

Slow Cooker Tried and True Recipes

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Chicken Tortellini Upvote Soup

- 1 medium yellow onion, diced
- 1/3 cup all purpose flour
- 1 Tbsp dried basil
- 2 cloves of garlic, minced
- 2 Tbsp tomato paste
- 3 Tbsp olive oil
- 4 cups chicken broth
- 2 (14.5 oz) cans petite diced tomatoes
- 1 to 1 1/2 lbs boneless, skinless chicken thighs
- 1 tsp salt
- 1/2 tsp pepper
- 4 cups frozen cheese tortellini (or you can use fresh)
- 3 cups packed spinach (you can definitely add more)
- 1/2 cup Parmesan cheese
- 1 cup heavy cream or 1 cup half and half

In a microwave-safe bowl add the onions, flour, basil, garlic, tomato paste and drizzle with olive oil. Microwave for 5 minutes, stirring every 90 seconds or so. (The mixture will be pasty and look weird but don't worry it will all be okay in the end). Add the mixture to the slow cooker*.

Add broth, tomatoes, chicken, salt and pepper to the slow cooker. Stir.

Cover and cook on LOW for 4-6 hours or on HIGH for 3-4 hours (or until chicken is very tender). Remove the lid use a fork to remove the chicken out of the slow cooker. And add in tortellini and spinach, Parmesan cheese and warmed cream (cream should be warmed because it may cause curdling if added in cold).

On a cutting board, shred or cut the chicken into bite-size pieces. Add the chicken back into the slow cooker. Put the lid back on and cook on HIGH for about 10 more minutes, or until the tortellini are cooked through. Ladle into serving bowls and enjoy!

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Pot Roast

- 3-5 lbs of Chuck roast (I used a 4.5 lb)
- 1 White onion
- 2 Potatoes
- 2 Small shallots
- 2 Tbsp Minced garlic
- 3 Cups of vegetable broth
- 10oz Beer (I used Yuengling)
- 3 Tbsp soy sauce
- 2 Tbsp Worcestershire sauce
- 1 cup of fresh sliced mushrooms
- Fresh ground pepper to taste
- Sea Salt to taste

Feel free to brown the outsides of the chuck roast before putting into the slow cooker, I didn't with this particular one

Layered the bottom with potatoes and onions, then I put the roast on top and added everything else

Let it cook for 10 hours on low, results will follow!



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Chili Mac

- 1lb lean ground beef
- 4 cloves garlic minced
- 1 onion chopped
- 28oz of canned tomato
- 2 cups beef broth
- 16oz of macaroni
- 1 tbsp chili powder
- 1/2 tsp cumin
- 30oz chili beans

combined all in pot except noodles and cooked on low for 6 hours then added noodles and cooked for 30 more min

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Liquid gold: the essential party dip

- 2lb brick Velveeta cheese
- 1 pk mild or hot Italian sausage
- 1 container fresh salsa (I use hot) Chili's or jalapeño's
- ~1 cup milk

Remove any casings from the sausage and cook it in the pan w the chopped peppers of your choice.

Add all other ingredients to crock pot. You really have a lot of control over how spicy you like your queso. I've added a few drops of death sauce before and it was fire. You can also fresh cut tomato, onion and other stuff you like in it. In a pinch I use the container of fresh salsa to save time. The milk helps keep the dip from hardening and really gives it a nice consistency. Add the sausage when it's cooked and you're done.

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Butter Chicken

- 2 tablespoons butter
- 2 tablespoons vegetable oil
- 4 large skinless, boneless chicken thighs, cut into bite-sized pieces
- 1 onion, diced
- 3 cloves garlic, minced
- 2 teaspoons curry powder
- 1 tablespoon curry paste
- 2 teaspoons tandoori masala
- 1 teaspoon garam masala
- 1 (6 ounce) can tomato paste
- 15 green cardamom pods
- 1 cup low-fat plain yogurt
- 1 (14 ounce) can coconut milk
- salt to taste



Melt the butter and vegetable oil in a large skillet over medium heat. Stir in the chicken, onion, and garlic. Cook and stir until the onion has softened and turned translucent, about 10 minutes. Stir in the curry powder, curry paste, tandoori masala, garam masala, and tomato paste until no lumps of tomato paste remain. Pour into a slow cooker, and stir in the cardamom pods, coconut milk, and yogurt. Season to taste with salt.

Cook on High 4 to 6 hours, or on Low 6 to 8 hours until the chicken is tender and the sauce has reduced to your desired consistency. Remove and discard the cardamom pods before serving.

