

# APPETIZERS & BEVERAGES

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*For a mild dip kids will love, make this hearty meat-and-cheese dip without the chipotle peppers and black pepper.*

## ALMOST-A-MEAL QUESO

**PREP:***20 minutes***COOK:***High 1 hour***MAKES:***8 cups***SLOW COOKER:***3½- or 4-quart*

- 1 pound ground beef
- 1 large onion, chopped
- 2 cloves garlic, minced
- 2 pounds American cheese, cubed
- ½ of a 16-ounce link cooked kielbasa or smoked sausage, quartered lengthwise and sliced
- 1 14½-ounce can diced tomatoes, undrained
- 1 4-ounce can diced green chile peppers, undrained
- 2 to 3 canned chipotle chile peppers in adobo sauce, drained and chopped\*
- 1 tablespoon chili powder
- 1½ teaspoons Worcestershire sauce
- ½ teaspoon black pepper
- Tortilla chips

**1** In a large skillet cook ground beef, onion, and garlic until beef is brown; drain off fat. Add beef to a 3½- or 4-quart slow cooker. Stir in cheese, sausage, undrained tomatoes, undrained chile peppers, chipotle peppers, chili powder, Worcestershire sauce, and black pepper.

**2** Cover and cook on high-heat setting for 1 to 2 hours or until cheese melts, stirring after 1 hour. Serve immediately or keep warm, covered, on warm setting or low-heat setting for up to 2 hours, stirring occasionally. Serve with tortilla chips.

**Per 2 tablespoons dip:** 83 cal., 6 g total fat (4 g sat. fat), 19 mg chol., 263 mg sodium, 1 g carbo., 0 g fiber, 5 g pro.

**\*NOTE:** Because chile peppers contain volatile oils that can burn your skin and eyes, avoid direct contact with them as much as possible. When working with chile peppers, wear plastic or rubber gloves. If your bare hands do touch the peppers, wash your hands and nails well with soap and warm water.

*If you prefer a spicier dip, choose a hot-style bulk pork sausage.*

## CHEESE-SAUSAGE DIP

- 8 ounces bulk pork sausage
- 1 medium red onion, sliced
- 2 pounds American cheese, cubed
- 2 10-ounce cans chopped tomatoes and green chile peppers, undrained
- 1 16-ounce package small, cooked smoked sausage links or cocktail wieners, sliced
- Tortilla chips

- 1 In a medium saucepan cook bulk pork sausage and onion over medium heat until sausage is brown; drain off fat. Transfer sausage mixture to a 3½- or 4-quart slow cooker. Stir in cheese, undrained tomatoes and green chile peppers, and sliced sausage links or cocktail wieners.
- 2 Cover and cook on high-heat setting about 1½ hours or until cheese melts, stirring after 1 hour. Serve immediately or keep warm, covered, on warm setting or low-heat setting for up to 1 hour, stirring occasionally. Serve with tortilla chips.

**Per ¼ cup dip:** 168 cal., 14 g total fat (8 g sat. fat), 41 mg chol., 644 mg sodium, 2 g carbo., 0 g fiber, 9 g pro.

**PREP:**  
15 minutes  
**COOK:**  
High 1½ hours  
**MATERIALS:**  
8 cups  
**SLOW COOKER:**  
3½- or 4-quart

*If you have leftover dip, reheat it to serve over baked potatoes for an easy side dish.*

## BROCCOLI-CHEESE DIP

**PREP:**  
15 minutes

**COOK:**  
Low 4 hours, High 1½ hours

**MAKES:**  
about 4½ cups

**SLOW COOKER:**  
1½- or 2-quart

1 16-ounce package frozen chopped broccoli, thawed  
8 ounces American cheese, cubed  
1 10¾-ounce can condensed cream of mushroom soup  
3 tablespoons milk or water  
¼ teaspoon garlic powder  
¼ teaspoon black pepper  
Whole grain crackers

**1** In a 1½- or 2-quart slow cooker stir together broccoli, cheese, cream of mushroom soup, milk, garlic powder, and pepper.

**2** Cover and cook on low-heat setting for 4 to 5 hours or on high-heat setting for 1½ to 2 hours. If no heat setting is available, cook for 3 to 4 hours. Stir before serving. Serve immediately or keep warm, covered, on warm setting or low-heat setting (if available) for up to 1 hour. Serve with crackers.

**Per 3 tablespoons dip:** 52 cal., 4 g total fat (2 g sat. fat), 10 mg chol., 235 mg sodium, 2 g carbo., 1 g fiber, 3 g pro.

*Green chile peppers and picante sauce add a pleasant kick to this rich dip. Serve it with plenty of tortilla chips or large corn chips.*

## CHEESY CHILI DIP

- 1 large onion, chopped
- 1 tablespoon butter
- 1 10½-ounce can chili without beans
- 1 10-ounce can chopped tomatoes and green chile peppers, undrained
- 1 4-ounce can diced green chile peppers, undrained
- ¼ cup bottled picante sauce
- ½ teaspoon cumin seeds, crushed, or ⅛ teaspoon ground cumin
- 1 pound process cheese spread, cubed
- 3 cups shredded cheddar cheese (12 ounces)
- Tortilla chips or large corn chips

- 1 In a medium saucepan cook onion in butter about 5 minutes or until tender. Spoon onion mixture into a 2½- to 4-quart slow cooker. Stir in chili, undrained tomatoes and green chile peppers, undrained chile peppers, picante sauce, and cumin seeds. Stir in cheese spread cubes and shredded cheddar cheese.
- 2 Cover and cook on low-heat setting for 4 to 5 hours or on high-heat setting for 2 to 2½ hours or until cheese melts and mixture is hot, stirring after about 1½ hours. Serve immediately or keep warm, covered, on warm setting or low-heat setting for up to 2 hours. Serve with chips.

**Per ¼ cup dip:** 153 cal., 11 g total fat (7 g sat. fat), 36 mg chol., 533 mg sodium, 4 g carbo., 0 g fiber, 8 g pro.

**PREP:**  
20 minutes

**COOK:**  
Low 4 hours, High 2 hours

**MAKES:**  
6 cups

**SLOW COOKER:**  
2½- to 4-quart

*It's easier to corral this cheesy, chunky dip with scoop-shaped corn chips.*

## CREAMY CHILI & ONION DIP

**PREP:**  
15 minutes

**COOK:**  
Low 3½ hours

**MAKES:**  
about 5½ cups

**SLOW COOKER:**  
2½- to 3½-quart

- 2 8-ounce packages cream cheese, cubed
- 2 15-ounce cans chili with beans
- 1 large onion, chopped
- ¾ cup bottled chipotle salsa or desired salsa
- Scoop-shaped corn chips

**1** In a 2½- to 3½-quart slow cooker stir together cream cheese, chili, onion, and salsa. Cover and cook on low-heat setting for 3½ to 4 hours. Stir well. Serve immediately or keep warm, covered, on warm setting or low-heat setting for up to 2 hours. Serve with corn chips.

**Per ¼ cup dip:** 116 cal., 9 g total fat (5 g sat. fat), 31 mg chol., 281 mg sodium, 5 g carbo., 1 g fiber, 5 g pro.

*Plan on everyone coming back for seconds of this captivating concoction of crab, mayonnaise, and two cheeses.*

## CREAMY CRAB DIP

- Nonstick cooking spray
- 12 ounces cream cheese, cut into cubes
- ½ cup mayonnaise or salad dressing
- ½ cup finely shredded Parmesan cheese (2 ounces)
- ¼ cup snipped fresh chives or thinly sliced green onions
- 1 tablespoon Worcestershire sauce for chicken
- 2 6-ounce cans crabmeat, drained, flaked, and cartilage removed
- Snipped fresh chives or green onions
- Pita bread wedges, toasted, or assorted crackers

- 1 Coat the inside of a 1½-quart slow cooker with nonstick cooking spray; set aside.
- 2 In a medium bowl combine cream cheese, mayonnaise, Parmesan cheese, the ¼ cup chives or green onions, and the Worcestershire sauce. Stir in crabmeat. Transfer crabmeat mixture to prepared slow cooker.
- 3 Cover and cook on low-heat setting for 1½ to 2 hours or on high-heat setting for 1 to 1½ hours. If no heat setting is available, cook for 1 to 1½ hours. Stir well before serving. Sprinkle with additional chives or green onions. Serve immediately or keep warm, covered, on warm setting or low-heat setting (if available) for up to 2 hours. Serve with pita bread wedges or assorted crackers.

**Per 2 tablespoons dip:** 125 cal., 11 g total fat (5 g sat. fat), 37 mg chol., 183 mg sodium, 1 g carbo., 0 g fiber, 6 g pro.

• **PREP:**  
15 minutes  
• **COOK:**  
Low 1½ hours, High 1 hour  
• **MAKES:**  
2½ cups  
• **SLOW COOKER:**  
1½-quart

*Like things on the spicy side? Use hot-style Italian sausage or chorizo in place of the pork sausage.*

## SAUSAGE-CHEESE DIP

**PREP:**  
15 minutes

**COOK:**  
Low 2 hours

**MAKES:**  
6 cups

**SLOW COOKER:**  
3½- or 4-quart

- 1 pound bulk pork sausage  
1 14½-ounce can diced tomatoes with garlic and onion, undrained  
2 pounds pasteurized prepared cheese product with jalapeño chile peppers, cubed  
Thinly sliced baguette-style French bread or pita wedges, toasted
- 1 In a large skillet cook sausage over medium heat until brown. Drain well. Transfer sausage to a 3½- or 4-quart slow cooker. Stir in undrained tomatoes and cubed cheese.
- 2 Cover and cook on low-heat setting for 2 to 3 hours, stirring after 1 hour to mix in the cheese. Serve immediately or keep warm, covered, on warm setting or low-heat setting for up to 2 hours, stirring occasionally. Serve with French bread slices or pita wedges.
- Per ¼ cup dip:** 190 cal., 15 g total fat (9 g sat. fat), 37 mg chol., 671 mg sodium, 4 g carbo., 0 g fiber, 9 g pro.

*For a festive presentation, use a combination of red and green sweet pepper for the fondue, and create an eye-catching platter of bread chunks, corn chips, and colorful vegetable dippers.*

## SOUTHWEST CHEESE FONDUE

- 2 10 $\frac{1}{4}$ -ounce cans condensed cream of potato soup  
8 ounces American cheese, cubed (2 cups)  
 $\frac{1}{2}$  cup finely chopped red and/or green sweet pepper  
 $\frac{1}{3}$  cup milk  
 $\frac{1}{2}$  teaspoon ground cumin  
Crusty bread cubes, corn chips, and/or vegetable dippers  
Milk (optional)

- 1 In a 1 $\frac{1}{2}$ - to 2 $\frac{1}{2}$ -quart slow cooker place cream of potato soup; mash any pieces of potato. Stir in cheese, sweet pepper, the  $\frac{1}{3}$  cup milk, and the cumin.
- 2 Cover and cook on low-heat setting for 4 to 5 hours, stirring after 3 hours, or on high-heat setting for 2 to 2 $\frac{1}{2}$  hours, stirring after 2 hours. If no heat setting is available, cook for 2 to 2 $\frac{1}{2}$  hours, stirring after 2 hours. Serve immediately or keep warm, covered, on warm setting or low-heat setting (if available) for up to 1 hour. Serve with crusty bread cubes, corn chips, and/or vegetable dippers. If mixture becomes too thick, stir in additional milk, 1 tablespoon at a time, until mixture reaches desired consistency.

**Per  $\frac{1}{4}$  cup fondue:** 101 cal., 6 g total fat (4 g sat. fat), 19 mg chol., 553 mg sodium, 6 g carbo., 0 g fiber, 5 g pro.

**PREP:**

15 minutes

**COOK:**

Low 4 hours, High 2 hours

**MARBS:**

about 3 $\frac{1}{2}$  cups

**SLOW COOKER:**

1 $\frac{1}{2}$ - to 2 $\frac{1}{2}$ -quart

*This blend of green chile peppers, black olives, and cheese is a real crowd-pleaser.*

## NACHO CHEESE DIP

**PREP:**

10 minutes

**COOK:**

Low 2½ hours, High 1¼ hours

**MAKES:**

3 cups

**SLOW COOKER:**

1½-quart

- 1 10-ounce can diced tomatoes and green chile peppers, undrained
- 1 8-ounce package pasteurized prepared cheese product, cubed
- 1 cup shredded Monterey Jack cheese (4 ounces)
- 1 cup shredded cheddar cheese (4 ounces)
- 1 teaspoon ground cumin
- 1 2½-ounce can sliced pitted ripe olives, drained

Vegetable dippers and/or tortilla chips

- 1 Pour undrained tomatoes into a 1½-quart slow cooker; top with cheese product, Monterey Jack cheese, cheddar cheese, and cumin.
- 2 Cover and cook on low-heat setting for 2½ to 3 hours or on high-heat setting for 1¼ to 1½ hours. If no heat setting is available, cook for 1½ to 2 hours. (Mixture may look slightly curdled.) Stir until smooth.
- 3 Stir in olives. Serve immediately or keep warm, covered, on warm setting or low-heat setting (if available) for up to 1 hour.\* Serve with vegetable dippers and/or tortilla chips.

**Per ½ cup dip:** 154 cal., 11 g total fat (7 g sat. fat), 34 mg chol., 488 mg sodium, 3 g carbo., 1 g fiber, 9 g pro.

**\*NOTE:** If dip thickens, stir in enough milk, 1 tablespoon at a time, to make desired consistency.

Kids especially will get a kick out of the "dig in" fondue-style presentation of this hearty snack.

## WALKING PIZZA

- 8 ounces bulk Italian or pork sausage
  - 1 large onion, finely chopped
  - 2 cloves garlic, minced
  - 2 14½-ounce cans diced tomatoes, drained
  - 2 11-ounce cans condensed tomato bisque soup
  - 2 4-ounce cans (drained weight) sliced mushrooms, drained
  - 1 cup chopped pepperoni or Canadian-style bacon
  - ½ cup chopped green sweet pepper
  - 2 teaspoons dried basil or oregano, crushed
  - 8 cups cubed Italian bread
- Finely shredded Parmesan cheese

- 1 In a large skillet cook sausage, onion, and garlic until meat is brown. Drain off fat. In a 4- to 5-quart slow cooker combine sausage mixture, drained tomatoes, tomato bisque soup, drained mushrooms, pepperoni or Canadian-style bacon, sweet pepper, and basil.
- 2 Cover and cook on low-heat setting for 4 to 5 hours or on high-heat setting for 2 to 2½ hours, stirring after 1 hour. Serve immediately or keep warm, covered, on warm setting or low-heat setting for up to 2 hours. Spoon into bowls or cups; serve with bread cubes and sprinkle with Parmesan cheese.

**Per serving:** 173 cal., 8 g total fat (3 g sat. fat), 22 mg chol., 715 mg sodium, 18 g carbo., 2 g fiber, 6 g pro.

**PREP:**  
20 minutes  
**Cook:**  
Low 4 hours, High 2 hours  
**SERVES:**  
16 servings  
**SLOW COOKER:**  
4- to 5-quart

Made with eggplant, onions, and tomatoes, caponata is a Sicilian specialty that can be served as an appetizer, salad, or relish. Be sure to have plenty of bread for scooping up the enchanting medley.

## CAPONATA

**PREP:**  
20 minutes

**COOK:**  
Low 6 hours, High 3 hours

**STAND:**  
30 minutes

**MAKES:**  
12 servings

**SLOW COOKER:**  
3½-quart

- 1 medium eggplant (about 1 pound), peeled and cut into ½-inch pieces (about 5 cups)
  - 1 14½-ounce can diced tomatoes, drained
  - 1 medium onion, chopped
  - ½ cup sliced pitted green olives
  - 2 tablespoons olive oil
  - 2 tablespoons balsamic vinegar
  - 2 tablespoons capers, drained
  - 1 teaspoon dried oregano, crushed
  - ¼ teaspoon crushed red pepper
  - 2 cloves garlic, minced
  - 2 tablespoons pine nuts, toasted
  - 2 tablespoons snipped fresh basil
- Thinly sliced baguette-style French bread, toasted, or pita bread wedges, toasted

- 1 In a 3½-quart slow cooker combine eggplant, drained tomatoes, onion, olives, olive oil, balsamic vinegar, capers, oregano, crushed red pepper, and garlic. Cover and cook on low-heat setting for 6 to 8 hours or on high-heat setting for 3 to 4 hours.
- 2 Spoon cooked mixture into a serving bowl. Cover and let stand at room temperature for 30 minutes. Stir in pine nuts and basil. Serve with bread or pita wedges.

**Per ½ cup:** 59 cal., 4 g total fat (1 g sat. fat), 0 mg chol., 235 mg sodium, 5 g carbo., 1 g fiber, 1 g pro.

*For a terrific side dish serve the no-tend sauce over pasta.*

## TOMATO SAUCE WITH GARLIC CHEESE BREAD

- 1 14½-ounce can diced tomatoes with basil, garlic, and oregano, undrained
- 1½ cups tomato-base pasta sauce
- 1 4-ounce can (drained weight) sliced mushrooms, drained
- ¼ cup finely shredded Parmesan cheese (1 ounce)
- 1 11¾-ounce package frozen garlic cheese bread or garlic bread

- 1 In a 1½-quart slow cooker combine undrained tomatoes, pasta sauce, and drained mushrooms.
- 2 Cover and cook on low-heat setting for 3 to 4 hours or on high-heat setting for 2 to 2½ hours. If no heat setting is available, cook for 2 to 2½ hours. Stir in Parmesan cheese.
- 3 Prepare garlic cheese bread according to package directions. Cut crosswise into slices.
- 4 Serve sauce immediately or keep warm, covered, on warm setting or low-heat setting (if available) for up to 1 hour. To serve, dip cheese bread slices into sauce.

**Per serving:** 107 cal., 4 g total fat (2 g sat. fat), 1 mg chol., 419 mg sodium, 13 g carbo., 1 g fiber, 4 g pro.

**PREP:**

10 minutes

**COOK:**

Low 3 hours, High 2 hours

**MAKES:**

14 servings

**SLOW COOKER:**

1½-quart

*Orange marmalade and ginger team up to make these tender, slow-simmered riblets irresistible.*

## ORANGE-GLAZED RIBS

**PREP:**

20 minutes

**COOK:**

Low 5 hours, High 2½ hours

**MAKES:**

about 16 servings  
(about 2 rib pieces each)

**SLOW COOKER:**

5- to 6-quart

4 pounds pork loin back ribs\*

1 medium onion, chopped

½ cup chopped dried apricots or figs

¾ cup orange marmalade

¼ cup lemon juice

¼ cup water

1 tablespoon grated fresh ginger

⅓ cup bottled barbecue sauce

⅓ cup orange marmalade

1 Cut ribs into single-rib portions. Place ribs in a 5- to 6-quart slow cooker. Add onion and apricots or figs to slow cooker. In a small bowl stir together the ¾ cup marmalade, the lemon juice, the water, and ginger. Pour over mixture in slow cooker.

2 Cover and cook on low-heat setting for 5 to 6 hours or on high-heat setting for 2½ to 3 hours.

3 To serve, use a slotted spoon or tongs to transfer ribs to a serving dish. In a small saucepan stir together barbecue sauce and the ⅓ cup orange marmalade. Heat through. Spoon over ribs.

**Per serving:** 177 cal., 6 g total fat (2 g sat. fat), 48 mg chol., 89 mg sodium, 12 g carbo., 1 g fiber, 20 g pro.

**\*NOTE:** To make eating the ribs easier, have your butcher saw the ribs in half crosswise (across the bone) for smaller rib portions.

*Order the ribs a day or so ahead to give your butcher time to saw the ribs in half crosswise for you.*

## CURRY-GLAZED PORK RIBS

**2½** pounds pork loin back ribs\*  
**½** cup bottled chutney  
**¾** cup apple juice or apple cider  
**2** tablespoons quick-cooking tapioca, crushed\*\*  
**2** teaspoons curry powder  
**¼** teaspoon salt  
**⅛** teaspoon black pepper

- 1** Cut ribs into single-rib portions. Place ribs in a 3½- or 4-quart slow cooker. In a small bowl cut up any large pieces of chutney. Stir in apple juice, tapioca, curry powder, salt, and pepper. Pour over ribs.
- 2** Cover and cook on low-heat setting for 5 to 6 hours or on high-heat setting for 2½ to 3 hours. Serve immediately or keep warm, covered, on warm setting or low-heat setting for up to 2 hours.

**Per rib:** 63 cal., 2 g total fat (1 g sat. fat), 14 mg chol., 52 mg sodium, 4 g carbo., 0 g fiber, 7 g pro.

**NOTE:** To make eating the ribs easier, have your butcher saw the ribs in half crosswise (across the bone) for smaller rib portions.

**\*\*NOTE:** Use a mortar and pestle to crush the tapioca.

**PREP:**

*15 minutes*

**COOK:**

*Low 5 hours, High 2½ hours*

**MAKES:**

*about 24 ribs*

**SLOW COOKER:**

*3½- or 4-quart*

*Crushed red pepper gives these tangy Asian-style wings a lively kick.*

## POLYNESIAN GLAZED WINGS

**PREP:**  
20 minutes

**BROIL:**  
15 minutes

**COOK:**  
Low 3 hours, High 1½ hours

**MAKES:**  
about 32 servings

**SLOW COOKER:**  
3½- or 4-quart

- 3 pounds chicken wings (about 16)
- 1 10-ounce bottle sweet-and-sour sauce (about 1¼ cups)
- 2 tablespoons soy sauce
- 2 teaspoons grated fresh ginger
- ¼ to ½ teaspoon crushed red pepper

- 1 Use a sharp knife to carefully cut off tips of the wings; discard wing tips. Cut each wing at joint to make 2 pieces. Place wing pieces on the unheated rack of a broiler pan. Broil 4 to 5 inches from heat for 15 to 20 minutes or until chicken is browned, turning once.
  - 2 For sauce, in a 3½- or 4-quart slow cooker combine sweet-and-sour sauce, soy sauce, ginger, and crushed red pepper. Add wing pieces, stirring to coat with sauce.
  - 3 Cover and cook on low-heat setting for 3 to 4 hours or on high-heat setting for 1½ to 2 hours. Serve immediately or keep warm, covered, on warm setting or low-heat setting for up to 1 hour.
- Per serving:** 61 cal., 5 g total fat (1 g sat. fat), 29 mg chol., 112 mg sodium, 2 g carbo., 0 g fiber, 5 g pro.

*Two tablespoons of green curry paste make these saucy wings succulently spicy; three tablespoons add lip-tingling boldness.*

## GREEN CURRY CHICKEN WINGS

- 1 small onion, chopped
- 14 chicken wings (about 3 pounds total)
- ¾ cup purchased unsweetened coconut milk
- 3 tablespoons bottled fish sauce
- 2 to 3 tablespoons green curry paste
- 2 tablespoons cornstarch
- 2 tablespoons cold water
- ¼ cup shredded fresh basil leaves

**PREP:**  
30 minutes

**COOK:**  
Low 5 hours, High 2½ hours

**MAKES:**  
12 servings

**SLOW COOKER:**  
3½- or 4-quart

- 1 Place onion in a 3½- or 4-quart slow cooker. Use a sharp knife to carefully cut off tips of the wings; discard wing tips. Cut each wing at joint to make 2 pieces. Place wing pieces over onions in slow cooker. In a small bowl stir together coconut milk, fish sauce, and curry paste. Pour over chicken wings.
- 2 Cover and cook on low-heat setting for 5 to 6 hours or on high-heat setting for 2½ to 3 hours. Using a slotted spoon, remove chicken from slow cooker; cover and set aside. Skim fat from cooking liquid.
- 3 In a medium saucepan stir together cornstarch and the cold water; stir in the cooking liquid. Cook and stir over medium heat until thickened and bubbly. Cook and stir for 2 minutes more. Stir in basil. Serve over wings.

**Per serving:** 183 cal., 14 g total fat (5 g sat. fat), 47 mg chol., 488 mg sodium, 3 g carbo., 0 g fiber, 12 g pro.

You can rely on cocktail-size meatballs to disappear fast from an appetizer table. These gems showcase ham, pork, graham crackers, and a ginger-spiked sweet-and-sour sauce.

## SWEET & SOUR HAM BALLS

**PREP:**  
20 minutes

**BAKE:**  
15 minutes

**COOK:**  
Low 2 hours, High 1 hour

**OVEN:**  
350°F

**MAKES:**  
30 meatballs

**SLOW COOKER:**  
3½- or 4-quart

- 1 egg
- ½ cup finely crushed graham crackers or  
¼ cup fine dry bread crumbs
- 2 tablespoons milk
- 8 ounces ground cooked ham
- 8 ounces ground pork
- 1 9- or 10-ounce bottle sweet-and-sour sauce
- ⅓ cup unsweetened pineapple juice
- ⅓ cup packed brown sugar
- ½ teaspoon ground ginger

- 1 Preheat oven to 350°F. For meatballs, in a large bowl beat egg with a fork; stir in graham cracker crumbs and milk. Add ground ham and pork; mix well. Shape meat mixture into 30 meatballs. Arrange meatballs in a 15×10×1-inch baking pan. Bake for 15 to 20 minutes or until meatballs are cooked through (160°F). Drain well.
  - 2 Meanwhile, in a 3½- or 4-quart slow cooker stir together sweet-and-sour sauce, pineapple juice, brown sugar, and ground ginger.
  - 3 Add browned meatballs to slow cooker. Gently stir to coat meatballs with sauce. Cover and cook on low-heat setting for 2 to 3 hours or on high-heat setting for 1 to 1½ hours. Serve immediately or keep warm, covered, on warm setting or low-heat setting for up to 2 hours.
- Per meatball:** 50 cal., 2 g total fat (1 g sat. fat), 15 mg chol., 149 mg sodium, 6 g carbo., 0 g fiber, 3 g pro.

*Frozen cooked meatballs make this zesty party dish almost effortless.*

## CHILI-CRANBERRY MEATBALLS

- 1 16-ounce can whole cranberry sauce
- 1 12-ounce bottle chili sauce
- ½ cup packed brown sugar
- 2 tablespoons lemon juice
- ½ teaspoon bottled hot pepper sauce (optional)
- 2 16-ounce packages frozen cooked meatballs (64 total), thawed

**PREP:**  
15 minutes

**COOK:**  
Low 4 hours, High 2 hours

**MAKES:**  
64 meatballs

**SLOW COOKER:**  
3½- or 4-quart

**1** In a 3½- or 4-quart slow cooker combine cranberry sauce, chili sauce, brown sugar, lemon juice, and, if desired, hot pepper sauce. Add meatballs.

**2** Cover and cook on low-heat setting for 4 hours or on high-heat setting for 2 hours. Serve immediately or keep warm, covered, on warm setting or low-heat setting for up to 2 hours.

**Per meatball:** 69 cal., 3 g total fat (2 g sat. fat), 9 mg chol., 177 mg sodium, 7 g carbo., 1 g fiber, 3 g pro.

*These appetizers make throwing a party easy. Four ingredients and two hours—that's all you need.*

## COCKTAIL MEATBALLS

**PREP:**

10 minutes

**COOK:**

Low 4 hours, High 2 hours

**MAKES:**

32 meatballs

**SLOW COOKER:**

1½ or 2-quart

1 16-ounce package frozen cooked meatballs (32), thawed

½ cup bottled roasted red and/or yellow sweet peppers,  
cut into 1-inch pieces

¼ teaspoon crushed red pepper

½ of a 26-ounce jar onion-garlic pasta sauce (1½ cups)

**1** In a 1½- or 2-quart slow cooker combine meatballs and roasted peppers. Sprinkle with crushed red pepper. Pour pasta sauce over meatball mixture in slow cooker.

**2** Cover and cook on low-heat setting for 4 to 5 hours or on high-heat setting for 2 to 2½ hours. If no heat setting is available, cook for 4 to 5 hours. Skim fat from sauce, if necessary. Stir gently before serving. Serve immediately or keep warm, covered, on warm setting or low-heat setting (if available) for up to 2 hours.

**Per meatball:** 55 cal., 4 g total fat (2 g sat. fat), 5 mg chol., 161 mg sodium, 3 g carbo., 1 g fiber, 2 g pro.

**FOR 3½ OR 4-QUART SLOW COOKER:**

Prepare as directed except use two 16-ounce packages meatballs (64 total), thawed; 1 cup bottled roasted red and/or yellow sweet peppers; ¼ teaspoon crushed red pepper; and one 26-ounce jar onion-garlic pasta sauce. Makes 64 meatballs.

*A spirited blend of apple jelly, mustard, and whiskey makes these beefy sausage bites irresistible.*

## SWEET, HOT & SOUR MEATBALLS

**2** eggs  
**½** cup fine dry bread crumbs  
**1** medium onion, finely chopped  
**¼** cup milk  
**½** teaspoon salt  
**½** teaspoon black pepper  
**1** pound bulk pork sausage  
**1** pound ground beef  
**¾** cup apple jelly  
**½** cup spicy brown mustard  
**½** cup whiskey or apple juice  
**1½** teaspoons Worcestershire sauce  
Dash bottled hot pepper sauce

**PREP:**  
35 minutes  
**BAKE:**  
25 minutes  
**COOK:**  
Low 3 hours, High 1½ hours  
**OVEN:**  
375°F  
**MAKES:**  
36 meatballs  
**SLOW COOKER:**  
3½- or 4-quart

**1** Preheat oven to 375°F. For meatballs, in a large bowl beat eggs with a fork; stir in bread crumbs, onion, milk, salt, and black pepper. Add pork sausage and ground beef; mix well. Shape into 36 meatballs. Place in a shallow baking pan. Bake for 25 to 30 minutes or until meatballs are cooked through (160°F). Drain well.

**2** Place meatballs in a 3½- or 4-quart slow cooker. In a small bowl stir together apple jelly, spicy brown mustard, whiskey or apple juice, Worcestershire sauce, and hot pepper sauce; pour over meatballs. Cover and cook on low-heat setting for 3 to 4 hours or on high-heat setting for 1½ to 2 hours. Serve immediately or keep warm, covered, on warm setting or low-heat setting for up to 2 hours.

**Per meatball:** 112 cal., 7 g total fat (3 g sat. fat), 28 mg chol., 195 mg sodium, 6 g carbo., 0 g fiber, 5 g pro.

*These sausages with colorful cranberry sauce and aromatic allspice are just the thing to serve at a casual holiday gathering.*

## CRANBERRY-SAUDED SAUSAGES

**PREP:***10 minutes***COOK:***Low 4 hours, High 2 hours***MAKES:***16 servings***SLOW COOKER:***3½- or 4-quart*

1 16-ounce can jellied cranberry sauce

⅔ cup ketchup

2 tablespoons lemon juice

1 teaspoon dry mustard

¼ teaspoon ground allspice

1 16-ounce package small cooked smoked sausage links

**1** In a 3½- or 4-quart slow cooker combine cranberry sauce, ketchup, lemon juice, dry mustard, and allspice. Stir in the smoked sausage links.

**2** Cover and cook on low-heat setting for 4 hours or high-heat setting for 2 hours. Serve immediately or keep warm, covered, on warm setting or low-heat setting for up to 2 hours.

**Per serving:** 134 cal., 7 g total fat (3 g sat. fat), 20 mg chol., 393 mg sodium, 13 g carbo., 1 g fiber, 4 g pro.

You'll love the combination of spicy and sweet in this updated version of an all-time favorite. Orange marmalade, chipotle peppers, and tomato sauce make up the sauce. Use cocktail wieners or small, smoked sausage links—or some of both.

## HOT & SWEET COCKTAIL WIENERS

- 1 16-ounce package cocktail wieners or small, cooked smoked sausage links
- 1 8-ounce can tomato sauce
- ¼ cup orange marmalade or apricot jam
- 1 to 2 tablespoons canned chipotle peppers in adobo sauce, chopped\*

**1** In a 1½-quart slow cooker combine cocktail wieners, tomato sauce, orange marmalade or apricot jam, and chipotle peppers.

**2** Cover and cook on low-heat setting for 4 hours or on high-heat setting for 2 hours. If no heat setting is available, cook for 3 hours. Serve immediately or keep warm, covered, on warm setting or low-heat setting (if available) for up to 1 hour. Serve wieners with toothpicks.

**Per serving:** 107 cal., 8 g total fat (3 g sat. fat), 17 mg chol., 295 mg sodium, 5 g carbo., 0 g fiber, 3 g pro.

**\*NOTE:** Because chile peppers contain volatile oils that can burn your skin and eyes, avoid direct contact with them as much as possible. When working with chile peppers, wear plastic or rubber gloves. If your bare hands do touch the peppers, wash your hands and nails well with soap and warm water.

