POT VEGETABLE SOUP

4 Bouillon cubes (beef or Chicken) + 1 cup boiling water
3 cups water
1 small onion, chopped
1 cup thinly-sliced carrots
1/2 cup uncooked rice
1/2 cup chopped celery
Salt and pepper

Dissolve bouillon cubes in boiling water. Place along the rest of ingredients in slow cooker. Cover and cook on **LOW** for 8 to 10 hours.



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