

Whole-Wheat Penne with Eggplant-Tomato Sauce

- | | |
|--|---|
| 2 Tbsp. unsalted butter, cut into small pieces | 10 ounce mushrooms, chopped |
| 1 small onion, finely chopped | Salt |
| 1 rib celery, finely chopped | 1 28-oz. can crushed tomatoes |
| 1 carrot, finely chopped | 1 pound whole-wheat penne |
| 1 clove garlic, minced | ¼ cup finely chopped fresh basil leaves |
| 1 medium eggplant, peeled, ½ -inch dice | |

1. Mist a slow-cooker insert with cooking spray. Combine butter, onion, celery, carrot and garlic in slow cooker. Add eggplant, mushrooms and 1 tsp. salt. Stir in tomatoes, cover and cook on HIGH for 4 hours or on LOW for 6 hours. Stir once or twice during cooking.
2. Bring a large pot of salted water to a boil and cook penne until just tender, about 10 minutes. Drain pasta, toss with sauce, sprinkle with basil (and grated Parmesan, if desired) and serve

Source: <http://www.myrecipes.com/recipe/whole-wheat-penne-eggplant-50400000116299/>

Cooking Spaghetti Squash in a Slow Cooker

1. Using a fork or knife, poke holes in the squash
2. Put the squash in slow cooker and then pour about 2 cups of water in the slow cooker.
3. Cover and cook on HIGH for 3 to 4 hours or LOW for about 6 to 8 hours.
4. Remove from slow cooker. Cut the squash in half and scoop out the seeds. Use a fork to scoop out the spaghetti like strands of squash.

Slow Cooker Black Beans

- | | |
|---|--------------------------------------|
| 1 pound black beans, soaked overnight, then drained | 6 cloves garlic, smashed and chopped |
| 6 cups chicken broth (option – water or vegetarian broth) | 1 (14.5-ounce) can diced tomatoes |
| | 1 tablespoon cumin |
| | 1 tablespoon chili powder |

1. Put the drained beans into your slow cooker
2. Add the chopped garlic, broth, tomatoes, cumin, and chili powder. Stir well to combine.
3. Cover and cook on low for 8 hours.

Source: <http://www.ayearofslowcooking.com/2011/07/slow-cooker-mexican-black-beans-recipe.html>

Citrus Rubbed Pulled Pork

2 pounds boneless pork roast	1 tablespoon onion powder
3 tablespoons kosher salt	2 limes, zested
1 tablespoon ground black pepper	2 tablespoons oil
1 tablespoon granulated garlic	

1. Combine all dry ingredients and the lime zest. Rub on the pork roast to coat evenly, you may not use all of the mixture.
2. Heat a nonstick crock pot insert or a sauté pan with the oil. Once the oil is hot, sear all sides of the pork roast.
3. Once the meat is seared, cover entirely with water (if using a sauté pan, transfer to crock pot first). Place in insert in crock pot and cover.
4. Cook on HIGH for 6 hours or LOW for 8 to 9 hours.
5. Once the meat is done, transfer to a 9" x 13" pan and shred with a pair of tongs. Spoon some liquid from the crock pot over the shredded meat to keep juicy. Cover until use.

Citrus Slaw

3 tablespoons fresh lime juice	¾ teaspoon kosher salt
2 tablespoons olive oil	½ teaspoon fresh ground black pepper
1½ tablespoons sugar	8 ounces raw coleslaw mix (or make your own)
1 tablespoon fresh grated ginger	

In a medium bowl, mix everything together but the cabbage. Add the cabbage and coat well.

To Serve: Warm corn tortillas and fill with pulled pork and slaw. Garnish with a lime spritz, jalapenos or green onions. Serves 6.

Source: <http://food52.com/recipes/15824-citrus-pulled-pork-tacos>

Angel Food Cake with Mixed Berry Compote

Cooking spray	½ cup sugar
2 cups blueberries	3 tablespoons cornstarch
2 cups blackberries	6 tablespoons water
2 cups raspberries	1 (8-ounce) angel food cake, cut into 8 slices
1 cup orange juice	

1. Coat a 5-quart electric slow cooker with cooking spray. Combine berries, orange juice, and sugar in slow cooker. Cover and cook on HIGH for 2 hours.
2. Combine cornstarch and water in a small bowl, stirring until smooth. Stir cornstarch mixture into berry mixture. Cover and cook on HIGH for 15 minutes or until sauce thickens. Serve compote over angel food cake.

Note: If you only have one or two types of berries, you can still make this compote. Just make sure the berries add up to a total of 6 cups.

