



## Maximizing Kitchen Appliances - Slow Cookers

One appliance commonly found in many of today's home kitchens is the versatile slow cooker. First introduced in the '70s, slow cookers remain popular among all age groups. Meals and dishes that take a long time to cook can be prepared when families aren't home or are busy. And, most of these recipes take little time and are very easy to prepare.

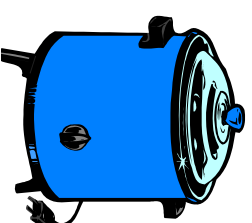
### Types and Features

Slow cookers now come in a variety of sizes and shapes. The basic cooker has a glazed ceramic container or crock which is housed in an outer heating element casing. Unlike many of the original cookers, newer versions often have removable ceramic containers that make for easier clean up. The lid is usually clear. Features may be as simple as two or three temperature settings or as complicated as programmable settings.

### Using the Cooker

Why use a slow cooker? These remain some of the frequently cited reasons:

- Convenience and time saving
- Money saving
- Excellent nutritional content of foods prepared in them
- Good cooking method for many foods especially less-tender meats
- Long term cooking develops flavors
- Family meals can be prepared "from scratch"



Recipes intended for other cooking methods – oven, top of stove, etc. – can be modified for slow cookers. Often water must be decreased. With a little practice and minor alterations, many traditional recipes can be successfully prepared in the slow cooker.

The cooker can be used in innovative ways. Use it as a cooker for rice or hot cereals. It will keep food warm and melted making it serve as a fondue pot for cheese or chocolate. Even hot beverages such as cider can be served from the slow cooker. Dinner rolls will warm without excessive drying.

### Safety

A slow cooker should cook slowly enough for unattended cooking yet fast enough to keep food out of the food safety danger zone (between 40°F and 140°F). Between these temperatures bacteria that might be present would grow very rapidly. To determine if a slow cooker is operating at a sufficiently high temperature, use the following test:

1. Fill the slow cooker one-half to two-thirds full of water.
2. Heat on a low setting for 8 hours with the lid on.
3. Check the water temperature with an accurate food thermometer. The temperature of the water should be 185°F. Temperatures below this would indicate the slow cooker does not heat food enough or fast enough to avoid potential food safety problems. Replace the slow cooker if heating is inadequate.

Main dishes, soups and stews, appetizers, side dishes and even desserts can be slow cooked with great success.

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# Slow Cookers and Food Safety

## Is A Slow Cooker Safe?

Yes, the slow cooker, a countertop appliance, cooks foods slowly at a low temperature — generally between 170°F and 280°F. The low heat helps leaner cuts of meat become tender and shrink less.

The direct heat from the pot, lengthy cooking, and steam created within the tightly-covered container combine to destroy bacteria and make slow cooking a safe process for cooking foods.

## Safe Beginnings

Begin with a clean cooker, clean utensils and a clean work area. Wash hands before and during food preparation.

Keep perishable foods refrigerated until preparation time. If you cut up meat and vegetables in advance, store them separately in the refrigerator. The slow cooker may take several hours to reach a safe, bacteria-killing temperature. Constant refrigeration assures that bacteria, which multiply rapidly at room temperature, won't get a "head start" during the first few hours of cooking.

## Thaw Ingredients

Always thaw meat or poultry before putting it into a slow cooker. Choose to make foods with a high moisture content such as chili, soup, stew or spaghetti sauce. If using a commercially frozen slow cooker meal, prepare according to manufacturer's instructions.

## Use the Right Amount of Food

Fill cooker no less than half full and no more than two-thirds full. If using vegetables, put them in first on the bottom and around the sides of the utensil because they take longer to cook. Next add meat and cover the food with liquid such as broth, water or barbecue sauce. Keep the lid in place, removing only to stir the food or check for doneness.

Reminders:

- Fill cooker no less than half full and no more than two-thirds full.
- Cover the food with liquid.
- Keep the lid in place.

## Settings

Most cookers have two or more settings. Foods take different times to cook, depending upon the setting used. Certainly, foods will cook faster on high than on low. However, for all-day cooking or for less-tender cuts, you may want to use the low setting.

If possible, turn the cooker on the highest setting for the first hour of cooking time and then to low or the setting called for in your recipe. However, it's safe to cook foods on low the entire time when you're leaving for work, for example, and preparation time is limited. While food is cooking and once it's done, food will stay safe as long as the cooker is operating.

## Power Out

If you are not at home during the entire slow-cooking process and the power goes out, throw away the food. If you are at home, finish cooking the ingredients immediately by some other means such as on a gas stove or on the outdoor grill. When you are at home, and if the food was completely cooked before the power went out, the food should remain safe up to two hours in the cooker.

## Handling Leftovers

Store leftovers in shallow covered containers and refrigerate within two hours after cooking is finished. Reheating leftovers in a slow cooker is not recommended. Cooked food should be reheated on the stove, in a microwave, or in a conventional oven until it reaches 165°F or comes quickly to a rolling boil. The hot food can then be placed in a preheated slow cooker to keep it hot for serving -- at least 140°F as measured with a food thermometer.

*Source: USDA Food Safety and Inspection Service*

## Pizza Fondue

(Makes 18 1/4-cup servings)

1 lb. ground beef  
2 cans (16-oz.) pizza sauce with cheese  
8 oz. grated cheddar cheese  
8 oz. grated mozzarella cheese  
1 tsp. oregano  
1/2 tsp. fennel seed (optional)  
1 Tbsp. cornstarch

1. Brown ground beef and drain.
2. Place ground beef in slow cooker; add all other ingredients.
3. Heat on Low until heated through, about 2 hours.
4. Serve with tortilla chips or French bread chunks.

