

Healthy Crockpot Collective Kitchen Recipes

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1. Ground Beef Stroganoff Crockpot

Ingredients:

- ✓ 2 pounds ground beef
- ✓ 2 medium onions, chopped
- ✓ 2 cloves garlic, minced
- ✓ 1 small can sliced mushrooms, drained
- ✓ 2 1/2 teaspoons salt
- ✓ 1/4 teaspoon pepper
- ✓ 1 cup beef bouillon (low salt)
- ✓ 3 tablespoon tomato paste
- ✓ 1 1/2 cup sour cream, mixed with 4 tablespoons flour

Preparation in crockpot:

Brown ground beef in large skillet; add onions, garlic and mushrooms. Sauté until onion is golden brown.

Put in Crock Pot and stir in all remaining ingredients.

Cover and cook on Low 6 to 8 hours.

Serve over hot buttered noodles with poppyseeds, or rice.

http://www.canadianliving.com/food/slow_cooker_beef_stew.php

- ❖ Make sure the crockpot is always half full or ¾ full of liquid, before starting cooking.
- ❖ Make sure the crockpot is in a safe place with nothing around it: it becomes warm and may burn.
- ❖ Always cook with the lid on for the recommended time. Do not remove the lid for the first two hours of cooking to allow the heat to build up efficiently.
- ❖ Always wear oven mitts when handling the lid or the inside bowl.
- ❖ The outside of the crockpot may be cleaned with a soft cloth and warm soapy water. Do not use abrasive cleaners.
- ❖ Never immerse the heating base in water or any other liquid

Preparation in oven:

Brown ground beef in large skillet; add onions, garlic and mushrooms. Sauté until onion is golden brown. Stir in all remaining ingredients.

Cover and cook in oven for 45 min. to 1 hour.

Serve over hot buttered noodles with poppyseeds, or rice.

2. Slow Cooker Beef Stew

Ingredients

- ✓ 2 lb (1 kg) stewing beef cubes
- ✓ 4 potatoes, peeled and cut in wedges
- ✓ 3 carrots, cut in chunks
- ✓ 2 onions, chopped
- ✓ 2 cloves garlic, minced
- ✓ 1-1/2 cups (375 mL) beef stock
- ✓ 1 can (5 oz/156 mL) tomato paste
- ✓ 1 bay leaf
- ✓ 1 tbsp (15 mL) Worcestershire sauce
- ✓ 1 cup (250 mL) frozen peas
- ✓ 1/2 tsp (2 mL) salt
- ✓ 1/4 tsp (1 mL) pepper
- ✓ 2 tbsp (25 mL) all-purpose flour

Preparation in crockpot:

Trim and cut beef into 1-inch (2.5 cm) cubes. In 18- to 24-cup (4.5 to 6 L) slow-cooker, mix together beef, potatoes, carrots, onions, garlic, beef stock, tomato paste, bay leaf and Worcestershire sauce. Cover and cook on Low for 10 to 12 hours (or on High for 5 to 6 hours) or until beef and vegetables are tender.

Add peas, salt and pepper. Increase heat to High. Whisk flour with 2 tbsp (25 mL) water; stir into stew. Cook, covered, for 5 minutes or until thickened. Discard bay leaf.

Serves approximately: **4 - 6**

http://www.canadianliving.com/food/slow_cooker_beef_stew.php

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Preparation in oven:

Use a large skillet and follow the recipe. Cover and cook in the oven at 350F for about 45 minutes to 1 hour or until beef and vegetables are tender.

On the stove, add peas, salt and pepper. Increase heat to medium-high. Whisk flour with 2 tbsp (25 mL) water; stir into stew. Cook, covered, for 5 minutes or until thickened. Discard bay leaf.

