

**K-State Research and  
Extension  
Lyon County  
2012**

**Slow Cooker Recipes**

**“Fix- it and Forget-it”**



# Soups, Stews, and Chilis

## Chicken Noodle Soup *Makes 6-8 servings*

Submitted by: **Beth Shank, Wellman, IA**

5 cups hot water  
2 Tbsp. chicken bouillon granules, or 2 chicken bouillon cubes  
46-oz. can chicken broth  
2 cups cooked chicken  
1 tsp. salt  
4 cups "home style" noodles, uncooked  
1/3 cup thinly sliced celery, lightly pre-cooked in microwave  
1/3 cup shredded, or chopped, carrots

1. Dissolve bouillon in water, pour into slow cooker.
2. Add remaining ingredients. Mix well.
3. Cover, Cook on Low 4-6 hours

## Chicken Tortilla Soup *Makes 6-8 servings*

Submitted by: **Becky Harder, Monument, CO**

4 chicken breast halves  
2 15 oz cans black beans, undrained  
2 15 oz cans Mexican stewed tomatoes, or Rotel Tomatoes  
14 ½ oz can tomato sauce  
2 cups grated cheese  
1 cup salsa (mild, medium or hot)  
4-oz. can chopped green chilies  
tortilla chips

1. Combine all ingredients except chips and cheese in large slow cooker.
2. Cover. Cook on Low 8 hours.
3. Just before serving, remove chicken breasts and slice into bite-sized pieces. Stir into soup.
4. To serve, put a handful of chips in each individual soup bowl. Ladle soup over chips. Top with cheese.

## Healthy Beef Stew

## Fix It and Forget It

1 ½ lbs potatoes peeled or not cut into small cubes  
8 oz bag of baby carrots  
14 ½ oz can diced tomatoes  
1/3 c flour  
1-2 tsp. sugar to taste or leave out  
¼ tsp. pepper

1 medium onion chopped  
2 c fresh mushrooms, sliced  
10 ½ oz can beef broth  
1 Tbsp. Worcestershire sauce  
1 tsp. marjoram leaves  
1 lb. stewing beef

Mix all ingredients in slow cooker. Cover and cook on Low 8-9 hours or until vegetables and beef are tender. Stir well before serving. *Variations: add 1-2 cloves garlic minced. Add 1 lb. frozen green beans.*

# Main Dishes

## **Steak Hi-Hat** **Makes 8 – 10 Servings**

*Submitted by: **Bonita Ensenberger**  
**Albuquerque, NM***

10  $\frac{3}{4}$  oz. can cream of chicken soup  
10  $\frac{3}{4}$  oz. can cream of mushroom soup  
1  $\frac{1}{2}$  Tbsp. Worcestershire sauce  
 $\frac{1}{2}$  tsp. black pepper  
1 tsp. paprika  
2 cups onion, chopped

1 cup fresh, small button mushrooms, quartered  
2 lbs. round steak, cubed  
1 cup sour cream  
cooked noodles with poppy seeds  
crisp bacon bits, optional  
1 garlic clove, minced

1. Combine chicken soup, mushroom soup, Worcestershire sauce, pepper, paprika, onion, garlic, and mushrooms in slow cooker.
2. Stir in steak.
3. Cover. Cook on Low 8-9 hours.
4. Stir in sour cream during the last 20-30 minutes.
5. Serve on hot buttered noodles sprinkled with poppy seeds. Garnish with bacon bits.

## **Round Steak** **Makes 4-5 servings**

*Submitted by: **Dorothy Hess,**  
**Willow Street, PA***

2 lb boneless round steak  
1 envelope dry onion soup mix  
 $\frac{1}{2}$  cup water

Oil  
10  $\frac{3}{4}$  oz. can cream of mushroom soup

1. Cut steak into serving-size pieces. Brown in oil in saucepan. Place in slow cooker. Sprinkle with soup mix.
2. Combine soup and water. Pour over meat.
3. Cover. Cook on Low 7-8 hours.

### **Variation:**

To make a dish lower in sodium, replace the onion soup mix and mushroom soup with 1 cup diced onions,  $\frac{1}{2}$  lb. sliced mushrooms, 1 Tbsp. fresh parsley,  $\frac{1}{4}$  tsp. pepper,  $\frac{1}{2}$  tsp. dried basil, all stirred gently together. Place on top of meat in cooker. Dissolve 2 Tbsp. flour in  $\frac{3}{4}$  cup cold water. Pour over vegetables and meat. Mix together. Cover and cook according to directions above.

