

# Crock Pot Recipes

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## SLOW COOKER CHILI

### Ingredients

- 1 lb of ground beef
- 1 can crushed tomatoes
- 1 can kidney beans
- 1 green pepper
- 1 small onion
- **1 tablespoon chili seasoning (we will supply).**

### Instructions

1. Brown beef in frying pan
2. Chop the pepper and onion into small pieces
3. Combine all into the crock pot and cook on low for 4 hours.

# CREAMY CROCK POT CHICKEN ALFREDO SAUCE



## Ingredients

- 3 chicken breasts
- 1 pack fresh mushrooms
- 1 small onion
- 1 red pepper
- Fresh spinach leaves (about a large handful)
- Fresh parsley (**we supply**)
- 2 garlic cloves (**we supply**)
- 2 cups milk
- Package of Alfredo dry powder mix.

## Instructions

1. Cut up the chicken
2. Cut up vegetables into small pieces (as small as you would like)
3. Throw everything into crock pot and add spices
4. Mix together milk and powder and add to cooker
5. Cook on high for about 5 hours
6. **Make your noodles at home and add sauce on top.**



# SLOW COOKER BBQ PORK CHOPS AND POTATOES



## Ingredients

- 1 lb of ground beef
- 1 onion
- 1 green pepper
- 1 can of tomato sauce (8 oz.)
- $\frac{3}{4}$  cup of ketchup
- 1 tsp chili powder
- 1 tbsp Worcestershire sauce (**we will supply**)
- $\frac{1}{4}$  tsp pepper (**we will supply**)
- $\frac{1}{4}$  tsp garlic powder (**we will supply**).

## Instructions

1. Spray cooker and chop veggies
2. Add chopped potatoes and veggies to cooker
3. Heat oil in a large skillet over medium-high heat. Brown chops well on both sides
4. Place chops on top of potato mixture, add garlic and BBQ sauce and cook on low 4-6 hours, high 3-5 hours.



# SLOW COOKER SAUSAGE AND POTATOES



## Ingredients

- 2lbs whole baby potatoes
- 2 tablespoons olive oil (**we supply**)
- 4-5 **fully-cooked** sausages
- 1-2 garlic cloves (**we supply**)
- 1 small yellow onion, sliced
- 1 yellow pepper, chopped
- 1 Roma tomato, quartered and sliced
- ¼ cup fresh parsley, chopped (**we supply**)
- ½ cup broth.

## Instructions

1. Place baby potatoes in 2 quart slow cooker and drizzle with olive oil
2. Toss well
3. Cut sausage into 1 inch chunks and add to crock pot
4. Top with onion and pepper slices
5. Add tomatoes and broth, place chopped parsley on top
6. Cover and cook on high for 4-6 hours or on low for 8-10, or until potatoes are tender.



# 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 place in cooker
2. Sprinkle with salt and pepper
3. Place veggies and ham on top
4. Mix soup and water together and pour over everything High 4- 5 hours.