3. Melt in Your Mouth Beef Stew

Ingredients

- ✓ 2 lbs. Beef in cubes
- ✓ 3 tbsp. extra virgin olive oil
- ✓ 1 cup onion, sliced
- ✓ 1/2 cup green pepper, chopped
- ✓ 1/2 cup carrots, sliced
- ✓ 1/2 cup green peas
- ✓ 1 lg. clove garlic
- ✓ 1/2 tsp. salt
- ✓ 1/8 tsp. pepper
- ✓ 2 cups beef stock
- ✓ 1 (8 oz.) can tomatoes
- ✓ 1 (4 oz.) can mushrooms
- ✓ 3 tbsp. cornstarch
- ✓ 1/4 cup cold water

Preparation in crockpot:

Saute onion, pepper and garlic in oil. Add salt, pepper, beef stock, tomatoes and mushrooms and beef.

Cook in slow cooker/Crock Pot on low heat 8-10 hours.

Mix cornstarch, cold water and thicken before serving. Serve over hot white rice.

<http://www.classiccrockpotrecipes.com/beef/beef-stew-crock-pot-recipe.php>

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Preparation in oven:

Use a large skillet and follow the recipe. Cook in the oven at 350F for 2 ½ hours or until the beef is tender.

Then mix cornstarch, cold water and thicken over the stove before serving. Serve over hot white rice.

4. Home Style Slow Cooked Chili

Ingredients

- ✓ 2 -3 pounds of ground chuck (or extra lean ground beef)
- ✓ 2 cans (16 oz.) red kidney beans, drained
- ✓ 2 cans tomatoes, drained
- ✓ 2 onions, finely chopped
- ✓ 1 can mushrooms, drained
- ✓ 1 red pepper, finely chopped
- ✓ 1 green pepper, finely chopped
- ✓ 1 1/2 cloves garlic, crushed
- ✓ 2-3 table spoons chili powder
- ✓ 1 teaspoon black pepper (optional)
- ✓ 1 teaspoon cumin
- ✓ Salt to taste (optional)

Preparation in crockpot:

First brown ground chuck in non-stick pan and drain fat. Then place in crockpot.

Place all other ingredients into slow cooker.

Cook for 10-12 hours on low.

Serves approximately 10-12 bowls of chili.

<http://www.classiccrockpotrecipes.com/chili/crock-pot-chili-recipe.php>

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Preparation in oven:

Place all ingredients in an oven safe pot. Stir and cook at 350F for 2 hours

5. Slow Cooker Mushroom Pot Roast

Ingredients:

- ✓ 4 lb (1.81kg) beef pot roast (cross rib, blade or brisket)
- ✓ Coarsely ground sea salt or salt and pepper
- ✓ 2 tbsp (30ml) vegetable oil
- ✓ 1 onion, cut into wedges lengthwise
- ✓ 1 can (284ml) condensed mushroom soup undiluted
- ✓ ½ cup (125ml) dried mushrooms (optional)
- ✓ 1 cup (250ml) quartered button mushrooms cup (250ml) diced green beans (optional)
- ✓ 3 gloves garlic, minced
- ✓ ¼ cup (50ml) beef broth

Preparation in crockpot

Pat roast dry; season with salt and pepper.

Heat oil in pan on medium-high heat. Add roast; brown well on all sides, 10 to 15 minutes. Remove roast from pan. Add garlic and onion to pan. Reduce heat to medium; cook until lightly brown, about 3-4 minutes (Note: add splash of water to prevent scorching, if needed). Stir in broth, scraping up browned bits from bottom of pan. Stir in soup.

Soak dried mushrooms (if using) in ½ cup of water). Strain, reserving liquid; add soaked mushrooms and reserved liquid to pan.

Transfer roast and liquid from pan to slow cooker. Add fresh mushrooms; cover and cook on low for 6 to 8 hours until roast is fork-tender.

Remove roast to cutting board; cover with foil and towel to keep warm.

Add green beans (if using) to sauce; cover and cook on high for 30 minutes or until veggies are tender. Season sauce to taste. Serve roast with the vegetables and sauce.

