



# Crock Pot Recipes



MICHIGAN STATE UNIVERSITY | Extension



# Slow Cooker Harvest Chili

Makes 8 servings

## Ingredients

- 1 medium onion, chopped
- 1 green bell pepper, chopped
- 4 garlic cloves, chopped
- 2 teaspoons Chili powder
- 2 teaspoons Ground Cumin
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 2 14-ounce cans diced tomatoes
- 3 15-ounce cans beans (pinto, black, navy, or your favorite) or about 4 ½ cups cooked beans
- 2 cups peeled, chopped squash, such as butternut
- 4 large carrots, scrubbed and sliced
- 1 cup water
- 4+ leaves of kale, stems removed and chopped (add during last hour of cooking)

## What you'll need

- ✓ Cutting board
- ✓ Knife
- ✓ Measuring spoon
- ✓ Measuring cup
- ✓ Can opener
- ✓ Slow cooker

## Directions

Combine all ingredients (except leafy greens) in the slow cooker and cook on LOW for 7-8 hours, or HIGH for 4 hours or until the chili has thickened and vegetables are cooked. Add leafy greens during last hour of cooking.



### Add even more veggies:

Chopped spinach  
Green beans  
Hot or banana peppers  
Chopped sweet potatoes

### Add more protein:

Chopped or ground and cooked:  
Chicken  
Ground beef  
Venison  
Turkey

### Add more flavor:

2 tsp unsweetened cocoa powder

### Top your bowl of chili with:

Grated Cheese  
Chopped Onion  
Chopped Tomatoes  
Chopped Peppers  
Plain Yogurt  
Hot sauce of your choice!



# Barbecue Beef Stew

## Ingredients

- 1-2 lbs. stew meat
- 1 cup onion, sliced
- 1/2 cup green pepper, chopped
- 1 clove garlic
- 1/2 tsp. salt
- 1/8 teaspoon pepper
- 2 cups beef stock
- 1 can (8 oz.) tomatoes
- 1 can (4 oz.) mushrooms
- 1/3 cup barbecue sauce
- 2 tablespoons corn starch



## Directions

Sauté onion, pepper and garlic in oil. Add salt, pepper, beef stock, tomatoes, mushrooms and barbecue sauce. Cook meat and all of the other ingredients in a crockpot on low heat for 8-10 hours. To thicken, mix 2 tablespoons cornstarch and 1/4 cup cold water and add to stew before serving.

# Crockpot Stuffed Peppers

## Ingredients

- 6 Large Bell Peppers
- 1/2 pound lean ground beef (cooked or uncooked – leftover works great)
- 1/2 cup onion, chopped
- 1 – 14 oz can diced tomatoes
- 1 cup rice, cooked (any kind of rice will work)
- 2 tablespoons Worcestershire sauce
- 1 teaspoon. salt
- 1 teaspoon pepper
- shredded cheese, for topping
- 1/4 cup water



## Directions

Combine ground beef, onion, diced tomatoes, rice, Worcestershire sauce, salt, pepper. Stuff each bell pepper with mixture. Cut off each top of the peppers and scrape out the seeds and membranes. Cook on low for 6 hours or high for 4 hours until peppers are tender and ground beef is cooked throughout. About 15 minutes before serving, sprinkle cheese and let it melt.

# Overnight Banana Cinnamon Crock Pot Oatmeal

Makes 6-8 servings

## Ingredients

- 2 cups **old-fashioned oats** (not the quick cook kind)
- 3 1/2 cups water
- 2 cups milk of your choice
- 1 tablespoon cinnamon
- 2 tablespoons brown sugar

## Add after cooking

- 2 mashed bananas
- 1 banana, sliced for garnish (optional)



## Directions:

Using non-stick cooking spray, thoroughly spray the bottom and sides of the Crock Pot insert. Add the old-fashioned oats, water, milk, cinnamon and brown sugar to the Crock Pot. Mix well until all ingredients are well incorporated. Cover and cook on the low setting for 8 hours. Prior to serving, stir in the mashed bananas. Garnish with additional banana slices if desired.