**Nutrition Facts:** (Amount Per Serving) 80 calories, 3.5g fat, 2g saturated fat, 15mg cholesterol, 250mg sodium, 4g total carbohydrate, 1g dietary fiber, 11g protein.

*Note: Recipe analysis does not include bread or chips.*

## Sweet & Sour Sausage Balls

(Makes 32 2-oz. servings)

1/2 cup brown sugar  
2 lbs. sausage  
1 1/4 cups ketchup  
1 Tbsp. soy sauce  
1 Tbsp. lemon juice  
1 (20-oz.) can chunk pineapple

1. Roll sausage in balls the size of a walnut.
2. Brown sausage balls in a skillet.
3. Place browned sausage in slow cooker and add other ingredients.
4. Cook on High for 4 hours or until meatballs test done (160°F) with a thermometer.

**Nutrition Facts:** (Amount Per Serving) 90 calories, 5g total fat, 1.5g saturated fat, 20mg cholesterol, 290mg sodium, 7g total carbohydrate, 0g dietary fiber, 5g protein.

## Artichoke and Crab Spread

(Makes 1 1/2 cups dip or 24 servings)

1 cup flake-style imitation crab meat  
1/2 cup grated Parmesan cheese  
1 Tbsp. lemon juice  
1/4 cup sliced green onions  
1 (14-oz.) can artichoke hearts, drained and chopped  
1 (8-oz.) package reduced or low-fat cream cheese, cubed  
Cocktail rye bread slices

1. Spray a 1 to 1 1/2 quart slow cooker with cooking spray. Place all ingredients in cooker except bread.
2. Cover and cook on Low heat setting for 1 hour. Stir until cheese is smooth.
3. Scrape down side of cooker with rubber spatula to help prevent the

edges from scorching.  
4. Serve with bread slices.  
5. Spread will keep warm on Low setting up to 3 hours.  
6. Stir occasionally to keep the cheese creamy and dip looking fresh.

Yield: 1 1/2 cups of dip (approximately 24 servings). Nutrition facts based on 1 Tbsp. dip and 1 slice of cocktail rye bread.

**Nutrition Facts:** (Amount Per Serving) 45 calories, 2.5g total fat, 1.5g saturated fat, 10mg cholesterol, 150mg sodium, 2g total carbohydrate, 0g dietary fiber, 3g protein.

## Five Spice Pecans

(Makes 4 cups or 16 1/4-cup servings)

4 cups pecan halves  
1/4 cup butter or margarine, melted  
2 Tbsp. reduced-sodium soy sauce  
1 tsp. five-spice powder  
1/2 tsp. garlic powder  
1/2 tsp. ground ginger  
1/4 tsp. ground red pepper

1. Place pecans in a 3 1/2 or 4 quart slow cooker.
2. In a bowl, combine the melted butter or margarine, soy sauce and spices. Pour over nuts, stirring to coat.
3. Cover and cook on Low heat setting for 2 hours. Uncover and stir. Turn to High heat setting. Cover and

continue cooking for 30 minutes. Cool.

**Nutrition Facts:** (Amount Per Serving) 210 calories, 22g total fat, 3.5g saturated fat, 10mg cholesterol, 60mg sodium, 4g total carbohydrate, 3g dietary fiber, 3 g protein.

## Hot Holiday Punch

(Makes 14 6-oz. servings)

8 cups water  
1/2 of a 12-oz. can of frozen  
cranberry juice cocktail concentrate  
(3/4 cup)  
1/2 of a 12-oz. can of frozen  
raspberry juice blend concentrate  
(3/4 cup)  
1 (6-oz.) can frozen apple juice  
concentrate (3/4 cup)  
1/2 cup sugar  
1/3 cup lemon juice  
3 sticks of cinnamon  
12 whole cloves  
6 tea bags

1. In a 3 1/2, 4 or 5 quart slow cooker, combine water, juices, sugar and lemon juice.

2. Add the stick cinnamon and whole cloves.
3. Cover and cook on Low heat setting for 5 to 6 hours or on High setting 2 1/2 to 3 hours.
4. About 5 minutes before serving, add the tea bags to the slow cooker and steep 5 minutes. Discard the tea bags.
5. To serve, ladle beverage into cups.

**Nutrition Facts:** (Amount Per Serving) 100 calories, 0g total fat, 0g saturated fat, 0mg cholesterol, 15mg sodium, 26g total carbohydrate, 0g dietary fiber, 1g protein.

## Slow Cooker Cider

(Makes 10 6-oz. servings)

2 quarts apple cider  
1/2 cup brown sugar  
2 cinnamon sticks (about 4-inch  
sticks)  
1 tsp. whole cloves  
1 tsp. whole allspice  
1 orange, sliced

1. Place cider and brown sugar in slow cooker on High; stir until sugar dissolves.
2. Place cinnamon sticks, cloves, and allspice in a double thickness of cheesecloth; bring up corners of cloth and tie with a string to form a bag.

3. Add spice bag and orange slices to cider.
4. Cover and cook on Low for 3-5 hours.
5. Remove spice bag before serving.

**Nutrition Facts:** (Amount Per Serving) 140 calories, 0g total fat, 0g saturated fat, 0mg cholesterol, 20mg sodium, 35g total carbohydrate, 0g dietary fiber, 0g protein

## Peach or Apricot Butter

(Makes 112 1-oz. servings)

4 (28-oz.) can peaches or apricots,  
drained  
3-4 cups sugar (depending on how  
sweet you want it)  
2 tsp. cinnamon  
3/4 tsp. ground clove  
2 Tbsp. lemon juice

1. Puree fruit; pour into slow cooker.
2. Stir in remaining ingredients.
3. Cover and cook on High 8-10 hours, stirring occasionally, removing cover during last half of cooking.
4. Ladle fruit butter into storage containers or jars. Cool.