Makes 6 servings **Source** : beefinfo.org

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6. Lentil-sausage soup

Ingredients:

- ✓ 6-8 Italian spiced sausage (hot or mild according to your taste)
- ✓ 1 can diced tomatoes
- ✓ 1 can beef broth
- ✓ 1 cup water
- ✓ 2/3 cup lentils
- ✓ 2 potatoes, washed and diced into small pieces (1/4-1/2 inches)
- ✓ 1 medium onion, diced
- ✓ 1 small bag mini-carrots or 4-5 regular cut into 1/2 inch chunks **
- ✓ 2 tablespoon oregano
- ✓ 1 teaspoon sweet paprika

Preparation in crockpot:

Layer potatoes and onion on bottom of crock pot, then place sausages, carrots and lentils into the pot.

Sprinkle with herbs and then pour diced tomatoes, broth and water over the top.

Cook on low 8 hours.

Before serving, remove sausages and slice into 1/4 inch pieces. Return to pot and stir.

Serves 4-6

****Variation:** replace with 2 cups dices butternut squash, fresh or frozen

Source : 50Plus.com-Slow-cooked soups

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Preparation in oven:

Layer potatoes and onion on bottom of a skillet, then place sausages, carrots and lentils into the skillet. Sprinkle with herbs and then pour diced tomatoes, broth and water over the top.

Cook in oven at 350F for about 1 1/2 hour or until sausages and vegetables are well cooked.

Before serving, remove sausages and slice into 1/4 inch pieces. Return to skillet and stir.

1. Chicken and Stuffing Crockpot

Ingredients

- ✓ 4 Chicken Breast, Boned and Skinned
- ✓ 4 Slices Swiss Cheese
- ✓ 1 Can Cream of Chicken soup
- ✓ 1 Can Cream of Mushroom soup
- ✓ 1 Cup Chicken Broth
- ✓ 1/4 Cup Milk
- ✓ 2 Cups Pepperidge Farm Herb Stuffing Mix
- ✓ 1/2 Cup Melted butter
- ✓ Salt and pepper to taste

Preparation in crockpot:

Season chicken breasts with salt and pepper and place chicken breasts in crock pot. Pour chicken broth over chicken breasts. Put one slice of Swiss cheese on each breast. Combine both cans of soup and milk. Cover chicken breasts with soup mixture. Sprinkle stuffing mix over all. Drizzle melted butter on top. Cook on low for 6-8 hours.

From: Claire, passionrecettes.com 2003-2013

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Preparation in oven:

Use an oven safe skillet and place all the ingredients. Cook in the oven at 350F for 1 to 1½ hour or until juices run clear from chicken.

2. Crockpot Barbecued Chicken

Ingredients:

- ✓ 1 tablespoon Worcestershire sauce
- ✓ 1 teaspoon salt
- ✓ 1 tablespoon prepared mustard
- ✓ 1/2 cup vegetable oil
- ✓ 1 tablespoon Tabasco (or as desired)
- ✓ 1/3 cup vinegar
- ✓ juice of 1 lemon
- ✓ 1 teaspoon black or cayenne pepper
- ✓ 1 tablespoon sugar
- ✓ 4 - 5 chicken breasts - boneless

Preparation in crockpot:

Combine Worcestershire sauce, salt, mustard, oil, and Tabasco sauce. Add vegetable oil that has been mixed with vinegar, lemon juice, pepper and sugar. Place chicken breasts in bottom of slow cooker. Pour sauce over the top. Cover and cook on low for 8 hours.

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Preparation in oven:

Use an oven safe skillet and place all the ingredients. Cook in the oven at 350F for 1 to 1½ hour or until juices run clear from chicken.

3. Crockpot Chicken a la King

Ingredients:

- ✓ 1 can golden cream of chicken soup
- ✓ 3 tablespoons flour
- ✓ 1/4 teaspoon pepper
- ✓ dash of cayenne pepper
- ✓ 1/2 teaspoon garlic powder
- ✓ 1 lb. boneless chicken breasts cut in cubes
- ✓ 1 rib celery chopped
- ✓ 1/2 cup green pepper chopped
- ✓ 1/4 cup onion chopped
- ✓ 1 10 oz. package frozen peas thawed
- ✓ 2 tablespoons pimento chopped

Preparation in crockpot:

Combine soup, flour, peppers and garlic powder in slow cooker. Stir until smooth. Stir in chicken, celery, onion and green pepper. Cover and cook on low for 7 – 8 hours or until meat is cooked and tender. Stir in peas and pimentos. Cook another 30 minutes. Serve over rice, noodles or biscuits.

