# Recipes

### Slow Cooker Beef and Broccoli

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| 1 cup beef broth  1/4 cup reduced sodium soy sauce  1/4 cup oyster sauce  1/4 cup Imperial Sugar Light Brown Sugar  1 tablespoon sesame oil  3 cloves garlic, minced  2 pounds boneless beef chuck roast, thinly sliced | 2 tablespoons cornstarch  2 heads broccoli, cut into florets |

In a medium bowl, whisk together beef broth, soy sauce, oyster sauce, sugar, sesame oil and garlic. Place beef into a 6-qt slow cooker. Add sauce mixture and gently toss to combine. Cover and cook on low heat for 90 minutes.

In a small bowl, whisk together 1/4 cup water and cornstarch. Stir in cornstarch mixture and broccoli into the slow cooker. Cover and cook on high heat for an additional 30 minutes.

### Slow Cooker Chicken Gumbo with Shrimp

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| 2 (14.5 ounce) cans stewed tomatoes, undrained  1 pound skinless, boneless chicken thighs, cut up  1 (14.5 ounce) can reduced-sodium chicken broth  1 green sweet pepper, chopped  1 large onion, chopped  2 stalks celery, chopped  1 tablespoon Cajun seasoning | 3 cloves garlic, minced  ¼ teaspoon ground black pepper  ¼ teaspoon cayenne pepper  1 pound fresh or frozen medium shrimp (thawed if frozen), peeled and deveined  4 cups hot cooked white or brown rice |

Add tomatoes, chicken, broth, green pepper, onion, celery, Cajun seasoning, garlic, black pepper, and cayenne pepper to prepared slow cooker. Stir gently with wooden spoon or rubber scraper to combine. Cover and cook on low for 6 hours.

Remove lid and stir in shrimp gently with a wooden spoon or rubber scraper. Cover and cook about 3 minutes more, or until shrimp is opaque. Serve over cooked rice.

### Slow-Cooker Ratatouille

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| 1 large eggplant, peeled and cut into 1-inch cubes  2 teaspoons salt, divided  3 medium tomatoes, chopped  3 medium zucchini, halved lengthwise and sliced  2 medium onions, chopped  1 large green pepper, chopped  1 large sweet yellow pepper, chopped | 1 can (6 ounces) pitted ripe olives, drained and chopped  1 can (6 ounces) tomato paste  1/2 cup minced fresh basil  2 garlic cloves, minced  1/2 teaspoon pepper  2 tablespoons olive oil |

Place eggplant in a colander over a plate; sprinkle with 1 teaspoon salt and toss. Let stand for 30 minutes. Rinse and drain well. Transfer to a 5-qt. slow cooker coated with cooking spray.

Stir in the tomatoes, zucchini, onions, green and yellow peppers, olives, tomato paste, basil, garlic, pepper and remaining salt. Drizzle with oil. Cover and cook on high until vegetables are tender, 3-4 hours.

### Crockpot Salsa Chicken

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| 2-4 Boneless skinless chicken breasts or chicken thighs  16 oz. Salsa – any heat level, chunky is best  2 tsp Taco seasoning – use a packet or make your own  1 Bell peppers, sliced thick  1 Onion, Sliced thick | **Optional add ins**:  Drained can of black beans  Can of diced tomatoes will make more sauce  Salt and pepper to taste  Chiles |

Put chicken breasts on bottom of your crockpot. If you have very large breasts cut in half and make sure all pieces are the same size so they cook evenly.

Sprinkle sliced onion and bell peppers on top, sprinkle taco seasoning if you are adding that, then pour salsa over the top of everything.

Put lid on and set on high for 4 hours or low for 6-8 hours. Serve on top of rice or shred and serve inside small tortillas for soft tacos.

Longer time on low turns out best.