*(This fruit butter must be refrigerated.)*

**Nutrition Facts:** (Amount Per Serving) 25 calories, 0g total fat, 0g saturated fat, 0mg cholesterol, 0mg sodium, 7g total carbohydrate, 0g dietary fiber, 0g protein.

## Pulled Pork or Beef Sandwiches

(Makes 12 sandwiches)

3 lbs. lean pork or beef roast  
1 (14-oz.) bottle barbecue sauce  
1 Tbsp. brown sugar  
1 Tbsp. lemon juice or cider  
vinegar  
1 medium onion, chopped  
12 hamburger buns or sandwich rolls

1. Place the roast in the slow cooker. Cover; cook on Low for 10 hours or on High for 5 to 6 hours.
2. Remove the roast and shred the meat.
3. Remove any liquid in the slow cooker. Return meat to slow cooker and add remaining ingredients except the buns.

4. Continue cooking on High for 2 hours or until meat is heated throughout.
5. Serve on buns or rolls.

**Nutrition Facts:** (Amount Per Serving) 410 calories, 11g total fat, 3.5g saturated fat, 75mg cholesterol, 650mg sodium, 50g total carbohydrate, 1g dietary fiber, 23g protein.

## Cashew Chicken

(Makes 6 servings)

- 6 chicken breasts
- 1 cup green onion, chopped
- 1 cup mushrooms, sliced
- 1 cup celery, sliced
- 1 (10 3/4-oz.) can cream soup (mushroom or chicken)
- 1 Tbsp. soy sauce
- 1 cup cashews

1. Place thawed chicken breasts in bottom of slow cooker.
2. Add onion, mushrooms, and celery.
3. Top vegetables with soup and soy sauce.
4. Cover and cook on Low for 6 hours or High for 4 hours.
5. Top each serving with cashews.

Notes: To reduce sodium content of recipe, use lower sodium soup and eliminate soy sauce or use lower sodium soy sauce.

**Nutrition Facts:** (Amount Per Serving) 320 calories, 15g total fat, 3.5g saturated fat, 70mg cholesterol, 850mg sodium, 13g total carbohydrate, 1g dietary fiber, 29g protein.

## Mary Ann's Round Steak and Vegetables

(Makes 6 servings)

- 1 1/2 lbs. chuck or round steak, cut into strips
- 1/3 cup flour
- 1/4 tsp. pepper
- 1 large onion, sliced
- 1-2 green peppers, sliced
- 1 can (16-oz.) tomatoes
- 1 can (4-oz.) mushrooms, drained
- 2 Tbsp. molasses or brown sugar (optional)
- 1 (10-oz.) package frozen green beans, French style

1. Place steak strips, flour, salt and pepper in a container or plastic bag. Toss or shake to coat with flour.

2. Place coated steak strips into slow cooker.
3. Add all remaining ingredients.
4. Cover and cook on High 1 hour then turn to Low for 8 hours or leave on High for 5 hours.
5. Serve over rice or noodles.

**Nutrition Facts:** (Amount Per Serving) 250 calories, 6g total fat, 2.5g saturated fat, 70mg cholesterol, 330mg sodium, 19g total carbohydrate, 3g dietary fiber, 28g protein.

## Mexican Beef

(Makes 6 servings)

- 1 1/2 lbs. round steak
- 1 clove garlic, minced
- 1/2 tsp. salt
- 1/4 tsp. pepper
- 1 Tbsp. chili powder
- 1 Tbsp. prepared mustard
- 1 onion, chopped
- 1 beef bouillon cube, crushed
- 2 cups canned tomato pieces
- 1 (16-oz.) can kidney beans, drained
- Hot cooked rice

1. Spread meat with mixture of garlic, salt, pepper, chili powder, and mustard.
2. Cut into 1/2-inch wide strips.
3. Place in slow cooker.

4. Cover with onion, bouillon, and tomatoes.
5. Cover and cook on High 1 hour; reduce to Low and cook another 4-6 hours.
6. Turn control back to High; add beans and cook, covered, another 30 minutes.
7. Serve on bed of hot rice.

**Nutrition Facts:** (Amount Per Serving without rice) 270 calories, 8g total fat, 2.5g saturated fat, 70mg cholesterol, 810mg sodium, 18g carbohydrate, 5g dietary fiber, 30g protein.

## Vegetable-Beef Chili

(Makes 6 servings)

- 1 lb. ground beef
- 1 cup chopped onion
- 2 (10-oz.) packages frozen mixed vegetables
- 1 (16-oz.) can canned tomato pieces, unsalted
- 1 (8-oz.) can tomato sauce, unsalted
- 1/2 cup water
- 1 Tbsp. chili powder
- 1 tsp. salt
- 1 tsp. sugar

1. Brown beef and onion in skillet; drain off fat and transfer mixture to slow cooker.
2. Place frozen vegetables in strainer; rinse with hot water to separate.

3. Stir vegetables, undrained tomatoes, and rest of ingredients into beef mixture.
4. Cover and cook on High for 1 hour; reduce to Low and cook another 6-8 hours.