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Preparation in oven:

Use an oven safe skillet and place all the ingredients except peas and pimentos. Cook in the oven at 350F for 1 to 1½ hour. Then add peas and pimentos and cook for another 30 minutes.

4. Garlic Chicken

Ingredients:

- ✓ 4 skinned chicken breast halves
- ✓ 1 teaspoon salt
- ✓ 2 teaspoons paprika
- ✓ 2 teaspoons lemon pepper
- ✓ 1 large onion, sliced
- ✓ 10 cloves garlic (about 1 medium), un-peeled

Preparation in crockpot:

Mix together salt, pepper and paprika. Rub all over meat side of chicken breast. Place onion in slow cooker. Place chicken breast side up on onion. Place garlic on chicken. Cover and cook on low in slow cooker for about 6 hours or until juices run clear.

Serves approximately: 4

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Preparation in oven:

Use an oven safe skillet and place all the ingredients. Cook in the oven at 350F for 1 to 1½ hour or until juices run clear from chicken.

5. Chicken and Rice

Ingredients:

- ✓ 6 large chicken breasts
- ✓ 1 small can cream of chicken soup
- ✓ 1/2 c. diced celery
- ✓ 1 c. rice
- ✓ 1 small can cream of mushroom soup
- ✓ 1 small can broth

Preparation in crockpot:

Mix in crock-pot the 3 cans of soups and rice. Place the chicken breasts on top of mixture, then add the diced celery. Cook for 4 hours on low. Serves 6.

From: Claire, passionrecettes.com 2003-2013

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Preparation in oven:

Use an oven safe skillet and follow the recipe. Cook in the oven at 350F for 1 to 1½ hour or until juices run clear from chicken.

6. Low-Fat Chicken Noodle Soup

Ingredients:

- ✓ 2 chicken breast, boneless skinless
- ✓ 2 cans chicken broth
- ✓ 2 cups carrots, cut into small chunks
- ✓ 3 stalks celery, cut into small chunks
- ✓ 2 cups onions, diced (optional)
- ✓ 24 ounces of water (3 soup cans worth)
- ✓ dried parsley to taste, crushed
- ✓ salt to taste
- ✓ 8 oz. "no yolk" light noodles

Preparation in crockpot:

Place vegetables and chicken into crockpot. Then add water, broth and other ingredients. Cook for 8 hours on low.

Remove chicken and vegetables and add noodles. Cook noodles on high for 15 minutes. Shred chicken while noodles are cooking.

Place the chicken and veggies back into slow cooker with the noodles for another 5-15 minutes or until noodles are fully cooked.

Serves 10 people.

http://www.classiccrockpotrecipes.com/low_fat/low-fat-crock-pot-recipes.php

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Preparation in oven:

Use an oven safe skillet and follow the recipe. Cook in the oven at 350F for 1 to 1½ hour or until juices run clear from chicken

7. Slow Cooker Souper Chicken Noodle

Ingredients:

- ✓ 2 onions, chopped
- ✓ 2 stalks celery, chopped
- ✓ 2 carrots, chopped
- ✓ 2 sweet potatoes, peeled and chopped
- ✓ ½ teaspoon ginger powder or other spice
- ✓ 1 teaspoon salt
- ✓ Pepper to taste
- ✓ 6 chicken thighs, skinless or other meat (country food, beef cubes...)
- ✓ 4 packets of chicken broth (or 4 cubes or 6 teaspoons of concentrated bouillon)
- ✓ 6 ½ cups water
- ✓ 3 cups sliced cabbage (or frozen spinach)
- ✓ 2 cups noodles
- ✓ ½ cup frozen peas.