## **Roast** **Makes 6 servings**

*Submitted by: **Tracey Yohn**  
**Harrisburg, PA***

2-3 lb shoulder roast  
1 tsp. salt  
1 tsp. pepper  
1 tsp. garlic salt

1 small onion, sliced in rings  
1 cup boiling water  
1 beef bouillon cube

1. Cut roast into 6-8 pieces and place in slow cooker. Add water and bouillon cubes. Sprinkle with pepper.
2. Cover. Cook on High 2 hours. Reduce heat to Low and cook 4-5 hours, or until meat is tender.
3. Dissolve flour and salt in cold water. Remove roast from cooker and keep warm. Stir flour paste into hot broth in cooker until smooth. Cover and cook on High for 5 minutes. Serve gravy with sliced roast beef.

**Poor Man's Steak**  
**Makes 8-10 servings**

*Submitted by: Elie Schlabach*  
*Millersburg, OH*

1 ½ lbs. ground beef	1 cup cracker crumbs
1 cup milk	1 tsp. brown sugar
¼ tsp. pepper	10 ¾ oz. can cream of mushroom soup
1 tsp. salt	1 soup can water
1 small onion, finely chopped	

1. Mix together all ingredients except soup and water. Shape into narrow loaf. Refrigerate for at least 8 hours.
2. Slice and fry until brown in skillet.
3. Mix soup and water together until smooth. Spread diluted soup on each piece. Place slices into cooker. Pour any remaining soup over slices in cooker.
4. Cover. Cook on Low 2-3 hours.

**Evie's Spanish Rice**  
**Makes 10 – 12 servings**

*Submitted by: Evie Hershey*  
*Atglen, PA*

2 lbs. lean ground beef	1 cup water
2 onions, chopped	2 ½ tsp. chili powder
2 green peppers, chopped	2 tsp. salt
1 qt. canned tomatoes	2 tsp. Worcestershire sauce
8 oz. can tomato sauce	1 cup converted rice, uncooked

1. Brown beef in skillet. Drain.
2. Combine all ingredients in slow cooker. Stir.
3. Cover. Cook on Low 7-9 hours.

**A Hearty Western Casserole**  
**Makes 5 servings**

*Submitted by: Karen Ashworth*  
*Duenweg, MO*

1 lb. ground beef, browned	1 cup (4 oz) Colby Cheese
16 oz. can whole corn, drained	¼ cup milk
16 oz. can red kidney beans, drained	1 tsp. minced dry onion flakes
10 ¾ oz can condensed tomato soup	½ tsp. chili powder

1. Combine beef, corn, beans, soup, cheese, milk, onion, and chili powder in slow cooker.
2. Cover. Cook on Low 1 hour.

**Variation:**

1 pkg (of 10) refrigerator biscuits	¼ cup yellow cornmeal
2 Tbsp. margarine	

Dip biscuits in margarine and then in cornmeal. Bake 20 minutes or until brown. Top beef mixture with biscuits before serving.

**Taters N' Beef**  
**Makes 6-8 servings**

*Submitted by: Maryland Massey,  
Millington, MD*

2 lbs. ground beef, browned  
1 tsp. salt  
½ tsp. pepper  
¼ cup chopped onions  
1 cup canned tomato soup  
6 potatoes, sliced  
1 cup milk

1. Combined beef, salt, pepper, onions, and soup.
2. Place a layer of potatoes in bottom of slow cooker. Cover with a portion of the meat mixture. Repeat layers until ingredients
3. Cover, Cook on Low 4-6 hours. Add milk and cook on High 15-20 minutes.

**Variations:**

1. Use home-canned spaghetti sauce instead of tomato soup.
2. Add a layer of chopped raw cabbage after each layer of sliced potatoes to add to the flavor, texture, and nutritional value of the meal.

**Helen's Lasagna**  
**Makes 6-8 servings**

*Submitted by: Helen King,  
Fairbank, IA*

1 lb. ground beef  
1 medium onion, chopped  
2 cloves garlic, minced  
29 oz. can tomato sauce  
1 cup water  
6 oz. can tomato paste  
1 tsp. salt  
1 tsp. dried oregano  
8 oz. pkg. lasagna noodles, uncooked  
4 cups (16 oz.) shredded mozzarella cheese  
1 ½ cups (12 oz.) small curd cottage cheese  
½ cup grated Parmesan cheese

1. Cook beef, onion, and garlic together in saucepan until browned. Drain.
2. Stir in tomato sauce, water, tomato paste, salt, and oregano. Mix well.
3. Spread one-fourth of meat sauce in ungreased slow cooker. Arrange one third of noodles over sauce.
4. Combine the cheeses. Spoon one-third of mixture over noodles. Repeat layers twice. Top with remaining meat sauce.
5. Cover. Cook on Low 4-5 hours.