Source: Cooking Light Slow Cooker Tonight, September 2012

Slow Cooker "Roast" Chicken

2 teaspoon salt	1 teaspoon white pepper
2 teaspoon paprika	½ teaspoon garlic powder
1 teaspoon cayenne pepper	½ teaspoon black pepper
1 teaspoon onion powder	1 large roasting chicken
1 teaspoon thyme	1 cup chopped onion (optional)

1. In a small bowl, combine the spices. Remove any giblets from chicken. Rub spice mixture on the chicken. Place in resealable plastic bag and refrigerate for several hours or overnight.
2. When ready to cook, put chopped onion in bottom of crock pot. Add chicken. No liquid is needed, the chicken will make its own juices.
3. Cook on LOW 4-8 hours.

Source: <http://www.food.com/recipe/crock-pot-whole-chicken-33671>

Italian Spaghetti Squash Recipe

1 medium spaghetti squash	1 teaspoon salt
1 cup sliced fresh mushrooms	¼ teaspoon pepper
1 can (14 ½ oz.) diced tomatoes, undrained	¾ cup shredded part-skim mozzarella cheese
1 teaspoon dried oregano	

1. Cut squash in half lengthwise; discard seeds. Place squash, cut side up, in a 6- or 7-qt. slow cooker.
2. Layer with mushrooms, tomatoes, oregano, salt and pepper. Cover and cook on low for 6-8 hours or until squash is tender.
3. Sprinkle with cheese. Cover and cook for 15 minutes or until cheese is melted.
4. When squash is cool enough to handle, use a fork to separate spaghetti squash strands.
5. Yield: 4 servings

Source: <http://www.tasteofhome.com/recipes/italian-spaghetti-squash#ixzz3VPa2t1Nw>

Slow Cooker Jambalaya

1 lb. boneless, skinless chicken thighs, cut into 1 " pieces	1-28oz. can crushed tomatoes, undrained
3 stalks of celery, chopped	1 Tbsp. sugar
1 green pepper, cut in 1" pieces	½ teaspoon dried oregano
1 onion, chopped	½ teaspoon dried basil
3 cloves garlic, minced	½ cup uncooked orzo pasta
	1 lb. frozen, cooked shrimp, thawed

1. Combine all ingredients except orzo and shrimp in slow cooker. Cover and cook on LOW for 7 to 9 hours until chicken is cooked through.
2. Increase heat to HIGH. Stir in orzo and shrimp. Cover and cook for 15 minutes or until orzo is tender.

Source: Look What's Cooking, Learning Zone Express

Vegetable and Red Lentil Soup

- | | |
|---|--|
| 1 can (14½ oz.) vegetable broth | ½ cup thinly sliced carrots |
| 1 can (14½ oz.) diced tomatoes, undrained | ½ cup red lentils, rinsed and sorted * |
| 2 medium, zucchini or yellow squash (or 1 of each), diced | ½ teaspoon salt |
| 1 red or yellow bell pepper, diced | ½ teaspoon sugar |
| ¼ teaspoon black pepper | |
| 2 Tbsp. chopped fresh basil or thyme | |
| ½ cup croutons or shredded cheese (optional) | |

* May substitute brown lentils

1. Combine broth, tomatoes with juice, zucchini, bell pepper, carrots, lentils, salt, sugar and black pepper in slow cooker; mix well.
2. Cover. Cook on LOW 8 hours or on HIGH 4 hours, or until lentils and vegetables are tender.
3. Ladle into shallow bowls. Sprinkle on basil and croutons, if desired

Source: Crockpot: Best Loved Slow Cooker Recipes

Pork Carnitas

- | | |
|---|--|
| 1 (3-pound) boneless pork shoulder (Boston butt), trimmed | 2 Tbsp. fresh lime juice |
| 10 garlic cloves, sliced | 2 chipotle chiles canned in adobo sauce, drained and chopped |
| 2 teaspoon ground cumin | 20 (6-inch) flour or corn tortillas, warmed |
| 1 tsp. dried oregano | ⅔ cup chopped onion |
| ¾ teaspoon salt | ⅔ cup bottled salsa |
| ½ teaspoon freshly ground black pepper | ⅔ cup chopped fresh cilantro |
| ¾ cup orange juice | 10 lime wedges |

1. Make ½ -inch-deep slits on outside of roast; stuff with garlic. Combine cumin and next 3 ingredients (through black pepper) in a small bowl. Place roast in a 3½ quart slow cooker. Sprinkle pork on all sides with spice mixture.
2. Combine juices and chipotle chiles. Pour juice mixture over pork. Cover and cook on LOW for 8 hours or until pork is tender.
3. Remove pork from slow cooker; shred with 2 forks. Skim fat from cooking liquid. Combine shredded pork and ½ cup cooking liquid; toss well.
4. Spoon 1½ ounces pork mixture onto each tortilla; top each with 1½ teaspoons onion, 1½ teaspoons salsa, and 1½ teaspoons cilantro. Serve with lime wedges.

