

Crock Pot Recipes



BEEF STEW

Ingredients

- Package of stewing beef
- 5 potatoes
- 1 onion
- 4 carrots
- 1 cup frozen peas
- 2 cups beef stock (or stock cube)
- Package of gravy mix
- 1 bay leaf - **WE SUPPLY**
- 2 garlic cloves - **WE SUPPLY**
- 1 tsp Worcestershire sauce - **WE SUPPLY**
- Salt and pepper - **WE SUPPLY.**

Instructions

1. Brown meat in saucepan.
2. Chop all veggies and add to cooker.
3. Add your spices and garlic.
4. Mix in a bowl the broth and gravy powder.
5. Pour on top of everything. Cook low for 7 hours or high for 5.



WINTER PORK CHOPS

Ingredients

- 4 thawed pork chops
- 2 large sweet potatoes
- 2 apples
- 1 small onion
- 2 celery stalks
- ¾ cup apple juice (or apple juice box)
- 1 tsp each of thyme, rosemary and cinnamon – **WE SUPPLY.**

Instructions

1. Peel and chop sweet potatoes and add to cooker.
2. Brown chops and place on top of potatoes.
3. Chop onions and celery and add to pot along with spices.
4. Add apple juice and cook low for 6 hours or high for 4 hours (or until potatoes are soft).



SAUCY SAUSAGES

Ingredients

- 4-5 mild Italian or sausages of your choice
- 1 red bell pepper
- 1 green bell pepper
- 1 onion
- 2 cloves garlic – **WE SUPPLY**
- 1 can spaghetti sauce.

Instructions

1. Brown sausages and place in cooker.
2. Slice onions and peppers and add to cooker along with chopped garlic.
3. Add sauce and cook low for 5 hours or high for 3-4 hours

*** Best served over pasta, rice or have it with a hoagie bun.*



CHICKEN AND BROCCOLI

Ingredients

- 2-4 THAWED chicken breasts
- 2 carrots
- Package of fresh mushrooms
- 1 small onion
- Head of broccoli (enough for 1 cup chopped)
- 2 cloves garlic – **WE SUPPLY**
- 1 cup chicken broth
- 1 can cheddar broccoli soup
- 1 tsp Italian seasoning – **WE SUPPLY**
- 1 tsp salt and pepper

Instructions

1. Add chicken to cooker.
2. Chop and add veggies.
3. In a bowl mix broth, soup, seasonings and garlic.
4. Pour on top of everything.
5. Cook High 4-5 hours or Low 6-7.

Serve over rice.

