

Crock Pot Recipes



BBQ CHICKEN AND POTATOES

Ingredients

- 4-6 boneless chicken thighs
- 5 large red potatoes
- 1 onion
- 1 zucchini
- 1 yellow pepper
- 1 clove garlic
- 2 cups of your favourite BBQ sauce
- ¼ cup water.

Instructions

1. Brown the chicken and place in sprayed cooker.
2. Peel and chop potatoes and place around cooker.
3. Chop veggies and garlic and add to cooker.
4. Mix water and sauce together and pour onto everything.
5. Cook HIGH for 4-5 hours or LOW for 6.

HONEY MUSTARD HAM & BEANS

Ingredients

- Pre-cooked farmers ham or ham steak
- 4-5 large potatoes
- Large handful of green beans (FRESH)
- ½ cup honey
- ½ cup favourite mustard
- ½ cup brown sugar
- 1 cup apple or pineapple juice (juice box works).

Instructions

1. Place ham in sprayed cooker.
2. Peel and chop potatoes and lay around ham.
3. Add salt and pepper.
4. Chop beans, add to cooker.
5. Add juice.
6. In a bowl mix together honey, mustard and sugar and pour on top of ham.
7. Cook HIGH for 5 hours.



BREAKFAST CASSEROLE

Ingredients

- Package of breakfast sausages or ground sausage meat
- Bag of frozen hash browns (little cubes or shredded)
- 6 large eggs OR 8 medium eggs
- 1 onion
- 1 red pepper
- ¼ cup milk
- 1.5 cups of favourite cheese (bring shredded or we can shred here)
- Salt and pepper to taste.



Instructions

1. In a sprayed cooker add the hash browns first.
2. Chop veggies very small and add to cooker.
3. Mix well.
4. In a small bowl mix milk and eggs together and season with salt and pepper.
5. Add on top of everything.
6. Sprinkle with cheese.
7. Cook HIGH for 3-4 hours or LOW 6 hours.

SUMMER GREEK CHICKEN

Ingredients

- 4 thawed chicken breasts
- 2 large potatoes
- 1 large zucchini
- 1 large tomato
- 1 green onion
- 1 lemon
- 1 cup chicken broth
- ½ tsp of both thyme and oregano
- 1 cup feta cheese (or mozzarella if you do not have feta).

Instructions

1. Place chicken in cooker.
2. Chop roughly veggies and place all around chicken.
3. Sprinkle with seasoning.
4. Cut lemon into wedges.
5. Squeeze juice all over ingredients and place wedges in cooker.
6. Add broth.
7. Add cheese to cooker for last 10min.
8. Cook HIGH for 5 hours.