**Nutrition Facts:** (Amount Per Serving) 280 calories, 9g total fat, 3.5g saturated fat, 65mg cholesterol, 540mg sodium, 27g total carbohydrate, 7g dietary fiber, 19g protein.

## Spinach Lasagna

(Makes 12 1-cup servings)

- 2 (28-oz.) cans diced tomatoes, drained
- 1 Tbsp. Italian seasoning (oregano, basil, garlic mixture)
- 1 tsp. salt
- Black pepper to taste
- 16 oz. ricotta or cottage cheese
- 1/2 cup grated Parmesan cheese
- 1 (12 oz.) package dry Lasagna noodles
- 1 (10-oz.) package frozen chopped spinach, thawed and drained
- 8 oz. mozzarella, grated

1. In a medium bowl, combine the tomatoes, Italian seasoning, salt and pepper.
2. In another medium bowl, combine the ricotta and Parmesan cheeses.
3. Spoon 1/3 of the tomato mixture into

- the bottom of the slow cooker. Top with a single layer of noodles. Add half of the spinach. Finish with 1/2 of ricotta mixture.
4. Repeat with tomato, noodle, spinach and ricotta layers.
  5. Finish with a layer of noodles, tomato and the mozzarella.
  6. Set the slow cooker to Low and cook, covered until the noodles are tender, about 2 hours.

**Nutrition Facts:** (Amount Per Serving)  
260 calories, 7g total fat, 3.5g saturated fat, 15mg cholesterol, 810mg sodium, 33g total carbohydrate, 3g dietary fiber, 15g protein.

## Chicken Enchilada Casserole

(Makes 8 servings)

- 1 large onion, chopped
- 1 (32-oz.) can green chile enchilada sauce
- 1 dozen soft corn tortillas, each one cut into 4 strips
- 3 cups cooked chicken, cut into small pieces
- 3 cups shredded Monterey Jack cheese
- Sour cream (optional)

1. Sauté onion in skillet until softened; set aside.
2. Spray bottom and side of slow cooker with oil.
3. Pour about 1/2 cup enchilada sauce into the slow cooker; tilt to spread it around.
4. In layers add one-fourth of the tortilla strips, one-fourth of the remaining sauce, one-third of the sautéed onion,

- one-third of the chicken, and one-quarter of the cheese. Repeat the layers two more times, ending with the cheese.
5. Finish the casserole with the remaining tortilla strips, sauce, and cheese.
  6. Cover and cook on High for 2 hours or on Low for 4-5 hours.
  7. To serve, use a long-handled spoon to reach down through all of the layers for each serving.
  8. Optional: Add large dollop of sour cream on top.

**Nutrition Facts:** (Amount Per Serving)  
340 calories, 15g total fat, 10g saturated fat, 40mg cholesterol, 1390mg sodium, 36g total carbohydrate, 4g dietary fiber, 9g sugars, 14g protein.

## Round Steak with Rich Gravy

(Makes 6 servings)

- 2 lbs. round steak
- 1 package onion soup mix
- 1/4 cup water
- 1 (10 3/4 oz.) can cream of mushroom soup

1. Cut steak into 6 serving pieces; place in slow cooker.
2. Mix together rest of ingredients and pour over meat.
3. Cover and cook on High for 1 hour and then on Low for 4-6 hours.
4. Excellent when served with mashed potatoes.

**Nutrition Facts:** (Amount Per Serving)  
280 calories, 12g total fat, 4g saturated fat, 95mg cholesterol, 750mg sodium, 7g total carbohydrate, 1g dietary fiber, 35g protein.

## Texas Hash

(Makes 6 servings)

- 1 1/2 lbs. ground beef
- 2 medium onions, chopped
- 1 green pepper, chopped
- 2 (16-oz.) can tomatoes
- 1 cup raw long-grain rice
- 1 1/2 tsp. chili powder
- 1 1/2 tsp. salt
- 2 tsp. Worcestershire sauce
- 1/2 cup water

1. Brown beef; drain off fat.
2. Put all ingredients in slow cooker; stir thoroughly.
3. Cover and cook on High 1 hour; then Low 5-7 hours (or keep on High another 3 hours.)

**Nutrition Facts:** (Amount Per Serving)  
290 calories, 4.5g total fat, 1.5g saturated fat, 60mg cholesterol, 770mg sodium, 35g total carbohydrate, 2g dietary fiber, 23g protein.

## Easy Chicken and Veggies

(Makes 4 servings)

- 1 (10 oz.) package frozen peas
- 1 lb. baby carrots
- 1 medium onion, diced
- 4 small skinless chicken breasts
- 3/4 tsp. salt
- 1/2 tsp. pepper
- 1 cup chicken broth
- 1 tsp. dried basil

**Nutrition Facts:** (Amount Per Serving) 260 calories, 2g total fat, 0.5g saturated fat, 70mg cholesterol, 870mg sodium, 25g total carbohydrate, 7g dietary fiber, 32g protein.

1. Put peas, carrots, and onion in bottom of slow cooker; add chicken breasts.
2. Top with salt, pepper, and broth. Sprinkle with basil.
3. Cover with lid.
4. Cook on High for 4-5 hours or on Low for 8-10 hours.

## Swedish Cabbage Rolls

(Makes 6 servings)

- 12 large cabbage leaves
- 1 egg, beaten
- 1/4 cup milk
- 1/4 cup finely chopped onion
- 1 tsp. salt
- 1/4 tsp. pepper
- 1 1/2 lbs. lean ground beef
- 1 cup cooked rice
- 1 (8-oz.) can tomato soup
- 1 Tbsp. brown sugar
- 1 Tbsp. lemon juice
- 1 tsp. Worcestershire sauce

1. Immerse cabbage leaves in large kettle of boiling water for 2-3 minutes or until limp; drain.
2. Combine egg, milk, onion, salt, pepper, beef, and cooked rice.