**Crock - Pot Lasagna**  
**Makes 6-8 servings**

*Submitted by: Dana Rush Vallejo,  
Augusta, KS*

2 lb. ground beef  
2 jars spaghetti sauce  
1 large carton low fat cottage cheese  
1/2 pkg lasagna noodles  
1 8 oz. pkg. Cheddar cheese  
1 8 oz mozzarella cheese

1. Brown and drain ground beef.
2. Break up noodles.
3. Mix all ingredients in crock-pot. Cover and cook on low 4 ½ hours, high setting 2 ½ hours.

## **Chicken Noodle Casserole**

**Makes 6-8 servings**

*Submitted by: Brian and Tina Donovan*

1 (8 oz.) pkg. egg noodles, cooked  
4 c. chopped cooked chicken  
2 (10 oz.) cans cream of chicken soup  
1 c. milk  
1 c. shredded Cheddar cheese  
¼ c. bread crumbs (garlic and herb or Italian)

1. In a slow cooker, combine all ingredients, except bread crumbs; mix well.
2. Cover; cook on low 3 to 4 hours. Near the end of the cooking period, garnish with bread crumbs.
3. Allow 15 minutes and serve.

## **Simple Slow Cooker Pork Chops and Apple Slices**

4 pork loin chops (1-inch thick) well trimmed  
1 teaspoon butter (optional)  
Ground cinnamon or nutmeg (optional)  
2 medium apples peeled, cored and sliced  
Salt and pepper

Arrange a layer of sliced apples in a slow cooker; follow with a layer of pork chops. Repeat. Dot with butter; sprinkle with salt and pepper, and cinnamon or nutmeg, if desired. Cover and cook on low setting 6 to 8 hours. Makes 4 servings (about 2 1/2 quarts).

\* Substitute 1/2- to 2/4-inch ham slices and pineapple rings in place of the pork chops and apples, if desired.

## **Chicken Enchiladas in Crock pot**

**Makes 6-8 servings**

*Submitted by: Penny Filinger*

3-5 frozen chicken breast  
1 large can pinto beans  
1 (8 oz.) can green chilies diced  
1 (8 oz.) can cream of chicken  
1 pkg taco seasoning  
1 pkg cream cheese  
1 pkg shredded cheese (your choice)

1. Place frozen chicken in crock pot.
2. Pour Pinto beans, green chilis, cream of chicken soup and taco seasoning over frozen chicken.
3. Bake on low 6-8 hours.
4. Shred with fork and stir in 1 pkg cream cheese until melted.
5. Serve on tortillas with shredded cheese

## **BBQ Beef in a Slow Cooker**

**Makes 6-8 servings**

*Submitted by: Kids a Cookin'*

1 ½ to 2 lb. beef round roast  
1 onion  
1 cup water  
2 tablespoons vinegar  
¾ cup barbecue sauce  
6 to 8 hamburger buns

Lightly coat slow cooker with cooking spray. Place beef round roast in center of slow cooker and re-wash hands with soap and water. Peel, wash and chop onion. Add onion, water and vinegar around meat in slow cooker. Cover slow cooker and cook on low temperature setting for approximately 8 to 10 hours or until beef reaches an internal temperature of 160 degrees. Remove beef from the slow cooker, trim fat and pull or cut meat into small pieces. Place in a medium bowl. Pour barbecue sauce over pulled beef and mix well. Place about ½ cup beef on each bun. Optional: lettuce, pickles or peppers on sandwich.

## **Lemon Pepper Chicken and Veggies** ***Chicken with a twist in the Slow Cooker!***

*by Kidsacookin.org*

4 servings

### **Ingredients:**

2 cloves garlic

4 carrots

4 potatoes

4 chicken thighs or legs, skin removed

2 teaspoons lemon pepper seasoning

1 can (14.5 ounces) chicken broth

**Directions:** **1.** Lightly coat slow cooker with cooking spray. **2.** Peel and mince garlic. **3.** Wash, peel and slice carrots approximately 1/2-inch thick. **4.** Wash, peel and cut potatoes into 1-inch chunks. **5.** Layer carrots, potatoes, garlic and chicken in slow cooker. **6.** Sprinkle with lemon pepper seasoning; add chicken broth and cover. **7.** Cook on low setting 8 to 10 hours or on high 4 to 5 hours.

