

Main Dish Recipes
Slow Cooking
with a Crock Pot



Slow Cooking (using a crock pot)



Slow cooking is quick-cooking. Just put all the ingredients in the pot, put the lid on and go away.

- A slow cooker can make a whole meal for you, with more for another day, or it can make a delicious, hearty meal for a group.
- Most slow cookers are large and will hold 5 to 6 quarts (5 to 6 L) of food.
- Foods can cook at:
 1. LOW for 6 to 10 hours or
 2. HIGH for 2 to 4 hours.

Tips for using a slow cooker or crock pot:

- Keep the lid on.
- Cut the fat from meat and the skin from chicken.
- When adding frozen vegetables, thaw them in warm water or microwave first. Cut fresh vegetables in small pieces.



- Vegetables like potatoes, carrots, turnips and parsnips, take a long time to cook and are best on the bottom of the cooker.
- Always brown and drain ground meat before adding it to the slow cooker.
- Remove leftovers from the cooker as soon as you finish eating. Put leftovers in a bowl or plastic container, cover and put in the refrigerator.
- You should not fill your slow cooker too full. There should be 1 ½ to 2 inches (4 to 5 cm) above the food, to the top of the container.

Chuckwagon Stew

Serves 4

1 lb	stewing beef, cubed	.50 kg
1 cup	sliced celery	250 mL
1 cup	sliced carrots	250 mL
2 cloves	garlic, crushed	2
1 can (10 oz)	beef broth	284 mL
1 cup	water	250 mL
1 can (14 oz)	stewed tomatoes	398 mL
½ cup	barley, rinsed	125 mL
1 can (14 oz)	beans in tomato sauce	398 mL
1 pkg	dried onion soup mix	40 g
½ tsp	thyme	2 mL

How to Make:

1. Place all ingredients in a slow cooker.
2. Stir together.
3. Cook for 4 hours on High or 8 – 10 hours on Low heat.

Note:

To make on top of the stove:

- Mix all the ingredients together in a large pot.
- Bring to a boil and cook for 10 minutes, stirring a few times.
- Turn the heat down and simmer with a lid on for 2 to 3 hours until the meat is tender.

Vegetable Beef Soup

Serves 4

1 lb	lean boneless pot roast, cubed	.50 kg
	vegetable oil spray	
4 cups	water	1 L
1 can (14 oz)	diced tomatoes, undrained	398 mL
2 cups	frozen mixed vegetables	500 mL
2 medium	potatoes, scrubbed and chopped	2
1 pkg	dried onion soup mix	40 g
1 tsp or cube	beef bouillon	5 mL
½ tsp	pepper	2 mL

How to Make:

1. Spray a large skillet with vegetable oil.
2. Brown meat in the skillet.
3. Place the meat and the rest of the ingredients in a slow cooker.
4. Cover and cook for 4 hours on high or 8 to 10 hours on low heat.