Preparation in crockpot:

In slow cooker, combine onions, celery, carrots, sweet potatoes, cabbage, spice, salt and pepper. Put chicken over vegetables. Pour in broth and water. Cover and cook on low for 7 hours. Add peas and noodles into soup. Cover and cook on high until noodles are tender, about 30 minutes. Makes 6 servings

****To make this a complete meal you can add a glass of milk and a fruit.**

Source : Canadian Living, Nov 2012

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Preparation in oven:

In a large safe oven skillet, combine onions, celery, carrots, sweet potatoes, cabbage, spice, salt and pepper. Add chicken and pour in broth and water. Cover and cook in oven at 350F for 35-45min or until chicken and vegetables are cooked.

Add peas and noodles into soup. Cover and cook until noodles are tender, about 15 minutes.

1. Slow-Cooker Vegetarian Chili with Sweet Potatoes

Ingredients:

- ✓ 1 medium red onion, chopped
- ✓ 1 green bell pepper, chopped
- ✓ 4 garlic cloves, chopped
- ✓ 1 tablespoon chili powder
- ✓ 1 tablespoon ground cumin
- ✓ 2 teaspoons unsweetened cocoa powder
- ✓ 1/4 teaspoon ground cinnamon
- ✓ kosher salt and black pepper
- ✓ 1 28-ounce can fire-roasted diced tomatoes
- ✓ 1 15.5-ounce can black beans, rinsed
- ✓ 1 15.5-ounce can kidney beans, rinsed
- ✓ 1 medium sweet potato (about 8 ounces), peeled and cut into 1/2-inch pieces
- ✓ sour cream, sliced scallions, sliced radishes, and tortilla chips, for serving

Preparation in crockpot:

In a 4- to 6-quart slow cooker, combine the onion, bell pepper, garlic, chili powder, cumin, cocoa, cinnamon, 1 teaspoon salt, and 1/4 teaspoon black pepper. Add the tomatoes (and their liquid), beans, sweet potato, and 1 cup water.

Cover and cook until the sweet potatoes are tender and the chili has thickened, on low for 7 to 8 hours or on high for 4 to 5 hours (this will shorten total recipe time).

Serve the chili with the sour cream, scallions, radishes, and tortilla chips.

Serves 4 Hands-On Time: 20m Total Time: 8hr 20m

By Kay Chun , January, 2011 Recettes.com 2003-2013

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Preparation in oven:

Use an oven safe skillet and follow the recipe. Cook in the oven at 350F for 1 to 1½ hour or until the sweet potatoes are tender and the chili has thickened.

2. Very Veggie Minestrone

Ingredients:

- ✓ 2 tbsp olive oil
- ✓ 3 cl garlic, minced
- ✓ 1 large carrot, diced
- ✓ 2 c green beans, ends trimmed, cut in 1/2" pieces
- ✓ 1 tsp dried Italian seasoning
- ✓ 2 cans (14 oz each) fire-roasted diced tomatoes
- ✓ 2 cans (14 oz each) low-sodium vegetable or chicken broth
- ✓ 1 can (15 oz) white beans, drained & rinsed
- ✓ Parmesan cheese rind
- ✓ Prepared basil pesto
- ✓ Grated Parmesan cheese
- ✓ 1 c fresh spinach
- ✓ 1 medium zucchini, diced
- ✓ Salt & pepper
- ✓ 1 medium onion, diced
- ✓ 2 stalks celery, diced

Preparation in crockpot:

1. Heat the olive oil in a 10" or larger skillet. Saute onions and garlic until softened, add celery, carrot and green beans. Let soften slightly before seasoning with salt, pepper and Italian seasoning.
2. Heat slow cooker on high. Add the diced tomatoes, broth, zucchini and Parmesan cheese rind, followed by sauteed vegetables.
3. Heat on high for one hour, then reduce heat to low and cook 4-6 hours. Additional broth or water may be added as needed.
4. Shortly before serving add fresh spinach and beans.
5. To serve: Ladle soup in each bowl, top with a dollop of basil pesto and sprinkle with the grated Parmesan cheese.