**PREP:**  
5 minutes

**COOK:**  
Low 4 hours, High 2 hours

**MAKES:**  
16 servings

**SLOW COOKER:**  
1½-quart

*These tongue-tingling nibbles are great to munch while you're tailgating, at holiday parties, or as you watch a game or movie on TV.*

## FIERY CHILI MIXED NUTS

**PREP:**  
10 minutes

**COOK:**  
Low 4 hours

**MAKES:**  
 $7\frac{1}{2}$  cups

**SLOW COOKER:**  
5- to 6-quart

6 cups mixed nuts  
1 egg white  
1 tablespoon water  
 $\frac{1}{2}$  cup sugar  
 $\frac{1}{2}$  of a 1.25-ounce package taco seasoning mix  
(about 2 tablespoons)  
 $\frac{1}{4}$  teaspoon cayenne pepper

- 1 Place nuts in a 5- to 6-quart slow cooker. In a medium bowl beat egg white and the water with a whisk until frothy. Stir in sugar, taco seasoning mix, and cayenne pepper. Pour over nuts and stir gently to coat.
- 2 Cover and cook on low-heat setting for 4 to  $4\frac{1}{2}$  hours, stirring once halfway through cooking. Spread on waxed paper or foil, separating into small clusters; let cool. Store in a tightly covered container in the refrigerator for up to 1 week or freeze for up to 3 months.

**Per  $\frac{1}{4}$ -cup serving :** 190 cal., 16 g total fat (2 g sat. fat), 0 mg chol., 180 mg sodium, 9 g carbo., 3 g fiber, 5 g pro.

*These no-fuss glazed nuts are super easy. Just place toasted nuts, along with a few other ingredients, in the slow cooker for a couple of hours.*

## SWEET-SPICED NUTS

**1½** cups whole almonds, toasted  
**1½** cups pecan halves, toasted  
**1½** cups walnuts, toasted  
**½** cup sugar  
**½** cup butter or margarine, melted  
2 teaspoons apple pie spice or ground cinnamon  
**½** teaspoon salt

- 1** Place toasted nuts in a 1½- to 4-quart slow cooker. In a small bowl combine sugar, butter, apple pie spice, and salt. Add to slow cooker; stir to coat nuts.
- 2** Cover and cook on low-heat setting for 2 hours, stirring after 1 hour. If no heat setting is available, cook for 2 hours, stirring after 1 hour.
- 3** Stir nuts again. Spread in a single layer on waxed paper or foil; let cool for 1 hour. (Nuts may appear soft after cooking, but will crisp upon cooling.) Store in a tightly covered container for up to 3 days.

**Per ¼ cup nuts:** 248 cal., 22 g total fat (4 g sat. fat), 10 mg chol., 100 mg sodium, 11 g carbo., 3 g fiber, 5 g pro.

**PREP:**  
20 minutes  
**COOK:**  
Low 2 hours  
**COOL:**  
1 hour  
**MAKES:**  
4 cups  
**SLOW COOKER:**  
1½- to 4-quart

*This warming sipper is ideal for welcoming guests at any wintertime party—especially during the holidays.*

## CHERRY-APPLE CIDER

**PREP:**  
15 minutes

**COOK:**  
Low 4 hours, High 2 hours

**MAKES:**  
about 12 (8-ounce) servings

**SLOW COOKER:**  
5- to 6-quart

- 1 1/2 cups apple cider or apple juice
  - 1 16-ounce package frozen, unsweetened, pitted tart red cherries
  - 1 cup cherry brandy or apple brandy (optional)
  - 1/4 cup honey or packed brown sugar
  - 6 inches stick cinnamon
  - 1 teaspoon whole cloves
- 1** In a 5- to 6-quart slow cooker combine apple cider, cherries, brandy (if desired), honey, cinnamon, and cloves.
- 2** Cover and cook on low-heat setting for 4 to 6 hours or on high-heat setting for 2 to 2½ hours. Strain cider through a sieve lined with 100%-cotton cheesecloth.
- Per serving:** 146 cal., 0 g total fat (0 g sat. fat), 0 mg chol., 7 mg sodium, 36 g carbo., 1 g fiber, 1 g pro.

*The word wassail comes from an old Norse phrase meaning "be in good health." This tea-and-cranberry medley is ideal for toasting the well-being of all your guests.*

## CITRUS WASSAIL

- 6 inches stick cinnamon, broken
- 12 whole cloves (about  $\frac{1}{2}$  teaspoon)
- 4 cups freshly brewed hot tea
- 4 cups cranberry juice
- 4 cups apple juice or apple cider
- 2 cups orange juice
- 1 cup sugar
- $\frac{3}{4}$  cup lemon juice
- Orange and lemon slices

- 1 For spice bag, cut 6-inch square from a double thickness of 100%-cotton cheesecloth. Place cinnamon and cloves in center of cheesecloth square. Bring up corners of cheesecloth and tie closed with a clean 100%-cotton string.
- 2 In a 5- to 6-quart slow cooker combine tea, cranberry juice, apple juice, orange juice, sugar, and lemon juice. Add the spice bag to the juice mixture in slow cooker.
- 3 Cover and cook on low-heat setting for 5 to 6 hours or on high-heat setting for  $2\frac{1}{2}$  to 3 hours. Remove spice bag, squeezing gently to remove liquid; discard spice bag.
- 4 Float orange and lemon slices on individual servings.

**Per serving:** 138 cal., 0 g total fat (0 g sat. fat), 0 mg chol., 4 mg sodium, 35 g carbo., 0 g fiber, 0 g pro.

**PREP:**  
15 minutes  
**COOK:**  
Low 5 hours, High  $2\frac{1}{2}$  hours  
**MAKES:**  
about 15 (8-ounce) servings  
**SLOW COOKER:**  
5- to 6-quart

*A perfect starter for your next brunch or tailgate party, this sipper has just the right amount of spice. Garnish with celery sticks or dill pickle spears.*

## SPICY TOMATO SIPPER

**PREP:**

10 minutes

**COOK:**

Low 4 hours, High 2 hours

**MAKES:**

8 (6-ounce) servings

**SLOW COOKER:**

3½ or 4-quart

- 1 46-ounce can vegetable juice
- 1 stalk celery, halved crosswise
- 2 tablespoons packed brown sugar
- 2 tablespoons lemon juice
- 1½ teaspoons prepared horseradish
- 1 teaspoon Worcestershire sauce
- ½ teaspoon bottled hot pepper sauce

- 1 In a 3½- or 4-quart slow cooker combine vegetable juice, celery, brown sugar, lemon juice, horseradish, Worcestershire sauce, and hot pepper sauce.
- 2 Cover and cook on low-heat setting for 4 to 5 hours or on high-heat setting for 2 to 2½ hours.
- 3 Discard celery. Serve immediately or keep warm on low-heat setting for up to 1 hour.

**Per serving:** 46 cal., 0 g total fat (0 g sat. fat), 0 mg chol., 456 mg sodium, 10 g carbo., 1 g fiber, 1 g pro.

*Citrus juices turn ordinary green tea into a company-special warmer.*

## GREEN TEA CITRUS SIPPER

**6** cups refrigerated citrus juice blend (100% juice)  
**4** cups water  
**1** orange, sliced  
**8** green tea bags  
Honey (optional)

- 1** In a 5- to 6-quart slow cooker stir together citrus juice blend and the water. Add orange slices. Add tea bags.\* Cook on low-heat setting for 4 to 6 hours or on high-heat setting for 2 to 3 hours.
- 2** Remove tea bags, squeezing gently to remove liquid; discard tea bags. If desired, sweeten to taste with honey.

**Per serving:** 60 cal., 0 g total fat (0 g sat. fat), 0 mg chol., 39 mg sodium, 16 g carbo., 0 g fiber, 0 g pro.

**\*NOTE:** For easy removal, allow the strings of the tea bags to hang over the side of the slow cooker and use the lid to hold the tea bags in place inside the slow cooker.

**PREP:**

10 minutes

**COOK:**

Low 4 hours, High 2 hours

**MAKES:**

12 (about 8-ounce) servings

**SLOW COOKER:**

5- to 6-quart

*This fruity wassail is bound to become a holiday favorite. Look for mulling spices in the seasoning or beverage aisle of the supermarket.*

## HOLIDAY WASSAIL

**PREP:**  
10 minutes

**COOK:**  
Low 5 hours, High 2½ hours

**STAND:**  
5 minutes

**MAKES:**  
10 (8-ounce) servings

**SLOW COOKER:**  
3½- to 5-quart

2 tablespoons mulling spices or 2 mulling spice bags  
8 cups water  
1 12-ounce can frozen cranberry-raspberry juice concentrate, thawed  
1 6-ounce can or half of a 12-ounce can frozen apple juice concentrate ( $\frac{3}{4}$  cup), thawed  
 $\frac{1}{2}$  cup packed brown sugar  
 $\frac{1}{3}$  cup lemon juice  
6 tea bags  
Cinnamon sticks (optional)

- 1 If using loose spices, to make a spice bag, cut a 6-inch square from a double thickness of 100%-cotton cheesecloth. Place mulling spices in center of cheesecloth square. Bring up corners of cheesecloth; tie closed with clean 100%-cotton string.
- 2 In a 3½- to 5-quart slow cooker combine the spice bag(s), the water, cranberry-raspberry juice concentrate, apple juice concentrate, brown sugar, and lemon juice.
- 3 Cover and cook on low-heat setting for 5 to 6 hours or on high-heat setting for 2½ to 3 hours. Discard spice bag(s). Add tea bags to the slow cooker.\* Allow to stand for 5 minutes. Remove tea bags, squeezing gently to remove liquid; discard tea bags.
- 4 If desired, garnish individual servings with cinnamon sticks.

**Per serving:** 148 cal., 0 g total fat (0 g sat. fat), 0 mg chol., 27 mg sodium, 37 g carbo., 0 g fiber, 0 g pro.

**\*NOTE:** For easy removal, allow the strings of the tea bags to hang over the side of the slow cooker and use the lid to hold the tea bags in place inside the cooker.

*The cinnamon in this soothing sipper adds a tantalizing accent to the bittersweet chocolate.*

## BITTERSWEET HOT CHOCOLATE

- 1 quart half-and-half or light cream (4 cups)
- 1 quart milk (4 cups)
- 2 3-inch-long cinnamon sticks
- 1 12-ounce package bittersweet chocolate pieces or two 6-ounce packages bittersweet chocolate, chopped
- 1 tablespoon vanilla
- Marshmallows (optional)

**1** In a 3- to 4-quart slow cooker combine half-and-half, milk, and cinnamon sticks. Cover and cook on low-heat setting for 5 to 6 hours or on high-heat setting for 2½ to 3 hours. Discard cinnamon sticks. If necessary, skim “skin” from surface; discard. Stir in chocolate pieces; whisk until chocolate is melted and smooth. Stir in vanilla. Serve immediately or keep warm, covered, on warm setting or low-heat setting for up to 2 hours. Serve warm.

**2** If desired, float marshmallows on individual servings.

**Per serving:** 284 cal., 21 g total fat (13 g sat. fat), 36 mg chol., 68 mg sodium, 23 g carbo., 2 g fiber, 7 g pro.

**PREP:**

5 minutes

**COOK:**

Low 5 hours, High 2½ hours

**MAKES:**

12 (6-ounce) servings

**SLOW COOKER:**

3- to 4-quart

*Serve this coffeehouse favorite, warm or iced, any time of year.*

## CHAI

**PREP:**

20 minutes

**COOK:**Low 4 hours plus 30 minutes,  
High 2 hours plus 30 minutes**MAKES:**

about 12 (8-ounce) servings

**SLOW COOKER:**

3½- to 5-quart

- 6 inches stick cinnamon
- 6 slices fresh ginger
- 1 teaspoon whole cloves
- 5 cups cold water
- 1 cup sugar
- 1½ teaspoons ground nutmeg
- ½ teaspoon ground cardamom
- 12 tea bags
- 6 cups milk

- 1 For spice bag, cut a 6- to 8-inch square from a double thickness of 100%-cotton cheesecloth. Place cinnamon, ginger, and cloves in center of the cheesecloth square. Bring up corners of the cheesecloth; tie closed with a clean 100%-cotton string.
- 2 In a 3½- to 5-quart slow cooker combine spice bag, the water, sugar, nutmeg, and cardamom.
- 3 Cover and cook on low-heat setting for 4 to 6 hours or on high-heat setting for 2 to 2½ hours. Add tea bags\* and milk. Cover and cook for 30 minutes more. Remove spice bag and tea bags, squeezing gently to remove liquid; discard spice bag and tea bags.

**Per serving:** 124 cal., 2 g total fat (1 g sat. fat), 10 mg chol., 57 mg sodium, 22 g carbo., 0 g fiber, 4 g pro.

**ICED CHAI:** Prepare as directed. Transfer to two 2-quart containers. Cover and chill for 2 to 24 hours. Serve over ice.

**\*NOTE:** For easy removal, allow the strings of the tea bags to hang over the side of the slow cooker and use the lid to hold the tea bags in place inside the cooker.

MEATS

2

*Drizzle some of the sweet-and-tangy cooking juices over the meat on the toasted kaiser rolls.*

## BARBECUE BEEF BRISKET SANDWICHES

**PREP:***15 minutes***COOK:***Low 8 hours, High 4 hours***MAKES:***6 to 8 sandwiches***SLOW COOKER:***3½- or 4-quart*

1 2- to 3-pound fresh beef brisket

1 teaspoon chili powder

½ teaspoon garlic powder

½ cup ketchup

½ cup bottled chili sauce

¼ cup packed brown sugar

2 tablespoons quick-cooking tapioca

2 tablespoons vinegar

2 tablespoons Worcestershire sauce

1 teaspoon dry mustard

6 to 8 kaiser rolls, split and toasted

1 Trim fat from meat. Sprinkle chili powder and garlic powder evenly over meat; rub in with your fingers. If necessary, cut meat to fit a 3½- or 4-quart slow cooker. Place meat in slow cooker.

2 For sauce, in a small bowl combine ketchup, chili sauce, brown sugar, tapioca, vinegar, Worcestershire sauce, and dry mustard. Pour over meat.

3 Cover and cook on low-heat setting for 8 to 10 hours or on high-heat setting for 4 to 5 hours.

4 Transfer meat to a cutting board. Thinly slice meat across the grain. Arrange meat slices on roll bottoms. Skim fat from cooking juices. Lightly drizzle some of the cooking juices on meat. Add roll tops.

**Per sandwich:** 471 cal., 10 g total fat (2 g sat. fat), 87 mg chol., 990 mg sodium, 54 g carbo., 3 g fiber, 39 g pro.

*Fresh fennel, tomatoes, olives, and Greek or Italian seasoning transform ordinary beef brisket into an exotic Mediterranean treat.*

## MEDITERRANEAN POT ROAST

- 1 3-pound fresh beef brisket
- 3 teaspoons dried Greek or Italian seasoning, crushed
- 2 medium fennel bulbs, trimmed, cored, and cut into thick wedges; or 4 stalks celery, cut into  $\frac{1}{2}$ -inch-thick slices, plus  $\frac{1}{2}$  teaspoon fennel seeds
- 1 14½-ounce can diced tomatoes with basil, garlic, and oregano, undrained
- $\frac{1}{2}$  cup beef broth
- 1 2¼-ounce can sliced pitted ripe olives, drained
- $\frac{3}{4}$  teaspoon salt
- $\frac{1}{2}$  teaspoon finely shredded lemon peel
- $\frac{1}{4}$  teaspoon black pepper
- $\frac{1}{4}$  cup cold water
- 2 tablespoons all-purpose flour
- 6 cups hot cooked noodles or rice (optional)

**1** Trim fat from meat. If necessary, cut meat to fit in a 5- to 6-quart slow cooker. Sprinkle meat with 1 teaspoon of the Greek or Italian seasoning. Place meat in slow cooker. Top with fennel wedges or sliced celery and fennel seeds.

**2** In a medium bowl combine undrained tomatoes, beef broth, olives, salt, lemon peel, pepper, and the remaining 2 teaspoons Greek or Italian seasoning. Pour over meat and vegetables.

**3** Cover and cook on low-heat setting for 10 to 11 hours or on high-heat setting for 5 to 5½ hours.

**4** Transfer meat to a cutting board; thinly slice meat. Arrange meat and vegetables on a serving platter, reserving cooking liquid. Cover meat and vegetables; keep warm. Pour cooking liquid into a glass measuring cup; skim off fat.

**5** For sauce, measure cooking liquid; add water if necessary to make 2 cups total liquid. Transfer to a small saucepan. In a small bowl combine the  $\frac{1}{4}$  cup cold water and the flour; stir into liquid in saucepan. Cook and stir until thickened and bubbly. Cook and stir for 1 minute more. Serve sauce with meat and vegetables. If desired, serve with hot cooked noodles or rice.

**Per serving:** 287 cal., 11 g total fat (3 g sat. fat), 82 mg chol., 750 mg sodium, 8 g carbo., 6 g fiber, 37 g pro.

**PREP:**

25 minutes

**COOK:**

Low 10 hours, High 5 hours

**MAKES:**

8 servings

**SLOW COOKER:**

5- to 6-quart

*The intriguing blend of hoisin sauce and salsa boosts the flavor of beef brisket to new heights.*

## ORIENTAL BEEF BRISKET

**PREP:**  
20 minutes

**COOK:**  
Low 10 hours, High 5 hours

**MAKES:**  
8 servings

**SLOW COOKER:**  
5- to 6-quart

- 1 3- to 3½-pound fresh beef brisket
- 1 pound baking potatoes, peeled and cut into 1-inch cubes
- 1 pound sweet potatoes, peeled and cut into 1-inch cubes
- ½ cup bottled hoisin sauce
- ½ cup purchased salsa
- 2 tablespoons quick-cooking tapioca
- 2 cloves garlic, minced

- 1 Trim fat from meat. Place baking potatoes and sweet potatoes in a 5- to 6-quart slow cooker. Top with meat. In a small bowl combine hoisin sauce, salsa, tapioca, and garlic. Pour salsa mixture over meat; spread evenly.
  - 2 Cover and cook on low-heat setting for 10 hours or on high-heat setting for 5 to 5½ hours.
  - 3 Transfer meat to a cutting board; slice meat across the grain. Serve cooking liquid and potatoes with meat.
- Per serving:** 344 cal., 11 g total fat (3 g sat. fat), 103 mg chol., 382 mg sodium, 22 g carbo., 2 g fiber, 38 g pro.

*Brisket takes on a lively flavor when you serve it with this horseradish-accented gravy.*

## BEEF BRISKET WITH BEER AND ONIONS

- 4 large onions, sliced and separated into rings
- 2 large red sweet peppers, sliced into rings
- 1 3½-pound fresh beef brisket, trimmed of fat
- 1 12-ounce can beer
- ¾ cup bottled chili sauce
- 3 tablespoons packed brown sugar
- 2 cloves garlic, minced
- 1 teaspoon salt
- ½ teaspoon black pepper
- 1 tablespoon prepared horseradish
- ½ cup cold water
- ¼ cup all-purpose flour

- 1 Place onions and sweet peppers in the bottom of a 5- to 6-quart slow cooker. Top with meat.
  - 2 In a medium bowl combine beer, chili sauce, brown sugar, garlic, salt, and black pepper; pour over meat.
  - 3 Cover and cook on low-heat setting for 10 to 12 hours or on high-heat setting for 5 to 6 hours. Transfer meat and vegetables to a serving platter. Cover with foil and keep warm.
  - 4 Pour 2¼ cups of the cooking liquid into a medium saucepan; stir in horseradish. In a small bowl whisk together cold water and flour until combined; stir into cooking liquid mixture in saucepan. Cook and stir over medium heat until thickened and bubbly. Cook and stir for 1 minute more. Thinly slice meat across the grain. Serve meat and vegetables with gravy.
- Per serving:** 328 cal., 11 g total fat (4 g sat. fat), 99 mg chol., 616 mg sodium, 20 g carbo., 3 g fiber, 34 g pro.

**PREP:**

30 minutes

**COOK:**

Low 10 hours, High 5 hours

**MAKES:**

10 servings

**SLOW COOKER:**

5- to 6-quart

*Orange juice and Dijon-style mustard infuse this slow-cooked brisket with delectable flavor. Be sure to slice it thinly so you can pile the meat high on the kaiser rolls.*

## CITRUS CORNED BEEF SANDWICHES

**PREP:**  
20 minutes

**COOK:**  
Low 10 hours, High 5 hours

**BROIL:**  
1 minute + 1 minute

**MAKES:**  
8 sandwiches

**SLOW COOKER:**  
3½ or 4-quart

- 1 2- to 3-pound corned beef brisket with spice packet
- 1 cup water
- ¼ cup Dijon-style mustard
- ¼ teaspoon finely shredded orange peel
- ⅓ cup orange juice
- 4 teaspoons all-purpose flour
- 8 kaiser rolls, split
- 6 ounces Muenster cheese, sliced

- 1 Trim fat from meat. Sprinkle spices from spice packet over meat; rub in with your fingers. If necessary, cut meat to fit into a 3½- or 4-quart slow cooker. Place meat in slow cooker. In a small bowl combine the water and mustard; pour over meat.
- 2 Cover and cook on low-heat setting for 10 to 12 hours or on high-heat setting for 5 to 6 hours. Transfer meat to a serving platter. Cover with foil and keep warm. Skim fat from cooking juices. Reserve ¼ cup of the cooking juices; discard remaining juices and whole spices.
- 3 For orange sauce, in a small saucepan stir together orange peel, orange juice, and flour; gradually stir in reserved cooking juices. Cook and stir until thickened and bubbly. Cook and stir for 1 minute more.
- 4 Preheat broiler. Thinly slice meat across the grain. Arrange rolls, cut sides up, on a baking sheet. Broil 3 inches from heat for 1 to 2 minutes or until toasted. Remove roll tops from baking sheet. Place meat on roll bottoms. Drizzle about 1 tablespoon of the orange sauce over meat on each roll. Top with cheese. Broil for 1 to 2 minutes more or until cheese melts. Add roll tops.

**Per sandwich:** 455 cal., 22 g total fat (8 g sat. fat), 78 mg chol., 1,382 mg sodium, 34 g carbo., 1 g fiber, 29 g pro.

If you're looking for good old-fashioned pot roast with a twist, this is it: tarragon-seasoned beef, potatoes, mushrooms, and carrots in a creamy sauce.

## SUNDAY DINNER POT ROAST

- 1 1½-pound boneless beef chuck eye roast, eye of round roast, or round rump roast
- Nonstick cooking spray
- 3 medium potatoes, quartered lengthwise
- 1 1-pound package peeled baby carrots
- 1 4-ounce can (drained weight) mushroom stems and pieces, drained
- ½ teaspoon dried tarragon or basil, crushed
- ¼ teaspoon salt
- 1 10¾-ounce can condensed cream of mushroom soup

- 1 Trim fat from meat. Coat an unheated large skillet with nonstick cooking spray. Preheat skillet over medium-high heat. Add meat; cook until browned, turning to brown evenly.
- 2 In a 4- to 5-quart slow cooker combine potatoes, carrots, mushrooms, and tarragon. Place browned meat on top of vegetables. Sprinkle with salt. Pour cream of mushroom soup over all.
- 3 Cover and cook on low-heat setting for 10 to 12 hours or on high-heat setting for 5 to 6 hours.
- 4 To serve, transfer meat and vegetables to a serving platter. Serve sauce over meat and vegetables.

**Per serving:** 327 cal., 9 g total fat (3 g sat. fat), 83 mg chol., 800 mg sodium, 29 g carbo., 5 g fiber, 33 g pro.

**PREP:**

15 minutes

**COOK:**

Low 10 hours, High 5 hours

**MAKES:**

5 servings

**SLOW COOKER:**

4- to 5-quart

*A tongue-tingling mix of spices, garlic, and red wine gives this fork-tender beef fabulous flavor.*

## SPICED-RUBBED POT ROAST

**PREP:**

20 minutes

**COOK:**

Low 11 hours, High 5½ hours

**MAKES:**

6 to 8 servings

**SLOW COOKER:**

4½ or 5-quart

- 1 3- to 3½-pound boneless beef chuck pot roast
- 1 teaspoon salt
- ½ teaspoon black pepper
- ½ teaspoon ground mace
- ¼ teaspoon ground allspice
- ⅛ teaspoon ground cloves
- 6 medium carrots, halved crosswise
- 2 large onions, cut into wedges
- 2 bay leaves
- 2 cloves garlic, minced
- ⅔ cup beef broth
- ½ cup dry red wine or beef broth

- 1 Trim fat from meat. If necessary, cut meat to fit into a 4½- or 5-quart slow cooker. In a small bowl combine salt, pepper, mace, allspice, and cloves. Sprinkle salt mixture evenly over meat; rub in with your fingers. Set aside.
- 2 In the slow cooker combine carrots, onions, and bay leaves. Place meat on top of vegetables. Sprinkle meat with garlic. Pour broth and wine or broth over meat.
- 3 Cover and cook on low-heat setting for 11 to 12 hours or on high-heat setting for 5½ to 6 hours.
- 4 Transfer meat to a cutting board. Using a slotted spoon, transfer vegetables to a serving dish. Discard bay leaves. Slice meat and serve with the vegetables. Drizzle with some of the cooking liquid to moisten.

**Per serving:** 353 cal., 9 g total fat (3 g sat. fat), 135 mg chol., 695 mg sodium, 14 g carbo., 3 g fiber, 50 g pro.

*Serve this hearty roast with plenty of crusty French bread to sop up the garlicky thyme-and-wine-flavored cooking juices.*

## FRENCH-STYLE POT ROAST

- 1 3-pound boneless beef chuck pot roast
- 1 pound carrots, cut into 2-inch-long pieces
- 1 large onion, sliced
- 1 4-ounce can (drained weight) sliced mushrooms, drained
- 2 tablespoons quick-cooking tapioca
- 3/4 cup dry red wine or beef broth
- 4 cloves garlic, minced
- 2 teaspoons instant beef bouillon granules
- 1/4 teaspoon dried thyme, crushed
- 1/4 teaspoon black pepper
- 1 14 1/2-ounce can green Italian beans or cut green beans, drained

- 1 Trim fat from meat. In a 4 1/2- to 6-quart slow cooker combine carrots, onion, and mushrooms. Sprinkle with tapioca. Place meat on vegetables. In a small bowl combine wine or broth, garlic, bouillon granules, thyme, and pepper. Pour over meat.
- 2 Cover and cook on low-heat setting for 11 to 12 hours or on high-heat setting for 5 1/2 to 6 hours.
- 3 Remove meat to a serving platter; cover and keep warm. Stir green beans into carrot mixture. Using a slotted spoon, transfer vegetables to a serving platter. Skim fat from cooking liquid. Serve cooking liquid with meat and vegetables.

**Per serving:** 375 cal., 9 g total fat (3 g sat. fat), 134 mg chol., 662 mg sodium, 17 g carbo., 4 g fiber, 50 g pro.

**PREP:**

20 minutes

**COOK:**

Low 11 hours, High 5 1/2 hours

**MAKES:**

6 to 8 servings

**SLOW COOKER:**

4 1/2 to 6-quart

*Orange peel brings a hint of citrus to this beef chuck roast that features a trio of fall vegetables: parsnips, acorn squash, and onions.*

## CANADIAN MAPLE-GLAZED POT ROAST

**PREP:**  
20 minutes

**COOK:**  
Low 11 hours, High 5½ hours

**MAMES:**  
8 servings

**SLOW COOKER:**  
4- to 5-quart

- 1 2½- to 3-pound boneless beef chuck pot roast
- 1 tablespoon cooking oil
- 4 medium parsnips and/or carrots, cut into 3-inch-long pieces
- 1 medium acorn squash, seeded and cut into 1-inch-thick slices
- 2 small onions, cut into wedges
- ½ cup pure maple syrup or maple-flavored syrup
- 3 tablespoons quick-cooking tapioca
- 2 tablespoons white wine vinegar
- 2 teaspoons finely shredded orange peel
- 1 teaspoon salt
- ¼ teaspoon black pepper
- 4 cups hot cooked noodles

**1** Trim fat from meat. If necessary, cut meat to fit in a 4- to 5-quart slow cooker. In a large skillet heat oil over medium-high heat. Brown meat in hot oil, turning to brown on all sides. Drain off fat.

**2** In the slow cooker combine parsnips and/or carrots, acorn squash, and onions. Place meat on vegetables. In a small bowl combine maple syrup, tapioca, white wine vinegar, orange peel, salt, and pepper. Pour over meat and vegetables.

**3** Cover and cook on low-heat setting for 11 to 12 hours or on high-heat setting for 5½ to 6 hours.

**4** Transfer meat and vegetables to a serving platter. Skim fat from cooking liquid. Pass cooking liquid with meat. Serve with hot cooked noodles.

**Per serving:** 423 cal., 8 g total fat (2 g sat. fat), 110 mg chol., 400 mg sodium, 51 g carbo., 4 g fiber, 36 g pro.

*French onion soup is the secret to the captivating flavor of this no-hassle pot roast.*

## SAVORY ROAST WITH PEPPERS & ONIONS

- Nonstick cooking spray  
1 2½- to 3-pound beef chuck pot roast  
1 teaspoon dried thyme, crushed  
¼ teaspoon cayenne pepper  
1 14½-ounce can diced tomatoes with basil, garlic, and oregano, undrained  
1 10½-ounce can condensed French onion soup  
1 tablespoon Worcestershire sauce  
1 16-ounce package frozen (yellow, green, and red) peppers and onion stir-fry vegetables  
1½ cups instant rice

- 1 Lightly coat a 4- to 5-quart slow cooker with nonstick cooking spray. Trim fat from meat. If necessary, cut meat to fit in slow cooker. Place meat in slow cooker. Sprinkle meat with thyme and cayenne pepper. Add undrained tomatoes, French onion soup, and Worcestershire sauce to slow cooker.
- 2 Cover and cook on low-heat setting for 8 to 9 hours or on high-heat setting for 4 to 4½ hours.
- 3 If using low-heat setting, turn to high-heat setting. Add stir-fry vegetables and uncooked rice to slow cooker; stir into mixture. Cover and cook for 30 minutes more.

**Per serving:** 401 cal., 9 g total fat (3 g sat. fat), 90 mg chol., 2,757 mg sodium, 39 g carbo., 4 g fiber, 38 g pro.

**PREP:**  
10 minutes

**COOK:**  
Low 8 hours, High 4 hours;  
plus 30 minutes on High

**MAKES:**  
8 servings

**SLOW COOKER:**  
4- to 5-quart

*Wine, German-style mustard, and cloves combine in this luscious old world-style pot roast.*

## BAVARIAN BEEF

**PREP:**

25 minutes

**COOK:**

Low 8 hours, High 4 hours

**MAKES:**

8 servings

**SLOW COOKER:**

3½ or 4-quart

- 1 2½- to 3-pound boneless beef chuck pot roast
- 4 carrots, sliced
- 2 large onions, chopped
- ¾ cup chopped kosher-style dill pickles
- 2 stalks celery, sliced
- ½ cup dry red wine or beef broth
- ⅓ cup German-style mustard
- ½ teaspoon coarsely ground black pepper
- ¼ teaspoon ground cloves
- 2 bay leaves
- ¼ cup beef broth or cold water
- 2 tablespoons all-purpose flour
- Hot cooked spaetzle or cooked noodles (optional)
- Chopped kosher-style dill pickle (optional)
- Crisp-cooked and crumbled bacon (optional)

**1** Trim fat from meat. If necessary, cut meat to fit in a 3½- or 4-quart slow cooker.

**2** In the slow cooker combine carrots, onions, the ¾ cup pickles, and the celery. Place meat on top of the vegetables.

**3** In a small bowl combine wine, mustard, pepper, cloves, and bay leaves. Pour over meat. Cover and cook on low-heat setting for 8 to 10 hours or on high-heat setting for 4 to 5 hours. Transfer meat to a serving platter. Cover meat with foil to keep warm.

**4** For gravy, transfer vegetables and cooking liquid to a 2-quart saucepan. Skim off fat. Discard bay leaves. In a small bowl stir together broth or water and flour. Stir into the mixture in saucepan. Cook and stir over medium heat until thickened and bubbly. Cook and stir for 1 minute more. Serve gravy with meat and vegetables. If desired, serve with hot cooked spaetzle or noodles and top with additional chopped pickle and bacon.

**Per serving:** 238 cal., 6 g total fat (2 g sat. fat), 84 mg chol., 480 mg sodium, 10 g carbo., 2 g fiber, 32 g pro.

*A rich gravy made from cooking juices seasoned with vinegar, mustard, allspice, and cloves is the perfect partner for tender slices of moist beef chuck pot roast.*

## SPICED BEEF POT ROAST

- 1 2½- to 3-pound boneless beef chuck pot roast
- 3 medium onions, sliced into rings
- 2 stalks celery, bias-sliced
- ¾ cup water
- ¼ cup vinegar
- 1 tablespoon packed brown sugar
- 1 teaspoon dry mustard
- 1 teaspoon instant beef bouillon granules
- ½ teaspoon salt
- ½ teaspoon ground allspice
- ¼ teaspoon ground cloves
- 2 bay leaves
- ⅔ cup cold water
- ¼ cup all-purpose flour
- Black pepper (optional)
- ¼ teaspoon browning and flavoring sauce (optional)

- 1 Trim fat from meat. If necessary, cut meat to fit in a 4- to 5-quart slow cooker. Place onions and celery in the slow cooker. Place meat on top of vegetables. In a small bowl combine the ¾ cup water, the vinegar, brown sugar, dry mustard, bouillon granules, salt, allspice, cloves, and bay leaves. Add to slow cooker.
- 2 Cover and cook on low-heat setting for 10 to 12 hours or on high-heat setting for 5 to 6 hours. Transfer meat, onions, and celery to a serving platter, reserving cooking juices.
- 3 For gravy, measure cooking juices; skim off fat. If necessary, add enough water to cooking juices to equal 1½ cups total liquid. Pour cooking juices into a medium saucepan. In a small bowl stir the ⅔ cup cold water into the flour. Stir into juices in saucepan. Cook and stir over medium heat until thickened and bubbly. Cook and stir for 1 minute more. Discard bay leaves. If desired, season with pepper. If desired, stir in flavoring sauce for color. Serve gravy with meat and vegetables.

