

Crock Pot Recipes



BEEF AND BROCCOLI

Ingredients

- 1 ½ pounds flank steak
- 1 cup low-sodium beef broth
- ¼ cup low-sodium soy sauce (**we have here**)
- 1 tablespoon honey
- 2 tablespoons minced garlic (about 2 large cloves) (**we will supply**)
- 2 tablespoons cornstarch (**we will supply**)
- 5 cups broccoli florets (about 2 small crowns).

Instructions

1. Coat a 4-quart or larger slow cooker with non-stick spray. Cut beef into strips, place beef on the bottom
2. In a small bowl, whisk together the beef broth, soy sauce, honey and garlic. Pour over the beef, then stir to combine. Add corn starch
3. Stir into the slow cooker with the beef and sauce, then place the broccoli on top. Cook high 4 hours.



DIJON PORK CHOPS AND POTATOES



Ingredients

- 1 can condensed cream of mushroom soup (undiluted)
- ¼ cup chicken broth or veggie
- ¼ cup whole grain Dijon mustard
- 1 garlic clove, minced (**we have**)
- ½ tsp dried thyme, ¼ tsp salt, ¼ tsp pepper, 1 tbsp oil, 2 tbsp flour
¼ cup water (**we will supply**)
- 6 medium red potatoes
- 1 medium onion
- 4-6 boneless pork loin chops.

Instructions

1. In a large bowl, mix the soup, broth, mustard, garlic, thyme, salt and pepper
2. Stir in the sliced potatoes and onions
3. Place in a 5-7 quart slow cooker
4. Heat oil in a large skillet over medium-high heat. Brown chops well on both sides
5. Place chops on top of potato mixture and cook on low 4-6 hours, high 3-5 hours.



NAN'S SLOPPY JOES

Ingredients

- 1 lb of ground beef
- 1 onion
- 1 green pepper
- 1 can of tomato sauce (8 oz.)
- ¾ cup of ketchup
- 1 tsp chili powder
- 1 tbsp Worcestershire sauce (**we will supply**)
- ¼ tsp pepper (**we will supply**)
- ¼ tsp garlic powder (**we will supply**).

Instructions

1. Brown the beef
2. Combine all the ingredients in the slow cooker
3. Cover and cook on low for 6 hours.

Serve on top of your favourite type of roll or toast.



VANILLA PEAR AND APPLES

Ingredients

- 4 apples
- 4 pears
- ½ cup raisins
- ½ tsp vanilla extract (**we supply**)
- ½ tsp cinnamon (**we supply**)
- ¼ cup water.

Instructions

1. Peel and slice apple and pears and add to cooker
2. Add water, cinnamon and vanilla extract
3. Add raisins and cook on low for 4 hours.

Best served on top of ice cream or oatmeal.