Servings: 6 main-dish servings

From : <http://www.crock-pot.com/recipe.aspx?storyId=156511>

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3. Vegetable Curry Vegan Slow Cooker Recipe

Ingredients:

- ✓ 1 cup onion, finely chopped
- ✓ 2 tablespoons tapioca
- ✓ 1 teaspoon coriander, ground
- ✓ 2 cups carrots, diced
- ✓ 2 potatoes, cut into small cubes
- ✓ 2 cups garbanzo beans, drained
- ✓ 1 clove garlic, minced
- ✓ 1 cup green beans, cut into halves
- ✓ 2 teaspoons Curry powder
- ✓ ¼ teaspoon Salt
- ✓ 1/8 teaspoon cinnamon powder
- ✓ 1 large can vegetable broth
- ✓ 1 can tomatoes, un drained

Preparation in crockpot:

Add all ingredients into slow cooker (except tomatoes) and pour veg. broth on top.

Cook for 8-10 hours on low.

Add undrained tomatoes, stir and let stand for 10 minutes before serving.

Serve with white, brown or fried rice.

<http://www.classiccrockpotrecipes.com/soup/crock-pot-soup-recipes.php>

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Preparation in oven:

Add all ingredients into oven safe pot (except tomatoes) and pour veg. broth on top.

Cook in oven for 1hour at 350F.

Add undrained tomatoes, stir and let stand for 10 minutes before serving.

Serve with white, brown or fried rice.

4. Home Style Crock Pot Vegetable Soup Recipe

Ingredients:

- ✓ 1 white onion, chopped
- ✓ 1 cup celery, chopped
- ✓ 1 cup green beans, halved
- ✓ 1 cup carrots, diced
- ✓ 2 cans vegetable broth
- ✓ 2 cups potatoes, diced
- ✓ 2 dashes of salt
- ✓ shake of parsley, crushed
- ✓ 1 cup water

Preparation in crockpot:

Place all ingredients into slow cooker.

Cook for 8-10 hours on low.

Serve with crackers.

<http://www.classiccrockpotrecipes.com/soup/crock-pot-soup-recipes.php>

- ❖ Make sure the crockpot is always half full or ¾ full of liquid, before starting cooking.
- ❖ Make sure the crockpot is in a safe place with nothing around it: it becomes warm and may burn.
- ❖ Always cook with the lid on for the recommended time. Do not remove the lid for the first two hours of cooking to allow the heat to build up efficiently.
- ❖ Always wear oven mitts when handling the lid or the inside bowl.
- ❖ The outside of the crockpot may be cleaned with a soft cloth and warm soapy water. Do not use abrasive cleaners.
- ❖ Never immerse the heating base in water or any other liquid

Preparation in oven:

Place all ingredients into large safe oven pot.

Cook for 1 hour at 350F or until the vegetables are tender.

Serve with crackers.

5. Slow Cooker Macaroni and Cheese Recipe

Ingredients:

- ✓ 1 (16 oz.) pkg. macaroni
- ✓ 1 tablespoon vegetable oil
- ✓ 1 (13 oz.) can evaporated milk
- ✓ 1 1/2 cups milk
- ✓ 1 teaspoon salt
- ✓ 4 cups shredded sharp Cheddar cheese
- ✓ 1/2 cup melted butter

Preparation in crockpot:

Cook macaroni in boiling salted water, following package directions. Drain well. Grease bottom and sides of 3 1/2 to 5-quart crockpot. Toss hot macaroni in slow cooker with the vegetable oil then add all remaining ingredients. Stir gently to combine then cover and cook on LOW for 3 to 4 hours, stirring occasionally.

<http://southernfood.about.com/od/macaroniandcheeserecipes/r/bl20c1.htm>

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Preparation in oven:

Cook macaroni in boiling salted water, following package directions. Drain well. Grease bottom and sides of a skillet. Toss hot macaroni in skillet with the vegetable oil then add all remaining ingredients. Stir gently to combine then cover and cook in oven at 350F for about 15 min, stirring occasionally.