*Nutrition Facts: One thigh/veggies serving provides 530 calories, 16g total fat, 80mg cholesterol, 260mg sodium, 73g total carbohydrate*

## **Ham and Cheesy potato Dinner** ***Makes 6-8 servings***

Cooking spray

28 oz. frozen diced potatoes with peppers and onions, thawed

2 c. shredded Cheddar and Monterey Jack cheese.

1 (10.75 oz.) can condensed cream of celery soup

1 (8 oz.) container sour cream

1 3lb. boneless fully cooked ham, halved lengthwise

1. Spray the inside of slow cooker with cooking spray.
2. Combine potatoes, Cheddar and Monterey Jack cheese, cream of celery soup, and sour cream in the slow cooker.
3. Place ham on top of potato mixture.
4. Cook potato mixture on Low for 5 to 6 hours. Stir well before serving.

## **Beef Stroganoff** ***Makes 6-8 servings***

1 pound cubed beef stew meat

1 ( 10.75 oz.) can condensed golden mushroom soup

½ cup chopped onion

1 Tbsp. Worcestershire sauce

¼ cup water

4 oz. cream cheese

1. In a slow cooker, combine the meat, soup, onion, Worcestershire sauce and water.
2. Cook on Low setting for 8 hours, or on High setting for about 5 hours. Stir in cream cheese just before serving.

## **Chicken Chile Spaghetti**

**Makes 6-8 servings**

1 (2 to 3 pound) whole chicken	12 oz. vermicelli pasta
¾ cup butter	4 stalks celery, chopped
1 clove garlic, minced	1 onion, chopped
1 green bell pepper, chopped	2 (10 oz.) cans diced tomatoes with green chili peppers
1 lb. processed cheese, cubed	2 (4.5 ounce) cans sliced mushrooms

1. Place whole chicken in large pot or Dutch oven and cover with water. Bring to a boil, reduce heat and simmer 40 to 60 minutes, until tender. Remove chicken from pot, reserving broth. Skin and bone chicken; set meat aside.
2. Preheat oven to 350 degrees F (175 degrees C).
3. Bring chicken broth to a boil. Stir in pasta and cook 8 to 10 minutes, until al dente. Remove pasta from pot and set aside.
4. In a large skillet over medium heat, melt butter. Cook celery, garlic, onion and bell pepper in butter until tender. Toss celery mixture with pasta, diced tomatoes and green chiles, processed cheese, sliced mushrooms and chicken meat. Place in 9x13 inch baking dish. Pour reserved chicken broth over to moisten.
5. Bake in preheated oven 20 minutes, until hot and bubbly.

I was looking for a crock pot recipe and stumbled across this one. EXCELLENT in the crock pot with the following modifications. I used one pound of pasta. Only cook pasta 1/2 the recommended cooking time on package. It will not be done yet, but will finish softening up in crock pot. Totally omitted butter. Added 2 cans of chicken broth and 1 can of cream of chicken soup to crock pot along with other ingredients. Cooked on low for 6 hours....DELICIOUS. I also used a pre-cooked rotisserie chicken from the grocery store instead of boiling one. Thanks for sharing this one...not your normal chicken spaghetti...has a great spicy kick and very colorful for a pot luck dinner.

## **Slow Cooker Pizza**

1 pound lean ground beef, browned and drained  
1 8-ounce package rigatoni pasta  
1 16-ounce package shredded mozzarella cheese  
1 10.75 ounce can condensed cream of tomato soup  
2 14-ounce jars pizza sauce  
1 8-ounce package sliced pepperoni sausage

Prepare pasta according to package directions. Layer ground beef, cooked pasta, cheese, soup, pizza sauce and pepperoni sausage. Cover and cook on the low setting for 4 hours. Makes 4-6 servings.



## Garlic Mashed Potatoes

2 lbs. baking potatoes unpeeled and cut into ½ inch cubes  
3 Tbsp. butter, sliced  
¾ tsp. garlic powder  
1 c milk

¼ c. water  
1 tsp. salt  
¼ tsp. black pepper

Combine all ingredients, except milk in slow cooker. Toss to combine. Cover. Cook on Low 7 hours, or on High 4 hours. Add milk to potatoes during last 30 minutes of cooking time. Mash potatoes with potato masher or electric mixer until fairly smooth.