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Pulled pork

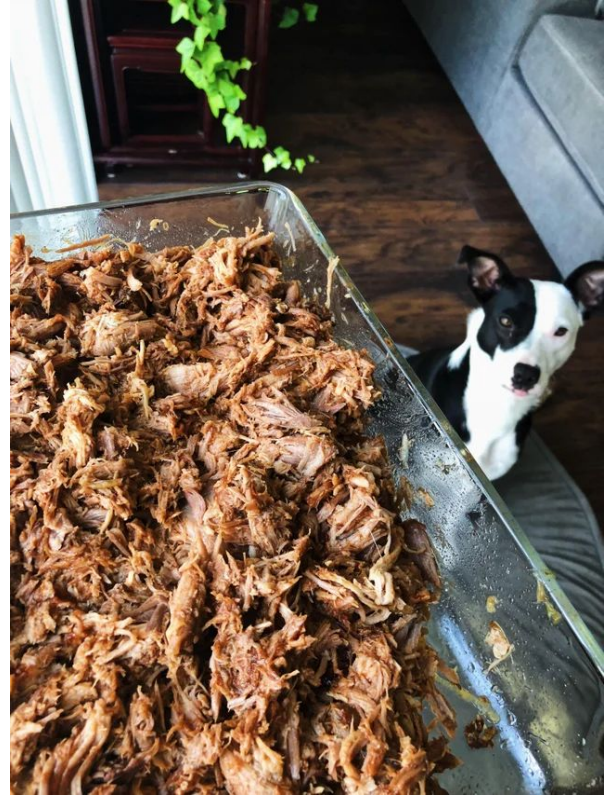
- 2 medium yellow onions, thinly sliced
- 4 medium garlic cloves, thinly sliced
- 1 cup chicken stock or low-sodium chicken broth
- 1 tablespoon packed dark brown sugar
- 1 tablespoon chili powder
- 1 tablespoon kosher salt, plus more as needed
- 1/2 teaspoon ground cumin
- 1/4 teaspoon ground cinnamon
- 1 (4-1/2- to 5-pound) boneless or bone-in pork shoulder (also known as pork butt), twine or netting removed
- 2 cups barbecue sauce (optional)

Place the onions and garlic in an even layer in the slow cooker and pour in the stock or broth. Combine the sugar, chili powder, measured salt, cumin, and cinnamon in a small bowl. Pat the pork dry with paper towels. Rub the spice mixture all over the pork and place the meat on top of the onions and garlic. Cover and cook until the pork is fork tender, about 6 to 8 hours on high or 8 to 10 hours on low.

Turn off the slow cooker and remove the pork to a cutting board. Set a fine-mesh strainer over a medium heatproof bowl. Pour the onion mixture from the slow cooker through the strainer and return the solids to the slow cooker. Set the strained liquid aside.

If the pork has a bone, remove and discard it. Using 2 forks, shred the meat into bite-sized pieces, discarding any large pieces of fat. Return the shredded meat to the slow cooker, add the barbecue sauce, if using, and mix to combine. If you're not using barbecue sauce, use a spoon to skim and discard the fat from the surface of the strained cooking liquid, and then add 1/4 cup of the liquid at a time to the slow cooker until the pork is just moistened. Taste and season with salt as needed.

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Mississippi pot roast

- 1 (3-4 pounds) chuck roast
- 1 packet ranch dressing mix
- 1 packet au jus gravy mix
- 1/4 cup butter
- 4-5 pepperoncini peppers

Place roast in the slow cooker and sprinkle the top with the ranch dressing mix and the au jus mix. Place peppers on top of the mixes, and add the butter.

Cook over low heat for 8 hours. Serve with noodles, rice or mashed potatoes. Enjoy!

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Sausage, Quinoa & Peppers

- 1 package hot italian turkey sausage
- ½ cup quinoa
- 2 green peppers
- 1 cup water
- 1 pack frozen sous-vide Sprouts

1. Put a liner in the pot
2. Put the turkey sausage in the pot.
3. Add half a cup of quinoa.
4. Add one cup of water.
5. Add one cup of pasta sauce or salsa.
6. Slice the green peppers to bite sizes and put on top.
7. Put lid on and set cooker program mode to low for 5 hours.

