



Crock Pot RECIPES

APPLE PORK CHOPS

Ingredients

- 4-5 porkchops
- Package of baby red potatoes
- 3 apples
- 1 tablespoon Dijon mustard
- 1 tablespoon brown sugar
- ¼ cup water or broth.

Instructions

Optional: Brown chops in a skillet with a teaspoon of oil.

1. Wash and chop potatoes in half. Add to cooker.
2. Place chops on top of potatoes.
3. Mix brown sugar, broth and mustard together and pour over chops.
4. Peel and slice apples. Place on top of chops in cooker.
5. Cook HIGH 3-4 hours or LOW 5.

September 1st and 3rd





Crock Pot RECIPES

SAUSAGE AND CABBAGE

Ingredients

- 5-6 smoked sausages (not the farmer's style that are uncooked)
- 3-4 potatoes
- 1/2 cabbage or 1 large bag of coleslaw
- 1 onion
- 3-4 cloves of garlic or 1 tablespoon jarred garlic
- 1/2 cup veg or chicken broth
- 1 tsp dried oregano
- Salt and pepper to taste.

Instructions

1. Peel and chop potatoes into 1-inch pieces and add to cooker.
2. Chop cabbage, onions and slice sausages into 1-inch pieces. Add all to cooker.
3. Add minced garlic and dried oregano.
4. Add broth.
5. Cover and cook HIGH 4 hours or LOW 6.
6. Mix half-way through and cabbage is wilted down.

September 8th & 10th





Crock Pot RECIPES

CREAMY CHICKEN SPINACH ALFREDO

Ingredients

- 4 chicken breasts or 6 thighs (thawed)
- 2-3 cups fresh spinach
- 1 onion
- 1 package whole white mushrooms
- 4 cloves garlic
- 1 jar alfredo sauce.

Instructions

1. Place chicken into cooker.
2. Add washed spinach.
3. Dice onions, mushrooms and garlic before adding to cooker.
4. Add Alfredo sauce.
5. Cook LOW 6 hours or HIGH 4.
6. Once done you can shred chicken in cooker or serve as whole breasts/thighs.

September 15th & 17th





Crock Pot RECIPES

GARLIC GREEN BEAN CHICKEN

Ingredients

- 6-8 boneless chicken tHIGHS
- 2 cups fresh green beans
- 4-5 potatoes
- 1 small onion
- 4 large or 6 small cloves of garlic
- 1/3 cup soya sauce
- 1/4 cup sugar
- 1/4 cup water.

Instructions

1. Peel and Chop potatoes into 2-inch pieces and add to cooker.
2. Add sliced onions.
3. Add chicken on top of potatoes.
4. Wash and cut green beans before adding to the cooker.
5. In a small bowl mix water, soya sauce, minced garlic and sugar. Add on top of everything in cooker.
6. Cook HIGH 4-5 hours or LOW 6
7. ***If you want a thicker sauce, make a mixture of 1 tbsp corn starch and 2 tbsp cold water, and add to last 30min of cooking.

September 22nd and 24th





Crock Pot RECIPES

TACO CASSEROLE

Ingredients

- 1 pound ground meat of choice
- 1 onion
- 4-5 potatoes
- 1 can black beans
- 1 red bell pepper
- 1 pack taco seasoning
- 2 garlic cloves
- 1 can cheddar soup mix
- 1 can diced tomatoes

Instructions

1. Brown ground meat in skillet and add to cooker.
2. Peel and dice potatoes into ½ inch pieces. Add to cooker.
3. Dice onions, pepper and garlic before adding.
4. Drain beans and tomatoes and add.
5. Mix taco seasoning and cheddar soup together.
6. Add to cooker and mix well.
7. Cook LOW 5 hours or until potatoes are soft.

September 29th and October 1st