3. Place about 4-5 Tbsp. meat mixture in center of each cabbage leaf; fold in sides and roll ends over meat.
4. Place in slow cooker.
5. Combine rest of ingredients; pour over cabbage rolls.
6. Cover and cook on High 1 hour; then Low another 6-7 hours.

**Nutrition Facts:** (Amount Per Serving) 260 calories, 6g total fat, 2g saturated fat, 130mg cholesterol, 740mg sodium, 24g total carbohydrate, 3g dietary fiber, 26g protein.

## Saucy Beef Roast

(Makes 8 servings)

- 2 lbs. chuck roast
- 1 can beef gravy
- 1 large can chunky vegetable soup
- 1 (10 3/4 oz.) can tomato soup

**Nutrition Facts:** (Amount Per Serving) 260 calories, 13g total fat, 5g saturated fat, 65mg cholesterol, 600mg sodium, 11g total carbohydrate, 0g dietary fiber, 35g protein.

1. Brown roast on top of stove, if desired.
2. Place meat in slow cooker.
3. Mix rest of ingredients together; pour over roast.
4. Cook on High 1 hour; then Low 6-8 hours or until tender.

## BBQ Pork Steaks

(Makes 4 servings)

- 4 pork steaks
- 1 large onion, thinly sliced
- 1 large green pepper, thinly sliced
- 2 tomatoes, sliced
- 1 Tbsp. quick tapioca
- 1/2 cup BBQ sauce

1. Brown pork steaks in skillet.
2. Layer vegetables in slow cooker; sprinkle with tapioca.
3. Top with steaks; pour BBQ sauce on top.
4. Cover and cook on High 1 hour; then on Low 6-8 hours.

**Nutrition Facts:** (Amount Per Serving) 360 calories, 17g total fat, 6g saturated fat, 95mg cholesterol, 460mg sodium, 24g total carbohydrate, 2g dietary fiber, 28g protein.

## Hobo Crock Turkey Breast

(Makes 16 4-oz. servings)

5 to 6 lb. turkey breast, rinsed inside and out  
2 to 3 Tbsp. Basic Dry Rub (recipe below)  
1 onion, quartered  
4 Tbsp. canola or olive oil  
1/4 cup bottled smoke

1. Line a large slow-cooker (at least 5 quarts) with a sheet of heavy-duty foil (or several long sheets of regular foil) large enough to completely wrap around the turkey breast.
2. Place the turkey breast in the slow-cooker and generously coat all sides as well as cavity with dry rub. Tuck the onion in the cavity.
3. Combine the oil and the bottled smoke and pour mixture over the breast.
4. Fold the foil around the turkey for a snug fit and cover.
5. Cook on high 4 to 5 hours or on low 8 to 9 hours, or until turkey reaches an internal temperature of at least 165°F.

6. Carefully lift the turkey out of the slow-cooker. Discard onion. Let the turkey sit for a few minutes before carving.

**Nutrition Facts:** (Amount Per Serving)  
360 calories, 19g total fat, 4g saturated fat, 125mg cholesterol, 700mg sodium, 4g total carbohydrate, 1g dietary fiber, 43g protein.

### Basic Dry Rub

1/4 cup paprika                      1-2 Tbsp. sea salt  
2 Tbsp. coarsely ground black pepper  
1 Tbsp. garlic powder   1 Tbsp. dry mustard

Combine all ingredients in a jar with a tight-fitting lid. Shake to blend. Will keep indefinitely. To make a spicier rub, substitute equal amounts of chili powder for the paprika and cumin for the dry mustard.  
Yield: About 2/3 cup

*Recipe from "Cheater BBQ" by Mindy Merrel and R.B. Quinn.*

## Italian Meatball Stew

(Makes 12 servings)

1/2 lb. ground beef-lean  
1/2 cup bread crumbs, fine  
2 Tbsp. parmesan cheese-grated  
1/4 tsp. pepper  
2 eggs, beaten  
1/4 cup milk  
1 tsp. salt  
1/8 tsp. garlic powder  
6 carrots, pared and sliced  
1 (6-oz.) can tomato paste  
1 cup water  
1/2 tsp. oregano  
1/2 tsp. basil  
1 cup beef bouillon  
1 tsp. seasoned salt  
1 (6-oz.) package frozen Italian vegetables

1. Mix first 8 ingredients and form into firm meatballs; set aside. Place the bite size pieces of carrots into the bottom of the slow cooker and place meatballs on top.
2. Mix all the rest of the ingredients (except Italian vegetables) together and pour on top of the meatballs.
3. Cover and cook on Low for 4 to 6 hours. Add the thawed Italian vegetables and turn the slow cooker to High. Cover continue to cook on High for 1/2 hour, or until the vegetables are done. Serve over or with, noodles or pasta.

**Nutrition Facts:** (Amount Per Serving)  
100 calories, 2.5g total fat, 1g saturated fat, 45mg cholesterol, 780mg sodium, 11g total carbohydrate, 3g dietary fiber, 8 g protein.

