

# Crock Pot Recipes

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## PORCUPINE MEATBALLS

### Ingredients

- 1-½ lbs lean ground beef (thawed)
- 1 onion
- 1 large egg
- 2/3 cups uncooked long grain converted rice
- ½ cup dry bread crumbs
- 2 tbs milk
- 3 cups tomato juice
- 1 cup water
- 1 tsp sugar
- ½ tsp salt
- ½ tsp gravy browner or gravy powder

### Instructions

1. Combine first 6 ingredients into bowl and mix well
2. Shape into 1 ½ inch balls
3. Mix remaining 5 ingredients together and pour over meatballs  
high 5 hours

# SCALLOPED HAM MEAL

## Ingredients

- Ham steak or 2lbs ham
- 4-6 potatoes
- 1 onion
- Salt and pepper
- 2 cups veggie of choice (recommends peas)
- 1 can cream chicken OR mushroom soup
- ½ can water.

## Instructions

1. Peel and slice potatoes and placer in cooker
2. Sprinkle with salt and pepper
3. Place veggies and ham on top
4. Mix.



# CROCK POT COWBOY CASSEROLE

## Ingredients

- 1-½ lbs ground beef
- 6 medium potatoes 1 medium onion
- 3 cloves garlic
- One 14 oz can red kidney beans
- ¼ cup water
- Salt and pepper to taste
- 4 oz shredded cheddar cheese.

## Instructions

1. Brown ground beef
2. Peel and cut potatoes into cubes
3. Add onion and minced garlic
4. Layer ground beef on onions and garlic, top with kidney beans, diced tomatoes and water
5. Cover and cook on low 7 to 8 hours.
6. 15 minutes before serving sprinkle cheese on top cover till melted.



# CABBAGE ROLL CASSEROLE

## Ingredients

- 6 cups chopped cabbage
- 1 lb ground beef
- 2 medium onions chopped
- 2 medium carrots grated
- 2 28oz cans tomatoes crushed or diced
- 1 cup rice
- 1 tbsp Worcestershire sauce
- ½ tsp pepper.

## Instructions

1. Place cabbage in bottom of crock pot
2. Brown ground beef with onions
3. Combine meat mixture with carrots, tomatoes, rice, Worcestershire sauce and pepper and pour of cabbage
4. Cover and cook for 4 to 5 hours on high. Cabbage should be tender.