6. Barley Lentil Soup Slow Cooker

Ingredients:

- ✓ 1 tbsp vegetable oil (15 ml)
- ✓ 1 onion, chopped
- ✓ 2 cloves garlic, minced
- ✓ 1 large carrot and stalk celery, chopped
- ✓ 2 tsp dried thym
- ✓ 1tsp each salt and pepper
- ✓ 4 cups vegetable stock
- ✓ 2 cups water
- ✓ 1 cup brown or green lentils
- ✓ ¼ cup pot barley
- ✓ ¼ cup chopped fresh parsley

Topping

- ✓ ¼ low-fat plain yogurt
- ✓ 1 tbsp minced fresh parsley

Preparation:

Fry onion, garlic, celery, thym, salt and pepper in heat oil over medium heat.

Scrape into slow cooker. Add stock, water, lentils and barley. Cover and cook on low for 6 to 7 hours or until lentils and barley are tender.

Stir in parsley

Topping: Top each serving with yogurt; sprinkle with parsley

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- ❖ Never immerse the heating base in water or any other liquid

Preparation in oven:

In an oven safe skillet, fry onion, garlic, celery, thym, salt and pepper in heat oil over medium heat. Add stock, water, lentils and barley. Cover and cook in oven 350F for 45 minutes or until lentils and barley are tender. Stir in parsley

Topping: Top each serving with yogurt; sprinkle with parsley

1. Venison pot roast

Ingredients:

- ✓ about 3 pounds of a venison roast
- ✓ flour
- ✓ salt and pepper
- ✓ 1 tbsp. vegetable oil or shortening
- ✓ 1/2 cup chopped onion
- ✓ 2 cups beef broth, hot
- ✓ 1 can tomatoes
- ✓ 2 tsp. oregano
- ✓ 2 tsp. garlic powder
- ✓ Salt and pepper to taste if needed

Preparation in crockpot:

Sprinkle roast with salt and pepper; dust with flour. Brown the venison roast in heated oil or shortening. Add onion to skillet. Turn off the heat and add beef broth; transfer to slow cooker, scraping browned bits up. Add tomatoes to crockpot, along with the herbs and seasonings. Cover and cook on LOW for 9 to 12 hours, until pot roast is tender.

Serves 6 to 8.

<http://www.about.com/>

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- ❖ Never immerse the heating base in water or any other liquid

Preparation in oven:

Sprinkle roast with salt and pepper; dust with flour. Brown the venison roast in heated oil or shortening. Add onion and to skillet. Turn off the heat and add beef broth, tomatoes along with the herbs and seasonings. Cover and cook in the oven at 350F for 3 to 4 hours, until pot roast is tender. Serves 6 to 8.

2. Crock Pot Venison Barbecue

Ingredients:

- ✓ 3 lbs. boneless venison, cut in 1-inch cubes
- ✓ 1/2 cup chopped green pepper

- ✓ 2 teaspoons instant beef bouillon or equivalent base
- ✓ 1 (10 3/4 oz.) can tomato soup

- ✓ 1 tsp. garlic powder

- ✓ 1 tsp. thyme

- ✓ 2 tbsp. brown sugar

- ✓ 1 cup chopped onion
- ✓ 1 cup water
- ✓ 1/4 cup Worcestershire sauce
- ✓ 1 tsp. dry mustard
- ✓ 1 tbsp. paprika
- ✓ Buns

Preparation in crockpot:

Trim fat from meat and place meat in Crockpot or slow cooker. Add onion, green pepper and 1 cup water. Add beef bouillon. Cover and cook on LOW for 8 to 10 hours, until meat is well done and shreds easily with a fork. Let water cook down to about 1/2 cup of liquid. Add remaining ingredients and stir to mix. Cover and cook on LOW for about 1 hour, stirring occasionally. Meat should be pretty well shredded by the end of the cooking time.

Spoon over toasted bun halves to serve.

<http://www.about.com/>

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- ❖ Never immerse the heating base in water or any other liquid

Preparation in oven:

Trim fat from meat and place meat in a skillet. Add onion, green pepper and 1 cup water. Add beef bouillon. Cover and cook in oven at 350F for 3 hours, until meat is well done and shreds easily with a fork. Let water cook down to about ½ cup of liquid. Add remaining ingredients and stir to mix. Cover and cook in oven for about ½ hour, stirring occasionally. Meat should be pretty well shredded by the end of the cooking time. Spoon over toasted bun halves to serve.