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Taiwanese Beef Noodle Soup

- 4 spring onions (scallions)
- 1 onion
- 2 inch piece of ginger
- 5 cloves garlic
- 2 red chillis
- 2 tomatoes
- 1.5 lbs stewing beef
- Sunflower oil
- 3 tbsp hoisin sauce
- 3 pieces star anise
- 1/2 cup rice wine
- 1/4 cup dark soy sauce
- 1/4 cup light soy sauce
- 5 dried bay leaves
- 1 tsp white pepper
- 1 tbsp rice vinegar

To serve:

- Udon or egg noodles
- Stir fried veggies of your choice - I used red peppers and sugarsnap peas
- Sliced spring onions



Peel and slice ginger into about 5 thick slices, peel garlic cloves, top and tail spring onions, slice onions and roughly chop chillis.

Heat up a slug of oil in a pot on the hob (my slow cooker has a removable pot so I use this) and add the chopped aromatics, along with the hoisin sauce and star anise. Cook until onions are translucent, and then add the beef and give it a stir.

Add in tomatoes quartered, soy sauces, rice wine, bay leaves and white pepper, and cook rapidly for about 5 mins.

Add enough water in to cover the meat, bring to boil, and then transfer to slow cooker. Cook on high for 4 hours.

To serve, stir in rice vinegar, pop the chunks of meat into bowls on top of cooked noodles and stir fried veggies, and then ladle the soup on top. Top with extra sliced spring onions. Don't eat without a bib. ;)

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Chicken Tikka Masala

- 2 lb. boneless skinless chicken breasts, cut into 1" cubes
- 1/3 c. plain Greek yogurt
- 1/2 tsp. ground coriander (optional)
- Kosher salt
- Freshly ground black pepper
- 1 onion, chopped
- 5 cloves garlic, minced
- 1 tbsp. freshly minced ginger
- 1/2 tsp. ground turmeric
- 2 tsp. ground cumin
- 2 tsp. paprika
- 2 tsp. garam masala
- 1/2 tsp. cayenne pepper
- 1 (28-oz.) can crushed tomatoes
- 1/2 c. heavy cream
- Kosher salt
- Freshly chopped cilantro, for garnish
- Rice or naan, for serving



In the bowl of slow cooker, combine chicken, yogurt, and coriander; season with salt and pepper. Let marinate 15 minutes.

Stir in onion, garlic, ginger, and spices, then add tomatoes. Cover and cook until chicken is cooked through, on high for 4 hours or on low for 8 hours.

Stir in cream and garnish with cilantro before serving.

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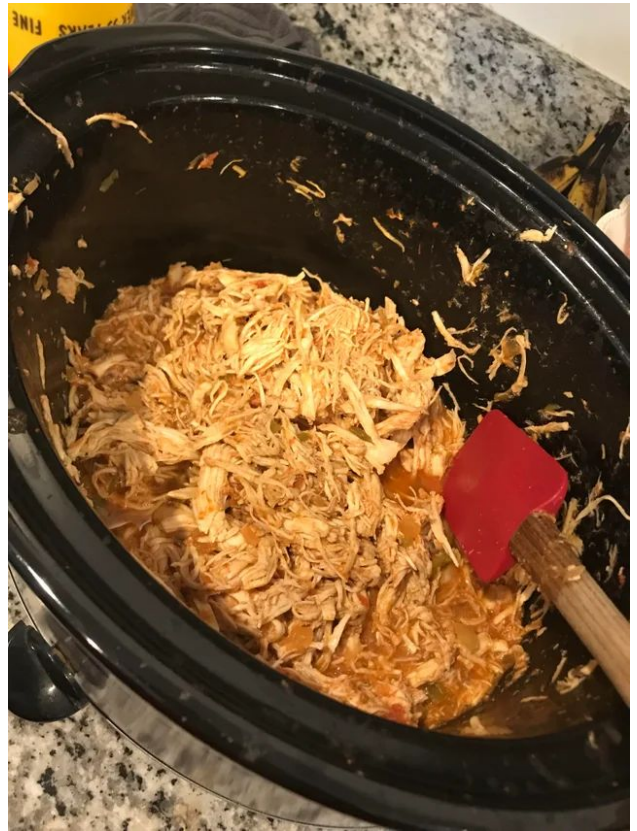
Salsa chicken

- 3-4 chicken breasts
- Seasoning (cumin, chili powder, cayenne, garlic, etc)
- Jar of any salsa