**Per serving:** 213 cal., 5 g total fat (2 g sat. fat), 84 mg chol., 350 mg sodium, 9 g carbo., 1 g fiber, 31 g pro.

**PREP:**  
25 minutes  
**COOK:**  
Low 10 hours, High 5 hours  
**MAKES:**  
8 to 10 servings  
**SLOW COOKER:**  
4- to 5-quart

*Black bean garlic sauce transforms ordinary pot roast into an exotic delight. Look for the sauce in the Asian section of your supermarket or at an Asian market.*

## BLACK BEAN POT ROAST

**prep:**  
30 minutes

**COOK:**  
Low 9 hours, High 4½ hours;  
plus 15 minutes on High

**MAKES:**  
6 servings

**SLOW COOKER:**  
4- to 5-quart

- 1 2-pound boneless beef chuck pot roast  
1½ cups water  
¼ cup black bean garlic sauce  
1 tablespoon sugar  
1 teaspoon instant beef bouillon granules  
12 ounces fresh green beans, trimmed and cut in 2-inch-long pieces  
½ of a medium onion, cut into thin strips  
3 tablespoons cornstarch  
3 tablespoons cold water  
1 medium red sweet pepper, cut into thin strips  
Hot cooked rice
- 1 Trim fat from meat. If necessary, cut meat to fit into a 4- to 5-quart slow cooker.
  - 2 In the slow cooker stir together the 1½ cups water, the garlic sauce, sugar, and bouillon granules. Stir in green beans and onion. Place meat on top of vegetables.
  - 3 Cover and cook on low-heat setting for 9 to 10 hours or on high-heat setting for 4½ to 5 hours.
  - 4 Transfer meat and vegetables to a serving platter; cover meat and keep warm. If using low-heat setting, turn to high-heat setting. For sauce, in a small bowl combine cornstarch and cold water; stir into cooking juices in slow cooker. Stir in sweet pepper strips. Cover and cook about 15 minutes or until sauce is slightly thickened.
  - 5 Using two forks, separate meat into serving-size pieces. Serve meat over hot cooked rice with the sauce and vegetables.
- Per serving:** 358 cal., 7 g total fat (2 g sat. fat), 89 mg chol., 471 mg sodium, 36 g carbo., 3 g fiber, 37 g pro.

*Slow cook beef short ribs with potatoes, butternut squash, and Brussels sprouts and what do you get? A hearty meal for a hungry family.*

## COLD-WEATHER BEEF SHORT RIBS

- 1 tablespoon olive oil
- 1½ pounds boneless beef short ribs
- ¼ teaspoon black pepper
- 1 pound new potatoes, halved
- 1 pound butternut squash, peeled and cut in 1- to 1½-inch cubes (about 1½ cups)
- 1 large onion, chopped
- 3 cloves garlic, minced
- 1 10½-ounce can condensed chicken broth
- 2 tablespoons cornstarch
- 2 tablespoons cold water
- 1 10-ounce package frozen Brussels sprouts
- 2 tablespoons prepared horseradish
- Snipped fresh parsley (optional)

- 1 In a large skillet heat oil over medium-high heat. Add short ribs; cook until browned on all sides, turning to brown evenly. Transfer to a 5- to 6-quart slow cooker. Pour any drippings in skillet over short ribs. Sprinkle short ribs with pepper.
- 2 Add potatoes, butternut squash, onion, and garlic to slow cooker. Pour chicken broth over all. Cover and cook on low-heat setting for 8 to 9 hours or on high-heat setting for 4 to 4½ hours or until meat is nearly tender.
- 3 If using low-heat setting, turn to high-heat setting. In a small bowl stir together cornstarch and the cold water. Stir cornstarch mixture and Brussels sprouts into short rib mixture in slow cooker. Cover and cook for 45 to 60 minutes or just until vegetables are tender. Stir in horseradish. Transfer ribs and vegetables to a serving platter. If desired, sprinkle with parsley.

**Per serving:** 485 cal., 18 g total fat (6 g sat. fat), 98 mg chol., 643 mg sodium, 41 g carbo., 7 g fiber, 40 g pro.

**PREP:**  
20 minutes

**COOK:**  
*Low 8 hours, High 4 hours;  
plus 45 minutes on High*

**MAKES:**  
4 servings

**SLOW COOKER:**  
5- to 6-quart

Cajun seasoning lends a touch of bayou flavor to slow-simmered round steak.

## CAJUN-STYLE STEAKS

**PREP:**  
20 minutes

**COOK:**  
Low 8 hours, High 4 hours;  
plus 30 minutes on High

**MAKES:**  
4 servings

**SLOW COOKER:**  
3½- or 4-quart

- 1 pound boneless beef round steak, cut ¾ to 1 inch thick
- Salt
- Black pepper
- Nonstick cooking spray
- 1 medium onion, sliced and separated into rings
- 2 tablespoons quick-cooking tapioca
- 1½ teaspoons dried oregano, crushed
- ¾ to 1 teaspoon salt-free Cajun seasoning or blackened steak seasoning\*
- ¼ teaspoon salt
- 1 14½-ounce can diced tomatoes, undrained
- 1 8-ounce can tomato sauce
- 2 small green sweet peppers, cut into strips
- 2 cups hot cooked brown rice

**1** Trim fat from meat. Season meat lightly with salt and black pepper. Cut meat into 4 serving-size pieces. Lightly coat an unheated large skillet with nonstick cooking spray. Preheat over medium-high heat. Brown meat in hot skillet, turning to brown on both sides.

**2** Meanwhile, place onion in a 3½- or 4-quart slow cooker. Sprinkle with tapioca, oregano, Cajun seasoning, and the ¼ teaspoon salt. Pour undrained tomatoes and tomato sauce over onion. Top with meat.

**3** Cover and cook on low-heat setting for 8 to 10 hours or on high-heat setting for 4 to 5 hours.

**4** If using low-heat setting, turn to high-heat setting. Add sweet peppers. Cover and cook for 30 minutes more. Serve with hot cooked rice.

**Per serving:** 324 cal., 4 g total fat (1 g sat. fat), 64 mg chol., 713 mg sodium, 40 g carbo., 4 g fiber, 30 g pro.

**\*NOTE:** To make your own blackened seasoning, in a small bowl combine ½ teaspoon onion powder; ½ teaspoon garlic powder; ½ teaspoon ground white pepper; ½ teaspoon cayenne pepper; ½ teaspoon black pepper; and ½ teaspoon dried thyme, crushed. Store tightly covered in a cool place for up to 6 months. Makes 1 tablespoon.

The Swiss don't actually make Swiss Steak. The recipe name is believed to be English and likely comes from relating the process of "swissing" or smoothing out cloth between rollers to the pounding and flattening of the meat—a step we've skipped in this slow cooker version.

## COUNTRY SWISS STEAK

- 1 1/4 pounds boneless beef round steak, cut 1 inch thick
- 1 tablespoon cooking oil
- 2 links uncooked bratwurst or other sausage, cut into 3/4-inch-thick slices
- 1 small onion, sliced and separated into rings
- 2 tablespoons quick-cooking tapioca
- 1 teaspoon dried thyme, crushed
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 1 14 1/2-ounce can diced tomatoes with basil, oregano, and garlic, undrained
- 2 cups hot cooked noodles or rice

**1** Trim fat from beef. Cut beef into 4 serving-size pieces. In a large skillet heat oil over medium-high heat. Brown beef and bratwurst in hot oil; drain off fat. Place onion in a 3 1/2- or 4-quart slow cooker.\* Sprinkle with tapioca, thyme, salt, and pepper. Add beef and bratwurst. Pour undrained tomatoes over mixture in slow cooker.

**2** Cover and cook on low-heat setting for 8 to 9 hours or on high-heating setting for 4 to 4 1/2 hours. Serve with noodles or rice.

**Per serving:** 570 cal., 23 g total fat (9 g sat. fat), 145 mg chol., 1,261 mg sodium, 37 g carbo., 2 g fiber, 50 g pro.

**\*TEST KITCHEN TIP:** Since this tomato mixture is thicker and does have a tendency to burn around the edges, we suggest you use a plastic slow cooker liner for this recipe.

**PREP:**  
20 minutes

**COOK:**  
Low 8 hours, High 4 hours

**MAKES:**  
4 servings

**SLOW COOKER:**  
3 1/2 or 4-quart

You'll want to use every bit of the devilishly tasty sauce—spoon it over noodles or mashed potatoes. You may even be tempted to lick the spoon!

## DEVILED STEAK STRIPS

**PREP:**

15 minutes

**COOK:**

Low 7 hours, High 3½ hours

**MAKES:**

6 to 8 servings

**SLOW COOKER:**

3½- or 4-quart

2 pounds boneless beef round steak

1 15-ounce can tomato sauce

1 large onion, chopped

1 cup water

3 tablespoons quick-cooking tapioca\*

3 tablespoons horseradish mustard

3 cloves garlic, minced

2 teaspoons instant beef bouillon granules

¼ teaspoon black pepper

4 to 6 cups hot cooked noodles or mashed potatoes

**1** Trim fat from meat. Thinly slice meat across the grain into bite-size strips. In a 3½- or 4-quart slow cooker stir together tomato sauce, onion, water, tapioca, mustard, garlic, bouillon granules, and pepper. Stir meat strips into onion mixture.

**2** Cover and cook on low-heat setting for 7 to 9 hours or on high-heat setting for 3½ to 4½ hours. Serve over hot cooked noodles or mashed potatoes.

**Per serving:** 360 cal., 5 g total fat (1 g sat. fat), 94 mg chol., 756 mg sodium, 39 g carbo., 2 g fiber, 39 g pro.

**\*NOTE:** For a smoother sauce, grind the tapioca in a coffee grinder or blender.

*This hearty, satisfying main dish features beef cubes seasoned with garlic, thyme, and lots of Hungarian paprika.*

## HUNGARIAN GOULASH

- 1 14½-ounce can diced tomatoes, undrained
- 1 6-ounce can tomato paste
- 2 tablespoons quick-cooking tapioca
- 4 teaspoons Hungarian paprika or regular paprika
- 3 cloves garlic, minced
- ½ teaspoon dried thyme, crushed
- ½ teaspoon salt
- ½ teaspoon black pepper
- 1½ pounds beef stew meat cut into 1-inch cubes
- 1½ cups chopped onion
- 1 cup coarsely chopped green sweet pepper
- 1 8-ounce carton dairy sour cream
- Hot cooked noodles

- 1 In a 3½- or 4-quart slow cooker stir together undrained diced tomatoes, tomato paste, tapioca, paprika, garlic, thyme, salt, and pepper. Add meat, onion, and sweet pepper.
- 2 Cover and cook on low-heat setting for 10 to 12 hours or on high-heat setting for 5 to 6 hours.
- 3 In a medium bowl combine sour cream and about ¾ cup of the hot cooking liquid. Stir into mixture in slow cooker. Serve over hot cooked noodles.

**Per serving:** 415 cal., 14 g total fat (7 g sat. fat), 110 mg chol., 429 mg sodium, 40 g carbo., 4 g fiber, 32 g pro.

**PREP:**  
15 minutes

**COOK:**  
Low 10 hours, High 5 hours

**MAKES:**  
6 servings

**SLOW COOKER:**  
3½- or 4-quart

**FOR A 6- TO 7-QUART SLOW COOKER:**

Double all ingredients.  
Makes 12 servings.

*Don't skimp on the standing time. It allows the cheese to melt and the pie to cool just enough that it's ready to eat.*

## TAMALE PIE

**PREP:****25 minutes****COOK:****Low 6 hours, High 3 hours;  
plus 50 minutes on High****STAND:****20 minutes****MAKES:****8 servings****SLOW COOKER:****3½- or 4-quart**

- 2 pounds ground beef
- 1 large onion, chopped
- 2 cloves garlic, minced
- 2 10-ounce cans enchilada sauce
- 1 11-ounce can whole kernel corn with sweet peppers, drained
- 1 4½-ounce can diced green chile peppers, undrained
- 1 8½-ounce package corn muffin mix
- 1 cup shredded cheddar cheese
- ½ cup milk
- 1 slightly beaten egg
- 1 fresh jalapeño chile pepper, seeded and finely chopped\* (optional)

- 1 In a large skillet cook ground beef, onion, and garlic until meat is brown and onion is tender. Drain off fat.
- 2 In a 3½- or 4-quart slow cooker combine enchilada sauce, drained corn, and undrained green chile peppers. Stir in meat mixture. Cover and cook on low-heat setting for 6 to 8 hours or on high-heat setting for 3 to 4 hours.
- 3 In a medium bowl stir together corn muffin mix, ½ cup of the cheese, the milk, egg, and, if desired, jalapeño chile pepper, stirring just until combined.
- 4 If using low-heat setting, turn to high-heat setting. Stir meat mixture. Drop batter by tablespoons onto meat mixture to make 8 dumplings. Cover and cook for 50 minutes more (do not lift cover). Sprinkle remaining ½ cup cheese over dumplings. Remove liner from slow cooker, if possible, or turn off slow cooker. Let stand, uncovered, for 20 minutes before serving.

**Per serving:** 474 cal., 24 g total fat (9 g sat. fat), 113 mg chol., 805 mg sodium, 35 g carbo., 1 g fiber, 30 g pro.

**\*NOTE:** Because chile peppers contain volatile oils that can burn your skin and eyes, avoid direct contact with them as much as possible. When working with chile peppers, wear plastic or rubber gloves. If your bare hands do touch the peppers, wash your hands and nails well with soap and warm water.

*For a top-notch taco salad, serve this zesty three bean-and-beef combo over torn mixed greens.*

## BEEF & BEAN MEDLEY

- 1 pound ground beef
- 1 large onion, chopped
- 6 slices bacon, crisp-cooked, drained, and crumbled
- 2 16-ounce cans baked beans
- 1 15-ounce can butter beans, rinsed and drained
- 1 15-ounce can red kidney beans, rinsed and drained
- 1 cup ketchup
- 3 tablespoons vinegar
- 2 tablespoons packed brown sugar
- ⅛ teaspoon black pepper
- 1 8- to 10-ounce bag corn chips or tortilla chips
- 2 cups shredded cheddar cheese (8 ounces)
- ½ cup sliced green onions

- 1 In a large skillet cook ground beef and onion until beef is brown. Drain off fat.
- 2 Transfer beef mixture to a 3½- or 4-quart slow cooker. Add bacon, baked beans, butter beans, kidney beans, ketchup, vinegar, brown sugar, and pepper. Stir ketchup mixture into beef mixture in slow cooker.
- 3 Cover and cook on low-heat setting for 4 to 6 hours or on high-heat setting for 2 to 3 hours.
- 4 Serve over or with corn or tortilla chips. Sprinkle with shredded cheese and green onions.

**Per serving:** 520 cal., 24 g total fat (9 g sat. fat), 64 mg chol., 1,311 mg sodium, 54 g carbo., 9 g fiber, 28 g pro.

**PREP:**  
25 minutes  
**COOK:**  
Low 4 hours, High 2 hours  
**MAKES:**  
10 to 12 servings  
**SLOW COOKER:**  
3½- or 4-quart

*These standout "loose-meat" sandwiches get their firepower from a Scotch bonnet chile pepper and ground black pepper.*

## HOT & SPICY SLOPPY JOES

**PREP:**  
25 minutes

**COOK:**  
Low 8 hours, High 4 hours

**MAKES:**  
12 to 14 sandwiches

**SLOW COOKER:**  
5- to 6-quart

- 2 pounds ground beef
- 4 medium onions, cut into strips
- 4 medium green sweet peppers, cut into strips
- 2 medium red sweet peppers, cut into strips
- 1 cup ketchup
- $\frac{1}{4}$  cup cider vinegar
- 1 fresh Scotch bonnet chile pepper, seeded and finely chopped,\* or  $\frac{1}{4}$  teaspoon cayenne pepper
- 1 tablespoon chili powder
- $\frac{1}{2}$  teaspoon salt
- $\frac{1}{2}$  teaspoon black pepper
- 12 to 14 hoagie rolls or hot dog buns, split and toasted

- 1 In a very large skillet cook ground beef and onions until meat is brown and onions are tender. Drain off fat.
- 2 In a 5- to 6-quart slow cooker combine ground beef mixture, sweet pepper strips, ketchup, vinegar, chile pepper or cayenne pepper, chili powder, salt, and black pepper.
- 3 Cover and cook on low-heat setting for 8 to 10 hours or on high-heat setting for 4 to 5 hours. Serve in rolls or buns.

**Per sandwich:** 592 cal., 18 g total fat (6 g sat. fat), 48 mg chol., 1,051 mg sodium, 83 g carbo., 6 g fiber, 27 g pro.

**\*NOTE:** Because chile peppers contain volatile oils that can burn your skin and eyes, avoid direct contact with them as much as possible. When working with chile peppers, wear plastic or rubber gloves. If your bare hands do touch the peppers, wash your hands and nails well with soap and warm water.

If your family likes extra spicy spaghetti sauce, make this recipe with hot-style Italian sausage and the  $\frac{1}{4}$  teaspoon crushed red pepper.

## OLIVE-SPAGHETTI SAUCE

- 1 pound lean ground beef
- 1 pound bulk Italian sausage
- 1 large onion, chopped
- 2 cloves garlic, minced
- 1 28-ounce can diced tomatoes, undrained
- 1 6-ounce can tomato paste
- 1 4½-ounce can (drained weight) sliced mushrooms, drained
- ½ cup dry red wine or beef broth
- ½ cup chopped green sweet pepper
- ½ cup sliced ripe or pimiento-stuffed green olives
- 2 teaspoons Worcestershire sauce
- ½ teaspoon sugar
- ⅛ to  $\frac{1}{4}$  teaspoon crushed red pepper
- 2 bay leaves
- 1 pound spaghetti, cooked and drained
- Grated Parmesan cheese (optional)

1 In a large skillet cook ground beef, sausage, onion, and garlic until meat is brown and onion is tender; drain off fat.

2 In a 3½- to 5-quart slow cooker combine meat mixture, undrained tomatoes, tomato paste, drained mushrooms, wine, sweet pepper, olives, Worcestershire sauce, sugar, crushed red pepper, and bay leaves. Cover and cook on low-heat setting for 7 to 9 hours or on high-heat setting for 3½ to 4½ hours.

3 Discard bay leaves. If necessary, skim fat from sauce. Serve sauce over spaghetti. If desired, pass Parmesan cheese.

**Per serving:** 582 cal., 25 g total fat (9 g sat. fat), 79 mg chol., 774 mg sodium, 56 g carbo., 4 g fiber, 28 g pro.

**PREP:**

20 minutes

**COOK:**

Low 7 hours, High 3½ hours

**MAKES:**

8 to 10 servings

**SLOW COOKER:**

3½- to 5-quart

All-time favorite sloppy joes take an Italian spin in this slow-cooked version. Serve them with coleslaw or pasta salad on the side.

## SLOPPY GUISEPPE

**PREP:**  
30 minutes

**COOK:**  
Low 6 hours, High 3 hours

**BAKE:**  
13 minutes

**OVEN:**  
450°F

**MAKES:**  
10 sandwiches

**SLOW COOKER:**  
3½ or 4-quart

### FOR 5- TO 6-QUART SLOW COOKER:

Use 1½ pounds bulk hot Italian sausage, 1½ pounds lean ground beef, 2 large onions, and 5 cloves garlic. In a very large skillet cook meat, half at a time, until meat is brown, adding onion and garlic to skillet with the second half of meat. Drain off fat. Continue with step 2, except use one 26- to 28-ounce jar tomato-basil pasta sauce, two 6-ounce cans tomato paste, two 4-ounce cans drained sliced mushrooms, 3 tablespoons balsamic vinegar, 15 hoagie rolls, two 12-ounce jars roasted red sweet peppers, and 2½ cups shredded mozzarella cheese. Makes 15 sandwiches.

**Per sandwich:** 754 cal., 31 g total fat (11 g sat. fat), 78 mg chol., 1,384 mg sodium, 87 g carbo., 6 g fiber, 33 g pro.

- 1 pound bulk hot Italian sausage
- 1 pound lean ground beef
- 1 large onion, chopped
- 3 cloves garlic, minced
- 2 cups purchased tomato-basil pasta sauce
- 1 6-ounce can tomato paste
- 1 4-ounce can (drained weight) sliced mushrooms, drained
- 2 tablespoons balsamic vinegar
- 10 hoagie rolls, split
- 1 12-ounce jar roasted red sweet peppers, cut into thin strips
- 1½ cups shredded mozzarella cheese (6 ounces)

- 1 In a very large skillet cook sausage, ground beef, onion, and garlic until meat is brown. Drain off fat.
- 2 In a 3½- or 4-quart slow cooker combine pasta sauce, tomato paste, drained mushrooms, and balsamic vinegar. Stir in meat mixture. Cover and cook on low-heat setting for 6 hours or on high-heat setting for 3 hours.
- 3 Preheat oven to 450°F. Skim fat from top of meat mixture in slow cooker. Hollow out the bottoms of the hoagie rolls, leaving a ½-inch-thick shell. Place roll bottoms, cut sides up, on a large baking sheet. Place roll tops, cut sides up, on another large baking sheet. Bake one baking sheet at a time for 5 to 7 minutes or until rolls are toasted.
- 4 Divide meat mixture among hollowed out roll bottoms. Top with roasted red peppers and mozzarella cheese. Bake for 3 to 4 minutes more or until cheese is melted. Top with roll tops.

**Per sandwich:** 712 cal., 27 g total fat (10 g sat. fat), 73 mg chol., 1,271 mg sodium, 84 g carbo., 6 g fiber, 32 g pro.

If there are any of these beef-and-pork meatballs leftover, reheat them to serve in hoagie buns for a sensational sandwich. If you like, sprinkle on some shredded mozzarella cheese instead of the Parmesan cheese.

## HOMESTYLE ITALIAN MEATBALLS

2 eggs  
½ cup soft bread crumbs  
¼ cup finely snipped fresh parsley  
¼ cup grated Parmesan cheese  
¼ cup finely chopped onion  
1 teaspoon salt  
1 clove garlic, minced  
½ teaspoon crushed red pepper  
1 pound ground beef  
8 ounces lean ground pork  
1 tablespoon olive oil  
1 26- to 28-ounce jar marinara pasta sauce  
½ cup water  
Hot cooked pasta  
Grated Parmesan cheese (optional)

- 1 In a large bowl beat eggs with a fork. Stir in bread crumbs, parsley, the ¼ cup Parmesan cheese, the onion, salt, garlic, and crushed red pepper. Add ground beef and ground pork; mix just until combined. Using a scant ¼ cup mixture per meatball, form mixture into 18 meatballs.
- 2 In a very large skillet heat oil over medium heat. Brown meatballs in hot oil. Drain off fat. Transfer meatballs to a 3½- or 4-quart slow cooker. Pour marinara sauce and the water over meatballs.
- 3 Cover and cook on low-heat setting for 5 to 6 hours or on high-heat setting for 2½ to 3 hours.
- 4 Serve meatballs and sauce over hot cooked pasta. If desired, sprinkle with additional Parmesan cheese.

**Per serving:** 526 cal., 19 g total fat (6 g sat. fat), 139 mg chol., 1,099 mg sodium, 56 g carbo., 4 g fiber, 31 g pro.

**PREP:**  
30 minutes  
**COOK:**  
Low 5 hours, High 2½ hours  
**MAKES:**  
6 servings  
**SLOW COOKER:**  
3½ or 4-quart

*There's no need to dirty a dish. Serve the meat mixture right from the slow cooker.*

# CHILAQUILES

**PREP:***25 minutes***COOK:***Low 4 hours***STAND:***30 minutes***MAKES:***6 to 8 servings***SLOW COOKER:***3½ or 4-quart***FOR A 5- TO 6-QUART SLOW COOKER:**

Double all ingredients, except use 3 cloves garlic.  
Makes 12 to 14 servings.

- 12 ounces ground beef
- 12 ounces ground lean pork
- 1 medium onion, chopped
- 2 cloves garlic, minced
- 1 15-ounce can chili beans in chili gravy, undrained
- 1 10-ounce can enchilada sauce
- 1 2½-ounce can sliced pitted ripe olives, drained
- ½ cup lower-sodium beef broth
- 1 4.5- to 4.8-ounce package tostada shells, broken, or 4 cups tortilla chips
- 2 cups shredded Monterey Jack cheese (8 ounces)  
Sour cream, snipped fresh cilantro, purchased salsa, broken tostada shells, and/or tortilla chips (optional)

- 1 In a large skillet cook ground beef, ground pork, onion, and garlic until meat is brown and onion is tender. Drain off fat.
- 2 In a 3½- or 4-quart slow cooker combine undrained beans, enchilada sauce, drained olives, and beef broth. Add meat mixture, the package of broken tostada shells, and the cheese. Stir just to combine. Cover and cook on low-heat setting for 4 to 5 hours.
- 3 Remove liner from slow cooker, if possible, or turn off slow cooker. Let stand, uncovered, for 30 minutes before serving. Serve mixture directly from slow cooker. If desired, garnish each serving with sour cream, cilantro, and salsa and serve with additional broken tostada shells or tortilla chips.

**Per serving:** 500 cal., 28 g total fat (12 g sat. fat), 96 mg chol., 817 mg sodium, 30 g carbo., 5 g fiber, 32 g pro.

*Let's hear it for frozen meatballs. They make this recipe super simple. For a variation, try plain frozen meatballs instead of the Italian-style version.*

## CREAMY MEATBALLS & VEGETABLES

- 1 16-ounce package frozen cooked Italian-style meatballs (32), thawed
- 1 20-ounce package refrigerated red-skinned potato wedges\*
- 1 16-ounce package loose-pack frozen stir-fry vegetables (any combination)
- 2 10½-ounce cans condensed cream of mushroom or cream of onion soup
- 1 cup water
- ⅛ teaspoon black pepper
- ½ cup dairy sour cream

- 1 In a 4- to 5-quart slow cooker combine thawed meatballs, potato wedges, and vegetables. In a medium bowl combine mushroom or onion soup, the water, and pepper. Pour over meatball mixture in slow cooker. Cover and cook on low-heat setting for 5 to 7 hours or on high-heat setting for 2½ to 3½ hours.
- 2 Carefully remove ¼ cup of the cooking liquid from slow cooker. In a small bowl stir the ¼ cup hot cooking liquid into the sour cream. Stir sour cream mixture into mixture in slow cooker.

**Per serving:** 433 cal., 29 g total fat (12 g sat. fat), 38 mg chol., 1,439 mg sodium, 30 g carbo., 7 g fiber, 15 g pro.

**\*NOTE:** If you prefer, you can substitute 1½ pounds red skinned potatoes, cut into wedges, for the refrigerated potatoes. Precook them in boiling lightly salted water for 6 to 7 minutes or until almost tender.

**PREP:**  
15 minutes

**COOK:**  
Low 5 hours, High 2½ hours

**MAKES:**  
6 servings

**SLOW COOKER:**  
4- to 5-quart

*Have this robust sandwich filling ready in your slow cooker for a quick meal after a busy day.*

## SLOW-SIMMERED PORK SANDWICHES

**PREP:**

25 minutes

**COOK:**

Low 8 hours, High 4 hours;  
plus 30 minutes on High

**MAKES:**

10 sandwiches

**SLOW COOKER:**

3½ or 4-quart

- 1 2½- to 3-pound pork sirloin roast or boneless pork shoulder roast
- Salt
- Black pepper
- ½ cup water
- 3 tablespoons cider vinegar
- 2 tablespoons Worcestershire sauce
- 1 teaspoon ground cumin or chili powder
- 1 recipe Homemade BBQ Sauce or 3½ cups bottled barbecue sauce
- 10 kaiser rolls or hamburger buns, split

**1** Trim fat from meat. If necessary, cut meat to fit in a 3½- or 4-quart slow cooker. Season meat with salt and pepper. In a small bowl stir together the water, cider vinegar, Worcestershire sauce, and cumin or chili powder. Pour over meat in slow cooker.

**2** Cover and cook on low-heat setting for 8 to 10 hours or on high-heat setting for 4 to 5 hours.

**3** Remove meat from cooker; discard cooking liquid. Using 2 forks, shred meat and return it to slow cooker. Stir in 2 cups of the Homemade BBQ Sauce or bottled barbecue sauce. If using low-heat setting, turn to high-heat setting. Cover and cook for 30 to 45 minutes or until heated through. Serve meat mixture in rolls. Pass remaining Homemade BBQ Sauce or bottled barbecue sauce.

**HOMEMADE BBQ SAUCE:** In a medium saucepan combine 2½ cups ketchup; 1 cup finely chopped onion; ¼ cup packed dark brown sugar; 3 tablespoons cider vinegar; 3 tablespoons bottled Pickapeppa Sauce or Worcestershire sauce; 3 cloves garlic, minced; and ¼ teaspoon bottled hot pepper sauce. Bring mixture to boiling; reduce heat. Cover and simmer for 15 minutes, stirring occasionally. Use the sauce immediately or let it cool slightly, then transfer to a storage container. Cover and chill for up to 3 days. Makes 3½ cups.

**Per sandwich:** 426 cal., 9 g total fat (3 g sat. fat), 71 mg chol., 1,143 mg sodium, 55 g carbo., 2 g fiber, 31 g pro.

Teamed with apples, parsnips, sweet potatoes, and onion, this ready-when-you-are pork shoulder is reminiscent of the home-style pot roasts of Pennsylvania Dutch country.

## PENNSYLVANIA POT ROAST

- 1 2½- to 3-pound boneless pork shoulder roast
- 1 tablespoon cooking oil
- 6 small parsnips, peeled and quartered
- 2 small sweet potatoes, peeled and quartered
- 1 small onion, sliced
- 1 cup beef broth
- ½ cup apple juice or apple cider
- 1 teaspoon dried basil, crushed
- 1 teaspoon dried marjoram, crushed
- ½ teaspoon salt
- ¼ teaspoon black pepper
- 2 small cooking apples, cored and cut into wedges
- ½ cup cold water
- ¼ cup all-purpose flour
- Salt
- Black pepper

**1** Trim fat from meat. In a large skillet heat oil over medium-high heat. Brown meat in hot oil, turning to brown on all sides. In a 4½- to 6-quart slow cooker combine parsnips, sweet potatoes, and onion. Place meat on vegetables. In a medium bowl combine beef broth, apple juice or cider, basil, marjoram, the ½ teaspoon salt, and the ¼ teaspoon pepper. Pour over meat.

**2** Cover and cook on low-heat setting for 6½ to 8½ hours or on high-heat setting for 3 to 4 hours. Add apple wedges. Cover and cook for 30 minutes more. Remove meat, vegetables, and apples to a serving platter; cover and keep warm.

**3** For gravy, skim fat from cooking liquid; strain liquid through a fine-mesh sieve. Measure 1¾ cups of the cooking liquid; pour into a medium saucepan. In a small bowl stir the cold water into flour; stir into cooking liquid in saucepan. Cook and stir until thickened and bubbly. Cook and stir for 1 minute more. Season to taste with additional salt and additional pepper. Pass gravy with meat.

**Per serving:** 485 cal., 16 g total fat (5 g sat. fat), 126 mg chol., 492 mg sodium, 45 g carbo., 8 g fiber, 40 g pro.

**PREP:**

30 minutes

**COOK:**

Low 6½ hours plus 30 minutes,  
High 3 hours plus 30 minutes

**MAKES:**

6 servings

**SLOW COOKER:**

4½- to 6-quart

*For a hearty Tex-Mex meal, serve these onion-topped shredded pork sandwiches with sides of refried beans and Spanish rice.*

## MEXICAN-STYLE POT ROAST SANDWICHES

**PREP:***30 minutes***COOK:***Low 10 hours, High 5 hours***MAKES:***8 servings***SLOW COOKER:***3½- or 4-quart*

- 1 3- to 3½-pound boneless pork shoulder roast
- 4 cloves garlic, thinly sliced
- 1½ cups vinegar
- 1 cup fresh cilantro leaves
- 1 medium onion, cut into wedges
- ¼ cup water
- 1 teaspoon dried oregano, crushed
- 1 teaspoon ground cumin
- ½ teaspoon salt
- ¼ teaspoon black pepper
- 1 tablespoon cooking oil
- 2 medium red onions, thinly sliced
- ¼ cup lime juice
- 8 hoagie buns or kaiser rolls, split and toasted

- 1 Trim fat from meat. With a sharp knife, make slits evenly on all sides of the meat. Insert garlic slices into slits. Place meat in a 3½- or 4-quart slow cooker.
  - 2 In a blender combine vinegar, cilantro, onion wedges, the water, oregano, cumin, salt, and pepper. Cover and blend until smooth. Pour over meat in slow cooker.
  - 3 Cover and cook on low-heat setting for 10 to 12 hours or on high-heat setting for 5 to 6 hours.
  - 4 Just before serving, in a large skillet heat oil over medium heat. Cook red onions in hot oil about 15 minutes or until tender. Carefully add lime juice to skillet. Cook and stir for 3 to 5 minutes or until lime juice is evaporated.
  - 5 Meanwhile, using a slotted spoon, remove meat from slow cooker and place on cutting board. Shred meat by pulling two forks through it in opposite directions; discard any fat. Transfer shredded meat to a large bowl. Add 1 cup of the cooking liquid remaining in slow cooker, tossing to coat.
  - 6 Divide shredded meat among toasted bun or roll bottoms. If desired, drizzle with additional cooking liquid. Top with cooked red onions and bun or roll tops.
- Per serving:** 540 cal., 15 g total fat (4 g sat. fat), 110 mg chol., 793 mg sodium, 57 g carbo., 3 g fiber, 42 g pro.