Source: Cooking Light Slow Cooker Tonight, Oxmoor House 2012

<http://www.myrecipes.com/recipe/pork-carnitas-50400000124223/>

Ropa Vieja

1 large onion, sliced into rings	½ tsp. salt
1 large green bell pepper, seeded & thinly sliced	½ tsp. fresh ground black pepper
3 cloves garlic, finely chopped	2 dashes hot pepper sauce, or to taste
¼ cup red wine vinegar	2 pounds skirt or flank steak
2 Tbsp. Worcestershire sauce	1 cup reduced sodium beef broth
½ Tbsp. ground cumin (more to taste)	3 bay leaves
1 can (28 ounce) crushed tomatoes	½ cup fresh cilantro, chopped (optional)
	½ cup green olives for garnish (optional)

1. Combine the onion, bell pepper, garlic, vinegar, Worcestershire, bay leaves, cumin, crushed tomatoes, salt, pepper and hot sauce in a bowl. Toss to coat well.
2. Transfer half of the mixture into the bottom of a crock pot. Place the steak on top; spoon the remaining mixture over the steak. Pour the broth around the steak. Tuck in the bay leaves.
3. Cover and cook until the steak is fork-tender: 5-6 hours on HIGH, or 8-10 hours on LOW.
4. Transfer the meat to a cutting board and allow to cool. Remove and discard the bay leaves. Shred the steak into small pieces and return it to the crock pot. Garnish with cilantro and green olives, if desired.

Serves 6

Source: www.cditchen.com

Paprika Chicken

6-8 boneless, skinless chicken breasts	¼ cup water if using mushrooms; ½ cup if omitting
Paprika, generous amount, to taste	Salt and pepper to taste
1 can cream of chicken soup	1 cup light sour cream or plain yogurt
1 (4 oz.) can mushrooms, do not drain (optional)	Cooked rice, pasta, or mashed potatoes

1. Place chicken in crock-pot; sprinkle with generous amounts of paprika. Pour soup, mushrooms, and water on top of chicken. Salt and pepper to taste.
2. Cover crock-pot; cook on LOW 6-8 hours or HIGH 2-4 hours. Add sour cream last 30 minutes of cooking.
3. Serve over rice, pasta, or mashed potatoes.

Each serving has 190 calories, 3.5 g fat, 9 g carbohydrate, 1 g fiber and 350 mg sodium.

Source: Utah State University Extension

Slow Cooker Creamy Chicken and Carrots

2 boneless skinless chicken breast halves (6 oz. each)
½ pound fresh baby carrots, cut in half lengthwise

1 can (10¾ ounces) condensed cream of mushroom soup, undiluted
1 can (4 ounces) mushroom stems and pieces, drained
Hot cooked rice, optional

1. Place chicken in 1½ or 2-qt. slow cooker. Top with carrots, soup and mushrooms. Cover and cook on LOW for 4-5 hours or until chicken is tender. Serve over rice if desired. Serves 2.

Nutrition Facts: 1 serving (prepared with reduced-sodium soup and 1 cup sliced fresh mushrooms; without rice) 320 calories, 8 g fat, 106 mg cholesterol, 713 mg sodium

Source: Taste of Home <http://www.tasteofhome.com/Recipes/Creamy-Chicken-and-Carrots/Print>

Slow Cooker Cornbread

1 cup unbleached flour
1 cup yellow cornmeal
3 tsp. baking powder
½ tsp. salt

¼ cup sugar
2 eggs, slightly beaten
1 cup milk
¼ cup oil

1. Spray inside of slow cooker with cooking spray.
2. Sift all dry ingredients into a large mixing bowl.
3. In a separate bowl, beat the eggs, add milk and oil.
4. Make a well in the dry ingredients and pour in liquid ingredients. Mix just enough to not see any dry ingredients.
5. Pour into slow cooker. Cover with lid propping the cover slightly to allow moisture to escape, if needed.
6. Cook on HIGH for 2½-3 hours until knife or toothpick inserted in middle comes out clean. Uncover and lift ceramic cooker out onto cooling rack for 10 minutes before removing bread.

VARIATIONS: Add additional ingredients in well before mixing in wet ingredients.

Bacon Cornbread – add cooked crumbled bacon pieces.

Cheesy Cornbread – 1 cup grated cheddar cheese or broken gorgonzola cheese.

Moister Cornbread – can of creamed corn or whole kernel corn.

Mexican Cornbread – chopped jalapenos, green onions and/or sundried tomatoes.

Spinach Cornbread – frozen chopped spinach, thawed and squeezed dry.

Cornbread Chili – Make your favorite chili in slow cooker. 2 hours before chili is due to be finished, mix cornbread and spoon on top of chili. Cook on high 2 hours until done.

OVEN METHOD: Place in 12” x 16” greased pan. Bake @ 400° F for about 8 minutes.