Cook on high until done (around 3 hours) Shred with hand mixer

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Polish Hunter's Stew

- 1 ounce dried porcini or other wild mushrooms
- 2 Tbsp bacon fat or vegetable oil
- 2 pounds pork shoulder
- 1 large onion, chopped
- 1 head cabbage (regular, not savoy or red), chopped
- 1 1/2 pounds mixed fresh mushrooms
- 1-2 pounds kielbasa or other smoked sausage
- 1 smoked ham hock
- 1 pound fresh Polish sausage (optional)
- 1 25-ounce jar of fresh sauerkraut (Recommend Bigo's)
- 1 bottle of pilsner or lager beer
- 1 Tbsp juniper berries (optional)
- 1 Tbsp black peppercorns
- 1 Tbsp caraway seeds
- 2 Tbsp dried marjoram
- Salt
- 20 prunes, sliced in half (optional)
- 2 Tbsp tomato paste (optional)
- 1 15-ounce can tomato sauce (optional)
- 1-2 Tbsp mustard or horseradish (optional)



-Pour hot tap water over the dried mushrooms and submerge them for 20-40 minutes, or until soft. Grind or crush the juniper berries and black peppercorns roughly; you don't want a powder. Cut the pork shoulder into large chunks, about 2 inches. Cut the sausages into similar-sized chunks. Drain the sauerkraut and set aside. Clean off any dirt from the mushrooms and cut them into large pieces; leave small ones whole.

-Heat the bacon fat or vegetable oil in a large lidded pot for a minute or two. Working in batches if necessary, brown the pork shoulder over medium-high heat. Do not crowd the pan. Set the browned meat aside. Put the onion and fresh cabbage into the pot and sauté for a few minutes, stirring often, until the cabbage is soft. Sprinkle a little salt over them. The vegetables will give off plenty of water, and when they do, use a wooden spoon to scrape any browned bits off the bottom of the pot. If you are making the tomato-based version, add the tomato paste here. Once the pot is clean and the cabbage and onions soft, remove from the pot and set aside with the pork shoulder.

-Add the mushrooms and cook them without any additional oil, stirring often, until they release their water. Once they do, sprinkle a little salt on the mushrooms. When the water is nearly all gone, add back the pork shoulder, the cabbage-and-onion mixture, and then everything else except the prunes. Add the beer, if using, or the tomato sauce if you're making the tomato-based version. Stir well to combine.

-You should not have enough liquid to submerge everything. That's good: Bigos is a "dry" stew, and besides, the ingredients will give off more liquid as they cook. Bring everything to a simmer, cover the pot and cook gently for at least 2 hours.

-Bigos is better the longer it cooks, but you can eat it once the ham hock falls apart. Check at 2 hours, and then every 30 minutes after that. When the hock is tender, fish it out and pull off the meat and fat from the bones. Discard the bones and the fat, then chop the meat roughly and return to the pot. Add the prunes and cook until they are tender, at least 30 more minutes.

-Bigos is best served simply, with rye bread and a beer. If you want a little kick, add the mustard or horseradish right before you eat it. Bigos improves with age, too, which is why this recipe makes so much: Your leftovers will be even better than the stew was on the first day.

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Korean-Style Barbecue Short Ribs

- 1/3 cup soy sauce
- 1/3 cup brown sugar
- 1.5 tbsp toasted sesame oil
- 2 tbsp minced peeled fresh ginger
- 1.5 tbsp rice vinegar
- 1 tbstp minced garlic
- 2 tsp sambal oelek
- 3 lbs beef short ribs (ideally flaken-cut)
- 4 medium scallions, thinly sliced, separated by white and green parts
- 1 tbsp white sesame seeds

Mix the soy sauce, brown sugar, sesame oil, ginger, vinegar, garlic, and sambal oelek in the slow cooker. Nestle the short ribs and white parts of the scallions into this sauce

Cover and cook on low for eight hours.

Remove the ribs and place on four plates. Sprinkle green scallions and sesame seeds all over the top of the meat.



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Creamy Tomato Basil Parmesan Soup

- 2 14oz cans diced tomatoes with juice
- 1 cup finely diced celery
- 1 cup finely diced carrots
- 1 cup finely diced onion
- 1 teaspoon oregano
- 1 teaspoon basil
- 4 cups chicken broth
- 1 bay leaf
- 1/2 cup flour
- 1/2 cup butter
- 1 cup Parmesan cheese
- 2 cups half and half, warmed
- Salt and pepper to taste

Add first eight ingredients to crock pot. Cook on low for 5-7 hours, until veggies are soft. 30 minutes before serving create a roux by melting butter in a pot then adding the flour. Stir constantly for 5 minutes. While continuing to stir, slowly add soup to the flour mixture (add enough soup to make a smooth mixture- about 3 cups). Add it all back to the crock pot. Mix in the Parmesan, the warmed half and half, salt and pepper. Continue to cook for about another thirty minutes, until it's hot and ready to serve. Enjoy!