This harvest meal features tender pork shoulder and sausage seasoned with tarragon and fennel, plus a generous helping of fluffy mashed sweet potatoes.

## PORK & APRICOTS WITH SWEET POTATOES

- 2½ pounds sweet potatoes, peeled and cut into 1½-inch chunks  
1 3½- to 4-pound boneless pork shoulder roast  
1½ teaspoons fennel seeds, crushed  
1 teaspoon dried tarragon, crushed  
3 cloves garlic, minced  
1½ teaspoons salt  
1 teaspoon freshly ground black pepper  
2 tablespoons cooking oil  
12 to 16 ounces kielbasa or other smoked sausage links, halved lengthwise and cut into 2-inch-long pieces  
1 14-ounce can chicken broth  
½ cup apricot nectar  
½ cup dried apricots  
Chicken broth  
¼ cup apricot nectar  
4 teaspoons cornstarch

- 1 Place sweet potatoes in the bottom of a 6-quart slow cooker. Trim fat from pork roast. In a small bowl combine fennel seeds, tarragon, garlic, salt, and pepper. Sprinkle fennel seeds mixture evenly over pork roast; rub in with your fingers. In a 12-inch skillet heat oil over medium-high heat. Brown pork roast on all sides in hot oil. Drain off fat. Place pork roast on sweet potatoes in slow cooker. Add sausage to slow cooker. Pour the can of broth and the ½ cup apricot nectar over all.
- 2 Cover and cook on low-heat setting for 6½ to 8½ hours or on high-heat setting for 3 to 4 hours. Add dried apricots. Cover; cook for 30 minutes more.
- 3 Using a slotted spoon, transfer pork, sausage, and apricots to serving platter. Using a slotted spoon, transfer sweet potato chunks to a large bowl; mash with a potato masher.
- 4 Strain cooking liquid into a glass measuring cup. Skim fat from cooking liquid. Reserve 2 cups of the cooking liquid (if necessary add additional broth to measure 2 cups total liquid). In a small bowl whisk together the ¼ cup apricot nectar and the cornstarch. In a medium saucepan combine reserved cooking liquid and the cornstarch mixture. Cook and stir over medium heat until thickened and bubbly; cook for 2 minutes more. Serve with pork, sausage, and mashed sweet potatoes.

**Per serving:** 565 cal., 28 g total fat (11 g sat. fat), 159 mg chol., 1,161 mg sodium, 29 g carbo., 4 g fiber, 47 g pro.

**PREP:**  
35 minutes

**COOK:**  
Low 6½ hours plus 30 minutes,  
High 3 hours plus 30 minutes

**MAKES:**  
8 servings

**SLOW COOKER:**  
6-quart

Both root beer and root beer concentrate intensify the color and pleasant sweetness of these hearty sandwiches. Look for the concentrate in the spice section of your supermarket.

## SWEET PORK SANDWICHES

**PREP:**

15 minutes

**COOK:**

Low 8 hours, High 4 hours

**MAKES:**

8 to 10 sandwiches

**SLOW COOKER:**

3½ to 5-quart

1 2½- to 3-pound boneless pork shoulder roast

½ teaspoon salt

½ teaspoon black pepper

2 medium onions, cut into thin wedges

3 12-ounce bottles or cans root beer  
(do not use diet root beer)

1 cup bottled chili sauce

¼ teaspoon root beer concentrate (optional)

Several dashes bottled hot pepper sauce (optional)

8 to 10 hamburger buns, split (and toasted, if desired)

Lettuce leaves (optional)

Tomato slices (optional)

1 Trim fat from meat. If necessary, cut meat to fit in a 3½- to 5-quart slow cooker. Sprinkle meat with salt and pepper. Place meat in slow cooker. Add onions and one bottle or can of the root beer.

2 Cover and cook on low-heat setting for 8 to 10 hours or on high-heat setting for 4 to 5 hours.

3 Meanwhile, for sauce, in a medium saucepan combine the remaining 2 bottles or cans of root beer and the chili sauce. Bring to boiling; reduce heat. Boil gently, uncovered, for 30 to 35 minutes or until desired consistency, stirring occasionally. If desired, stir in root beer concentrate and hot pepper sauce.

4 Transfer meat to a large bowl. Using a slotted spoon, remove onions from cooking liquid and place in bowl with meat. Discard cooking liquid. Using 2 forks, gently shred the meat.

5 To serve, if desired, line bun bottoms with lettuce leaves and tomato slices. Spoon shredded meat and onions onto bun bottoms; spoon on sauce. Top with bun tops.

**Per sandwich:** 399 cal., 10 g total fat (3 g sat. fat), 92 mg chol., 884 mg sodium, 42 g carbo., 3 g fiber, 33 g pro.

*Having a meal ready when you come in the door after a busy day is a welcome relief. This variation uses lentils instead of the traditional beans. If you like, substitute beef bottom round for the pork.*

## PORK & LENTIL CASSOULET

- 12 ounces boneless pork shoulder roast
- 1 tablespoon cooking oil
- 1 large onion, cut into wedges
- 2 cloves garlic, minced
- 2½ cups water
- 1 14½-ounce can diced tomatoes, undrained
- 4 medium carrots and/or parsnips, cut into ½-inch-thick slices (2 cups)
- 2 stalks celery, thinly sliced
- ¾ cup dry brown or yellow lentils
- 1½ teaspoons dried rosemary, crushed
- 1 teaspoon instant beef bouillon granules
- ¼ teaspoon salt
- ¼ teaspoon black pepper

- 1 Trim fat from meat; cut meat into ¾-inch cubes. In a large nonstick skillet heat oil over medium-high heat. Cook meat, onion, and garlic in hot oil until meat is browned. Transfer mixture to a 3½- or 4-quart slow cooker; add the water, undrained tomatoes, carrots and/or parsnips, celery, lentils, rosemary, bouillon granules, salt, and pepper.
- 2 Cover and cook on low-heat setting for 9 to 10 hours or on high-heat setting for 4½ to 5 hours. Season to taste with additional salt and pepper.

**Per serving:** 345 cal., 9 g total fat (2 g sat. fat), 55 mg chol., 640 mg sodium, 37 g carbo., 14 g fiber, 29 g pro.

**PREP:**

20 minutes

**COOK:**

Low 9 hours, High 4½ hours

**MAKES:**

4 servings

**SLOW COOKER:**

3½- or 4-quart

*A creamy lime dressing provides a cooling counterpoint to gutsy jerk-seasoned pork.*

## JERK PORK WRAPS WITH LIME MAYO

### prep:

30 minutes

### COOK:

Low 8 hours, High 4 hours

### Makes:

6 to 8 wraps

### SLOW COOKER:

3½- or 4-quart

1 1½- to 2-pound boneless pork shoulder roast

1 tablespoon Jamaican jerk seasoning

¼ teaspoon dried thyme, crushed

1 cup water

1 tablespoon lime juice

6 to 8 10-inch flour tortillas

6 to 8 lettuce leaves (optional)

1 medium red or green sweet pepper, chopped

1 medium mango, peeled, seeded, and chopped, or 1 cup chopped pineapple

1 recipe Lime Mayo

**1** Trim fat from meat. Sprinkle jerk seasoning evenly over meat; rub in with your fingers. Place meat in a 3½- or 4-quart slow cooker. Sprinkle with thyme. Pour the water over meat. Cover and cook on low-heat setting for 8 to 10 hours or on high-heat setting for 4 to 5 hours.

**2** Remove meat from slow cooker; discard cooking liquid. Using 2 forks, shred meat; discard any fat. Place meat in a medium bowl. Stir lime juice into meat.

**3** If desired, line tortillas with lettuce leaves. Divide meat mixture among tortillas, placing meat in center of each tortilla. Top with sweet pepper and mango or pineapple. Spoon Lime Mayo onto meat on tortillas. Fold up one side of each tortilla; fold in side edges. Roll up to serve.

**LIME MAYO:** In a small bowl stir together ½ cup light or regular mayonnaise, ¼ cup finely chopped red onion, ¼ teaspoon finely shredded lime peel, 1 tablespoon lime juice, and 1 clove garlic, minced. Cover and store in refrigerator until ready to serve or for up to 1 week.

**Per wrap:** 314 cal., 13 g total fat (3 g sat. fat), 48 mg chol., 503 mg sodium, 33 g carbo., 2 g fiber, 16 g pro.

Five-spice powder often blends cloves, fennel seeds, star anise, cinnamon, and peppercorns. You can make it at home with the recipe below or pick some up in the spice aisle of larger supermarkets.

## FIVE-SPICE PORK SANDWICHES AU JUS

- 1 2½-pound boneless pork shoulder roast
- 1 cup apple juice or apple cider
- 2 tablespoons soy sauce
- 2 tablespoons hoisin sauce
- 1½ teaspoons Homemade Five-Spice Powder or purchased five-spice powder
- 8 kaiser rolls, split and toasted
- 2 cups shredded napa cabbage

**PREP:**

25 minutes

**COOK:**

Low 5½ hours, High 3 hours

**MAKES:**

8 sandwiches

**SLOW COOKER:**

3½- or 4-quart

**1** Trim fat from meat. If necessary, cut meat to fit into a 3½- or 4-quart slow cooker. Place meat in slow cooker. For sauce, in a small bowl combine apple juice or cider, soy sauce, hoisin sauce, and five-spice powder. Pour over meat. Cover and cook on low-heat setting for 5½ to 6½ hours or on high-heat setting for 3 hours.

**2** Transfer meat to a cutting board. Using 2 forks, shred the meat. Skim fat from cooking juices. Divide cooking juices among 8 small bowls. Serve meat on toasted rolls with shredded cabbage. Serve with cooking juices.

**HOMEMADE FIVE-SPICE POWDER:** In a blender combine 3 tablespoons ground cinnamon, 6 star anise or 2 teaspoons anise seeds, 1½ teaspoons fennel seeds, 1½ teaspoons whole Szechwan peppercorns or whole black peppercorns, and ¾ teaspoon ground cloves. Cover and blend to a fine powder. Store in a tightly covered container. Makes about ⅓ cup.

**Per sandwich:** 401 cal., 12 g total fat (4 g sat. fat), 94 mg chol., 702 mg sodium, 36 g carbo., 2 g fiber, 34 g pro.

Pork shoulder roast takes on a tropical flavor when rubbed with Jamaican jerk seasoning and simmered with pineapple and green chile peppers.

## CARIBBEAN PORK POT ROAST

**PREP:**  
20 minutes

**COOK:**  
Low 8 hours, High 4 hours

**MAKES:**  
8 to 10 servings

**SLOW COOKER:**  
4- to 5-quart

- 1 3½- to 4-pound boneless pork shoulder roast
- 2 teaspoons salt-free Jamaican jerk seasoning
- ½ teaspoon salt
- 2 tablespoons cooking oil
- 1 20-ounce can pineapple tidbits (juice pack)
- 2 4-ounce cans diced green chile peppers, undrained
- 2 tablespoons quick-cooking tapioca
- 1 tablespoon packed brown sugar
- 6 to 7½ cups hot cooked rice

- 1 Trim fat from meat. Sprinkle Jamaican jerk seasoning and salt evenly over meat; rub in with your fingers. In a large skillet heat oil over medium-high heat. Brown meat in hot oil, turning to brown on all sides. Drain off fat.
- 2 Place meat in a 4- to 5-quart slow cooker. Drain pineapple, reserving ½ cup of the juice. In a medium bowl combine pineapple, the reserved juice, undrained chile peppers, tapioca, and brown sugar. Pour over meat in slow cooker.
- 3 Cover and cook on low-heat setting for 8 to 10 hours or on high-heat setting for 4 to 5 hours.
- 4 Transfer meat to a serving platter. Skim fat from pineapple mixture. Serve meat and pineapple mixture over rice.

**Per serving:** 547 cal., 18 g total fat (5 g sat. fat), 132 mg chol., 378 mg sodium, 52 g carbo., 1 g fiber, 43 g pro.

For a truly German meal, serve this well-seasoned pork roast and tangy gravy with Bavarian-style sauerkraut, dark rye bread, and a mug of cold beer.

## BAVARIAN PORK ROAST

- 1 1½- to 2-pound boneless pork shoulder roast
- 2 teaspoons caraway seeds
- 1 teaspoon dried marjoram, crushed
- ¾ teaspoon salt
- ½ teaspoon black pepper
- 1 tablespoon olive oil or cooking oil
- ½ cup water
- 1 tablespoon white wine vinegar
- 1 8-ounce carton dairy sour cream
- 4 teaspoons cornstarch

- **PREP:**  
20 minutes
- **COOK:**  
Low 7 hours, High 3½ hours
- **MAKES:**  
6 servings
- **SLOW COOKER:**  
3½- or 4-quart

- 1 Trim fat from meat. If necessary, cut meat to fit into a 3½- or 4-quart slow cooker. In a small bowl combine caraway seeds, marjoram, salt, and pepper. Rub caraway seed mixture over meat.
- 2 In a large skillet heat oil over medium-high heat. Brown meat on all sides in hot oil. Drain off fat. Place meat in slow cooker. Add the water to skillet; bring to a gentle boil over medium heat, stirring to loosen brown bits in bottom of skillet. Pour skillet juices and vinegar over meat in slow cooker.
- 3 Cover and cook on low-heat setting for 7 to 8 hours or on high-heat setting for 3½ to 4 hours. Transfer meat to a serving platter. Cover meat with foil and keep warm.
- 4 For gravy, skim fat from cooking juices; measure 1¼ cups juices (add water, if necessary). Pour cooking juices into a saucepan; bring to boiling. In a small bowl combine sour cream and cornstarch. Stir into cooking juices. Cook and stir over medium heat until thickened and bubbly. Cook and stir for 2 minutes more. Serve meat with gravy.

**Per serving:** 277 cal., 18 g total fat (8 g sat. fat), 92 mg chol., 398 mg sodium, 4 g carbo., 0 g fiber, 24 g pro.

*With a bouquet garni, removing the seasonings from dishes like this slow-simmered pork is a cinch—there's no fishing around for individual pieces. Just use a slotted spoon to remove the pouch of seasonings from the cooking liquid in one motion. A coffee filter makes a handy substitute for cheesecloth.*

## CARNITAS

**PREP:**

10 minutes

**COOK:**

Low 10 hours, High 4½ hours

**MAKES:**

6 servings

**SLOW COOKER:**

3½- or 4-quart

**FOR 5- TO 6-QUART SLOW COOKER:**

Use 4 pounds boneless pork shoulder roast, 2 tablespoons whole black peppercorns, 4 teaspoons cumin seeds, 8 cloves garlic, 2 teaspoons dried oregano, 6 bay leaves, three 14-ounce cans chicken broth, 4 teaspoons finely shredded lime peel, ¼ cup lime juice, and 24 flour tortillas. Makes 12 servings.

**Per serving:** 397 cal., 14 g total fat (4 g sat. fat), 99 mg chol., 785 mg sodium, 30 g carbo., 1 g fiber, 34 g pro.

1 2-pound boneless pork shoulder roast

Salt

Black pepper

1 tablespoon whole black peppercorns

2 teaspoons cumin seeds

4 cloves garlic, minced

1 teaspoon dried oregano, crushed

3 bay leaves

2 14-ounce cans chicken broth

2 teaspoons finely shredded lime peel

2 tablespoons lime juice

12 7- to 8-inch flour tortillas

Dairy sour cream

Purchased salsa

**1** Trim fat from meat. Cut meat into 2-inch pieces. Sprinkle meat generously with salt and pepper. Place in a 3½- or 4-quart slow cooker.

**2** To make a bouquet garni, cut a 6-inch square from a double thickness of 100%-cotton cheesecloth. Place peppercorns, cumin seeds, garlic, oregano, and bay leaves in center of cheesecloth square. Bring up corners of cheesecloth and tie closed with clean 100%-cotton string. Add to slow cooker.

**3** Add broth. Cover and cook on low-heat setting for 10 to 12 hours or on high-heat setting for 4½ to 5 hours.

**4** Using a slotted spoon, remove meat from slow cooker. Discard bouquet garni and cooking liquid. Coarsely shred meat by pulling two forks through it in opposite directions; discard any fat. Sprinkle meat with lime peel and lime juice; toss to mix. Serve with tortillas, sour cream, and salsa.

**Per serving:** 396 cal., 14 g total fat (4 g sat. fat), 99 mg chol., 942 mg sodium, 31 g carbo., 1 g fiber, 34 g pro.

*This coriander- and cumin-seasoned pork is great served on toasted buns. For a change of pace use it in tacos.*

## SHREDDED SAVORY PORK

- 1 2-pound boneless pork blade roast
- 2 large onions, quartered
- 3 fresh jalapeño chile peppers, cut up\*
- 1 cup water
- 8 cloves garlic, minced
- 2 teaspoons ground coriander
- 2 teaspoons ground cumin
- 2 teaspoons dried oregano, crushed
- ½ teaspoon salt
- ½ teaspoon black pepper

**1** Trim fat from meat. If necessary, cut meat to fit in a 3½- or 4-quart slow cooker. In the slow cooker combine onions and chile peppers. Top with meat. In a small bowl combine the water, garlic, coriander, cumin, oregano, salt, and black pepper. Pour over meat.

**2** Cover and cook on low-heat setting for 8 to 9 hours or on high-heat setting for 4 to 4½ hours.

**3** Using a slotted spoon, remove meat reserving cooking liquid in slow cooker. When cool enough to handle, shred the meat by pulling two forks through it in opposite directions. Add enough of the cooking liquid to the shredded meat to moisten. Discard remaining cooking liquid.

**Per serving:** 202 cal., 9 g total fat (3 g sat. fat), 77 mg chol., 229 mg sodium, 6 g carbo., 1 g fiber, 23 g pro.

**\*NOTE:** Because chile peppers contain volatile oils that can burn your skin and eyes, avoid direct contact with them as much as possible. When working with chile peppers, wear plastic or rubber gloves. If your bare hands do touch the peppers, wash your hands and nails well with soap and warm water.

**MAKE-AHEAD TIP:** Place shredded meat in a freezer container. Cover and freeze for up to 6 months. Thaw overnight in refrigerator before using.

**PREP:**  
20 minutes

**COOK:**  
Low 8 hours, High 4 hours

**MAKES:**  
8 to 10 servings

**SLOW COOKER:**  
3½- or 4-quart

*Choucroute garnie* (pronounced shoo-KROOT gar-NEE) means "garnished sauerkraut" in French. The dish traditionally features sauerkraut topped with meats, such as sausage and pork, and potatoes.

# CHOUCROUTE GARNIE

**PREP:**

20 minutes

**COOK:**

Low 9 hours, High 4½ hours

**MAKES:**

4 servings

**SLOW COOKER:**

3½- to 4½-quart

- 2 small cooking apples
- 2 cooked knockwurst
- 2 medium potatoes, quartered
- 2 medium carrots, cut into ½-inch pieces
- ½ cup chopped onion
- 1 bay leaf
- 2 medium smoked pork loin chops, cut ¾ inch thick, or 8 ounces cooked ham slice, cut into pieces
- 1 14-ounce can sauerkraut, drained
- ½ cup water
- ½ cup dry white wine or apple juice
- 1 teaspoon instant chicken bouillon granules
- ¼ teaspoon ground cloves
- ¼ teaspoon black pepper

**1** Core apples and cut into quarters. Score all sides of knockwurst in a diamond pattern by making shallow diagonal cuts at 1-inch intervals. In a 3½- to 4½-quart slow cooker layer potatoes, carrots, onion, bay leaf, pork chops or ham, sauerkraut, apples, and knockwurst. In a small bowl combine the water, wine or apple juice, bouillon granules, cloves, and pepper; add to slow cooker.

**2** Cover and cook on low-heat setting for 9 to 10 hours or on high-heat setting for 4½ to 5 hours. Discard bay leaf.

**Per serving:** 380 cal., 21 g total fat (8 g sat. fat), 58 mg chol., 1,753 mg sodium, 28 g carbo., 4 g fiber, 18 g pro.

**FOR 5- OR 6-QUART SLOW COOKER:**

Use 3 small cooking apples, 3 cooked knockwurst, 3 medium potatoes, 3 medium carrots, ¾ cup chopped onion, 2 bay leaves, 3 medium smoked pork loin chops or 12 ounces cooked ham slice, one 27-ounce can sauerkraut, ¾ cup water, ¾ cup dry white wine or apple juice, 1½ teaspoons instant chicken bouillon granules, ¼ teaspoon ground cloves, and ¼ teaspoon black pepper. Makes 6 servings.

**Per serving:** 380 cal., 21 g total fat (8 g sat. fat), 58 mg chol., 1,923 mg sodium, 28 g carbo., 4 g fiber, 18 g pro.

*Beer, vinegar, and German-style mustard infuse these chops with a wonderful tang that's typical of old-style German cooking.*

## GERMAN PORK CHOPS WITH SPAETZLE

- 2 large carrots, thinly sliced
- 1 large onion, cut into thin wedges
- 2 tablespoons quick-cooking tapioca
- 6 pork rib chops, cut  $\frac{3}{4}$  inch thick
- Salt
- Black pepper
- 1 cup chicken broth
- $\frac{1}{2}$  cup beer or chicken broth
- $\frac{1}{4}$  cup German-style or coarse-grain brown mustard
- 2 tablespoons cider vinegar
- 1 teaspoon caraway seeds
- $\frac{1}{2}$  teaspoon salt
- $\frac{1}{2}$  teaspoon dried thyme, crushed
- $\frac{1}{2}$  teaspoon dried leaf sage, crushed
- 1 10½-ounce package spaetzle mix
- $\frac{1}{2}$  cup dairy sour cream
- Snipped fresh parsley (optional)

- 1 Place carrots and onion in a 4- to 5-quart slow cooker. Sprinkle with tapioca. Sprinkle chops with salt and pepper. Place in the slow cooker. In a medium bowl combine broth, beer, mustard, vinegar, caraway seeds, salt, thyme, and sage. Pour over all. Cover; cook on low-heat setting for 5 to 5½ hours or on high-heat setting for 2½ hours.
- 2 To serve, prepare spaetzle mix according to package directions.
- 3 Using a slotted spoon, transfer chops and vegetables to a serving platter. In a small bowl stir  $\frac{1}{2}$  cup of the hot cooking liquid into the sour cream. Stir sour cream mixture into remaining cooking liquid in slow cooker.
- 4 Serve chops with spaetzle and sauce. If desired, sprinkle with parsley.

**Per serving:** 534 cal., 15 g total fat (5 g sat. fat), 138 mg chol., 1,184 mg sodium, 46 g carbo., 3 g fiber, 47 g pro.

**PREP:**  
30 minutes  
**COOK:**  
Low 5 hours, High 2½ hours  
**MAKES:**  
6 servings  
**SLOW COOKER:**  
4- to 5-quart

*Taking the time to brown the pork chops gives them a rich, appetizing brown color that will last through hours of simmering.*

## PORK CHOPS WITH HERB-TOMATO SAUCE

**PREP:**

20 minutes

**COOK:**

Low 7 hours, High 3½ hours

**MAKES:**

4 servings

**SLOW COOKER:**

3½- or 4-quart

4 pork rib chops (with bone), cut ¾ inch thick  
(about 1¾ pounds)

Nonstick cooking spray

1 small onion, chopped

2 teaspoons quick-cooking tapioca, crushed\*

3 cloves garlic, minced

1 teaspoon dried Italian seasoning, crushed

½ teaspoon black pepper

½ teaspoon Worcestershire sauce

¼ teaspoon salt

¼ teaspoon crushed red pepper

2 14½-ounce cans stewed tomatoes, undrained

- 1 Trim fat from chops. Coat an unheated 12-inch skillet with nonstick cooking spray. Preheat over medium-high heat. Brown chops in hot skillet, turning to brown evenly. Set aside.
- 2 In a 3½- or 4-quart slow cooker combine onion, tapioca, garlic, Italian seasoning, black pepper, Worcestershire sauce, salt, and crushed red pepper. Add chops. Pour undrained tomatoes over chops.
- 3 Cover and cook on low-heat setting for 7 to 8 hours or on high-heat setting for 3½ to 4 hours.
- 4 To serve, transfer chops to a serving platter. Using a slotted spoon, spoon tomatoes over chops. If desired, pour some of the cooking liquid over chops and tomatoes.

**Per serving:** 241 cal., 6 g total fat (2 g sat. fat), 62 mg chol., 287 mg sodium, 19 g carbo., 4 g fiber, 27 g pro.

**\*NOTE:** Crush tapioca with a mortar and pestle or in a spice grinder.

*The trio of fennel, Italian seasoning, and balsamic vinegar lends authentic Italian flavor to these meaty chops.*

## ITALIAN PORK CHOPS

- 6 pork rib chops (with bone), cut  $\frac{1}{4}$  inch thick (about 3 pounds)
- 1 large fennel bulb, cut into thin wedges
- 1 medium onion, chopped
- 1 teaspoon dried Italian seasoning, crushed
- 2 cloves garlic, minced
- Salt
- Black pepper
- 2 14½-ounce cans diced tomatoes with basil, garlic, and oregano, undrained
- 2 tablespoons balsamic vinegar
- 1 large zucchini, cut into 1-inch pieces
- 2 tablespoons cornstarch
- 2 tablespoons cold water
- Hot cooked orzo
- 2 tablespoons pine nuts or slivered almonds, toasted

- 1 Trim fat from chops. In a 5- to 6-quart slow cooker combine fennel and onion. Place chops on top of vegetables in slow cooker; sprinkle with Italian seasoning, garlic, salt, and pepper. Pour undrained tomatoes and balsamic vinegar over chops. Top with zucchini pieces.
- 2 Cover and cook on low-heat setting for 7 to 8 hours or on high-heat setting for 3½ to 4 hours.
- 3 Using a slotted spoon, transfer chops and vegetables to a serving platter; cover and keep warm. In a medium saucepan stir together cornstarch and the cold water; stir in cooking juices. Cook and stir over medium heat until thickened and bubbly; cook and stir for 2 minutes more. Serve over chops and vegetables. Serve with orzo. Sprinkle with nuts.

**Per serving:** 396 cal., 10 g total fat (3 g sat. fat), 71 mg chol., 879 mg sodium, 41 g carbo., 3 g fiber, 36 g pro.

**PREP:**  
25 minutes

**COOK:**  
Low 7 hours, High 3½ hours

**MAKES:**  
6 servings

**SLOW COOKER:**  
5- to 6-quart

*Six cloves may seem like a lot of garlic, but slow simmering mellows the cloves for a mild flavor.*

## GARLIC-SMOTHERED PORK CHOPS

**PREP:**  
25 minutes

**COOK:**  
Low 5 hours, High 2½ hours

**MAKES:**  
4 servings

**SLOW COOKER:**  
3½ or 4-quart

### FOR 5- TO 6-QUART SLOW COOKER:

Use 6 pork rib chops (about 3 pounds), 2 pounds Yukon gold potatoes, 1 pound parsnips (about 3 medium), 8 cloves garlic, one 14-ounce can chicken broth, 3 tablespoons butter, ½ cup half-and-half or light cream, and 2 tablespoons parsley (optional). Leave soup and dip mix amount the same. Makes 6 servings.

**Per serving:** 462 cal., 16 g total fat (8 g sat. fat), 94 mg chol., 924 mg sodium, 45 g carbo., 6 g fiber, 34 g pro.

- 4 pork rib chops (with bone), cut ¾ inch thick (about 2 pounds)
- ½ of a 2.4-ounce package garlic and herb soup and dip mix (1 envelope)
- 1 pound Yukon gold potatoes, peeled if desired and cut into 1-inch chunks
- 12 ounces parsnips, peeled and cut into 1-inch chunks (about 2 medium)
- 6 cloves garlic, peeled
- 1¼ cups chicken broth
- 2 tablespoons butter
- ⅓ cup half-and-half or light cream
- Salt
- Black pepper
- 1 tablespoon snipped fresh parsley (optional)

- 1 Trim fat from chops. Place chops on a tray or large plate. Sprinkle all sides of chops evenly with dry soup mix; rub in with your fingers. Set aside (the mix will moisten as the chops stand).
- 2 In a 3½- or 4-quart slow cooker combine potatoes, parsnips, garlic, and broth. Place chops on top of vegetables in slow cooker. Cover and cook on low-heat setting for 5 to 6 hours or on high-heat setting for 2½ to 3 hours.
- 3 Transfer chops to a serving platter; cover and keep warm. Drain vegetables, reserving cooking juices. Mash vegetables with a potato masher. Add butter. Stir in half-and-half and, if necessary, some of the reserved cooking juices to make mixture light and fluffy. Season vegetable mixture to taste with salt and pepper. Discard remaining cooking liquid. If desired, sprinkle vegetable mixture with parsley. Serve with chops.

**Per serving:** 440 cal., 16 g total fat (8 g sat. fat), 94 mg chol., 1,224 mg sodium, 41 g carbo., 5 g fiber, 33 g pro.

You'll find fresh or canned tomatillos in large supermarkets or Mexican food stores.

## TOMATILLO BRAISED PORK RIBS

- 1¼ teaspoons ground cumin
- 1 teaspoon salt
- ½ teaspoon black pepper
- 2 pounds boneless pork country-style ribs
- 2 medium onions, cut into thin wedges
- 1 large red sweet pepper, cut into thin bite-size strips
- 1 fresh jalapeño chile pepper, seeded and finely chopped\*
- 3 cloves garlic, minced
- ¼ cup water
- 12 ounces fresh tomatillos, husked and chopped (2½ cups), or one 11- to 13-ounce can tomatillos, rinsed, drained, and cut up
- Hot cooked rice (optional)
- Snipped fresh cilantro (optional)

**1** In a small bowl combine cumin, salt, and black pepper. Sprinkle cumin mixture evenly over ribs; rub in with your fingers. Place ribs in a 3½- or 4-quart slow cooker. Add onions, sweet pepper, chile pepper, and garlic to slow cooker. Pour the water over all. Cover and cook on low-heat setting for 10 to 11 hours or on high-heat setting for 5 to 6 hours.

**2** If using low-heat setting, turn to high-heat setting. Stir in tomatillos. Cover and cook for 30 minutes more. Using a slotted spoon, transfer ribs and vegetables to a serving platter. Discard cooking liquid. If desired, serve with hot cooked rice and sprinkle with cilantro.

**Per Serving:** 270 cal., 12 g total fat (4 g sat. fat), 96 mg chol., 492 mg sodium, 8 g carbo., 1 g fiber, 30 g pro.

**\*NOTE:** Because chile peppers contain volatile oils that can burn your skin and eyes, avoid direct contact with them as much as possible. When working with chile peppers, wear plastic or rubber gloves. If your bare hands do touch the peppers, wash your hands and nails well with soap and warm water.

**PREP:**  
25 minutes

**COOK:**  
Low 10 hours, High 5 hours;  
plus 30 minutes on High

**MAKES:**  
6 servings

**SLOW COOKER:**  
3½- or 4-quart

### FOR 5- TO 6-QUART SLOW COOKER:

Use 2 teaspoons ground cumin, 1½ teaspoons salt, ¾ teaspoon black pepper, 3 pounds boneless pork country-style ribs, 3 medium onions, 3 medium red sweet peppers, 2 jalapeño chile peppers, 4 cloves garlic, and 1½ pounds fresh tomatillos or two 11- to 13-ounce cans tomatillos. Makes 8 servings.

**Per Serving:** 313 cal., 14 g total fat (5 g sat. fat), 108 mg chol., 554 mg sodium, 11 g carbo., 2 g fiber, 34 g pro.

*Quick browning in a skillet seals in natural juices, adding flavor and aroma to the country-style ribs.*

## RIBS WITH APPLES & SAUERKRAUT

**PREP:**

25 minutes

**COOK:**

Low 7 hours, High 3½ hours;  
plus 30 minutes on High

**MAKES:**

4 to 6 servings

**SLOW COOKER:**

4- to 5-quart

- 1 tablespoon cooking oil
- 2½ to 3 pounds pork country-style ribs
- 3 medium potatoes, cut into ½-inch-thick slices
- 3 medium carrots, cut into ¼-inch-thick slices
- 1 medium onion, halved and thinly sliced
- 1 14-ounce can sauerkraut, rinsed and drained
- 1 teaspoon caraway seeds or fennel seeds
- ⅛ teaspoon ground cloves
- 1½ cups apple juice or apple cider
- 1 medium cooking apple, cored and cut into thin wedges

- 1 In a large skillet heat oil over medium-high heat. Brown ribs in hot oil, turning to brown evenly on all sides. In a 4- to 5-quart slow cooker combine potatoes, carrots, onion, and sauerkraut. Sprinkle vegetables with caraway seeds and cloves. Top with browned ribs. Pour apple juice over all.
- 2 Cover and cook on low-heat setting for 7 to 8 hours or on high-heat setting for 3½ to 4 hours.
- 3 If using low-heat setting, turn to high-heat setting. Add apple wedges. Cover and cook for 30 minutes more.
- 4 Serve ribs, vegetables, and apples in shallow bowls with cooking juices spooned over all.

