



Crock Pot RECIPES

CREAMY SAUSAGE CASSEROLE

Ingredients

- Pack of smoked sausages
- 4-5 potatoes
- 1 onion
- 1 cup frozen peas
- 1 package whole white mushrooms
- 2 garlic cloves or 1 tsp garlic powder
- 1 can cream mushroom soup.

Instructions

1. Peel and chop potatoes and sausages into bite sized pieces.
2. Dice onions and garlic. Add to cooker.
3. Chop mushrooms and add with frozen peas.
4. Add soup and mix till all combined.
5. Cook HIGH 4 hours or LOW 5 hours.

August 4th and 6th





Crock Pot RECIPES

SWEAT AND SOUR ORANGE CHICKEN

Ingredients

- 5-6 boneless skinless chicken thighs
- 2 large oranges
- 1 small red onion
- 1 cup fresh green beans
- 5 garlic cloves or 3 tsp minced garlic
- 1/2 cup brown sugar
- 1/4 cup vinegar (we have here)
- 3 tablespoons all purpose flour.

Instructions

1. Using a veggie peeler, remove 2 strips of the one orange zest.
2. Thinly slice the zests into thin strips and set aside.
3. Juice the orange into the slow cooker (should get about 3/4 cup).
4. Add sugar and vinegar and whisk till combined.
5. Toss the chicken with the flour till coated and then place in bottom of cooker.
6. Thinly slice onions and chop green beans. Add to cooker.
7. Add minced garlic and orange zest.
8. Cook 5 hours on high

ONCE DONE ADD ON TOP OF RICE.

August 11th & 13th





Crock Pot RECIPES

MUSHROOM GRAVY PORKCHOPS

Ingredients

- 4-5 pork chops
- 3-4 potatoes
- 1 package of whole mushrooms
- 1 onion
- 3-4 carrots
- 1 package of beef or mushroom gravy powder
- ½ cup water
- 1 tsp oil – we have here.

Instructions

1. Peel and chop potatoes and add to cooker.
2. Slice onion and add with potatoes.
3. Brown chops in a skillet with oil and place in cooker.
4. Add carrots around chops. Slice mushrooms and add to cooker.
5. In a small bowl mix water and gravy powder. Add to cooker.
6. Cook HIGH 5 hours.

August 18th & 20th





Crock Pot RECIPES

TATOR TOT CASSEROLE

Ingredients

- 1 bag of Tater Tots
- 1 lb lean ground beef
- 1 small onion
- 2 cups mixed vegetables (fresh or frozen)
- 1 can cream of mushroom soup
- ½ cup milk
- ¼ teaspoon garlic powder
- 2 cups shredded cheddar cheese.

Instructions

1. Brown ground beef and onion over medium heat until no pink remains. Drain any fat.
2. In a bowl mix together soup, milk and garlic powder. Set aside.
3. Place half of the Tater Tots into a greased 4 qt slow cooker.
4. Layer beef, mixed vegetables, remaining Tater Tots and finally cheese.
5. Pour sauce over top, cover and cook on HIGH 3-4 hours or on LOW 7 hours or until heated through.

August 25th and 27th

