

Crock Pot Recipes



SLOW COOKER BEEF AND BROCCOLI

Ingredients

- 1 ½ lbs flank steak
- 1 cup low sodium beef broth
- ¼ cup low sodium soy sauce
- 1 tablespoon honey
- 1 tablespoon rice vinegar
- ½ tablespoon red pepper flakes
- 2 tablespoons minced garlic
- 2 tablespoons cornstarch
- 2 large bunches broccoli equal to 5 cups.

Instructions

1. Coat slow cooker with non-stick cooking spray. Cut beef into strips and place in the bottom.
2. Whisk together beef broth, soy sauce, honey, rice vinegar, and garlic. Pour over beef and stir to combine. In a small bowl whisk ¼ cup water and cornstarch. Stir into beef and sauce. Chop broccoli into florets and place on top.
3. Cook on low 3 to 4 hours till beef is tender.

SLOW COOKER SAUSAGE AND POTATOES



Ingredients

- 2 lbs potatoes
- 2 tablespoons olive oil
- 16 ounces of cooked sausage
- 1 small onion sliced
- 1 yellow pepper slices
- 1 Roma tomato, quartered and sliced
- ½ cup broth

Instructions

1. Peel and place potatoes into slow cooker and drizzle olive oil on top. Mix well.
2. Cut sausage into 1 inch chunks and add to crock pot.
3. Top with onion and pepper slices. Add tomato and broth.
4. Cook on high for 4 to 6 hours or low 6 to 8 hours until potatoes are tender.

CROCK POT BEEF STROGANOFF

Ingredients

- 2 pounds stew beef
- 2 cans cream of mushroom soup
- 1 onion
- 2 tablespoons Worcestershire sauce
- ½ cup water
- 1 cup sour cream
- 2 tablespoons minced garlic
- 1 packet onion soup mix
- ½ pound mushrooms

Instructions

1. Cut stew beef into bite size pieces.
2. Brown the meat.
3. Chop onion and mushrooms.
4. Combine all ingredients in crock pot.
5. Cook on low 4 to 6 hours.
6. Suggested served over egg noodles.



CHEESY CHICKEN POTATO AND BROCCOLI CROCK POT



Ingredients

- 2 to 4 chicken breasts
- 1 green pepper
- 1 large bunch broccoli
- 1 to 2 lbs potatoes
- 1 teaspoon paprika
- 1 can cream of chicken soup
- 1 tablespoon Worcestershire sauce
- ¼ cup Velveeta cheese (or cheese of your choice that melts easily)

Instructions

1. Chicken breasts can be left whole or cut into pieces.
2. Chop pepper and broccoli.
3. Peel and slice potatoes.
4. Combine all remaining ingredients.
5. Cook on low approx. 6 hours.
6. Before serving add ¼ cup Velveeta cheese cut into cubes.