**Per serving:** 467 cal., 16 g total fat (5 g sat. fat), 101 mg chol., 805 mg sodium, 45 g carbo., 7 g fiber, 35 g pro.

*Lime juice, green olives, jalapeño pepper, and allspice lend these tender, meaty ribs plenty of Caribbean flavor.*

## CUBAN COUNTRY-STYLE PORK RIBS

- 1 14½-ounce can diced tomatoes, drained
- 1 medium carrot, chopped
- 1 medium onion, chopped
- ½ cup pitted green olives, sliced
- ½ cup dry white wine
- ½ cup raisins
- 1 tablespoon lime juice
- 1 fresh jalapeño chile pepper, seeded and finely chopped\*
- 2 cloves garlic, minced
- ½ teaspoon ground allspice
- 2 pounds boneless pork country-style ribs
- Snipped fresh cilantro
- 3 cups hot cooked rice

**1** In a 3½- to 4½-quart slow cooker combine drained tomatoes, carrot, onion, green olives, white wine, raisins, lime juice, chile pepper, garlic, and allspice. Add ribs; spoon some of the vegetable mixture over ribs.

**2** Cover and cook on low-heat setting for 8 to 9 hours or on high-heat setting for 4 to 4½ hours.

**3** Using a slotted spoon, transfer ribs and vegetables to a serving platter; reserve cooking liquid in slow cooker. Sprinkle ribs and vegetable mixture with cilantro. Serve with hot cooked rice. Drizzle with some of the reserved cooking liquid to moisten.

**Per serving:** 415 cal., 14 g total fat (4 g sat. fat), 96 mg chol., 795 mg sodium, 35 g carbo., 1 g fiber, 32 g pro.

**\*NOTE:** Because chile peppers contain volatile oils that can burn your skin and eyes, avoid direct contact with them as much as possible. When working with chile peppers, wear plastic or rubber gloves. If your bare hands do touch the peppers, wash your hands and nails well with soap and warm water.

**PREP:**  
25 minutes

**COOK:**  
Low 8 hours, High 4 hours

**MAKES:**  
6 servings

**SLOW COOKER:**  
3½- to 4½-quart

### FOR 5- TO 6-QUART SLOW COOKER:

Use 2 cans drained diced tomatoes, 2 carrots, 2 onions, ¾ cup olives, ½ cup raisins, and 3 to 3½ pounds boneless pork country-style ribs. (Do not increase wine, lime juice, jalapeño chile pepper, garlic, or allspice.) Serve with 4 cups hot cooked rice. Makes 8 servings.

**Per serving:** 458 cal., 15 g total fat (5 g sat. fat), 108 mg chol., 826 mg sodium, 38 g carbo., 2 g fiber, 36 g pro.

*Convenient chili sauce, apricot preserves, and canned chipotle chile peppers make this fiery barbecue sauce easy to stir together.*

## APRICOT CHIPOTLE PORK RIBS

**PREP:**  
10 minutes

**BROIL:**  
10 minutes

**COOK:**  
Low 6 hours, High 3 hours

**MAKES:**  
6 servings

**SLOW COOKER:**  
4- to 5-quart

- 3 pounds pork loin back ribs
- Salt
- Black pepper
- ½ cup bottled chili sauce
- ½ cup apricot preserves
- 2 tablespoons packed brown sugar
- 1 to 2 canned chipotle chile peppers in adobo sauce, chopped\*

**1** Preheat broiler. Cut ribs into 2- or 3-rib portions. Sprinkle lightly with salt and black pepper. Place ribs on the rack of an unheated broiler pan. Broil ribs 5 to 6 inches from the heat about 10 minutes or until browned, turning once. Transfer ribs to a 4- to 5-quart slow cooker.

**2** In a small bowl combine chili sauce, apricot preserves, brown sugar, and chipotle peppers. Pour over ribs in slow cooker. Cover and cook on low-heat setting for 6 to 7 hours or on high-heat setting for 3 to 3½ hours.

**3** Remove ribs to a serving platter. Transfer sauce to a small bowl; skim fat from sauce. Pass sauce with ribs.

**Per serving:** 314 cal., 11 g total fat (4 g sat. fat), 81 mg chol., 472 mg sodium, 27 g carbo., 2 g fiber, 25 g pro.

**\*NOTE:** Because chile peppers contain volatile oils that can burn your skin and eyes, avoid direct contact with them as much as possible. When working with chile peppers, wear plastic or rubber gloves. If your bare hands do touch the peppers, wash your hands and nails well with soap and warm water.

*Two-rib pieces cook evenly while simmering in the pineapple-soy sauce mixture and are easier to serve.*

## KOREAN-STYLE PORK RIBS

- 3 pounds pork baby back ribs
- Salt
- Black pepper
- 1 12-ounce jar pineapple preserves
- $\frac{1}{2}$  cup unsweetened pineapple juice
- 2 tablespoons grated fresh ginger or 2 teaspoons ground ginger
- 2 tablespoons soy sauce
- 3 cloves garlic, minced

- 1 Preheat broiler. Cut ribs into two-rib portions. Season ribs with salt and pepper. Place ribs on the unheated rack of a broiler pan. Broil 6 inches from the heat about 10 minutes or until brown, turning once. Transfer ribs to a 4- to 5-quart slow cooker.
- 2 In a medium bowl combine pineapple preserves, pineapple juice, ginger, soy sauce, and garlic. Pour sauce over ribs. Cover and cook on low-heat setting for 6 to 7 hours or on high-heat setting for 3 to 3½ hours.
- 3 Transfer ribs to a serving platter. Skim fat from cooking liquid. Drizzle some of the cooking liquid over ribs before serving.

**Per serving:** 816 cal., 54 g total fat (20 g sat. fat), 184 mg chol., 544 mg sodium, 43 g carbo., 1 g fiber, 38 g pro.

**PREP:**  
10 minutes  
**BROIL:**  
10 minutes  
**COOK:**  
Low 6 hours, High 3 hours  
**MAKES:**  
6 servings  
**SLOW COOKER:**  
4- to 5-quart

*Broil the ribs for a few minutes before adding them to the slow cooker to give them a rich, brown color.*

## BLACKBERRY-GLAZED PORK RIBS

**PREP:****20 minutes****BROIL:****10 minutes****COOK:****Low 6 hours, High 3 hours****MAKES:****4 servings****SLOW COOKER:****3½ or 4-quart**

Nonstick cooking spray

2 pounds pork baby back ribs

2 tablespoons herbes de Provence

½ teaspoon salt

¼ teaspoon black pepper

1 10-ounce jar blackberry spreadable fruit

2 tablespoons Dijon-style mustard

1 tablespoon red wine vinegar

1 tablespoon blackberry-flavored brandy (optional)

**1** Preheat broiler. Coat a 3½- or 4-quart slow cooker with nonstick cooking spray; set aside. Cut ribs into 2- to 3-rib portions. In a small bowl combine herbes de Provence, salt, and pepper. Sprinkle evenly over both sides of ribs; rub in with your fingers. Place ribs on the unheated rack of a broiler pan. Broil 6 inches from the heat about 10 minutes or until browned, turning once. Transfer ribs to prepared slow cooker.

**2** In a medium bowl combine spreadable fruit, mustard, vinegar, and, if desired, brandy. Pour over ribs. Cover and cook on low-heat setting for 6 to 7 hours or on high-heat setting for 3 to 3½ hours.

**3** To serve, transfer ribs to a serving platter. Pour cooking liquid into a small bowl. Skim off fat. Serve cooking liquid with ribs.

**Per serving:** 800 cal., 53 g total fat (20 g sat. fat), 184 mg chol., 641 mg sodium, 45 g carbo., 1 g fiber, 39 g pro.

Reminiscent of mu shu pork, this roll-up features tender pork simmered with cabbage, shiitake mushrooms, and a soy sauce-and-ginger cooking sauce.

## ASIAN PORK & CABBAGE ROLL-UPS

**2** pounds boneless pork shoulder  
**4** cups coarsely chopped cabbage  
**1** cup chicken broth  
**1½** cups sliced fresh shiitake mushrooms  
**2** tablespoons soy sauce  
**1** tablespoon dry sherry  
**1** tablespoon grated fresh ginger or  
1 teaspoon ground ginger  
**2** cloves garlic, minced  
**½** teaspoon toasted sesame oil  
**¼** teaspoon crushed red pepper  
**12** 7- to 8-inch flour tortillas  
**½** cup hoisin sauce and/or plum sauce  
**½** cup sliced green onions

- 1 Trim fat from meat. Cut meat into 1-inch pieces. In a 4- to 5-quart slow cooker combine meat, cabbage, broth, mushrooms, soy sauce, sherry, ginger, garlic, sesame oil, and crushed red pepper. Cover and cook on low-heat setting for 7 to 8 hours or on high-heat setting for 3½ to 4 hours.
- 2 Spread flour tortillas with hoisin or plum sauce. Using a slotted spoon, remove meat, cabbage, and mushrooms from slow cooker; discard cooking juices. Divide meat, cabbage, and mushrooms among tortillas. Sprinkle with sliced green onions. Roll up tortillas.

**Per serving:** 455 cal., 15 g total fat (4 g sat. fat), 98 mg chol., 1,115 mg sodium, 40 g carbo., 3 g fiber, 37 g pro.

**PREP:**  
30 minutes  
**COOK:**  
Low 7 hours, High 3½ hours  
**MAKES:**  
6 servings  
**SLOW COOKER:**  
4- to 5-quart

*Serve these fruity meatballs with mashed potatoes and steamed vegetables for a complete meal.*

## SWEET & SASSY MEATBALLS

**PREP:**

30 minutes

**COOK:**

Low 5 hours, High 2½ hours

**MAKES:**

8 to 10 servings

**SLOW COOKER:**

3½- or 4-quart

- 8 slices bacon
- 2 slightly beaten eggs
- ½ cup fine dry bread crumbs
- ½ cup finely chopped onion
- 3 cloves garlic, minced
- ¼ teaspoon salt
- 2 pounds lean ground pork
- ½ of a 16-ounce can or one 8-ounce can jellied cranberry sauce (1 cup)
- 1 cup bottled barbecue sauce

- 1 In a 12-inch skillet cook bacon until crisp. Drain on paper towels; crumble bacon and set aside. Drain off all but 1 tablespoon of the bacon drippings; set skillet aside.
- 2 For meatballs, in a large bowl combine crumbled bacon, eggs, bread crumbs, onion, garlic, and salt. Add ground pork; mix well. Shape into 36 meatballs (each about 1½-inch diameter).
- 3 Brown meatballs, half at a time, in reserved bacon drippings. Drain meatballs on paper towels. Transfer meatballs to a 3½- or 4-quart slow cooker.
- 4 In a medium bowl combine cranberry sauce and barbecue sauce. Pour over meatballs in slow cooker. Cover and cook on low-heat setting for 5 to 6 hours or on high-heat setting for 2½ to 3 hours.

**Per serving:** 308 cal., 15 g total fat (6 g sat. fat), 116 mg chol., 756 mg sodium, 20 g carbo., 1 g fiber, 20 g pro.

*Bring a taste of the bayou to your dinner table with this slow-simmering version of a Cajun classic.*

## RED BEANS & RICE

- 1 cup dry small red beans or red kidney beans
- 2 cooked smoked pork hocks
- 12 ounces cooked andouille sausage or cooked smoked sausage links, cut in  $\frac{1}{2}$ -inch pieces
- 3 cups reduced-sodium chicken broth
- 1 medium red sweet pepper, chopped
- 2 stalks celery, chopped
- 1 medium onion, chopped
- 3 cloves garlic, minced
- 2 tablespoons tomato paste
- 1 tablespoon Cajun seasoning
- Several drops bottled hot pepper sauce
- 1 $\frac{1}{2}$  cups instant white rice

**1** Rinse beans. In a large saucepan combine beans and 6 cups water. Bring to boiling; reduce heat. Simmer, uncovered, for 10 minutes. Remove from heat. Cover and let stand for 1 hour. Drain and rinse beans.

**2** In a 4- to 5-quart slow cooker combine beans, pork hocks, sausage, broth, sweet pepper, celery, onion, garlic, tomato paste, Cajun seasoning, and bottled hot pepper sauce. Cover and cook on low-heat setting for 9 to 11 hours or on high-heat setting for 4 $\frac{1}{2}$  to 5 $\frac{1}{2}$  hours.

**3** Remove pork hocks. When cool enough to handle, cut meat off bones; cut meat into bite-size pieces. Discard bones. Stir meat and uncooked instant rice into bean mixture in slow cooker. If using low-heat setting, turn to high-heat setting. Cover and cook for 30 minutes more.

**Per serving:** 336 cal., 7 g total fat (2 g sat. fat), 59 mg chol., 1,013 mg sodium, 44 g carbo., 6 g fiber, 26 g pro.

**PREP:**  
20 minutes

**STAND:**  
1 hour

**COOK:**  
Low 9 hours, High 4 $\frac{1}{2}$  hours;  
plus 30 minutes on High

**MAKES:**  
6 to 8 servings

**SLOW COOKER:**  
4- to 5-quart

*Roasted sweet peppers infuse these tender chops with a smoky, slightly sweet flavor.*

## MEDITERRANEAN LAMB CHOPS

**PREP:**

20 minutes

**COOK:**

Low 5 hours, High 2½ hours

**MAKES:**

6 servings

**SLOW COOKER:**

4- to 5-quart

6 lamb loin chops, cut 1½ inches thick

1 26- to 28-ounce jar garlic and onion pasta sauce

1 19-ounce can white kidney beans  
(cannellini beans), drained

1 cup red onion cut into thin wedges

½ cup pitted kalamata olives, halved

½ cup bottled roasted red sweet peppers,  
cut into strips

2 tablespoons balsamic vinegar

2 teaspoons snipped fresh rosemary

Hot cooked orzo or rice

**1** Trim fat from chops. Arrange chops on the bottom of a 4- to 5-quart slow cooker. In a medium bowl combine pasta sauce, beans, red onion, olives, roasted peppers, balsamic vinegar, and rosemary. Pour over chops in slow cooker.

**2** Cover and cook on low-heat setting for 5 to 6 hours or on high-heat setting for 2½ to 3 hours.

**3** Serve chops and sauce over hot cooked orzo or rice.

**Per serving:** 358 cal., 12 g total fat (4 g sat. fat), 70 mg chol., 829 mg sodium, 36 g carbo., 8 g fiber, 30 g pro.

You'll find diced tomatoes with green chile peppers along with the other canned tomato products or in the Mexican-food section of the supermarket.

## SAUCY LAMB SHANKS

- 1 14½-ounce can diced tomatoes and green chile peppers, undrained
- 1 cup beef broth
- 1 large onion, chopped
- 3 cloves garlic, minced
- ½ cup golden raisins
- ½ cup dry red wine
- 3 tablespoons quick-cooking tapioca
- 2 tablespoons honey
- 2 teaspoons ground cumin
- ½ teaspoon salt
- ½ teaspoon cayenne pepper
- ¼ teaspoon ground cinnamon
- 4 meaty lamb shanks\* (about 4 pounds)
- Hot cooked rice
- Snipped fresh cilantro

- 1 In a 5- to 6-quart slow cooker combine undrained tomatoes and green chile peppers, broth, onion, garlic, raisins, wine, tapioca, honey, cumin, salt, cayenne pepper, and cinnamon. Add lamb shanks to slow cooker, turning to coat.
- 2 Cover and cook on low-heat setting for 10 to 11 hours or on high-heat setting for 5 to 5½ hours.
- 3 Remove lamb shanks from slow cooker; keep warm. Skim fat from sauce in slow cooker. Serve lamb shanks and sauce with hot cooked rice. Sprinkle with snipped cilantro.

**Per serving:** 417 cal., 5 g total fat (2 g sat. fat), 127 mg chol., 971 mg sodium, 43 g carbo., 4 g fiber, 43 g pro.

**\*NOTE:** Ask the butcher to halve the lamb shanks crosswise to make them fit more easily into the slow cooker.

 20 minutes

**COOK:**  
Low 10 hours, High 5 hours

**MAKES:**  
4 servings

**SLOW COOKER:**  
5- to 6-quart

This meaty fire-roasted tomato sauce owes its zesty kick to crushed red pepper. If you like milder foods, use only  $\frac{1}{4}$  teaspoon crushed red pepper rather than the  $\frac{1}{2}$  teaspoon called for in the recipe.

## PASTA WITH LAMB

**PREP:**

20 minutes

**COOK:**Low 8 hours plus 5 minutes,  
High 4½ hours plus 5 minutes**MAMES:**

8 servings

**SLOW COOKER:**

3½ or 4-quart

- 1 pound lean boneless lamb
- 2 14½-ounce cans fire-roasted diced tomatoes or regular diced tomatoes, undrained
- 1 6-ounce can tomato paste
- 1 cup shredded carrots
- 1 medium onion, chopped
- $\frac{1}{3}$  cup dry white wine
- 3 cloves garlic, minced
- 1 teaspoon salt
- 1 teaspoon dried rosemary, crushed
- 1 teaspoon dried oregano, crushed
- $\frac{1}{2}$  teaspoon crushed red pepper
- 1 cup loose-pack frozen peas
- Hot cooked linguine
- Finely shredded Parmesan cheese

**1** Trim fat from lamb. Cut lamb into  $\frac{3}{4}$ -inch pieces. In a 3½- or 4-quart slow cooker combine lamb, undrained tomatoes, tomato paste, carrots, onion, wine, garlic, salt, rosemary, oregano, and crushed red pepper.

**2** Cover and cook on low-heat setting for 8 to 9 hours or on high-heat setting for 4½ to 5 hours.

**3** Stir in frozen peas. Cover and cook for 5 minutes more. Serve sauce over hot cooked linguine; sprinkle with Parmesan cheese.

**Per serving:** 353 cal., 3 g total fat (1 g sat. fat), 36 mg chol., 601 mg sodium, 57 g carbo., 4 g fiber, 22 g pro.

**FOR 5- TO 6-QUART SLOW COOKER:**

Use 1½ pounds lean boneless lamb, three 14½-ounce cans diced tomatoes, 1 cup tomato paste, 1½ cups shredded carrot, 1 large onion, ½ cup dry white wine, 5 cloves garlic, 1½ teaspoons salt, 1½ teaspoons dried rosemary, 1½ teaspoons dried oregano, ¾ teaspoon crushed red pepper, and 1½ cups frozen peas. Makes 12 servings.

**Per serving:** 355 cal., 3 g total fat (1 g sat. fat), 36 mg chol., 602 mg sodium, 57 g carbo., 4 g fiber, 22 g pro.

*Chutney is a condiment often used in Indian cooking. It's made of chopped fresh fruit (mango is a classic), vegetables, and spices, and often is enlivened by hot peppers, fresh ginger, and/or vinegar. Look for it in the gourmet section or the condiment aisle of your supermarket.*

## CHUTNEY-SAUDED LAMB

- 1 tablespoon cooking oil
- 1½ pounds lean lamb stew meat cut into 1-inch pieces
- 1 20-ounce can pineapple chunks, drained
- 2 cups loose-pack frozen small whole onions
- 1 9-ounce jar fruit chutney
- ½ cup mixed dried fruit bits
- 1 tablespoon quick-cooking tapioca
- 1 tablespoon balsamic vinegar
- 1 teaspoon finely shredded lemon peel
- 3 cups hot cooked couscous or rice

- 1 In a large skillet heat oil over medium-high heat. Brown meat, half at a time, in hot oil. Drain off fat.
- 2 Transfer meat to a 3½- or 4-quart slow cooker. Stir in pineapple chunks, onions, chutney, dried fruit bits, tapioca, balsamic vinegar, and lemon peel.
- 3 Cover and cook on low-heat setting for 6 to 8 hours or on high-heat setting for 3 to 4 hours. Serve meat mixture with hot cooked couscous or rice.

**Per serving:** 413 cal., 6 g total fat (2 g sat. fat), 72 mg chol., 118 mg sodium, 63 g carbo., 4 g fiber, 27 g pro.

**PREP:**  
20 minutes

**COOK:**  
Low 6 hours, High 3 hours

**MAKES:**  
6 servings

**SLOW COOKER:**  
3½ or 4-quart

*If you'd rather, use ground beef, pork, or turkey instead of the lamb in this lively bean medley.*

## LAMB-SAUSAGE CASSOULET

**PREP:**  
20 minutes

**COOK:**  
Low 5 hours, High 2½ hours

**MAKES:**  
6 servings

**SLOW COOKER:**  
4- to 5-quart

- 1 pound lean ground lamb
- ¾ cup chopped onion
- 1 pound cooked smoked Polish sausage, cut into ½-inch-thick slices
- 3 15-ounce cans Great Northern beans, rinsed and drained
- 1 8-ounce can tomato sauce
- ¾ cup chicken broth
- ¼ cup dry white wine or chicken broth
- 2 tablespoons quick-cooking tapioca
- 2 bay leaves
- 1 clove garlic, minced
- ½ teaspoon dried thyme, crushed
- 1 tablespoon snipped fresh parsley

**1** In a large skillet cook ground lamb and onion until lamb is browned and onion is tender; drain well.

**2** In a 4- to 5-quart slow cooker combine lamb mixture, sausage slices, beans, tomato sauce, broth, wine, tapioca, bay leaves, garlic, and thyme. Cover and cook on low-heat setting for 5 to 6 hours or on high-heat setting for 2½ to 3 hours.

**3** Discard bay leaves. Sprinkle lamb-bean mixture with parsley.

**Per serving:** 745 cal., 35 g total fat (13 g sat. fat), 102 mg chol., 1,480 mg sodium, 57 g carbo., 12 g fiber, 47 g pro.

# POULTRY

3

*For a satisfying meal, serve these moist, tender hens with mashed potatoes and cooked broccoli or asparagus spears.*

## CHERRY-SAUDED CORNISH HENS

**PREP:**  
20 minutes

**COOK:**  
Low 5 hours

**MAKES:**  
4 servings

**SLOW COOKER:**  
5- to 6-quart

- 2 1½-pound Cornish game hens, thawed and halved
- ½ cup seedless raspberry preserves
- ¼ cup bottled chili sauce
- 2 tablespoons balsamic vinegar
- 1 tablespoon cornstarch
- 1 tablespoon cold water
- ¼ cup snipped dried tart cherries

- 1 Place hens, skin sides up, in a 5- to 6-quart slow cooker. In a small bowl combine raspberry preserves, chili sauce, and balsamic vinegar; spoon over hens.
- 2 Cover and cook on low-heat setting for 5 to 5½ hours.
- 3 Transfer hens to a serving platter. Strain cooking juices, reserving 1⅓ cups of the juices. In a small saucepan combine cornstarch and the cold water; stir in reserved cooking juices and dried cherries. Cook and stir until thickened and bubbly; cook and stir for 2 minutes more. Serve sauce over hens.

**Per serving:** 568 cal., 27 g total fat (7 g sat. fat), 208 mg chol., 318 mg sodium, 41 g carbo., 2 g fiber, 36 g pro.

*This spicy sauce, traditionally made with chiles and chocolate, is a treat for the taste buds. For a more traditional garnish, sprinkle with toasted pepitas (pumpkin seeds) instead of the almonds.*

## MOLE WITH CHICKEN & RICE

- |   |  |
|---|--|
| 1 | 14½-ounce can diced tomatoes, undrained                  |
| 1 | medium onion, chopped                                    |
| ¼ | cup slivered almonds, toasted                            |
| 3 | cloves garlic, quartered                                 |
| 2 | canned jalapeño chile peppers, drained                   |
| 3 | tablespoons unsweetened cocoa powder                     |
| 3 | tablespoons raisins                                      |
| 1 | tablespoon sesame seeds                                  |
| 1 | teaspoon sugar   |
| ¼ | teaspoon salt  |
| ¼ | teaspoon ground cinnamon                                 |
| ⅛ | teaspoon ground nutmeg                                   |
| ⅛ | teaspoon ground coriander                                |
| 2 | tablespoons quick-cooking tapioca                        |
| 1 | 2½- to 3-pound broiler-fryer chicken, cut up and skinned |
| 2 | tablespoons slivered almonds, toasted                    |
| 2 | to 3 cups hot cooked rice                                |

**1** For mole sauce, in a blender or food processor combine undrained tomatoes, onion, the ¼ cup almonds, the garlic, jalapeño chile peppers, cocoa powder, raisins, sesame seeds, sugar, salt, cinnamon, nutmeg, and coriander. Cover and blend or process until tomato mixture is a coarse puree.

**2** Place tapioca in a 3½- or 4-quart slow cooker. Add chicken; pour mole sauce over. Cover and cook on low-heat setting for 9 to 11 hours or on high-heat setting for 4½ to 5½ hours.

**3** Transfer chicken to a serving platter. Stir sauce; pour sauce over chicken. Sprinkle with the 2 tablespoons almonds. Serve with hot cooked rice.

**Per serving:** 448 cal., 23 g total fat (5 g sat. fat), 99 mg chol., 586 mg sodium, 24 g carbo., 4 g fiber, 36 g pro.

**PREP:**  
25 minutes

**COOK:**  
Low 9 hours, High 4½ hours

**MAKES:**  
4 to 6 servings

**SLOW COOKER:**  
3½- or 4-quart

*Serve a tossed salad and crusty Italian bread with this creamy chicken and you have a first-rate meal that requires little work.*

## DRIED TOMATO CHICKEN ALFREDO

 **PREP:**  
15 minutes

**COOK:**  
*Low 5½ hours plus 30 minutes,  
High 3 hours plus 30 minutes*

**MAKES:**  
4 servings

**SLOW COOKER:**  
3½- or 4-quart

- 1 medium onion, halved and thinly sliced
- 2½ pounds meaty chicken pieces (breast halves, thighs, and/or drumsticks), skinned
- Salt
- Black pepper
- ½ cup dried tomatoes (not oil-packed), cut into strips or chopped
- 1 4-ounce can (drained weight) sliced mushrooms, drained
- 1 16-ounce jar light Parmesan Alfredo pasta sauce
- 1 9-ounce package frozen artichoke hearts, thawed and drained
- Hot cooked pasta
- 1 ounce Parmesan cheese, shaved

**1** Place onion in a 3½- or 4-quart slow cooker; top with chicken. Sprinkle chicken lightly with salt and pepper. Top chicken with dried tomatoes and drained mushrooms; pour Alfredo sauce over mixture in slow cooker.

**2** Cover and cook on low-heat setting for 5½ to 6 hours or on high-heat setting for 3 hours.

**3** Add artichoke hearts to slow cooker; cover and cook for 30 minutes more. Serve chicken, vegetables, and sauce over hot cooked pasta. Top with shaved Parmesan.

**Per serving:** 576 cal., 23 g total fat (11 g sat. fat), 167 mg chol., 1,419 mg sodium, 38 g carbo., 7 g fiber, 50 g pro.

Lemonade concentrate takes the edge off the Dijon-style mustard in this chicken-and-potato duo.

## TANGY CHICKEN & NEW POTATOES

**1½** pounds tiny new potatoes, quartered  
**1** small onion, cut into wedges  
**1** tablespoon quick-cooking tapioca  
**3** pounds meaty chicken pieces  
(breast halves, thighs, and drumsticks), skinned  
**½** teaspoon salt  
**¼** teaspoon black pepper  
**¼** cup frozen lemonade concentrate, thawed  
**3** tablespoons Dijon-style mustard  
**1** teaspoon finely shredded lemon peel  
**1** 6-ounce jar marinated artichoke hearts, undrained

- 1** In a 6- to 7-quart slow cooker combine potatoes and onion; sprinkle with tapioca. Arrange chicken over vegetables. Sprinkle with salt and pepper.
- 2** In a small bowl combine lemonade concentrate, mustard, and lemon peel; pour over chicken.
- 3** Cover and cook on low-heat setting for 7 to 8 hours or on high-heat setting for 3½ to 4 hours.
- 4** Divide chicken among 4 to 6 shallow bowls. Stir undrained artichoke hearts into vegetable mixture in slow cooker. Spoon vegetable mixture over chicken.

**Per serving:** 509 cal., 14 g total fat (3 g sat. fat), 138 mg chol., 829 mg sodium, 47 g carbo., 3 g fiber, 51 g pro.

**PREP:**  
20 minutes

**COOK:**  
Low 7 hours, High 3½ hours

**MAKES:**  
4 to 6 servings

**SLOW COOKER:**  
6- to 7-quart

*Cinnamon, cloves, golden raisins, and dried apricots add a spicy-sweet twist to this saucy chicken dish.*

## MOROCCAN CHICKEN

**PREP:**  
20 minutes

**COOK:**  
Low 6 hours, High 3 hours

**MAKES:**  
4 servings

**SLOW COOKER:**  
3½ or 4-quart

- 2½ pounds meaty chicken pieces (breast halves, thighs, and drumsticks), skinned
- ½ teaspoon salt
- ½ teaspoon black pepper
- ¼ teaspoon ground cinnamon
- ⅛ teaspoon ground cloves or allspice
- 1 14½-ounce can diced tomatoes with onions and garlic, undrained
- ½ cup golden raisins
- ½ cup dried apricots, snipped
- 1 tablespoon quick-cooking tapioca
- 2 cups hot cooked couscous

**1** Place chicken in a 3½- or 4-quart slow cooker. In a small bowl combine salt, pepper, cinnamon, and cloves or allspice; sprinkle over chicken. In a medium bowl combine undrained tomatoes, raisins, apricots, and tapioca; pour over chicken.

**2** Cover and cook on low-heat setting for 6 to 7 hours or on high-heat setting for 3 to 3½ hours.

**3** To serve, divide couscous among four dinner plates; top with chicken. Skim off fat from tomato mixture in slow cooker. Spoon tomato mixture over chicken and couscous.

**Per serving:** 474 cal., 10 g total fat (3 g sat. fat), 115 mg chol., 900 mg sodium, 54 g carbo., 4 g fiber, 43 g pro.

If you have large chicken breast halves that are more than 12 ounces each, cut them in half so they will cook through in the slow cooker.

## CHICKEN IN ALE

- 4 medium potatoes, peeled and thinly sliced
- 3 leeks, thinly sliced
- 1 medium onion, cut into thin wedges
- 1 teaspoon salt
- $\frac{1}{4}$  teaspoon black pepper
- $2\frac{1}{2}$  pounds meaty chicken pieces  
(breast halves, thighs, and drumsticks), skinned
- $\frac{1}{2}$  cup ale or nonalcoholic beer
- $\frac{1}{2}$  cup chicken broth
- 2 tablespoons brown mustard
- 1 tablespoon packed brown sugar
- 1 tablespoon quick-cooking tapioca
- $\frac{1}{2}$  teaspoon dried thyme, crushed

**1** In a 5- to 6-quart slow cooker combine potatoes, leeks, and onion; sprinkle with half of the salt and pepper. Arrange chicken pieces on top of vegetables; sprinkle with remaining salt and pepper. In a medium bowl combine ale, broth, mustard, brown sugar, tapioca, and thyme; pour over chicken.

**2** Cover and cook on low-heat setting for 6 to 7 hours or on high-heat setting for 3 to  $3\frac{1}{2}$  hours.

**Per serving:** 403 cal., 10 g total fat (3 g sat. fat), 115 mg chol., 923 mg sodium, 34 g carbo., 3 g fiber, 41 g pro.

**PREP:**  
30 minutes

**COOK:**  
Low 6 hours, High 3 hours

**MAKES:**  
4 servings

**SLOW COOKER:**  
5- to 6-quart

*Purchased Alfredo sauce makes this classic dish a weeknight keeper.*

## ALFREDO CHICKEN

**PREP:**

20 minutes

**COOK:**

Low 5½ hours plus 30 minutes,  
High 2½ hours plus 30 minutes

**MAKES:**

6 servings

**SLOW COOKER:**

3½- or 4-quart

- 3 pounds meaty chicken pieces (breast halves, thighs, and drumsticks), skinned
- Salt
- Black pepper
- 1 16-ounce jar light Parmesan Alfredo pasta sauce
- 1 9-ounce package frozen Italian green beans, thawed
- 3 cups hot cooked whole wheat pasta
- Finely shredded Parmesan cheese (optional)

- 1 Place chicken pieces in a 3½- or 4-quart slow cooker. Sprinkle lightly with salt and pepper. Pour pasta sauce over chicken.
  - 2 Cover and cook on low-heat setting for 5½ to 6½ hours or on high-heat setting for 2½ to 3 hours. Add green beans. Cover and cook for 30 minutes more.
  - 3 Using a slotted spoon, remove chicken and green beans to a serving platter. Stir cooked pasta into sauce in slow cooker; serve with the chicken and green beans. If desired, sprinkle with Parmesan cheese.
- Per serving:** 392 cal., 15 g total fat (7 g sat. fat), 123 mg chol., 680 mg sodium, 26 g carbo., 3 g fiber, 36 g pro.