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Mozzarella Stuffed Meatballs

SAUCE

- 7 cups crushed tomato
- 1/3 cup onion, chopped
- 2 cloves garlic, crushed
- 2 teaspoons dried basil
- 1 teaspoon dried oregano
- 1/2 teaspoon pepper
- 1/2 teaspoon salt

MEATBALLS

- 1 lb beef
- 1 lb mild sausage
- 1 cup breadcrumbs
- 1/3 cup onion, chopped
- 1/4 cup parmesan cheese
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- 1 teaspoon dried thyme
- 1 teaspoon dried oregano
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 2 eggs
- 4 sticks mozzarella cheese, cut into 4-5 even pieces each
- 1/2 cup whole milk
- 1/2 cup parsley



Combine all sauce ingredients in slow cooker and stir. Set to high and cover while making meatballs, or for 30 minutes. (Or use pre-made/canned sauce.)

Combine all meatball ingredients except the mozzarella in a large bowl. Using your hands, mix until fully combined. Take a golf ball sized piece of the ground beef mixture and place a piece of mozzarella in the middle. Press meat around the piece of cheese, fully enclosing it. Repeat until all meat is used.

Place meatballs in slow cooker and submerge in sauce. Cover and cook on high for 2-2½ hours, or until meat is fully cooked. Serve by itself or over pasta.

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Tuscan chicken

Chicken:

- (1) 7 oz jar Sun Dried Tomatoes, sliced (drained)
- 2 Tbsp Butter
- 4 Chicken Breasts, boneless/skinless
- 1 small Onion, diced
- 1 1/2 tsp Italian Seasoning
- 1/4 tsp Red Pepper Flakes
- (1) 15 oz jar Alfredo Sauce* (with roasted garlic)
- 3/4 cup Parmesan Cheese (more for garnish)
- 2-3 cups Fresh Baby Spinach

-Drain the sun dried tomatoes and set aside.

-Heat a skillet on med-high heat and add the butter. Add the chicken breasts and brown both sides. Remove chicken and place in the slow cooker.

-Add the onions to the skillet and cook until just turning translucent.

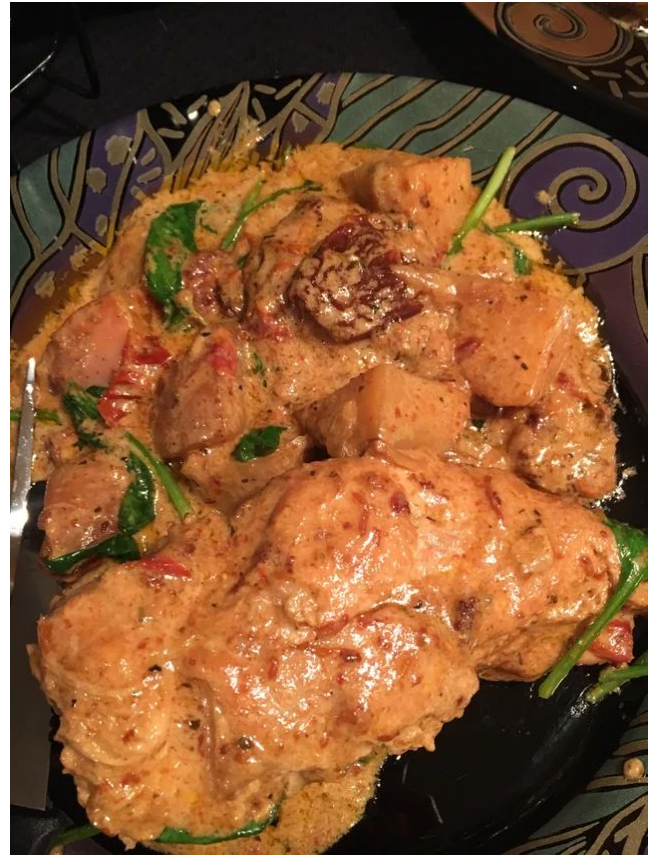
-Add the sun dried tomatoes to the onions and cook for 2 minutes, stirring occasionally. Turn off heat and add onion/sun dried tomato mixture to the slow cooker.

-Sprinkle in the Italian seasoning and red pepper flakes.