# Crock Pot Salsa Chicken

Makes eight 1-cup servings

## Ingredients

- 2 lbs. (32 oz) chicken breasts, boneless and skinless
- 1 cup salsa, homemade or purchased
- 1 cup petite diced canned tomatoes
- 2 tablespoons taco seasoning
- 1 cup onions, diced fine
- 1/2 cup celery, diced fine
- 1/2 cup carrots, shredded
- 3 tablespoons sour cream



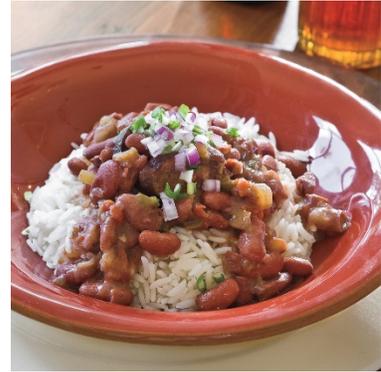
## Directions:

Place the chicken in a slow cooker. Sprinkle the taco seasoning over the meat, then layer the vegetables and salsa on top. Pour 1/2 cup water over the mixture. Set on low and cook for 6-8 hours. The meat is cooked when it shreds or reaches an internal temperature of 165° F. When ready to serve, break up the chicken with two forks, then stir in the sour cream.

# Red Beans and Rice

## Ingredients

- 3 cups water
- 1 cup dried pinto beans
- 1 cup chopped onion
- 1 cup chopped green bell pepper
- 3/4 cup chopped celery
- 1 teaspoon dried thyme (optional)
- 1 teaspoon paprika (optional)
- 3/4 teaspoon ground red pepper
- 1/2 teaspoon black pepper
- 1/2 (14-oz) package turkey, pork, and beef, smoked sausage, thinly sliced
- 5 cloves garlic, minced
- 1/2 teaspoon salt
- 3 cups hot cooked long-grain rice or noodles



## Directions:

Combine first 12 ingredients in an electric slow cooker. Cover with lid; cook on HIGH heat for 5 hours or LOW heat for 10 hours. Stir in slat. Serve over rice.

Tip: Put the rice in the crockpot as well, and put in 10 cups of water instead of the 3 it calls for. Let it go all day on low.

# Apple Pork Roast

## Ingredients

- 3 apples with peel, cored and cut into 8 wedges
- 1 large red onion, roughly chopped
- 1/2 + 1/4 teaspoon ground cinnamon (to taste)
- 3 lbs. pork loin/roast
- 1/2 teaspoon salt (to taste)
- 1/2 teaspoon pepper (to taste)
- 1 (24 oz) jar cinnamon-flavored applesauce
- 2 cups uncooked rice



## Directions:

Place the apples and onion into the bottom of slow cooker and sprinkle with 1/2 teaspoon cinnamon. Rub the pork roast with salt and pepper. Place it on the layer of apples and onions in the slow cooker. Pour applesauce over the roast, and dust the top with 1/4 teaspoon cinnamon. Cook on HIGH for 8 hours.

# Crock-Roasted Root Vegetables

Makes 12 servings

## Ingredients

- 1 lb. butternut squash, peeled and cut into 2-inch pieces
- 6-8 tiny new potatoes, halved
- 4-5 medium beets, peeled and cut into 1-inch pieces
- 2 turnips or ½ rutabaga, peeled and cut into 1-inch pieces
- 1 cup packaged peeled fresh baby carrots, or 2 large carrots, peeled and sliced into 1/ inch pieces
- 1 small red onion, cut into 1/2-inch wedges
- 8 cloves garlic, peeled
- 2 tablespoons olive oil
- 1/2 teaspoon salt
- 1/2 teaspoon ground black pepper
- Chopped fresh parsley (optional)



## Directions:

In a very large bowl combine squash, potatoes, beets, turnips, carrots, onion, and garlic. Drizzle with olive oil and toss to coat. Sprinkle with salt and pepper. Place vegetable mixture in a 3 1/2 or 4 quart slow cooker. Cover and cook on HIGH for 3 to 4 hours or until vegetables are tender when pierced with a fork. Sprinkle with parsley.

# Applesauce

Makes 10 servings

## Ingredients

- 7 apples (cut in quarters)
- 1/2 cup water
- 1/4 sugar

## Directions:

Wash and then cut apples in quarters. Apples can be peeled, but fiber will be decreased. Combine apples and water in saucepan. Heat to boiling. Turn heat to low as soon as water is boiling. Simmer over low heat for 10 to 20 minutes or until apples are tender. Stir occasionally to prevent sticking. Stir in sugar until sugar is dissolved.



Tip: Additional sugar can be added to increase sweetness. Brown sugar can be used instead of white.