*Chicken, hominy, and tomatoes with green chile peppers star in this Southwestern-style favorite.*

## POSOLE

- 2 14½- to 15½-ounce cans golden hominy, drained
- 2 14-ounce cans reduced-sodium chicken broth
- 2 10-ounce cans diced tomatoes and green chile peppers,\* undrained
- 1 medium onion, finely chopped
- 2 cloves garlic, minced
- 1 teaspoon dried oregano, crushed
- ½ teaspoon salt
- ½ teaspoon ground cumin
- Dash bottled hot pepper sauce
- 1 pound skinless, boneless chicken breast halves and/or thighs, cut into 1-inch pieces
- Snipped fresh cilantro (optional)
- Lime wedges (optional)
- Dairy sour cream (optional)

**1** In a 4½- or 5-quart slow cooker combine hominy, broth, undrained tomatoes and chile peppers, onion, garlic, oregano, salt, cumin, and hot pepper sauce. Stir in chicken.

**2** Cover and cook on low-heat setting for 5 to 6 hours or on high-heat setting for 2½ to 3 hours. If desired, serve with cilantro, lime wedges, and sour cream.

**Per serving:** 192 cal., 2 g total fat (0 g sat. fat), 44 mg chol., 1,187 mg sodium, 20 g carbo., 4 g fiber, 22 g pro.

**\*NOTE:** For a less spicy recipe, substitute one 14½-ounce can diced tomatoes for one of the cans of diced tomatoes and green chile peppers.

**PREP:**

20 minutes

**COOK:**

Low 5 hours, High 2½ hours

**MAKES:**

6 servings

**SLOW COOKER:**

4½- or 5-quart

If you love blue cheese, this dish will become addictive. For added crunch, top with toasted walnuts.

## CREAMY BLUE CHEESE CHICKEN

**PREP:**

30 minutes

**COOK:**

Low 5 hours, High 2½ hours

**MAKES:**

8 servings

**SLOW COOKER:**

5- to 6-quart

**8** bone-in chicken breast halves, skinned**½** teaspoon salt**¼** teaspoon black pepper**¾** cup chicken broth**⅓** cup finely crumbled blue cheese**⅔** cup half-and-half or light cream**2** teaspoons cornstarch**2** tablespoons finely chopped walnuts, toasted

Finely crumbled blue cheese (optional)

**1** Place chicken in a 5- to 6-quart slow cooker. Sprinkle with salt and pepper. Pour broth over chicken; sprinkle with the  $\frac{1}{3}$  cup blue cheese.**2** Cover and cook on low-heat setting for 5 hours or on high-heat setting for 2½ hours.**3** Transfer chicken to a serving platter; discard cooking liquid. Cover chicken with foil to keep warm.**4** For sauce, in a small saucepan combine half-and-half and cornstarch. Cook and stir over medium heat until thickened and bubbly. Cook and stir for 2 minutes more. Spoon sauce over chicken. Sprinkle with nuts and, if desired, additional blue cheese.**Per serving:** 222 cal., 7 g total fat (3 g sat. fat), 93 mg chol., 398 mg sodium, 2 g carbo., 0 g fiber, 35 g pro.

*Garam masala is a blend of ground spices that's often used in Indian cooking. Look for it in the seasoning section of larger supermarkets or at food specialty shops.*

## TANDOORI CHICKEN & VEGETABLES

- 3 carrots, thinly sliced
- 1 onion, halved and thinly sliced
- 1½ teaspoons garam masala
- ½ teaspoon garlic salt
- ¼ teaspoon ground ginger
- ¼ teaspoon ground turmeric
- 6 large skinless, boneless chicken breast halves or 2½ to 2½ pounds skinless, boneless chicken thighs
- 1 14½-ounce can diced tomatoes with basil, oregano, and garlic, undrained
- Hot cooked rice

**PREP:**  
20 minutes  
**COOK:**  
Low 4 hours, High 2 hours  
**MAKES:**  
6 servings  
**SLOW COOKER:**  
4- to 5-quart

- 1 In a 4- to 5-quart slow cooker combine carrots and onion; set aside.
- 2 In a small bowl combine garam masala, garlic salt, ginger, and turmeric. Sprinkle mixture evenly over chicken. Place chicken on top of vegetables in slow cooker. Pour undrained tomatoes over chicken.
- 3 Cover and cook on low-heat setting for 4 to 5 hours or on high-heat setting for 2 to 2½ hours.
- 4 Serve chicken and vegetables with hot cooked rice. Spoon cooking liquid over chicken and rice to moisten.

**Per serving:** 343 cal., 3 g total fat (1 g sat. fat), 99 mg chol., 549 mg sodium, 33 g carbo., 2 g fiber, 43 g pro.

*Look for sweet smoked paprika at food specialty shops or in the seasoning aisle of larger supermarkets.*

## CHICKEN WITH SMOKY PAPRIKA SAUCE

**PREP:**  
25 minutes

**COOK:**  
Low 5 hours, High 2½ hours

**MAKES:**  
6 servings

**SLOW COOKER:**  
4- to 5-quart

- 1 6-ounce jar (drained weight) sliced mushrooms, drained
- 2 small onions, cut into very thin wedges
- 1 small fennel bulb, very thinly sliced
- 6 small bone-in chicken breast halves (about 3 pounds total), skinned if desired
- ½ teaspoon salt
- ⅛ teaspoon black pepper
- 1 10-ounce container refrigerated Alfredo pasta sauce
- 1½ teaspoons sweet smoked paprika
- 6 ounces dried angel hair pasta, cooked according to package directions and drained
- 1 3-ounce package cream cheese, cubed and softened
- 2 tablespoons sliced almonds, toasted

**1** In a 4- to 5-quart slow cooker combine drained mushrooms, onions, and fennel. Arrange chicken on top of vegetables; sprinkle with salt and pepper. In a small bowl stir together Alfredo pasta sauce and paprika; spoon over chicken.

**2** Cover and cook on low-heat setting for 5 to 6 hours or on high-heat setting for 2½ to 3 hours.

**3** Remove chicken from slow cooker. Stir cooked pasta and cream cheese into mixture in slow cooker; transfer to a serving platter. Arrange chicken on top of pasta mixture; sprinkle with almonds.

**Per serving:** 464 cal., 24 g total fat (4 g sat. fat), 112 mg chol., 605 mg sodium, 29 g carbo., 3 g fiber, 38 g pro.

*Thanks to your slow cooker, you can enjoy this Tex-Mex restaurant fare at home whenever you like.*

## TOMATILLO & PEPPERED CHICKEN FAJITAS

- 1 11- to 13-ounce can tomatillos, drained and coarsely chopped
- 1 large red onion, halved and thinly sliced
- 2 large green, red, and/or yellow sweet peppers, cut into bite-size strips
- 2 fresh jalapeño chile peppers, seeded and sliced\*
- 2 tablespoons lime juice
- 1 tablespoon packed brown sugar
- 1 teaspoon ground cumin
- ½ teaspoon salt
- ¼ teaspoon cayenne pepper
- 1 pound skinless, boneless chicken breast halves or thighs, cut into bite-size strips
- 2 cups shredded lettuce
- ½ cup finely shredded carrot
- ⅓ cup thinly sliced green onions
- ⅓ cup snipped fresh cilantro
- 8 7- to 8-inch flour tortillas, warmed\*\*
- ¾ cup crumbled queso fresco or shredded Monterey Jack cheese (3 ounces)

**1** In a 3½- or 4-quart slow cooker combine tomatillos, red onion, sweet peppers, chile peppers, lime juice, brown sugar, cumin, salt, and cayenne pepper. Stir in chicken strips.

**2** Cover and cook on low-heat setting for 5½ to 6 hours or on high-heat setting for 3 hours.

**3** Using a slotted spoon, transfer chicken mixture to a serving bowl. In a medium bowl combine lettuce, carrot, green onions, and cilantro. Serve chicken mixture on tortillas; top with lettuce mixture and cheese.

**Per serving:** 439 cal., 9 g total fat (3 g sat. fat), 73 mg chol., 1,247 mg sodium, 54 g carbo., 6 g fiber, 35 g pro.

**\*NOTE:** Because chile peppers contain volatile oils that can burn your skin and eyes, avoid direct contact with them as much as possible. When working with chile peppers, wear plastic or rubber gloves. If your bare hands do touch the peppers, wash your hands and nails well with soap and warm water.

**\*\*NOTE:** To warm tortillas, preheat oven to 350°F. Wrap tortillas tightly in foil. Heat in the oven about 10 minutes or until heated through.

**PREP:**  
30 minutes

**COOK:**  
Low 5½ hours, High 3 hours

**MAKES:**  
4 servings

**SLOW COOKER:**  
3½- or 4-quart

*Fine angel hair pasta is the right texture for soaking up the creamy cheese-and herb-flavored sauce.*

## CHICKEN WITH GREEN BEANS & GARLIC

**PREP:**

15 minutes

**COOK:**

Low 4 hours, High 2 hours

**MAKES:**

6 servings

**SLOW COOKER:**

4- to 5-quart

- 1 16-ounce package frozen French-style green beans, thawed
  - 1 large onion, finely chopped
  - ½ cup bottled roasted red sweet peppers, chopped
  - 6 skinless, boneless chicken breast halves (about 2 pounds total)
  - 1 10¾-ounce can condensed cream of chicken with herbs soup
  - ½ cup grated Parmesan cheese
  - 8 large cloves garlic, peeled and thinly sliced
  - ½ teaspoon salt
  - ¼ teaspoon black pepper
- Hot cooked angel hair pasta

- 1 In a 4- to 5-quart slow cooker combine green beans, onion, and roasted red peppers. Arrange chicken breast halves on top. In a medium bowl combine cream of chicken with herbs soup, ¼ cup of the Parmesan cheese, the garlic, salt, and black pepper. Pour over chicken.
- 2 Cover and cook on low-heat setting for 4 to 5 hours or on high-heat setting for 2 to 2½ hours.
- 3 Serve chicken and green bean mixture over hot cooked pasta. Sprinkle with the remaining ¼ cup Parmesan cheese.

**Per serving:** 490 cal., 7 g total fat (2 g sat. fat), 98 mg chol., 759 mg sodium, 57 g carbo., 4 g fiber, 48 g pro.

*If using the bacon garnish, be sure to sprinkle it on just before serving so it stays nice and crispy.*

## JALAPEÑO CHICKEN BREASTS

- 6 bone-in chicken breast halves, skinned
- 1 tablespoon chili powder
- Salt
- ½ cup chicken broth
- 2 tablespoons lemon juice
- ¼ cup bottled pickled jalapeño chile pepper slices, drained
- 1 tablespoon cornstarch
- 1 tablespoon cold water
- 1 8-ounce package cream cheese, softened and cut into cubes
- 2 slices bacon, crisp-cooked, drained, and crumbled (optional)

**PREP:**  
15 minutes  
**COOK:**  
Low 5 hours, High 2½ hours;  
plus 15 minutes on High  
**MAKES:**  
6 servings  
**SLOW COOKER:**  
4½- to 6-quart

- 1 Sprinkle chicken with chili powder and salt. Arrange chicken, bone sides down, in a 4½- to 6-quart slow cooker. Pour broth and lemon juice around chicken in slow cooker. Top with jalapeño chile pepper slices.
- 2 Cover and cook on low-heat setting for 5 to 6 hours or on high-heat setting for 2½ to 3 hours.
- 3 Transfer chicken and jalapeño peppers to a serving platter, reserving cooking liquid in slow cooker. Cover chicken with foil to keep warm.
- 4 If using low-heat setting, turn to high-heat setting. For sauce, in a small bowl combine cornstarch and the cold water; stir into cooking liquid in slow cooker. Add cream cheese; whisk until combined. Cover and cook about 15 minutes more or until thickened. If desired, sprinkle chicken with bacon. Serve sauce with chicken.

**Per serving:** 290 cal., 15 g total fat (9 g sat. fat), 114 mg chol., 498 mg sodium, 5 g carbo., 1 g fiber, 32 g pro.

*Apples, raisins, cherries, and chutney add irresistible fruit flavor to this East Indian-style dish.*

## CREAMY CURRIED CHICKEN

**PREP:**

25 minutes

**COOK:**

Low 4 hours

**MAKES:**

6 servings

**SLOW COOKER:**

4- to 5-quart

- |  |   |
|--|---|
|  | 1½ to 2 teaspoons curry powder  |
|  | ¼ teaspoon salt   |
|  | ⅛ to ¼ teaspoon cayenne pepper  |
|  | 6 skinless, boneless chicken breast halves (2 pounds)   |
|  | 3 medium cooking apples<br>(such as Granny Smith or Rome Beauty),<br>cored and cut into eighths |
|  | ½ cup golden raisins  |
|  | ¼ cup snipped tart dried cherries   |
|  | 1 10¾-ounce can condensed cream of potato soup  |
|  | ½ cup mango chutney, snipped  |
|  | Hot cooked rice   |
|  | ¼ cup chopped peanuts   |

- 1 In a small bowl combine curry powder, salt, and cayenne pepper. Sprinkle half of the mixture evenly over chicken breast halves.
- 2 Place chicken breast halves in a 4- to 5-quart slow cooker. Top with apples, raisins, and dried cherries. In a medium bowl stir together cream of potato soup, chutney, and remaining curry powder mixture. Pour over chicken and fruit.
- 3 Cover and cook on low-heat setting for 4 hours.
- 4 Serve over hot cooked rice. Sprinkle individual servings with peanuts.

**Per serving:** 481 cal., 7 g total fat (2 g sat. fat), 92 mg chol., 618 mg sodium, 63 g carbo., 5 g fiber, 41 g pro.

*Don't skimp on the rice. The sweet and savory chicken mixture deserves a generous  $\frac{3}{4}$  cup hot cooked rice for each serving rather than the standard  $\frac{1}{2}$  cup.*

## TROPICAL CHICKEN

- 3 pounds bone-in chicken thighs and/or drumsticks, skinned
- $\frac{1}{2}$  teaspoon lemon-pepper seasoning
- 1 15 $\frac{1}{4}$ -ounce can pineapple chunks (juice pack), undrained
- 1 cup mango nectar or apricot nectar
- 2 tablespoons quick-cooking tapioca
- 2 tablespoons soy sauce
- Hot cooked rice
- $\frac{1}{4}$  cup flaked coconut, toasted (optional)

- 1 Sprinkle chicken with lemon-pepper seasoning. Place chicken in a 3 $\frac{1}{2}$ - or 4-quart slow cooker. In a medium bowl combine undrained pineapple, nectar, tapioca, and soy sauce; pour over chicken.
- 2 Cover and cook on low-heat setting for 7 to 8 hours or on high-heat setting for 3 $\frac{1}{2}$  to 4 hours.
- 3 Using a slotted spoon, transfer chicken to a serving platter. Skim fat from pineapple mixture in slow cooker. Serve chicken and pineapple mixture with hot cooked rice. If desired, pass coconut.

**Per serving:** 508 cal., 8 g total fat (2 g sat. fat), 161 mg chol., 736 mg sodium, 64 g carbo., 1 g fiber, 43 g pro.

**PREP:**  
15 minutes

**COOK:**  
Low 7 hours, High 3 $\frac{1}{2}$  hours

**MAKES:**  
4 servings

**SLOW COOKER:**  
3 $\frac{1}{2}$ - or 4-quart

### FOR 5- TO 6-QUART SLOW COOKER

**SLOW COOKER:** Use 4 $\frac{1}{2}$  pounds chicken thighs and/or drumsticks,  $\frac{3}{4}$  teaspoon lemon-pepper seasoning, one 20-ounce can pineapple chunks, 1 $\frac{1}{3}$  cups mango nectar or apricot nectar, 3 tablespoons quick-cooking tapioca, and 3 tablespoons soy sauce. Serve over hot cooked rice. If desired, pass  $\frac{1}{3}$  cup toasted coconut. Makes 6 servings

**Per serving:** 480 cal., 8 g total fat (2 g sat. fat), 161 mg chol., 733 mg sodium, 57 g carbo., 1 g fiber, 43 g pro.

*Three kinds of beans team up with chicken, onion, and bacon for mouthwatering results.*

## ONE-POT WINTER DINNER

**PREP:**

20 minutes

**COOK:**

Low 7 hours, High 3½ hours

**MAKES:**

8 servings

**SLOW COOKER:**

5- to 6-quart

- 1 pound skinless, boneless chicken thighs, cut into ½-inch pieces
- 2 31-ounce cans pork and beans in tomato sauce
- 1 15- to 16-ounce can butter beans, rinsed and drained
- 1 15- to 16-ounce can dark red kidney beans, rinsed and drained
- 1 cup finely chopped onion
- 1 cup ketchup
- ¼ cup packed brown sugar
- ¼ cup cider vinegar
- ¼ teaspoon black pepper
- 6 slices bacon, crisp-cooked and crumbled

- 1 In a 5- to 6-quart slow cooker combine chicken, pork and beans, butter beans, kidney beans, onion, ketchup, brown sugar, vinegar, and pepper.
- 2 Cover and cook on low-heat setting for 7 to 8 hours or on high-heat setting for 3½ to 4 hours.
- 3 Stir in bacon before serving.

**Per serving:** 458 cal., 7 g total fat (2 g sat. fat), 67 mg chol., 1,758 mg sodium, 74 g carbo., 14 g fiber, 32 g pro.

This colorful chicken-and-veggie combination owes its rich, full flavor to a tantalizing mix of ginger, lemon juice, and hoisin sauce.

## LEMONY ASIAN CHICKEN

- 1 tablespoon cooking oil
- 1½ pounds skinless, boneless chicken thighs, cut into 1-inch pieces
- 5 medium carrots, coarsely chopped
- 1 large onion, cut into thin wedges
- 1 tablespoon quick-cooking tapioca
- ½ teaspoon ground ginger
- ¼ teaspoon black pepper
- ½ cup bottled hoisin sauce
- ⅓ cup water
- 2 tablespoons lemon juice
- 1 medium red, green, or yellow sweet pepper, cut into thin strips
- 1 6-ounce package frozen pea pods
- Hot cooked rice
- Chopped peanuts (optional)

**PREP:**  
25 minutes  
**COOK:**  
Low 4 hours, High 2 hours;  
plus 30 minutes on High  
**MAKES:**  
6 servings  
**SLOW COOKER:**  
3½- or 4-quart

- 1 In a large skillet heat oil over medium-high heat. Brown chicken, half at a time, in hot oil, turning to brown evenly. In a 3½- or 4-quart slow cooker combine carrots and onion. Sprinkle with tapioca. Arrange chicken over vegetables. Sprinkle chicken with ginger and black pepper. In a small bowl combine hoisin sauce, the water, and lemon juice; pour over chicken.
- 2 Cover and cook on low-heat setting for 4 to 4½ hours or on high-heat setting for 2 to 2¼ hours.
- 3 If using low-heat setting, turn to high-heat setting. Add sweet pepper. Cover and cook for 30 minutes more.
- 4 To serve, stir frozen pea pods into chicken mixture. Serve over hot cooked rice. If desired, sprinkle individual servings with peanuts.

**Per serving:** 359 cal., 8 g total fat (2 g sat. fat), 91 mg chol., 391 mg sodium, 41 g carbo., 3 g fiber, 27 g pro.

*There's no need to peel potatoes for this European-style dish. The cream of potato soup contributes plenty of potato flavor.*

## GERMAN-STYLE CHICKEN THIGHS

**PREP:****15 minutes****COOK:****Low 7 hours, High 3½ hours****MAKES:****4 servings****SLOW COOKER:****4- to 6-quart**

- 1 14-ounce can sauerkraut, rinsed and drained
- 1 10½-ounce can condensed cream of potato soup
- ¼ cup water
- 1 tablespoon Worcestershire sauce
- 1 teaspoon dried thyme, crushed
- ¼ teaspoon black pepper
- 3 to 3½ pounds bone-in chicken thighs, skinned
- Hot cooked spaetzle or wide noodles
- Snipped fresh parsley (optional)

- 1 In a 4- to 6-quart slow cooker combine sauerkraut, potato soup, the water, Worcestershire sauce, thyme, and pepper. Add chicken; stir to coat chicken.
- 2 Cover and cook on low-heat setting for 7 to 8 hours or on high-heat setting for 3½ to 4 hours.
- 3 Serve chicken and sauce over hot cooked spaetzle. If desired, sprinkle individual servings with parsley.

**Per serving:** 422 cal., 10 g total fat (3 g sat. fat), 193 mg chol., 1,385 mg sodium, 34 g carbo., 4 g fiber, 44 g pro.

*If you like your chicken extra hot, add three jalapeño peppers instead of two.*

## CARIBBEAN CHICKEN THIGHS

- 2 teaspoons Jamaican jerk seasoning
- 1 teaspoon salt
- 2½ to 3 pounds skinless, boneless chicken thighs
- 1 7-ounce package tropical blend mixed dried fruit bits
- 2 medium red, yellow, and/or green sweet peppers, seeded and coarsely chopped
- 2 medium fresh jalapeño chile peppers, halved, seeded, and thinly sliced\*
- ½ cup frozen orange juice concentrate, thawed
- 2 tablespoons cider vinegar
- 2 tablespoons water
- 2 teaspoons quick-cooking tapioca
- 2 cloves garlic, minced
- Hot cooked rice or couscous

**PREP:**  
20 minutes

**COOK:**  
Low 7 hours, High 3½ hours

**MAKES:**  
6 servings

**SLOW COOKER:**  
3½- or 4-quart

- 1 In a small bowl combine jerk seasoning and salt; sprinkle evenly onto chicken thighs. Place chicken thighs in a 3½- or 4-quart slow cooker. Top with fruit bits, sweet peppers, and chile peppers. In a small bowl combine orange juice concentrate, vinegar, the water, tapioca, and garlic; pour over chicken and fruit.
- 2 Cover and cook on low-heat setting for 7 to 8 hours or on high-heat setting for 3½ to 4 hours.
- 3 Serve chicken mixture over hot cooked rice or couscous.

**Per serving:** 496 cal., 9 g total fat (3 g sat. fat), 151 mg chol., 660 mg sodium, 59 g carbo., 3 g fiber, 41 g pro.

**\*NOTE:** Because chile peppers contain volatile oils that can burn your skin and eyes, avoid direct contact with them as much as possible. When working with chile peppers, wear plastic or rubber gloves. If your bare hands do touch the peppers, wash your hands and nails well with soap and warm water.

*Artichokes, garlic, Italian seasoning, and seasoned salt give this saucy chicken plenty of old-world flavor*

## CHICKEN WITH CHUNKY TOMATO SAUCE

**PREP:**

20 minutes

**COOK:**

Low 6 hours, High 3 hours

**MAKES:**

6 servings

**SLOW COOKER:**

3½ to 5-quart

- ½ of a 28-ounce can Italian-style whole peeled tomatoes in puree (1 ⅓ cups)
- 2 small onions, cut into thin wedges
- 1 tablespoon quick-cooking tapioca
- 2 cloves garlic, minced
- 2 teaspoons dried Italian seasoning, crushed
- ½ teaspoon seasoned salt
- ¼ teaspoon black pepper
- 1 ¼ pounds skinless, boneless chicken thighs
- 1 9-ounce package frozen artichoke hearts, thawed
- 6 ounces dried penne pasta, cooked according to package directions and drained
- ¼ cup finely shredded Parmesan cheese (1 ounce)

- 1 In a 3½- to 5-quart slow cooker combine tomatoes in puree, onions, tapioca, and garlic; stir gently to break up tomatoes slightly. In a small bowl combine Italian seasoning, seasoned salt, and pepper; sprinkle half of the seasoning mixture over the tomato mixture.
- 2 Arrange chicken thighs on tomato mixture; sprinkle with remaining seasoning mixture. Place artichoke hearts on top of chicken.
- 3 Cover and cook on low-heat setting for 6 to 7 hours or on high-heat setting for 3 to 3½ hours.
- 4 Using a slotted spoon, transfer chicken to a serving platter. Spoon sauce over hot cooked pasta; toss to coat. Sprinkle with Parmesan cheese. Serve chicken with pasta mixture.

**Per serving:** 293 cal., 6 g total fat (2 g sat. fat), 78 mg chol., 288 mg sodium, 33 g carbo., 5 g fiber, 26 g pro.

You'll love the pleasant sweetness and tang from the pineapple chunks.

## TANGY PINEAPPLE CHICKEN

- 1 tablespoon cooking oil
- 2 pounds skinless, boneless chicken thighs, cut into 1-inch-wide strips
- 1 20-ounce can pineapple tidbits (juice pack), drained
- 1 large red sweet pepper, chopped
- ½ cup bottled barbecue sauce
- ¼ cup bottled clear Italian salad dressing
- 2 teaspoons dried oregano, crushed

- 1 In a large skillet heat oil over medium heat. Cook chicken, half at a time, in hot oil until brown. Drain off fat.
- 2 Place chicken in a 3½- or 4-quart slow cooker. Top with pineapple and sweet pepper. In a small bowl combine barbecue sauce, Italian salad dressing, and oregano. Pour over mixture in slow cooker.
- 3 Cover and cook on low-heat setting for 5 to 6 hours or on high-heat setting for 2½ to 3 hours.

**Per serving:** 314 cal., 12 g total fat (2 g sat. fat), 121 mg chol., 436 mg sodium, 20 g carbo., 2 g fiber, 31 g pro.

**PREP:**  
30 minutes  
**COOK:**  
Low 5 hours, High 2½ hours  
**MAKES:**  
6 servings  
**SLOW COOKER:**  
3½- or 4-quart

*Chicken, eggplant, and olives are common in both Greek and Italian cuisines, so either the Greek or Italian seasoning is a delightful choice for this fresh-tasting dish.*

## MEDITERRANEAN CHICKEN THIGHS

**PREP:**

20 minutes

**COOK:**

Low 5 hours, High 2½ hours

**MAKES:**

6 servings

**SLOW COOKER:**

4- to 5-quart

½ of a medium eggplant, peeled and cubed (8 ounces)

1 medium onion, cut into wedges

¼ cup pitted ripe olives, halved

2 cloves garlic, minced

3 pounds bone-in chicken thighs, skinned

2 teaspoons finely shredded lemon peel

1 teaspoon dried Greek seasoning or  
Italian seasoning, crushed

⅛ teaspoon salt

⅛ teaspoon black pepper

⅓ cup chicken broth

2 medium plum tomatoes, coarsely chopped

½ cup shredded Parmesan cheese (2 ounces)

**1** In a 4- to 5-quart slow cooker combine eggplant, onion, olives, and garlic. Arrange chicken over eggplant mixture. Sprinkle chicken with lemon peel, Greek seasoning, salt, and pepper. Pour broth over all.

**2** Cover and cook on low-heat setting for 5 to 6 hours or on high-heat setting for 2½ to 3 hours.

**3** Using a slotted spoon, transfer chicken and eggplant mixture to a serving platter. Discard cooking liquid. Sprinkle chicken with tomatoes and cheese.

**Per serving:** 206 cal., 7 g total fat (2 g sat. fat), 112 mg chol., 368 mg sodium, 5 g carbo., 2 g fiber, 29 g pro.

*For Asian flair, serve the chicken over aromatic jasmine or basmati rice instead of plain rice.*

## SESAME GINGER CHICKEN

Nonstick cooking spray

- 1 16-ounce package frozen cut green beans, thawed
- 1 15-ounce can (drained weight) straw mushrooms, drained, or two 8-ounce cans (drained weight) mushrooms stems and pieces, drained
- 3 pounds skinless, boneless chicken thighs or skinless, boneless chicken breast halves
- ½ cup ginger preserves or apricot preserves
- ¼ cup cider vinegar
- 2 tablespoons quick-cooking tapioca
- 2 tablespoons hoisin sauce or oyster sauce
- 2 teaspoons toasted sesame oil
- ⅛ teaspoon cayenne pepper
- ¼ cup sliced almonds, toasted
- 1 tablespoon sesame seeds, toasted

Hot cooked rice

**1** Lightly coat a 5- to 6-quart slow cooker with nonstick cooking spray. In the prepared slow cooker combine beans and drained mushrooms. Arrange chicken over vegetables. In a small bowl combine preserves, vinegar, tapioca, hoisin sauce, sesame oil, and cayenne pepper; pour over chicken.

**2** Cover and cook on low-heat setting for 6 hours or on high-heat setting for 3 hours.

**3** In a small bowl combine almonds and sesame seeds. Spoon chicken mixture over hot cooked rice; sprinkle with almond mixture.

**Per serving:** 461 cal., 13 g total fat (2 g sat. fat), 141 mg chol., 613 mg sodium, 47 g carbo., 4 g fiber, 39 g pro.

**PREP:**  
15 minutes

**COOK:**  
Low 6 hours, High 3 hours

**MAKES:**  
8 to 10 servings

**SLOW COOKER:**  
5- to 6-quart

*Navy beans, meaty chicken pieces, and Polish sausage add up to one flavorful, comforting meal.*

## CHICKEN CASSOULET

**PREP:**

*25 minutes*

**STAND:**

*1 hour*

**COOK:**

*Low 9 hours, High 4½ hours*

**MAMES:**

*6 servings*

**SLOW COOKER:**

*3½- or 4-quart*

- |   |  |
|---|--|
| 1 | cup dry navy beans                                 |
| 3 | pounds bone-in chicken thighs and drumsticks       |
| 8 | ounces cooked Polish sausage                       |
| 1 | cup tomato juice                                   |
| 1 | tablespoon Worcestershire sauce                    |
| 1 | teaspoon instant beef or chicken bouillon granules |
| ½ | teaspoon dried basil, crushed                      |
| ½ | teaspoon dried oregano, crushed                    |
| ½ | teaspoon paprika                                   |
| ½ | cup chopped carrot                                 |
| ½ | cup chopped celery                                 |
| ½ | cup chopped onion                                  |

**1** Rinse beans; place in a medium saucepan. Add enough water to cover beans by 2 inches. Bring to boiling; reduce heat. Simmer, uncovered, for 10 minutes. Remove from heat. Cover; let stand for 1 hour. Drain and rinse beans.

**2** Skin chicken pieces; set aside. Halve sausage lengthwise and cut into 1-inch pieces. In a medium bowl combine drained beans, tomato juice, Worcestershire sauce, bouillon granules, basil, oregano, and paprika.

**3** In a 3½- or 4-quart slow cooker combine carrot, celery, and onion. Arrange chicken pieces and sausage over vegetables. Pour bean mixture over chicken and sausage.

**4** Cover and cook on low-heat setting for 9 to 11 hours or on high-heat setting for 4½ to 5½ hours.

**Per serving:** 412 cal., 16 g total fat (5 g sat. fat), 130 mg chol., 728 mg sodium, 26 g carbo., 9 g fiber, 39 g pro.

*Saffron, the traditional seasoning for this Spanish dish, goes a long way. Just a dash adds appealing yellow color and a bittersweet note to this chicken-and-seafood classic.*

## PAELLA

- 2 medium carrots, cut into  $\frac{1}{2}$ -inch pieces  
1 large onion, coarsely chopped  
1 bay leaf  
3 pounds bone-in chicken thighs and drumsticks, skinned  
1 cup cubed cooked ham (5 ounces)  
1 14½-ounce can stewed tomatoes, undrained, cut up  
 $\frac{1}{2}$  of a 6-ounce can tomato paste ( $\frac{1}{3}$  cup)  
2 teaspoons instant chicken bouillon granules  
2 cloves garlic, minced  
 $\frac{1}{4}$  teaspoon black pepper  
1 pound fresh or thawed frozen shrimp in shells,  
peeled and deveined  
1 cup loose-pack frozen peas  
2 cups water  
1 cup long grain rice  
 $\frac{1}{4}$  teaspoon salt  
Dash ground saffron or  $\frac{1}{8}$  teaspoon ground turmeric

- 1 In a 3½- to 5-quart slow cooker combine carrots, onion, and bay leaf. Arrange chicken pieces and ham over vegetables. In a medium bowl combine undrained tomatoes, tomato paste, bouillon granules, garlic, and pepper; pour over mixture in slow cooker.
- 2 Cover and cook on low-heat setting for 8 to 9 hours or on high-heat setting for 4 to 4½ hours.
- 3 If using low-heat setting, turn to high-heat setting. Stir shrimp and peas into mixture in slow cooker. Cook about 20 minutes more or until shrimp are opaque.
- 4 Meanwhile, in a medium saucepan combine the water, uncooked rice, salt, and saffron or turmeric. Bring to boiling; reduce heat. Cover and simmer for 15 minutes. Remove from heat. Let stand, covered, for 10 minutes. Fluff rice with a fork.
- 5 To serve, discard bay leaf. Using a slotted spoon, transfer chicken mixture to a serving platter, reserving cooking liquid in slow cooker. Serve chicken mixture with hot cooked rice. Drizzle with enough of the reserved cooking liquid to moisten.

**Per serving:** 445 cal., 9 g total fat (2 g sat. fat), 202 mg chol., 1,056 mg sodium, 42 g carbo., 4 g fiber, 47 g pro.