## Homemade Potato Soup

(Makes 12 1-cup servings)

6 potatoes; pared, cut in bite-size pieces  
4 cups water  
2 onions, chopped  
1 1/2 tsp. salt  
1 carrot, pared and sliced  
Pepper  
1 stalk celery, sliced  
2 Tbsp. butter  
4 chicken bouillon cubes  
1 Tbsp. parsley flakes  
1 (13-oz.) can evaporated milk  
Chopped chives, for garnish

1. Put all ingredients except milk and chives in slow cooker.
2. Cook on Low 10-12 hours or High 3-4 hours.
3. Stir in milk in last hour.
4. Serve topped with chives.

**Nutrition Facts:** (Amount Per Serving) 120 calories, 4g total fat, 3g saturated fat, 15mg cholesterol, 660mg sodium, 17g total carbohydrate, 2g dietary fiber, 4g protein.

## Chicken Stew

(Makes 12 1-cup servings)

2 lbs. boneless, skinless chicken breasts, cut in 1-inch cubes  
1 large onion, quartered and cut into 1/2-inch slices  
1 cup baby carrots or 2 large carrots cut into 1-inch slices  
3 medium potatoes cut into 1-inch cubes  
3 1/2 cups chicken broth  
1 tsp. celery seed  
1 tsp. dried thyme  
1/2 tsp. black pepper  
Salt to taste  
1 cup frozen corn, thawed  
1 (8 oz.) can sliced mushrooms, drained  
1 cup frozen peas, thawed

1. Combine all ingredients, except peas, in the slow cooker; stir well.
2. Cover and cook on Low 6 to 8 hours, until chicken is done and vegetables are tender; stir in peas the last 30 minutes.

**Nutrition Facts:** (Amount Per Serving) 170 calories, 1.5g total fat, 0g saturated fat, 45mg cholesterol, 470mg sodium, 17g total carbohydrate, 2g dietary fiber, 22g protein.



## Black Bean and Sausage Stew

(Makes 10 1-cup servings)

- 1 lb. reduced-fat turkey sausage, cut into 1/2 inch pieces
- 3 (15-oz.) cans black beans, drained and rinsed
- 1 cup onion, chopped
- 1 cup celery, chopped
- 1 Tbsp. Italian spice mixture (garlic, oregano, basil, etc)
- 1/4 tsp. black pepper
- 1/4 tsp. cayenne pepper
- 1 chicken bouillon cube
- 3 bay leaves
- 1 (8-oz.) can tomato sauce
- 1 cup water

1. Place all ingredients in the slow cooker.
2. Cover and cook on Low for 7 to 9 hours or on High for 3 to 4 hours.
3. Remove bay leaf before serving.
4. Serve as a stew or over cooked rice for a hearty main dish.

**Nutrition Facts:** (Amount Per Serving) 190 calories, 4.5g total fat, 0g saturated fat, 0mg cholesterol, 1140mg sodium, 21g total carbohydrate, 8g dietary fiber, 16g protein.

## Potatoes and Carrots

(Makes 12 1/2-cup servings)

- 3 cups sliced raw potatoes
- 3 cups sliced carrots
- 1 medium onion, chopped
- 2 cups beef broth

1. Combine potatoes, carrots and onion in the slow cooker.
2. Pour broth over the vegetables.
3. Cover and cook on High for 4-6 hours or until vegetables are tender.

**Nutrition Facts:** (Amount Per Serving) 90 calories, 0g total fat, 0g saturated fat, 0mg cholesterol, 290mg sodium, 18g total carbohydrate, 3g dietary fiber, 4g protein.

## Baked Beans

(Makes 12 1/2-cup servings)

- 1 lb. dried small white dry beans, rinsed
- 6 cups water
- 3 cups water
- 1/3 cup molasses
- 1/4 cup brown sugar
- 1 onion, chopped
- 4 slices bacon, chopped
- 1 Tbsp. Dijon mustard
- 1/2 tsp. salt
- 1/2 cup ketchup (optional)

1. To quick soak beans, place in a large saucepan. Cover with 6 cups of water or to at least 1 inch over the top of the beans.
2. Place saucepan on the stove and bring to a boil. Decrease heat to low

- and simmer for 2 to 3 minutes.
3. Remove from heat, cover and allow to stand at least 1 hour or up to 4 hours.
4. Drain soaking water and rinse beans.
5. Place beans in slow cooker. Add 3 cups fresh water and remaining ingredients except ketchup. Cover.
6. Set slow cooker on High setting and cook beans for 6-7 hours or until beans are tender.
7. If desired add optional ketchup during last 1 hour of cooking.

**Nutrition Facts:** (Amount Per Serving) 210 calories, 4g total fat, 1.5g saturated fat, 5mg cholesterol, 300mg sodium, 36g total carbohydrate, 8g dietary fiber, 7g protein

## Scalloped Corn

(Makes 8 1/2-cup servings)

- 2 eggs, beaten
- 1/2 cup light sour cream
- 1/4 cup melted butter
- 1 small onion, finely chopped or 2 Tbsp. instant chopped onion
- 1 (14-oz.) can whole kernel corn
- 1 (14-oz.) can creamed corn
- 1 small box or 1 1/2 cups cornbread mix

1. In a medium bowl, mix all ingredients together well.
2. Prepare the slow cooker by spraying lightly with nonstick cooking spray.
3. Place corn mixture in prepared insert.

4. Cover and cook on High for 2 to 2 1/2 hours.

**Nutrition Facts:** (Amount Per Serving) 280 calories, 13g total fat, 6g saturated fat, 70mg cholesterol, 580mg sodium, 35g total carbohydrate, 3g dietary fiber, 6g protein.