-Pour the Alfredo sauce over the top and close the lid. Cook on Low for 3-4 hours or High for 2-3 hours.

-When cook time is finished, open lid and stir in parmesan, then stir in the spinach and close the lid. Let cook for a few more minutes, until spinach is wilted/softened.

-Serve over pasta or potatoes.



Sauce:

- 1/2 cup butter
- 1 pint heavy whipping cream 2 cups
- 4 ounces cream cheese
- 1/2 teaspoon minced garlic
- 1 teaspoon garlic powder
- 1 teaspoon italian seasoning
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1 cup grated parmesan cheese

In a medium saucepan add butter, heavy whipping cream, and cream cheese. Cook over medium heat and whisk until melted.

Add the minced garlic, garlic powder, italian seasoning, salt and pepper. Continue to whisk until smooth. Add the grated parmesan cheese. Bring to a simmer and continue to cook for about 3-5 minutes or until it starts to thicken. Toss it with your favorite pasta!

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Cuban Shredded Beef (Ropa Vieja)

FOR SEARING THE MEAT:

- 6 whole cloves garlic
- 2-2 1/2 lbs. beef chuck roast or flank steak
- 1 tablespoon oil

FOR THE ROPA VIEJA:

- 2 (8 ounce) cans tomato sauce
- 1 green bell pepper, thinly sliced
- 1 medium onion, thinly sliced
- 1 (4 ounce) can chopped green chilies
- 2 tablespoons tomato paste
- 2 teaspoons EACH dried oregano AND salt
- 1 tablespoon EACH ground cumin AND white vinegar
- 1/2 teaspoon red pepper flakes
- 1/4 cup chopped cilantro + more for serving

FOR SERVING:

- white rice and cuban-style black beans



SEARING THE MEAT: Take the beef chuck roast and using a small paring knife, make 3 small 'x' marks into the meat. Take 3 cloves of garlic and insert them into the 3 'x' marks so that the clove is completely inserted into the thickness of roast. Season both sides of the meat with a pinch of salt and pepper. Heat the oil in a large, deep skillet. Add the beef in one piece and fry on each side for 5 minutes, turning only when the exterior is browned. This will splatter a bit but don't cover the pan as the meat will end up steaming rather than searing.

FOR THE ROPA VIEJA: Chop the remaining 3 cloves of garlic into thin slices and add to the slow cooker along with all the remaining ropa vieja ingredients. I used a 6-quart slow cooker but a 3-quart slow cooker will work too. Cover and let cook on the low setting for 7-8 hours. When the beef falls apart easily when pulled with two forks, it's done. Shred the beef with the forks and give it a stir. Taste for seasonings, season with additional salt and pepper as desired.

TO SERVE: Serve over a bed of rice with cuban-style black beans on the side topped with additional cilantro and a few lime wedges. You can also use the shredded beef for burritos, breakfast quesadillas, or tacos! The possibilities are endless!

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White Chicken Chili

- 2lbs Chicken breast,
- 1 large onion,
- 2 tbsp crushed garlic,
- 2 cans 15oz Northern Beans,
- 1 can 15 oz Black Beans,
- 1 can 15 oz corn,
- 2 cans 4 oz diced green chilis,
- 32 oz chicken broth (or vegetable for less cals),
- salt, pepper, cumin, oregano, cayenne pepper, chili powder, cilantro
- 8 oz of cream cheese added at the last 30 mins.

Cook on High for 4 hours or Low for 8.

12 servings 305 cals for 1 serving of 340 grams Fats:
11.3g Carbs: 28g Protein: 26.7g

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Chipotle Barbacoa

- 4 lbs beef brisket (or beef chuck roast will also work)
- 2 Tbsp vegetable oil
- 3 - 4 chipotle chilis in adobo
- 1¼ cups beef broth
- 4 teaspoons minced garlic
- 1½ Tbsp ground cumin
- 1 Tbsp dried oregano
- ¾ tsp salt, then more to taste
- ½ tsp ground black pepper
- ¼ tsp ground cloves
- ¼ cup fresh lime juice

Cut the beef into large cubes. In a large skillet over medium high heat add the vegetable oil and sear the beef on each side. Transfer to your slow cooker.

In a food processor add adobo chilis, beef broth, garlic, cumin, oregano, salt, pepper, cloves, and lime juice. Pulse until blended and pour on top of the meat.

Cook on low for 8-9 hours or high for 6 hours. Shred the meat with two forks and turn on warm.

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