**PREP:**  
30 minutes

**COOK:**  
Low 8 hours, High 4 hours;  
plus 20 minutes on High

**STAND:**  
10 minutes

**MAKES:**  
6 servings

**SLOW COOKER:**  
3½- to 5-quart

*These tropical drumsticks, with an innovative blend of lemonade concentrate and hoisin sauce, are all but impossible to resist.*

## LEMON-HOISIN CHICKEN DRUMSTICKS

**PREP:****25 minutes****COOK:****Low 6 hours, High 3 hours****MAKES:****6 servings****SLOW COOKER:****3½- or 4-quart**

- 4 pounds chicken drumsticks, skinned
- ½ teaspoon five-spice powder\*
- ¼ teaspoon salt
- ⅛ teaspoon cayenne pepper
- ⅓ cup frozen lemonade concentrate, thawed
- ¼ cup hoisin sauce
- ¼ cup rice vinegar or cider vinegar
- 2 tablespoons cornstarch
- 2 tablespoons cold water
- ⅓ cup thinly sliced green onions
- 1 tablespoon sesame seeds, toasted

- 1 Place chicken in a 3½- or 4-quart slow cooker. In a small bowl combine five-spice powder, salt, and cayenne pepper; sprinkle over chicken. In a medium bowl combine lemonade concentrate, hoisin sauce, and vinegar; pour over chicken.
- 2 Cover and cook on low-heat setting for 6 to 7 hours or on high-heat setting for 3 to 3½ hours.

- 3 Using a slotted spoon, transfer chicken to a serving platter; cover and keep warm. Strain cooking juices in slow cooker; skim off fat. Transfer 1½ cups of the cooking juices to a small saucepan. In a small bowl combine cornstarch and the cold water; add to saucepan along with green onions. Cook and stir until thickened and bubbly; cook and stir for 2 minutes more. Spoon over chicken; sprinkle with sesame seeds.

**Per serving:** 272 cal., 7 g total fat (2 g sat. fat), 130 mg chol., 355 mg sodium, 14 g carbo., 0 g fiber, 36 g pro.

**\*NOTE:** You can use Homemade Five-Spice Powder (see recipe on page 73) or purchased five-spice powder.

*Because it's made with frozen stir-fry vegetables and bottled plum sauce, this Asian-style chicken goes together without a lot of prep time.*

## CHICKEN WITH SWEET-SOUR PLUM SAUCE

3 pounds chicken drumsticks, skinned  
½ teaspoon salt  
½ teaspoon garlic-pepper seasoning  
1 16-ounce package frozen (yellow, green, and red) peppers and onion stir-fry vegetables, thawed  
½ cup bottled plum sauce  
¼ cup rice vinegar or cider vinegar  
3 tablespoons soy sauce  
2 tablespoons quick-cooking tapioca  
½ teaspoon ground ginger  
Hot cooked rice  
Sliced green onions (optional)

- 1 Place chicken in a 5- to 6-quart slow cooker. Sprinkle with salt and garlic-pepper seasoning. Top with thawed stir-fry vegetables. In a small bowl combine plum sauce, vinegar, soy sauce, tapioca, and ginger; spoon over vegetables and chicken in slow cooker.
- 2 Cover and cook on low-heat setting for 6 to 8 hours or on high-heat setting for 3½ to 4 hours.
- 3 Serve over hot cooked rice. If desired, sprinkle with green onions.

**Per serving:** 338 cal., 4 g total fat (1 g sat. fat), 98 mg chol., 892 mg sodium, 40 g carbo., 1 g fiber, 31 g pro.

**PREP:**  
20 minutes

**COOK:**  
Low 6 hours, High 3½ hours

**MAKES:**  
6 servings

**SLOW COOKER:**  
5- to 6-quart

*This homey hash uses frozen hash browns for the traditional potatoes, but substitutes ground chicken or turkey for leftover cooked meat and includes a rich topping of Swiss cheese.*

## CHICKEN HASH

**PREP:**

20 minutes

**COOK:**

Low 4½ hours, High 2½ hours

**MAKES:**

4 or 5 servings

**SLOW COOKER:**

3½- or 4-quart

Nonstick cooking spray

- 6 cups loose-pack frozen diced hash brown potatoes, thawed
- 1 pound ground chicken or turkey
- 1 large onion, finely chopped
- ½ cup snipped fresh parsley
- 1 12-ounce can evaporated milk
- 2 tablespoons Worcestershire sauce for chicken
- 1 tablespoon yellow mustard
- ¾ teaspoon salt
- ¼ teaspoon black pepper
- ½ cup shredded Swiss cheese (2 ounces)

- 1 Lightly coat a 3½- or 4-quart slow cooker with nonstick cooking spray. In prepared slow cooker stir together potatoes, ground chicken, onion, and parsley. In a medium bowl whisk together evaporated milk, Worcestershire sauce, mustard, salt, and pepper; stir into potato mixture.
- 2 Cover and cook on low-heat setting for 4½ to 5 hours or on high-heat setting for 2½ hours.
- 3 Spoon off fat. Sprinkle chicken mixture with cheese before serving.

**Per serving:** 617 cal., 22 g total fat (7 g sat. fat), 38 mg chol., 845 mg sodium, 72 g carbo., 5 g fiber, 37 g pro.

Raisins lend sweetness to these Tex-Mex-seasoned wraps.

## CHICKEN PICADILLO WRAPS

- 2 pounds uncooked ground chicken or turkey
- 2 large onions, finely chopped
- 1 14 ½-ounce can diced tomatoes, undrained
- ½ cup golden raisins
- ¼ cup thinly sliced pimiento-stuffed green olives
- ¼ cup tomato paste
- 2 tablespoons chopped canned jalapeño peppers\*
- 1 tablespoon packed brown sugar
- ½ teaspoon salt
- ½ teaspoon ground cumin
- ½ teaspoon ground cinnamon
- 16 8- to 10-inch flour tortillas, warmed\*\*
- ½ cup slivered almonds, toasted
- Shredded lettuce (optional)
- Dairy sour cream (optional)

- 1 In a 12-inch nonstick skillet cook ground chicken and onions over medium heat until chicken is no longer pink and onion is tender. Drain off fat.
- 2 In a 3 ½- or 4-quart slow cooker combine chicken mixture, undrained tomatoes, raisins, olives, tomato paste, jalapeño peppers, brown sugar, salt, cumin, and cinnamon.
- 3 Cover and cook on low-heat setting for 5 to 6 hours or on high-heat setting for 2 ½ to 3 hours.
- 4 Divide picadillo mixture among warm tortillas; sprinkle with almonds. If desired, add lettuce and sour cream. Roll up tortillas.

**Per serving:** 475 cal., 19 g total fat (2 g sat. fat), 0 mg chol., 631 mg sodium, 49 g carbo., 4 g fiber, 27 g pro.

**\*NOTE:** Because chile peppers contain volatile oils that can burn your skin and eyes, avoid direct contact with them as much as possible. When working with chile peppers, wear plastic or rubber gloves. If your bare hands do touch the peppers, wash your hands and nails well with soap and warm water.

**\*\*NOTE:** To warm tortillas, preheat oven to 350°F. Wrap tortillas tightly in foil. Heat in the oven about 10 minutes or until heated through.

**PREP:**  
15 minutes

**COOK:**  
Low 5 hours, High 2 ½ hours

**OVEN:**  
350°F

**MAKES:**  
8 servings

**SLOW COOKER:**  
3 ½- or 4-quart

### FOR 5- TO 6-QUART SLOW COOKER:

Double all ingredients and brown chicken and onions half at a time. Makes 16 servings.

*There's enough gravy to spoon over the turkey and, if you like, mashed potatoes as well.*

## WINE-SAUDED TURKEY

**PREP:***15 minutes***COOK:***Low 9 hours, High 4½ hours***MAKES:***6 to 8 servings***SLOW COOKER:***3½ to 6-quart*

- ¾ cup dry white wine
- ½ cup chopped onion
- 1 clove garlic, minced
- 1 bay leaf
- 1 3½- to 4-pound frozen boneless turkey roast, thawed
- 1 teaspoon dried rosemary, crushed
- ¼ teaspoon black pepper
- ⅓ cup half-and-half, light cream, or milk
- 2 tablespoons cornstarch

- 1 In a 3½- to 6-quart slow cooker combine white wine, onion, garlic, and bay leaf. If turkey is wrapped in netting, remove netting and discard. If gravy packet is present, remove and refrigerate for another use. In a small bowl combine rosemary and pepper. Sprinkle rosemary mixture evenly over turkey; rub in with your fingers. Place turkey in slow cooker.
  - 2 Cover and cook on low-heat setting for 9 to 10 hours or on high-heat setting for 4½ to 5 hours.
  - 3 Transfer turkey to a serving platter. Cover and keep warm. For gravy, strain cooking juices; discard solids. Skim fat from cooking juices. Measure 1⅓ cups cooking juices into a small saucepan. In a small bowl combine half-and-half and cornstarch; stir into cooking juices in saucepan. Cook and stir until thickened and bubbly. Cook and stir for 2 minutes more.
  - 4 Slice turkey. Spoon some of the gravy over turkey. Pass remaining gravy with turkey.
- Per serving:** 365 cal., 9 g total fat (3 g sat. fat), 176 mg chol., 193 mg sodium, 5 g carbo., 0 g fiber, 58 g pro.

*To quick-thaw the beans, place them in a colander and rinse them under running water for a minute or two.*

## TURKEY & MUSHROOMS WITH COUSCOUS

- 1 9-ounce package frozen cut green beans, thawed
- 1 4-ounce can (drained weight) sliced mushrooms, undrained
- 1 small onion, finely chopped
- 1 clove garlic, minced
- ¼ teaspoon black pepper
- 1½ pounds turkey breast tenderloins or skinless, boneless chicken breasts
- 1 10¾-ounce can condensed golden mushroom soup
- ½ of an 8-ounce tub cream cheese spread with chive and onion or garden vegetables
- ¾ cup quick-cooking couscous

**1** In a 3½- or 4-quart slow cooker combine green beans, undrained mushrooms, onion, garlic, and pepper. Place turkey on green bean mixture. In a small bowl stir together golden mushroom soup and cream cheese spread. Pour over turkey.

**2** Cover and cook on low-heat setting for 5 to 6 hours or on high-heat setting for 2½ hours.

**3** Using a slotted spoon, transfer turkey to a serving platter; cover and keep warm. Remove liner from slow cooker, if possible, or turn off slow cooker. Stir uncooked couscous into mixture in slow cooker. Cover and let stand for 5 minutes. Serve couscous mixture with cooked turkey.

**Per serving:** 509 cal., 14 g total fat (8 g sat. fat), 132 mg chol., 877 mg sodium, 43 g carbo., 5 g fiber, 48 g pro.

**PREP:**

10 minutes

**COOK:**

Low 5 hours, High 2½ hours

**STAND:**

5 minutes

**MAKES:**

4 servings

**SLOW COOKER:**

3½- or 4-quart

*With this super simple recipe, you can enjoy turkey and stuffing without the hassle.*

## TURKEY WITH CORN BREAD STUFFING

**PREP:**

20 minutes

**COOK:**

Low 3½ hours

**STAND:**

10 minutes

**MAKES:**

8 servings

**SLOW COOKER:**

4- to 5-quart

1 8-ounce package corn bread stuffing mix (4 cups)

1 cup honey-roasted peanuts, coarsely chopped

½ cup finely chopped celery

1 10¾-ounce can condensed cream of celery soup

½ cup apricot preserves

¼ cup butter, melted

2 1½-pound boneless turkey breast portions

Nonstick cooking spray

1 tablespoon soy sauce

**1** In a large bowl combine stuffing mix, peanuts, and celery; stir in cream of celery soup, ¼ cup of the preserves, and the melted butter.

**2** At 1½-inch intervals, cut slits crosswise in each turkey breast portion, cutting three-quarters of the way through turkey breast. Spoon some of the stuffing mixture into each slit.

**3** Lightly coat a 4- to 5-quart slow cooker with nonstick cooking spray. Spoon remaining stuffing mixture into the prepared slow cooker. Add turkey, stuffed sides up.

**4** Cover and cook on low-heat setting for 3½ to 4½ hours or until an instant-read thermometer inserted into center of turkey registers 170°F.

**5** In a small bowl combine remaining ¼ cup apricot preserves and the soy sauce; spoon over turkey. Let stand for 10 minutes before slicing to serve.

**Per serving:** 521 cal., 16 g total fat (6 g sat. fat), 129 mg chol., 874 mg sodium, 43 g carbo., 2 g fiber, 48 g pro.

*Squirt additional lemon juice on this tasty salad to add extra pizzazz.*

## TURKEY WITH HOT TABBOULEH SALAD

Nonstick cooking spray or a disposable slow-cooker liner  
1½ cups bulgur  
¾ cup sliced green onions  
1½ to 1¾ pounds turkey breast tenderloins, cut into 1-inch-thick slices (about 2 tenderloins)  
2 teaspoons lemon-pepper seasoning  
½ teaspoon garlic salt  
¼ teaspoon black pepper  
¾ cup chicken broth  
¼ cup olive oil  
¼ cup lemon juice  
1 small cucumber, chopped  
1 small tomato, chopped  
½ cup snipped fresh parsley  
¼ cup snipped fresh mint  
Lemon wedges (optional)

**PREP:**  
15 minutes

**COOK:**  
Low 3 hours, High 1½ hours

**MAKES:**  
6 servings

**SLOW COOKER:**  
3½- or 4-quart

1 Lightly coat a 3½- or 4-quart slow cooker with nonstick cooking spray or line with slow-cooker liner. In the prepared cooker combine bulgur and green onions. In a large bowl toss turkey slices with lemon-pepper seasoning, garlic salt, and pepper; add to slow cooker. Add broth, olive oil, and lemon juice.

2 Cover and cook on low-heat setting for 3 to 4 hours or on high-heat setting for 1½ to 2 hours.

3 Stir in cucumber, tomato, parsley, and mint. If desired, serve with lemon wedges.

**Per serving:** 347 cal., 10 g total fat (2 g sat. fat), 75 mg chol., 620 mg sodium, 32 g carbo., 8 g fiber, 33 g pro.

*Refrigerated biscuits are the secret to the easy dumplings for this family-pleaser.*

## TURKEY & DUMPLINGS

**PREP:**

15 minutes

**COOK:**

Low 6 hours, High 3 hours;  
plus 45 minutes on High

**STAND:**

15 minutes

**MAKES:**

5 or 6 servings

**SLOW COOKER:**

4- to 5-quart

- 1½ cups thinly sliced carrot
- 1½ cups thinly sliced celery
- 2 small onions, cut into very thin wedges
- 1½ pounds turkey breast tenderloin,  
cut into ¾-inch cubes
- 1 14-ounce can reduced-sodium chicken broth
- 1 10¾-ounce can condensed cream of chicken soup
- 2 teaspoons dried leaf sage, crushed
- ¼ teaspoon black pepper
- ¼ cup all-purpose flour
- 1 6-ounce package (5) refrigerated biscuits,  
cut into quarters

**1** In a 4- to 5-quart slow cooker combine carrot, celery, and onions; stir in turkey. Set aside ½ cup of the broth. In a medium bowl combine remaining broth, the cream of chicken soup, sage, and pepper; stir into mixture in slow cooker.

**2** Cover and cook on low-heat setting for 6 to 7 hours or on high-heat setting for 3 to 3½ hours.

**3** If using low-heat setting, turn to high-heat setting. In a small bowl whisk together reserved ½ cup broth and the flour; stir into mixture in slow cooker. Arrange quartered biscuits on top of mixture in slow cooker. Cover and cook for 45 minutes more.

**4** Remove liner from slow cooker, if possible, or turn off slow cooker. Let stand, covered, for 15 minutes before serving.

**Per serving:** 359 cal., 8 g total fat (2 g sat. fat), 95 mg chol., 1,070 mg sodium, 30 g carbo., 3 g fiber, 39 g pro.

*Use small turkey thighs or halve larger ones for this fruited dish sweetened with maple syrup.*

## TURKEY WITH MAPLE-SAUDED SWEETS

- 1 pound sweet potatoes, peeled and cut into 2-inch chunks
- 1 small onion, halved lengthwise and thinly sliced
- $\frac{1}{3}$  cup dried apricots, quartered
- $\frac{1}{2}$  teaspoon salt
- $\frac{1}{4}$  teaspoon black pepper
- $\frac{1}{4}$  teaspoon ground ginger
- $1\frac{1}{2}$  to 2 pounds small turkey thighs (about 4)
- 2 tablespoons water
- 2 tablespoons maple-flavored syrup
- 1 tablespoon butter, melted
- 2 teaspoons quick-cooking tapioca
- 1 teaspoon dry mustard
- $\frac{1}{4}$  cup chopped pecans, toasted (optional)

**1** In a 3½- or 4-quart slow cooker combine sweet potatoes, onion, and dried apricots. In a small bowl combine salt, pepper, and ginger; sprinkle half of the salt mixture over sweet potato mixture in slow cooker.

**2** Remove skin from turkey thighs; arrange thighs on sweet potato mixture. Sprinkle with remaining salt mixture. In a small bowl combine the water, maple-flavored syrup, butter, tapioca, and dry mustard; pour over turkey thighs.

**3** Cover and cook on low-heat setting for 6 to 8 hours or on high-heat setting for 3½ to 4 hours.

**4** Using tongs or a slotted spoon, transfer turkey and sweet potatoes to a serving dish. Spoon some of the cooking liquid over turkey and sweet potatoes. If desired, sprinkle with pecans.

**Per serving:** 300 cal., 8 g total fat (4 g sat. fat), 73 mg chol., 444 mg sodium, 33 g carbo., 3 g fiber, 23 g pro.

- PREP:**  
30 minutes
- COOK:**  
Low 6 hours, High 3½ hours
- MAKES:**  
4 servings
- SLOW COOKER:**  
3½- or 4-quart

**FOR 5- TO 6-QUART SLOW COOKER:**  
Use 2 pounds sweet potatoes, 1 medium onion,  $\frac{3}{4}$  cup dried apricots, 1 teaspoon salt,  $\frac{1}{2}$  teaspoon black pepper,  $\frac{1}{2}$  teaspoon ground ginger, 3 pounds small turkey thighs (about 6),  $\frac{1}{4}$  cup water,  $\frac{1}{4}$  cup maple-flavored syrup, 2 tablespoons butter, 1 tablespoon quick-cooking tapioca, 2 teaspoons dry mustard, and  $\frac{1}{2}$  cup chopped pecans (optional). Makes 6 servings.

**Per serving:** 401 cal., 11 g total fat (5 g sat. fat), 97 mg chol., 592 mg sodium, 45 g carbo., 5 g fiber, 31 g pro.

*When you're shopping for leeks, avoid those that are more than 1½ inches in diameter. Larger leeks are older and tougher.*

## LEEK & ONION-SAUDED TURKEY

**PREP:**  
30 minutes

**COOK:**  
Low 6 hours, High 3 hours

**MAKES:**  
6 servings

**SLOW COOKER:**  
5- to 6-quart

- 6 small turkey thighs (4 to 5 pounds)
- 1 teaspoon poultry seasoning
- ¼ teaspoon black pepper
- 6 medium carrots, halved lengthwise and cut in half crosswise
- 5 medium leeks, thinly sliced
- 1 cup thinly sliced celery
- ¼ cup quick-cooking tapioca, crushed
- 2 10½-ounce cans condensed French onion soup
- Snipped fresh flat-leaf parsley
- Mashed potatoes

- 1 Remove skin from turkey thighs. In a small bowl combine poultry seasoning and pepper. Sprinkle evenly over turkey thighs; rub in with your fingers.
- 2 In a 5- to 6-quart slow cooker combine carrots, leeks, and celery. Sprinkle with tapioca. Arrange turkey thighs over vegetables; pour French onion soup over all.
- 3 Cover and cook on low-heat setting for 6 to 7 hours or on high-heat setting for 3 to 3½ hours.
- 4 Transfer turkey thighs to a serving platter. Using a slotted spoon, remove vegetables from slow cooker; place on top of turkey. Sprinkle with parsley. Serve with mashed potatoes and some of the cooking liquid.

**Per serving:** 536 cal., 16 g total fat (5 g sat. fat), 137 mg chol., 1,394 mg sodium, 52 g carbo., 6 g fiber, 45 g pro.

To keep the meat mixture from sticking to your hands, wet them with cold water before shaping the meatballs.

## TURKEY & RICE BALLS IN MARINARA SAUCE

1 beaten egg  
½ cup finely chopped onion  
1 teaspoon salt  
1 teaspoon dried Italian seasoning, crushed  
¼ teaspoon black pepper  
⅔ cup long grain rice  
1½ pounds uncooked ground turkey  
2 tablespoons cooking oil  
1 medium onion, cut into thin wedges  
2 medium zucchini, halved lengthwise and sliced  
1 medium yellow summer squash, halved lengthwise and sliced  
1 15-ounce container refrigerated marinara sauce  
1 8-ounce can tomato sauce  
1 tablespoon quick-cooking tapioca  
¼ cup grated Parmesan cheese  
¼ cup slivered fresh basil (optional)

**PREP:**

45 minutes

**COOK:**

Low 6 hours, High 3 hours

**MAKES:**

6 servings

**SLOW COOKER:**

4- to 6-quart

- 1 In a large bowl combine egg, onion, salt, Italian seasoning, and pepper. Add uncooked rice and turkey; mix well. Shape into twenty-four meatballs.
- 2 In an extra-large skillet heat oil over medium heat. Add meatballs; cook about 10 minutes or until browned, turning occasionally.
- 3 Meanwhile, place onion wedges in a 4- to 6-quart slow cooker. Transfer browned meatballs to slow cooker. Top with zucchini and yellow summer squash. In a medium bowl combine marinara sauce, tomato sauce, and tapioca; spoon over vegetables.
- 4 Cover and cook on low-heat setting for 6 to 7 hours or on high-heat setting for 3 to 3½ hours.
- 5 Serve topped with Parmesan cheese. If desired, sprinkle with basil.

**Per serving:** 389 cal., 17 g total fat (4 g sat. fat), 128 mg chol., 972 mg sodium, 31 g carbo., 2 g fiber, 27 g pro.

Bottled turkey gravy seasoned with Dijon mustard and thyme is the foundation for this delightful sausage, veggie, and apple combo.

## TURKEY SAUSAGE & APPLES

**PREP:**

20 minutes

**COOK:**

Low 4 hours, High 2 hours;  
plus 1 hour on High

**MAKES:**

6 servings

**SLOW COOKER:**

4- to 5-quart

1½ pounds cooked smoked turkey sausage

2 medium green, yellow, and/or red sweet peppers,  
cut into 1½-inch pieces

1 medium onion, cut into thin wedges

1 12-ounce jar turkey gravy

2 tablespoons Dijon-style mustard

¾ teaspoon dried thyme, crushed

¼ teaspoon black pepper

3 medium cooking apples  
(such as Rome Beauty or Granny Smith),  
cored and cut into quarters

Hot cooked noodles

**1** Cut turkey sausage diagonally into ½-inch-thick slices. Place turkey sausage in a 4- to 5-quart slow cooker. Add sweet peppers and onion. In a small bowl combine gravy, mustard, thyme, and black pepper; spoon over sausage mixture.

**2** Cover and cook on low-heat setting for 4 to 6 hours or on high-heat setting for 2 to 3 hours.

**3** If using low-heat setting, turn to high-heat setting. Stir in apples. Cover and cook for 1 hour more. Serve over hot cooked noodles.

**Per serving:** 459 cal., 13 g total fat (3 g sat. fat), 129 mg chol., 1,497 mg sodium, 57 g carbo., 4 g fiber, 28 g pro.

*Baked bean combos are always popular. This version has smoked turkey sausage added to the medley of beans to give it main-dish status.*

## FOUR-BEAN & SAUSAGE DINNER

- 1 pound cooked smoked turkey sausage, halved lengthwise and cut into  $\frac{1}{2}$ -inch-thick pieces
- 1 15-ounce can red kidney beans, rinsed and drained
- 1 15-ounce can black beans, rinsed and drained
- 1 15-ounce can Great Northern beans, rinsed and drained
- 1 15-ounce can butter beans, rinsed and drained
- 1 8-ounce can tomato sauce
- 1 medium green sweet pepper, chopped
- $\frac{1}{2}$  cup chopped onion
- $\frac{1}{2}$  cup ketchup
- $\frac{1}{4}$  cup packed brown sugar
- 2 teaspoons Worcestershire sauce
- 1 teaspoon dry mustard
- $\frac{1}{2}$  teaspoon bottled hot pepper sauce

**1** In a  $3\frac{1}{2}$ - or 4-quart slow cooker combine sausage, kidney beans, black beans, Great Northern beans, butter beans, tomato sauce, sweet pepper, onion, ketchup, brown sugar, Worcestershire sauce, dry mustard, and hot pepper sauce.

**2** Cover and cook on low-heat setting for 8 to 10 hours or on high-heat setting for 4 to 5 hours.

**Per serving:** 324 cal., 5 g total fat (1 g sat. fat), 38 mg chol., 1,243 mg sodium, 50 g carbo., 11 g fiber, 24 g pro.

**PREP:**

15 minutes

**COOK:**

Low 8 hours, High 4 hours

**MAKES:**

8 servings

**SLOW COOKER:**

$3\frac{1}{2}$  or 4-quart

*To shorten the prep time, use thawed frozen Italian-style cooked turkey meatballs instead of making meatballs from scratch.*

## TURKEY SAUSAGE SUBS

**PREP:**  
25 minutes

**BAKE:**  
20 minutes

**COOK:**  
Low 3½ hours, High 2 hours

**OVEN:**  
350°F

**MAKES:**  
6 servings

**SLOW COOKER:**  
4- to 5-quart

- 1 egg
- 1 25-ounce jar mushroom and ripe olive pasta sauce
- ⅓ cup roasted garlic-flavored fine dry bread crumbs
- ½ teaspoon salt
- ¼ teaspoon cayenne pepper
- 1½ pounds uncooked sweet Italian turkey sausage links, casings removed
- 1 large onion, cut into thin wedges
- 2 large green, yellow, and/or orange sweet peppers, cut into thin strips
- 6 hoagie buns, split and toasted
- ¾ cup shredded mozzarella cheese (3 ounces)

**1** Preheat oven to 350°F. For meatballs, in a large bowl beat egg with a fork. Stir in ¼ cup of the pasta sauce, the bread crumbs, salt, and cayenne pepper. Add turkey sausage; mix well. Using wet hands, shape mixture into 24 meatballs. In a 15×10×1-inch baking pan arrange meatballs in a single layer. Bake for 20 to 25 minutes or until cooked through (165°F).\*

**2** In a 4- to 5-quart slow cooker combine onion, sweet peppers, and remaining pasta sauce. Gently stir in meatballs. Cover and cook on low-heat setting for 3½ to 4 hours or on high-heat setting for 2 to 2½ hours.

**3** To serve, place meatballs on bottoms of buns. Top with sauce and cheese. Add tops of buns.

**Per serving:** 747 cal., 25 g total fat (7 g sat. fat), 117 mg chol., 2,266 mg sodium, 94 g carbo., 7 g fiber, 39 g pro.

**\*NOTE:** The internal color of a meatball is not a reliable doneness indicator. A turkey meatball cooked to 165°F is safe, regardless of color. To measure the doneness of a meatball, insert an instant-read thermometer into the center of the meatball.

# MEATLESS MAIN DISHES

4

*Looking for ways to use zucchini and yellow summer squash? Try this no-fuss pasta*

## CREAMY PASTA & VEGETABLES

**PREP:**

20 minutes

**COOK:**

Low 5 hours, High 2½ hours

**MAKES:**

10 servings

**SLOW COOKER:**

3½ or 4-quart

- 2 26- to 32-ounce jars tomato-basil pasta sauce or your favorite purchased pasta sauce
  - 1 medium zucchini, halved lengthwise and cut into ½-inch-thick slices
  - 1 medium yellow summer squash, halved lengthwise and cut into ½-inch-thick slices
  - 1 medium onion, chopped
  - ¼ cup dry white wine
  - ½ of an 8-ounce package cream cheese, cubed
  - Hot cooked mafalda or other pasta
  - Finely shredded Parmesan cheese
- 1** In a 3½- or 4-quart slow cooker stir together pasta sauce, zucchini, yellow summer squash, onion, and wine. Cover and cook on low-heat setting for 5 to 7 hours or on high-heat setting for 2½ to 3½ hours.
- 2** Stir in cream cheese until melted. Serve over hot cooked pasta. Top individual servings with Parmesan cheese.
- Per serving:** 460 cal., 15 g total fat (8 g sat. fat), 36 mg chol., 1,067 mg sodium, 56 g carbo., 4 g fiber, 24 g pro.

*Be sure to rinse the leeks thoroughly to remove the grit trapped between layers.*

## PUMPKIN-SAUDED RAVIOLI

- 1 20-ounce package frozen cheese-filled ravioli or tortellini
- 3 medium leeks, halved lengthwise and sliced (about 1 cup)
- 2 14-ounce cans vegetable broth
- 1 15-ounce can pumpkin
- $\frac{1}{4}$  cup water
- 2 tablespoons packed brown sugar
- $\frac{1}{2}$  teaspoon ground ginger
- $\frac{1}{4}$  teaspoon salt
- $\frac{1}{4}$  teaspoon black pepper
- $\frac{3}{4}$  cup finely shredded Parmesan cheese (3 ounces)
- $\frac{3}{4}$  cup chopped walnuts, toasted

- 1 In a 3½- or 4-quart slow cooker stir together ravioli or tortellini, leeks, broth, pumpkin, the water, brown sugar, ginger, salt, and pepper.
- 2 Cover and cook on low-heat setting for 4 hours or on high-heat setting for 2 hours.
- 3 Top individual servings with Parmesan cheese and walnuts. Serve immediately.

**Per serving:** 379 cal., 15 g total fat (4 g sat. fat), 36 mg chol., 1,030 mg sodium, 50 g carbo., 4 g fiber, 15 g pro.

**PREP:**

20 minutes

**COOK:**

Low 4 hours, High 2 hours

**MAKES:**

6 servings

**SLOW COOKER:**

3½ or 4-quart

*Italian blend cheeses are sold in several combinations. Try various brands until you find the one you like best.*

## MEDITERRANEAN PASTA, BEANS & CHEESE

**PREP:**

15 minutes

**COOK:**

Low 5 hours

**MAKES:**

6 to 8 servings

**SLOW COOKER:**

3½ or 4-quart

Disposable slow-cooker liner

- 1 19-ounce can white kidney beans (cannellini beans), rinsed and drained
- 1 15-ounce jar cheese dip
- 1 14½-ounce can diced tomatoes with basil, garlic, and oregano, undrained
- 1 8-ounce package shredded Italian blend cheeses (2 cups)
- 1 medium red or green sweet pepper, chopped
- 1 cup chopped onion
- ⅔ cup water
- 12 ounces dried penne pasta
- 1 2¼-ounce can sliced pitted ripe olives, drained

**1** Place slow-cooker liner in a 3½- or 4-quart slow cooker. In a large bowl stir together beans, cheese dip, undrained tomatoes, shredded cheese, sweet pepper, onion, and the water. Transfer to lined slow cooker.

**2** Cover and cook on low-heat setting for 5 to 5½ hours.

**3** Before serving, cook pasta according to package directions; drain. Carefully spoon bean mixture into a very large bowl; stir in olives and pasta.

**Per serving:** 629 cal., 29 g total fat (15 g sat. fat), 91 mg chol., 1,880 mg sodium, 73 g carbo., 7 g fiber, 30 g pro.

*The mix of white kidney beans and soybeans provides lots of protein for this one-dish meal.*

## MEATLESS SHEPHERD'S PIE

- 2 19-ounce cans white kidney beans (cannellini beans), rinsed and drained
- 1 12-ounce package frozen green soybeans (edamame)
- 3 carrots, peeled and sliced
- 1 large onion, cut into wedges
- 1 14½-ounce can diced tomatoes, drained
- 1 12-ounce jar mushroom gravy
- 2 cloves garlic, minced
- 1 24-ounce package refrigerated mashed potatoes
- 1 cup shredded cheddar cheese (4 ounces)

- 1 In a 5- to 6-quart slow cooker stir together white kidney beans, soybeans, carrots, onion, tomatoes, gravy, and garlic.
- 2 Cover and cook on low-heat setting for 10 to 12 hours or on high-heat setting for 5 to 6 hours.
- 3 If using low-heat setting, turn to high-heat setting. Spoon mashed potatoes on top of bean mixture. Sprinkle with cheese. Cover and cook about 30 minutes more or until potatoes are heated through.

**Per serving:** 320 cal., 9 g total fat (3 g sat. fat), 15 mg chol., 805 mg sodium, 47 g carbo., 13 g fiber, 20 g pro.

**PREP:**  
25 minutes

**COOK:**  
Low 10 hours, High 5 hours;  
plus 30 minutes on High

**MAKES:**  
8 servings

**SLOW COOKER:**  
5- to 6-quart

If your supermarket doesn't carry vegetarian chili beans, look for them in health or organic food stores.