## Vegetable Medley

(Makes 12 1/2-cup servings)

2 cups frozen green beans  
2 cups frozen whole kernel corn  
1/2 cup carrots, cut in 3-inch strips  
1/2 cup celery, thinly sliced  
1/2 cup chopped onion  
1/2 cup green pepper, diced  
2 cups tomato juice  
2 chicken bouillon cubes  
1 teaspoon salt  
Dash of black pepper  
3 tablespoons quick cooking tapioca  
1 tablespoon sugar  
2 tablespoons butter

1. Combine all ingredients in the slow cooker.
2. Cook on low for 7 to 9 hours or on high for 3 1/2 to 4 1/2 hours

**Nutrition Facts:** (Amount Per Serving) 70 calories, 2g total fat, 1g saturated fat, 5mg cholesterol, 640mg sodium, 11g total carbohydrate, 2g dietary fiber, 2g protein.

## German Potato Salad

(Makes 12 1/2-cup servings)

6 cups sliced raw potatoes  
1 cup chopped onion  
1 cup chopped celery  
1 cup water  
1/2 cup cider vinegar  
1/4 cup granulated sugar  
2 Tbsp. quick cooking tapioca  
1/4 tsp. black pepper  
2 tsp. dried parsley flakes  
4 Tbsp. real bacon pieces or  
4 slices bacon, cooked, drained and crumbled

1. Combine potatoes, onion, and celery in the slow cooker.
2. In a medium bowl, combine the water, vinegar, sugar, tapioca, black

pepper and parsley flakes. Pour mixture over potato mixture.  
3. Cover and cook on Low for 8 hours.  
4. Stir in crumbled bacon.  
5. Serve hot.

**Nutrition Facts:** (Amount Per Serving) 80 calories, 0.5g total fat, 0g saturated fat, 0mg cholesterol, 210mg sodium, 16g total carbohydrate, 1g dietary fiber, 3g protein.

## Slow Cooker Oatmeal

(Makes 4 1/2-cup servings)

1 cup oatmeal  
1/3 cup raisins  
2 1/4 cups water

(Other options: 1/3 cup apples,  
1/3 cup nuts, 1 tsp. cinnamon)

1. Spray slow cooker with non-stick spray.
2. Cook on Low for 8 to 10 hours.
3. When the raisins cook with the oatmeal it sweetens it, so adjust the amount of sugar or sweetener.  
Great for families on the run in the mornings.

(Nutritional analysis includes raisins.)

**Nutrition Facts:** (Amount Per Serving) 120 calories, 1.5g total fat, 0g saturated fat, 0mg cholesterol, 10mg sodium, 24g total carbohydrate, 3g dietary fiber, 0g sugars, 4g protein.

## Whole-Grain Hot Cereal

(Makes 8 servings)

5 cups water  
1/2 cup barley  
1/2 cup steel-cut oats (*not* rolled)  
1/2 cup wheat berries or bulgar  
1 apple, diced  
1/4 cup dried cranberries  
2 Tbsp. brown sugar  
1/2 tsp. cinnamon  
1/4 tsp. salt

1. Use cooking spray to coat the inside of your 3-4 quart slow cooker.
2. Add all ingredients and mix thoroughly.
3. Cover and cook on low setting overnight (8-9 hours).
4. Stir just before serving into bowls.

5. Add toppings as desired. Choices include nuts such as pecans or walnuts, additional sweeteners such as honey or brown sugar, and milk.

**Nutrition Facts:** (Amount Per Serving) 130 calories, 1g total fat, 0g saturated fat, 0mg cholesterol, 80mg sodium, 28g total carbohydrate, 4g dietary fiber 2g protein.

## Slow Cooker Baked Custard

(Makes 6 1/2-cup servings)

3 eggs, lightly beaten  
1/3 cup granulated sugar  
1 tsp. vanilla  
2 cups milk  
1/4 tsp. ground nutmeg

1. In a mixing bowl combine eggs, sugar, vanilla, and milk; mix well.
2. Choose a 1 or 1 1/2 quart baking dish that will fit into the slow cooker. Lightly butter baking dish and pour mixture into it. Sprinkle with nutmeg.
3. Place a small rack or a piece of aluminum foil into the bottom of the slow cooker. Add 2 cups of hot water.

4. Cover the baking dish with aluminum foil and place on the rack in the slow cooker. The water may come up the sides of the baking dish.

5. Cover with the slow cooker lid and cook on High for 2 1/2 to 3 hours or until set.

**Nutrition Facts:** (Amount Per Serving) 100 calories, 3g total fat, 1.5g saturated fat, 115mg cholesterol, 75mg sodium, 13g total carbohydrate, 0g dietary fiber, 5g protein.

## Slow Cooked Apples

(Makes 12 1/2-cup servings)

2 lbs. or about 6 medium cooking apples  
1 tsp. cinnamon  
1/2 cup raisins  
1/2 cup orange juice  
1/3 cup sugar

1. Wash and peel apples. Cut into thick slices or chunks. Place prepared apples in a slow cooker.
2. In a small mixing bowl, combine the raisins, sugar, cinnamon and juice. Pour mixture over apples. Stir to coat the apples.
3. Cover. Cook on Low for 1 to 2 hours or until apples are tender.

**Nutrition Facts:** (Amount Per Serving) 81 calories, 0g fat, 21g carbohydrate, 0mg sodium, 0g protein.

## Pumpkin Tea Bread

(Makes 24 slices)

1/2 cup oil  
1/2 cup sugar  
1/2 cup brown sugar  
2 beaten eggs  
1 cup canned pumpkin  
1 1/2 cups sifted flour  
1/2 tsp. salt  
1/2 tsp. cinnamon  
1/2 tsp. nutmeg  
1 tsp. soda  
1 cup chopped walnuts

1. Blend oil and two sugars.
2. Stir in beaten eggs and pumpkin.
3. Sift dry ingredients together. Add and then stir in nuts.
4. Pour batter into prepared slow

cooker baking pan. You may use the ceramic bowl when the special baking pan is unavailable. If using the baking pan, place in slow cooker.