## CHILI BEANS & POTATOES

**PREP:**

15 minutes

**COOK:**

Low 8 hours, High 4 hours

**MAKES:**

8 servings

**SLOW COOKER:**

4- to 5-quart

- 2 pounds tiny new potatoes, quartered
  - 2 15- to 16-ounce cans vegetarian chili beans, undrained
  - 1 10-ounce package frozen whole kernel corn
  - 1 to 2 chipotle chile peppers in adobo sauce, drained and finely chopped\*
  - $\frac{1}{2}$  cup vegetable broth or chicken broth
- Shredded cheddar cheese  
Dairy sour cream

- 1 In a 4- to 5-quart slow cooker combine the potatoes, undrained beans, corn, chipotle peppers, and broth.
- 2 Cover and cook on low-heat setting for 8 to 9 hours or on high-heat setting for 4 to 4½ hours. Garnish individual servings with cheese and sour cream.

**Per serving:** 463 cal., 6 g total fat (3 g sat. fat), 13 mg chol., 537 mg sodium, 44 g carbo., 7 g fiber, 11 g pro.

**\*NOTE:** Because chile peppers contain volatile oils that can burn your skin and eyes, avoid direct contact with them as much as possible. When working with chile peppers, wear plastic or rubber gloves. If your bare hands do touch the peppers, wash your hands and nails well with soap and warm water.

*Curry is an Indian or Far Eastern dish that features foods seasoned with curry powder—a blend of up to 20 ground spices, herbs, and seeds.*

## VEGETABLE CURRY

- 4 medium carrots, sliced
- 2 medium potatoes, cut into ½-inch cubes
- 1 15-ounce can garbanzo beans (chickpeas), rinsed and drained
- 8 ounces fresh green beans, cut into 1-inch pieces
- 1 cup coarsely chopped onion
- 3 cloves garlic, minced
- 2 tablespoons quick-cooking tapioca
- 2 teaspoons curry powder
- 1 teaspoon ground coriander
- ¼ to ½ teaspoon crushed red pepper
- ¼ teaspoon salt
- ⅛ teaspoon ground cinnamon
- 1 14-ounce can vegetable broth or chicken broth
- 1 14½-ounce can diced tomatoes, undrained
- Hot cooked rice

- 1 In a 3½- to 5-quart slow cooker combine carrots, potatoes, garbanzo beans, green beans, onion, garlic, tapioca, curry powder, coriander, crushed red pepper, salt, and cinnamon. Pour broth over all.
- 2 Cover and cook on low-heat setting for 7 to 9 hours or on high-heat setting for 3½ to 4½ hours.
- 3 Stir in undrained tomatoes. Let stand, covered, for 5 minutes. Serve with hot cooked rice.

**Per serving:** 407 cal., 3 g total fat (0 g sat. fat), 0 mg chol., 1,068 mg sodium, 87 g carbo., 12 g fiber, 13 g pro.

**PREP:**  
20 minutes

**COOK:**  
Low 7 hours, High 3½ hours

**STAND:**  
5 minutes

**MAKES:**  
4 servings

**SLOW COOKER:**  
3½- to 5-quart

*Chutney lends sweetness and a touch of heat while the almonds add crunch to this hearty apple-and-bean medley.*

## CURRIED BEANS

**PREP:**

20 minutes

**STAND:**

1 hour

**COOK:**Low 8 hours, High 4 hours;  
plus 15 minutes on High**MAKES:**

6 servings

**SLOW COOKER:**

3½- or 4-quart

- 1 pound dry red kidney beans (3½ cups)
- 1 14-ounce can vegetable broth
- ¾ cup water
- 1 medium onion, cut into thin wedges
- 1 4-ounce can (drained weight) sliced mushrooms, drained
- ½ cup golden raisins
- 1 tablespoon curry powder
- ¼ teaspoon black pepper
- 1 large red and/or green apple, peeled if desired, cored, and sliced
- Hot cooked couscous (optional)
- Bottled chutney (optional)
- Chopped almonds, toasted (optional)

**1** Rinse beans; place in a large saucepan. Add enough water to cover beans by 2 inches. Bring to boiling; reduce heat. Simmer, uncovered, for 10 minutes. Remove from heat. Cover and let stand for 1 hour. Drain and rinse beans.

**2** In a 3½- or 4-quart slow cooker stir together beans, broth, the water, onion, drained mushrooms, raisins, curry powder, and pepper.

**3** Cover and cook on low-heat setting for 8 to 9 hours or on high-heat setting for 4 to 5 hours.

**4** If desired, mash beans slightly. Stir in apple. If using low-heat setting, turn to high-heat setting. Cover and cook for 15 minutes more. If desired, serve over couscous and top with chutney. If desired, sprinkle with almonds.

**Per serving:** 325 cal., 1 g total fat (0 g sat. fat), 0 mg chol., 350 mg sodium, 64 g carbo., 21 g fiber, 20 g pro.

**FOR 5- TO 6-QUART SLOW COOKER:**

Use 1½ pounds dry red kidney beans, two 14-ounce cans vegetable broth, 1½ cups water, 2 medium onions, two 4-ounce cans (drained weight) mushrooms, 1 cup golden raisins, 2 tablespoons curry powder, ¼ teaspoon black pepper, and 3 medium apples. Makes 10 servings.

**Per serving:** 317 cal., 1 g total fat (0 g sat. fat), 0 mg chol., 418 mg sodium, 64 g carbo., 20 g fiber, 18 g pro.

*Raisins and mixed dried fruit bits lend subtle sweetness to this bean-and-couscous combo.*

## FRUITED COUSCOUS & BEANS

- 2 15-ounce cans Great Northern or pinto beans, rinsed and drained
- 1 large onion, finely chopped
- 1 cup golden raisins
- 1 cup mixed dried fruit bits
- 2 teaspoons grated fresh ginger
- ¾ teaspoon salt
- ¼ teaspoon crushed red pepper
- 1 14-ounce can vegetable broth or chicken broth
- 1½ cups unsweetened pineapple juice
- 1 10-ounce package quick-cooking couscous
- 1 tablespoon olive oil
- ½ cup sliced almonds, toasted
- Sliced green onions (optional)

**1** In a 3½- or 4-quart slow cooker combine beans, onion, raisins, dried fruit bits, ginger, salt, and crushed red pepper. Pour broth and pineapple juice over bean mixture in slow cooker.

**2** Cover and cook on low-heat setting for 6 to 7 hours or on high-heat setting for 3 to 3½ hours.

**3** Stir in couscous and oil. Remove liner from slow cooker, if possible, or turn off slow cooker. Cover and let stand for 5 to 10 minutes or until couscous is tender. Fluff with a fork. Sprinkle individual servings with almonds and, if desired, green onions.

**Per serving:** 623 cal., 9 g total fat (1 g sat. fat), 0 mg chol., 596 mg sodium, 120 g carbo., 14 g fiber, 22 g pro.

**PREP:**  
20 minutes

**COOK:**  
Low 6 hours, High 3 hours

**STAND:**  
5 minutes

**MAKES:**  
6 servings

**SLOW COOKER:**  
3½ or 4-quart

*This bayou blockbuster simmers tomato, zucchini, and garbanzo beans into a Cajun-style stew.*

## VEGETABLE MEDLEY WITH COUSCOUS

**PREP:**

20 minutes

**COOK:**

Low 8 hours, High 4 hours

**MAKES:**

4 servings

**SLOW COOKER:**

3½- or 4-quart

- 2 medium zucchini, halved lengthwise and sliced
- 1 15-ounce can garbanzo beans (chickpeas), rinsed and drained
- 2 medium carrots, chopped
- 1 small onion, thinly sliced
- 1 teaspoon sugar
- 2 cloves garlic, minced
- ½ teaspoon salt
- ½ teaspoon Cajun seasoning
- Dash cayenne pepper
- 2 14½-ounce cans diced tomatoes, undrained
- 1 cup water
- 2 cups hot cooked couscous or brown rice

**1** In 3½- or 4-quart slow cooker combine zucchini, beans, carrots, onion, sugar, garlic, salt, Cajun seasoning, and cayenne pepper. Stir in undrained tomatoes and the water.

**2** Cover and cook on low-heat setting for 8 to 10 hours or on high-heat setting for 4 to 5 hours. Serve vegetable mixture over hot cooked couscous.

**Per serving:** 304 cal., 2 g total fat (0 g sat. fat), 0 mg chol., 1,001 mg sodium, 61 g carbo., 9 g fiber, 11 g pro.

*Beef or chicken broth also will work well in this meatless south-of-the-border entrée.*

## PINTO BEAN & COUSCOUS TOSTADAS

**1½** cups dry pinto beans  
**2** cups water  
**1** 14-ounce can vegetable broth  
**1** cup chopped carrots  
**¼** teaspoon salt  
**¼** teaspoon crushed red pepper  
**1** cup purchased salsa  
**1** cup quick-cooking couscous  
**8** tostada shells  
Shredded cheddar cheese  
Dairy sour cream, shredded lettuce,  
and/or purchased salsa (optional)

**PREP:**  
25 minutes  
**STAND:**  
1 hour plus 5 minutes  
**COOK:**  
Low 8 hours, High 4 hours  
**MAKES:**  
8 servings  
**SLOW COOKER:**  
3½ or 4-quart

- 1** Rinse beans; place in a large saucepan. Add enough water to cover beans by 2 inches. Bring to boiling; reduce heat. Simmer, uncovered, for 10 minutes. Remove from heat. Cover and let stand for 1 hour. Drain and rinse beans.
- 2** In a 3½- or 4-quart slow cooker stir together beans, the 2 cups water, broth, carrots, salt, and crushed red pepper.
- 3** Cover and cook on low-heat setting for 8 to 10 hours or on high-heat setting for 4 to 5 hours.
- 4** Stir in the 1 cup salsa and the uncooked couscous. Remove liner from slow cooker, if possible, or turn off slow cooker. Cover and let stand for 5 minutes. Serve bean-couscous mixture on tostada shells; top with cheese. If desired, serve with sour cream, lettuce, and/or additional salsa.

**Per serving:** 304 cal., 6 g total fat (2 g sat. fat), 9 mg chol., 477 mg sodium, 49 g carbo., 8 g fiber, 13 g pro.

*Sprinkle crumbled tortilla chips on top of each serving of these creamy beans for a little crunch.*

## CHEESY GREEN CHILES & BEANS

**PREP:**

15 minutes

**COOK:**

Low 6 hours, High 3 hours

**MAKES:**

8 servings

**SLOW COOKER:**

3½- to 5-quart

- 3 15- to 16-ounce cans pinto beans, rinsed and drained
- 1 14½-ounce can stewed tomatoes, undrained, cut up
- 1 cup purchased salsa
- 2 4-ounce cans diced green chile peppers
- 1 teaspoon ground cumin
- 1 teaspoon dried oregano, crushed
- 1 8-ounce package cream cheese, cubed
- 4 cups hot cooked rice
- 1 cup shredded Colby and Monterey Jack cheese (4 ounces)

- 1 In a 3½- to 5-quart slow cooker stir together beans, undrained tomatoes, salsa, chile peppers, cumin, and oregano.
- 2 Cover and cook on low-heat setting for 6 to 8 hours or on high-heat setting for 3 to 4 hours. Add cream cheese, stirring until melted. Serve over rice and top with cheese.

**Per serving:** 428 cal., 16 g total fat (9 g sat. fat), 44 mg chol., 959 mg sodium, 55 g carbo., 9 g fiber, 18 g pro.

*For extra color, use one green sweet pepper and one yellow or red sweet pepper.*

## RED BEANS CREOLE

- 3½ cups dry red beans (1½ pounds)
- 5 cups water
- 3 cups chopped onion
- 2 4-ounce cans (drained weight) sliced mushrooms, drained
- 6 cloves garlic, minced
- 2 tablespoons Creole seasoning
- 1 14½-ounce can diced tomatoes with basil, garlic, and oregano, undrained
- 2 cups instant brown rice
- 2 medium green sweet peppers, cut into strips
- Bottled hot pepper sauce (optional)

- 1 Rinse beans; place in a large saucepan. Add enough water to cover beans by 2 inches. Bring to boiling; reduce heat. Simmer, uncovered, for 10 minutes. Remove from heat. Cover and let stand for 1 hour. Drain and rinse beans.
- 2 In a 3½- or 4-quart slow cooker combine beans, the 5 cups water, the onion, drained mushrooms, garlic, and Creole seasoning.
- 3 Cover and cook on low-heat setting for 11 to 13 hours or on high-heat setting for 5½ to 6½ hours.
- 4 If using low-heat setting, turn to high-heat setting. Stir in undrained tomatoes, uncooked rice, and sweet pepper. Cover and cook for 30 minutes more. If desired, pass bottled hot pepper sauce.

**Per serving:** 415 cal., 2 g total fat (0 g sat. fat), 0 mg chol., 541 mg sodium, 81 g carbo., 16 g fiber, 23 g pro.

**PREP:**  
25 minutes

**STAND:**  
1 hour

**COOK:**  
Low 11 hours, High 5½ hours;  
plus 30 minutes on High

**MAKES:**  
4 or 5 servings

**SLOW COOKER:**  
3½- or 4-quart

*A tasty and convenient ingredient to have on hand, wild rice mix makes this entrée extra easy.*

## WILD RICE WITH PINTO BEANS

**PREP:**

15 minutes

**COOK:**

Low 7 hours, High 3½ hours

**MAKES:**

6 servings

**SLOW COOKER:**

3½ or 4-quart

2 15-ounce cans pinto beans, rinsed and drained

1 14½-ounce can diced tomatoes with onion and garlic, undrained

1 6-ounce package long grain and wild rice mix

1 medium onion, chopped

1 stalk celery, sliced

¼ teaspoon black pepper

2 14-ounce cans vegetable broth

**1** In a 3½- or 4-quart slow cooker combine beans, undrained tomatoes, rice mix and seasoning packet, onion, celery, and pepper. Pour broth over all.

**2** Cover and cook on low-heat setting for 7 to 8 hours or on high-heat setting for 3½ to 4 hours.

**Per serving:** 245 cal., 2 g total fat (0 g sat. fat), 0 mg chol., 1,683 mg sodium, 51 g carbo., 8 g fiber, 11 g pro.

*Be sure to select sweet peppers that have flat bottoms so they won't tip over during cooking.*

## RICE-STUFFED PEPPERS

- 4 medium red, green, and/or yellow sweet peppers
- 1 cup cooked converted rice
- 1½ cups frozen green soybeans (edamame)
- ½ cup shredded carrot
- ¼ cup bottled stir-fry sauce
- ½ cup water
- 1 tablespoon sesame seeds, toasted

- 1 Cut tops from sweet peppers and set aside. Remove membranes and seeds from sweet peppers. Chop enough of the tops of the sweet peppers to equal ½ cup. In a medium bowl stir together the chopped sweet pepper, rice, soybeans, carrot, and stir-fry sauce. Spoon mixture into sweet peppers.
- 2 Pour the water into a 4- to 5-quart slow cooker. Place sweet peppers, filled sides up, in slow cooker.
- 3 Cover and cook on low-heat setting for 5 to 6 hours or on high-heat setting for 2½ to 3 hours.
- 4 Transfer sweet peppers to serving platter. Sprinkle with sesame seeds.

**Per serving:** 184 cal., 3 g total fat (0 g sat. fat), 1 mg chol., 385 mg sodium, 30 g carbo., 8 g fiber, 10 g pro.

**PREP:**  
25 minutes

**COOK:**  
Low 5 hours, High 2½ hours

**MAKES:**  
4 servings

**SLOW COOKER:**  
4- to 5-quart

*Flecks of colorful zucchini, sweet peppers, and tomatoes dress up the rice in this cheesy dish.*

## BROWN RICE PRIMAVERA

**PREP:**

25 minutes

**COOK:**

High 2 hours plus 30 minutes

**MAKES:**

6 servings

**SLOW COOKER:**

5- to 6-quart

- 1 medium eggplant, peeled if desired and cubed
- 2 medium zucchini, halved lengthwise and cut into  $\frac{1}{2}$ -inch pieces
- 1 medium onion, cut into thin wedges
- 1 14-ounce can vegetable broth
- 2 medium red and/or yellow sweet peppers, cut into thin, bite-size strips
- 1 14½-ounce can diced tomatoes with basil, garlic, and oregano, drained
- 1 cup instant brown rice
- 8 ounces feta cheese, crumbled (2 cups)

**1** In a 5- to 6-quart slow cooker stir together eggplant, zucchini, onion, and broth. Cover and cook on high-heat setting for 2 to 2½ hours.

**2** Stir in sweet peppers, drained tomatoes, and uncooked rice. Cover and cook for 30 minutes more. Sprinkle individual servings with feta cheese.

**Per serving:** 212 cal., 9 g total fat (6 g sat. fat), 34 mg chol., 1,045 mg sodium, 26 g carbo., 5 g fiber, 9 g pro.

*Toss a crisp, green lettuce salad to go along with this double-cheese rice main dish.*

## WALNUT-CHEESE RISOTTO

- Nonstick cooking spray  
1½ cups converted rice (do not substitute long grain rice)  
2 14-ounce cans vegetable broth  
1½ cups milk  
2 cups shredded carrot  
1 10¾-ounce can condensed cream of mushroom soup  
1 medium onion, chopped  
1 teaspoon finely shredded lemon peel  
¼ teaspoon black pepper  
6 ounces process Swiss cheese, torn  
1 cup finely shredded Asiago cheese (4 ounces)  
1 cup loose-pack frozen peas  
¾ cup chopped walnuts, toasted

**1** Coat a 4- to 5-quart slow cooker with cooking spray. Add rice, broth, milk, carrot, cream of mushroom soup, onion, lemon peel, and pepper to prepared cooker; stir lightly to combine. Cover and cook on low-heat setting for 5 to 5½ hours.

**2** Stir in Swiss cheese, Asiago cheese, peas, and walnuts. Remove liner from cooker, if possible, or turn off cooker. Let stand, covered, for 15 minutes before serving.

**Per serving:** 428 cal., 21 g total fat (9 g sat. fat), 38 mg chol., 1,163 mg sodium, 43 g carbo., 3 g fiber, 17 g pro.

**PREP:**  
20 minutes

**COOK:**  
Low 5 hours

**STAND:**  
15 minutes

**MAKES:**  
8 servings

**SLOW COOKER:**  
4- to 5-quart

*Gruyère cheese, similar to Swiss cheese, boasts a full, well-rounded, nutty flavor.*

## MUSHROOMS & SWEET POTATOES ON RICE

**PREP:**

25 minutes

**COOK:**

Low 5 hours, High 2½ hours

**MAKES:**

6 servings

**SLOW COOKER:**

4- to 6-quart

- 4 medium sweet potatoes (about 2 pounds), peeled and cut into 1-inch cubes
- 8 ounces assorted fresh mushrooms (such as button, stemmed shiitake, or cremini), quartered
- 2 medium onions, cut into wedges
- 1 12-ounce jar mushroom gravy
- ½ cup vegetable broth
- 1 tablespoon quick-cooking tapioca
- 1 teaspoon dried thyme, crushed
- ¼ teaspoon salt
- ¼ teaspoon black pepper
- Hot cooked brown rice
- 1½ cups shredded Gruyère or Swiss cheese (6 ounces)

- 1 In a 4- to 6-quart slow cooker stir together sweet potatoes, mushrooms, onions, gravy, broth, tapioca, thyme, salt, and pepper.
- 2 Cover and cook on low-heat setting for 5 to 6 hours or on high-heat setting for 2½ to 3 hours.
- 3 Serve over rice. Sprinkle individual servings with cheese.

**Per serving:** 413 cal., 12 g total fat (6 g sat. fat), 31 mg chol., 695 mg sodium, 62 g carbo., 7 g fiber, 16 g pro.

*Three kinds of grains make this dish wholesome, filling, and infinitely interesting.*

## MULTI-GRAIN PILAF

- $\frac{2}{3}$  cup wheat berries
- $\frac{1}{2}$  cup regular barley
- $\frac{1}{2}$  cup wild rice (not quick-cooking)
- 2 14-ounce cans vegetable broth or chicken broth
- 2 cups frozen green soybeans (edamame) or baby lima beans
- 1 medium red sweet pepper, chopped
- 1 medium onion, finely chopped
- 1 tablespoon butter or margarine
- $\frac{3}{4}$  teaspoon dried sage, crushed
- $\frac{1}{2}$  teaspoon salt
- $\frac{1}{4}$  teaspoon coarsely ground black pepper
- 4 cloves garlic, minced
- Grated Parmesan cheese (optional)

- 1 Rinse and drain wheat berries, barley, and wild rice. In a 3½- or 4-quart slow cooker combine wheat berries, barley, wild rice, broth, soybeans or lima beans, sweet pepper, onion, butter, sage, salt, black pepper, and garlic.
- 2 Cover and cook on low-heat setting for 6 to 8 hours or on high-heat setting for 3 to 4 hours. Stir before serving. If desired, sprinkle individual servings with Parmesan cheese.

**Per serving:** 342 cal., 9 g total fat (2 g sat. fat), 5 mg chol., 814 mg sodium, 50 g carbo., 10 g fiber, 20 g pro.

**PREP:**  
25 minutes

**COOK:**  
Low 6 hours, High 3 hours

**MAKES:**  
6 servings

**SLOW COOKER:**  
3½ or 4-quart

*Be sure to use firm tofu for this dish because it cuts into even strips that will hold their shape as you stir them into the vegetables and rice.*

## MEXICAN TOFU WITH VEGETABLES & RICE

**PREP:**

25 minutes

**COOK:**

Low 7 hours, High 3 hours;  
plus 15 minutes on High

**MAKES:**

6 servings

**SLOW COOKER:**

3½- or 4-quart

- 4 cups cauliflower florets
- 3 cups bite-size strips red and/or green sweet peppers
- 2 cups packaged, peeled baby carrots, halved lengthwise
- 1½ cups loose-pack frozen whole kernel corn
- ½ of a 16-ounce jar black bean and corn salsa or salsa with cilantro (about 1 cup)
- 1 cup vegetable broth
- 1½ cups instant brown rice
- ½ of a 16-ounce package extra-firm tub-style tofu (fresh bean curd),\* drained and cut into bite-size strips
- Shredded Mexican cheese blend or shredded Monterey Jack cheese with jalapeño chile peppers (optional)

- 1 In a 3½- or 4-quart slow cooker stir together cauliflower, sweet peppers, carrots, corn, salsa, and broth.
- 2 Cover and cook on low-heat setting for 7 to 8 hours or on high-heat setting for 3 to 4 hours.
- 3 If using low-heat setting, turn to high-heat setting. Stir in uncooked rice. Cover and cook for 15 minutes more. Stir in tofu just before serving. If desired, sprinkle with cheese.

**Per serving:** 198 cal., 3 g total fat (0 g sat. fat), 0 mg chol., 473 mg sodium, 37 g carbo., 6 g fiber, 10 g pro.

**\*NOTE:** Do not use silken-style tofu.

**FOR 5- TO 6-QUART COOKER:**

Use 1 medium head cauliflower, cut into florets (6 cups); 2 large red sweet peppers, cut in bite-size strips (2 cups); 2 large green sweet peppers, cut in bite-size strips (2 cups); 2½ cups packaged, purchased baby carrots; one 10-ounce package frozen whole kernel corn; one 16-ounce jar corn and black bean salsa; one 14-ounce can vegetable broth; 2½ cups instant brown rice; and one 16-ounce package firm tofu.\* Makes 10 servings.

**Per serving:** 187 cal., 3 g total fat (0 g sat. fat), 0 mg chol., 515 mg sodium, 33 g carbo., 5 g fiber, 10 g pro.

Mild tofu soaks up the enchanting blend of peanut sauce, soy sauce, fresh ginger, and toasted sesame oil in this easy Asian-inspired dish.

## SESAME VEGETABLES & TOFU

- 1 16-ounce package frozen (yellow, green, and red) peppers and onion stir-fry vegetables
- 1 10-ounce package frozen cut green beans
- 1 8-ounce can sliced bamboo shoots, drained
- 1 cup vegetable broth
- 1 4½-ounce can (drained weight) sliced mushrooms, drained
- ¼ cup bottled peanut sauce
- 2 tablespoons soy sauce
- 1 tablespoon grated fresh ginger
- 2 teaspoons toasted sesame oil
- 2 cups broccoli florets
- 4 ounces banh pho (Vietnamese wide rice noodles)
- 8 ounces refrigerated, water-packed firm tofu (fresh bean curd), drained and cut into bite-size strips
- ½ cup peanuts, coarsely chopped

**1** In a 4- to 5-quart slow cooker stir together frozen stir-fry vegetables, frozen green beans, bamboo shoots, broth, drained mushrooms, peanut sauce, soy sauce, ginger, and sesame oil.

**2** Cover and cook on low-heat setting for 3½ to 4½ hours.

**3** Turn slow cooker to high-heat setting. Stir in broccoli. Cover and cook for 30 minutes more.

**4** Meanwhile, cook banh pho according to package directions; drain. Just before serving, stir noodles and tofu into vegetable mixture in slow cooker. Sprinkle individual servings with peanuts.

**Per serving:** 277 cal., 11 g total fat (2 g sat. fat), 0 mg chol., 735 mg sodium, 34 g carbo., 6 g fiber, 11 g pro.

**PREP:**  
25 minutes

**COOK:**  
Low 3½ hours;  
plus 30 minutes on High

**MAKES:**  
6 to 8 servings

**SLOW COOKER:**  
4- to 5-quart

*Penne and rigatoni are delicious with chunky tomato-based sauces like this one.*

## PASTA WITH LENTIL SAUCE

**PREP:***15 minutes***COOK:***Low 12 hours, High 6 hours***MAKES:***8 servings***SLOW COOKER:***4½ or 5-quart*

1 26- to 32-ounce jar meatless tomato-based pasta sauce

1 14-ounce can vegetable broth

½ cup water

1 cup dry brown or yellow lentils, rinsed and drained

1 cup chopped onion

1 cup chopped carrot

1 cup chopped celery

¼ teaspoon crushed red pepper

Hot cooked pasta

Finely shredded Parmesan cheese (optional)

- 1 In a 4½- or 5-quart slow cooker stir together pasta sauce, broth, and the water. Stir in lentils, onion, carrot, celery, and crushed red pepper.
- 2 Cover and cook on low-heat setting for 12 to 14 hours or on high-heat setting for 6 to 7 hours.
- 3 Serve sauce over hot-cooked pasta. If desired, pass Parmesan cheese.

**Per serving:** 404 cal., 4 g total fat (1 g sat. fat), 0 mg chol., 667 mg sodium, 75 g carbo., 12 g fiber, 16 g pro.

*Traditional moussaka is a layered eggplant and meat casserole. This meatless slow cooker adaptation mixes many of the same flavors with cubes of eggplant, lentils, and potatoes.*

## LENTIL "MOUSSAKA"

- ¾ cup dry brown or yellow lentils, rinsed and drained
- 2 medium potatoes, cut into ½-inch cubes
- 1 cup vegetable broth
- 2 cloves garlic, minced
- ½ teaspoon salt
- ¼ teaspoon ground cinnamon
- ¼ teaspoon black pepper
- 1 medium eggplant, cubed
- 3 medium carrots, thinly sliced
- 1 14½-ounce can diced tomatoes with basil, garlic, and oregano, undrained
- 1 8-ounce package cream cheese, softened
- 2 eggs, slightly beaten

**1** In a 3½- or 4-quart slow cooker stir together lentils, potatoes, broth, garlic, salt, cinnamon, and pepper. Top with eggplant and carrots.

**2** Cover and cook on low-heat setting for 6 hours or on high-heat setting for 3 hours.

**3** Stir in undrained tomatoes. In a medium bowl combine cream cheese and eggs; beat with an electric mixer on low speed until combined. Dollop cream cheese mixture over lentil mixture in slow cooker. If using low-heat setting, turn to high-heat setting. Cover and cook for 30 minutes more.

**Per serving:** 333 cal., 15 g total fat (9 g sat. fat), 112 mg chol., 868 mg sodium, 36 g carbo., 11 g fiber, 15 g pro.

**PREP:**

20 minutes

**COOK:**

Low 6 hours, High 3 hours;  
plus 30 minutes on High

**MAKES:**

6 servings

**SLOW COOKER:**

3½- or 4-quart

**FOR 5- TO 6-QUART**

**SLOW COOKER:**

Use 1¼ cups brown or yellow lentils, 4 medium potatoes, one 14-ounce can vegetable broth, 3 cloves garlic, ½ teaspoon ground cinnamon, 1 large eggplant, 4 medium carrots, and two 14½-ounce cans diced tomatoes with basil, garlic, and oregano. Do not change amounts of salt, pepper, cream cheese, and eggs. Makes 8 servings.

**Per serving:** 347 cal., 12 g total fat (7 g sat. fat), 84 mg chol., 1,002 mg sodium, 47 g carbo., 14 g fiber, 16 g pro.

If your motto is "The hotter the better," serve these meatless tacos with hot-style salsa and Monterey Jack cheese with jalapeños instead of cheddar cheese.

## LENTIL-BULGUR TACOS

**PREP:****20 minutes****COOK:****Low 4 hours, High 2 hours;  
plus 30 minutes on High****OVEN:****350°F****MAKES:****12 servings****SLOW COOKER:****3½ or 4-quart**

- 1 14-ounce can vegetable broth
- 1½ cups dry brown or yellow lentils, rinsed and drained
- 1 6-ounce can tomato paste
- 2 carrots, chopped
- 1 onion, chopped
- 2 cloves garlic, minced
- 1 1.25-ounce package taco seasoning mix
- 2½ cups water
- ½ cup bulgur
- 24 corn tortillas, warmed\*
- Purchased salsa, shredded lettuce, shredded cheddar cheese, and/or dairy sour cream (optional)

- 1 In a 3½- or 4-quart slow cooker stir together broth, lentils, tomato paste, carrots, onion, garlic, and taco seasoning mix. Stir in the water.
- 2 Cover and cook on low-heat setting for 4 to 6 hours or on high-heat setting for 2 to 3 hours.
- 3 If using low-heat setting, turn to high-heat setting. Stir in uncooked bulgur. Cover and cook for 30 minutes more.
- 4 Divide lentil mixture among corn tortillas. If desired, top with salsa, lettuce, cheese, and/or sour cream.

**Per serving:** 245 cal., 2 g total fat (0 g sat. fat), 0 mg chol., 449 mg sodium, 48 g carbo., 12 g fiber, 11 g pro.

**\*NOTE:** To warm tortillas, preheat oven to 350°F. Wrap tortillas tightly in foil. Heat in the oven about 10 minutes or until heated through.

An appetizing main dish, this savory gratin also is terrific as a side dish for twelve.

## BARLEY & SQUASH GRATIN

- 1 2-pound butternut squash, peeled, halved, seeded, and cubed (about 5 cups)
- 1 10-ounce package frozen chopped spinach, thawed and well drained
- 1 medium onion, cut into wedges
- 1 cup regular barley
- 1 14-ounce can vegetable broth
- ½ cup water
- 3 cloves garlic, minced
- ¾ teaspoon salt
- ¼ teaspoon black pepper
- ½ cup shredded Parmesan cheese (2 ounces)

- 1 In a 3½- or 4-quart slow cooker stir together squash, spinach, onion, barley, broth, the water, garlic, salt, and pepper.
- 2 Cover and cook on low-heat setting for 6 to 7 hours or on high-heat setting for 3 to 3½ hours.
- 3 Remove liner from slow cooker, if possible, or turn off slow cooker. Sprinkle with Parmesan cheese. Let stand, covered, for 10 minutes before serving.

**Per serving:** 196 cal., 3 g total fat (1 g sat. fat), 5 mg chol., 737 mg sodium, 36 g carbo., 8 g fiber, 9 g pro.

**PREP:**  
15 minutes  
**COOK:**  
Low 6 hours, High 3 hours  
**STAND:**  
10 minutes  
**MAKES:**  
6 servings  
**SLOW COOKER:**  
3½- or 4-quart

*Tubes of refrigerated cooked polenta usually are sold in the produce section of the supermarket. Choose the flavor that appeals to you.*

## POLENTA & VEGETABLE RAGOUT

**PREP:**

20 minutes

**COOK:**Low 8 hours plus 15 minutes,  
High 4 hours plus 15 minutes**MAKES:**

5 servings

**SLOW COOKER:**

5- to 6-quart

- 1 26- to 32-ounce jar meatless tomato-based pasta sauce
- 1 medium eggplant, peeled and cubed (about 1 pound)
- 1 medium zucchini, halved lengthwise and cut into  $\frac{1}{2}$ -inch-thick slices
- 1 medium onion, chopped
- 8 ounces fresh mushrooms, quartered
- 1 cup vegetable broth
- $\frac{1}{4}$  cup dry red wine (optional)
- 1 16-ounce tube refrigerated cooked polenta, cut into 1-inch cubes
- $\frac{1}{3}$  cup grated or finely shredded Parmesan cheese

- 1 In a 5- to 6-quart slow cooker stir together pasta sauce, eggplant, zucchini, onion, mushrooms, broth, and, if desired, wine.
- 2 Cover and cook on low-heat setting for 8 to 10 hours or on high-heat setting for 4 to 5 hours.
- 3 Stir in polenta cubes. Cover and cook for 15 minutes more. Sprinkle individual servings with Parmesan cheese.

**Per serving:** 296 cal., 7 g total fat (2 g sat. fat), 5 mg chol., 1,341 mg sodium, 49 g carbo., 10 g fiber, 10 g pro.