5. Cover top of insert with insert lid; cover entire slow cooker with lid.
6. Bake on High 2-3 hours. Check bread after 1 1/2 hours as bread may be done sooner if using a shallow oval-shape cooker

**Nutrition Facts:** (Amount Per Slice) 130 calories, 8g total fat, 1g saturated fat, 20mg cholesterol, 130mg sodium, 14g total carbohydrate, 1g dietary fiber, 0.5g protein.

## Peach Cobbler

(Makes 8 servings)

1/4 cup sugar  
1/2 cup brown sugar  
3/4 cup biscuit mix  
2 eggs, beaten  
2 tsp. vanilla or almond extract  
1 Tbsp. melted butter  
2/3 cup milk  
2 cups peach slices, mashed  
1 tsp. cinnamon  
Nonstick cooking spray

1. Spray slow cooker insert with non-stick cooking spray.
2. Combine sugars and the biscuit mix.
3. Stir in eggs and flavoring.
4. Blend in melted butter and milk.
5. Add peaches and cinnamon.

6. Pour into slow cooker.
7. Cook on Low for 6 to 8 hours.

**Nutrition Facts:** (Amount Per Serving) 180 calories, 4.5g total fat, 2g saturated fat, 60mg cholesterol, 190mg sodium, 32g total carbohydrate, 1g dietary fiber, 3g protein.

## Cherry Crisp

(Makes 12 1/3-cup servings)

1 (21-oz.) can cherry pie filling  
2/3 cup brown sugar  
1/2 cup quick-cooking oats  
1/2 cup flour  
1/3 cup butter, softened

**Nutrition Facts:** (Amount Per Serving) 170 calories, 5g total fat, 3g saturated fat, 15mg cholesterol, 50mg sodium, 31g total carbohydrate, 1g dietary fiber, 0.5g protein.

1. Lightly butter a 3 1/2-quart slow cooker.
2. Place cherry pie filling in the slow cooker.
3. Combine dry ingredients and mix well; cut in butter with a pastry cutter or fork.
4. Sprinkle crumbs over the cherry pie filling.
5. Cook for 5 hours on Low.

## Chocolate Pudding Cake

(Makes 8 1/2-cup servings)

1 cup flour  
1/2 cup sugar  
1/2 cup coarsely chopped pecans  
1/4 cup unsweetened cocoa  
2 tsp. baking powder  
1/2 tsp. salt  
1/2 cup milk  
1/4 cup oil  
1 tsp. vanilla  
1 cup boiling water  
1/2 cup chocolate syrup

1. In a small mixing bowl, combine the first 6 dry ingredients.
2. Stir in liquid ingredients – milk, oil, and vanilla.
3. Choose a 1 1/2 quart casserole or similar container that will fit inside slow cooker. Spray container with nonstick cooking spray. Fill with batter.

4. In a measuring cup, mix boiling water with chocolate syrup. Pour over cake batter. Place a small rack, foil ring or several canning jar lids in bottom of slow cooker crock. Add 2 cups of warm water to the container.
5. Place the casserole containing cake batter into the slow cooker. Cover casserole container with foil if desired.
6. Cover slow cooker and cook on High for 3 to 4 hours until cake is done.
7. Serve warm. Ice cream or whipped topping can be served with cake.

**Nutrition Facts:** (Amount Per Serving) 260 calories, 12g total fat, 1.5g saturated fat, 0mg cholesterol, 300mg sodium, 36g total carbohydrate, 1g dietary fiber, 2g protein.

## Lemon Pudding Cake

(Makes 6 servings)

3 eggs, separated  
1 tsp. grated lemon peel  
1/4 cup lemon juice  
3 Tbsp. margarine, melted  
1 1/2 cups milk  
3/4 cup sugar  
1/4 cup flour  
1/8 tsp. salt

4. Fold in beaten whites. Spoon into slow cooker.
5. Cover and cook on High for 2-3 hours.

**Nutrition Facts:** (Amount Per Serving) 180 calories, 8g total fat, 1.5g saturated fat, 65mg cholesterol, 120mg sodium, 26g total carbohydrate, 0g dietary fiber, 1g protein.

1. Beat egg whites until stiff peaks form; set aside.
2. Beat egg yolks; blend in lemon peel, lemon juice, margarine, and milk.
3. Combine sugar, flour, and salt; add to egg-milk mixture, beating until smooth.

## Rice Pudding

(Makes 12 servings)

1 cup sugar  
6 cups milk  
1 cup rice  
1/2 cup raisins or other dried fruit  
1 tsp. vanilla  
1/4 tsp. salt  
1/2 tsp. cinnamon  
Nutmeg

1. Combine all ingredients, except nutmeg, in the slow cooker crock. Stir well.
2. Cover and cook on high. Check and stir at least every hour. Cook for a total of 2 1/2 to 3 hours or until milk is absorbed and rice is cooked.
3. Sprinkle with nutmeg before serving.

**Nutrition Facts:** (Amount Per Serving) 180 calories, 2.5g total fat, 1.5g saturated fat, 10g cholesterol, 100mg sodium, 36g total carbohydrate, 0g dietary fiber, 3g protein.

This page can be used to insert more recipes of your choice.