## Stuffed Acorn Squash

3 small carnival or acorn squash  
3 Tbsp. dried cranberries  
3 Tbsp. minced onion  
1 Tbsp. butter divided  
½ c water

## Fix It and Forget It

5 Tbsp. instant brown rice, uncooked  
3 Tbsp. dice celery  
pinch of ground sage or dried  
3 Tbsp. orange juice

Slice off points on bottoms of squash so they will stand in slow cooker. Slice off tops and discard. Scoop out seeds. Place squash side by side in slow cooker. Combine rice, cranberries, celery, onion, and sage in bowl. Stuff into squash centers. Dot with butter. Pour 1 Tbsp. orange juice into each squash center. Pour water in bottom of slow cooker. Cover cook on Low 2 ½ hours. *Tip: to make squash easier to slice, microwave whole squash on High 5 minutes to soften skin.*

## Glazed Carrots

18 small carrots cleaned and peeled, or 2 lbs baby carrots, cleaned  
1/3 c butter  
½ tsp. salt  
1/3 c. sugar

## Fix It and Forget It

½ tsp. cinnamon  
1/3 c water

Place carrot in slow cooker. Heat butter, salt, sugar, cinnamon and water together in small pan. Pour mixture over carrots in slow cooker. Mix together gently but well. Cover. Cook on Low 3 – 3 ½ hours, or until carrots are tender.

## Broccoli and Rice Casserole

1 lb. chopped broccoli, fresh or frozen, thawed  
1 medium onion chopped  
1 c. minute rice, uncooked  
¼ c. milk  
1 tsp. salt

## Fix It and Forget It

half a stick of butter cut in chunks  
1 10 ¾ oz cream of mushroom soup  
1 1/3 c Velveeta cheese, cubed or cheddar  
Cheese, shredded

Combine all ingredients in lightly greased slow cooker. Cover. Cook on Low 5-6 hours.

## Green Bean Casserole

1 14 ½ oz can green beans drained and divided  
1 3 ½ oz can French-fried onions, divided  
1 10 ¾ oz can cream of chicken soup  
½ tsp. curry powder

Alternate layer of half the beans, half the onions, half the chesse, and half the water chestnuts in Slow cooker. Repeat. Combine remaining ingredients in a bowl. Pour over vegetables in slow cooker. Cover Cook on Low 3-4 hours.

## Fix It and Forget It

1 cup grated cheddar cheese, divided  
1 8 oz. can water chestnuts (sliced) drained  
¼ c. white wine or water  
¼ tsp. pepper

## Super Creamed Corn

2- 3 lbs frozen corn  
Half stick of butter melted  
2-3 Tbsp. water optional

Combine all ingredients in slow cooker. Cover cook on Low 4 hours.

## Fix It and Forget It- Christmas

8 oz, pkg. cream cheese, cubed  
2-3 Tbsp. sugar or honey

## Tastes like Chili Rellenos

2 tsp. butter  
½ lb. grated cheddar cheese  
14 ½ oz. can stewed tomatoes  
2 Tbsp. flour

Grease sides and bottom of slow cooker with butter. Cut chilies into strips. Layer chilies and cheeses in slow cooker. Pour in stewed tomatoes. Combine eggs, flour and milk. Pour into slow cooker. Cover Cook on High 2-3 hours.

## Fix It and Forget It

2 4 oz cans whole green chilies  
½ lb. grate Monterey Jack cheese  
4 eggs  
¾ c evaporated milk

## Barbecued Lentils

2 cups barbecue sauce  
1 lb. dry lentils

3 ½ c water  
1 pkg. vegetarian hot dogs, sliced

Combine all ingredients in slow cooker. Cover cook on Low 6-8 hours.

## Macaroni and Cheese

8 oz dry elbow macaroni, cooker  
13 oz. can evaporated milk  
2 eggs  
¼ tsp. pepper

3-4 cups shredded sharp cheddar cheese divided  
1 ½ c milk  
1 tsp. salt  
chopped onion to taste

Combine all ingredients except 1 cup of cheese in greased slow cooker. Sprinkle reserved cup of cheese over top. Cover. Cook on Low 3-4 hours Do not remove the lid or stir until the mixture has finished cooking.

For extra zest add ½ tsp. dry mustard when combining all ingredients.

# Desserts

## Crock Pot Breakfast Cobbler

### Makes 4 servings

4 medium-sized apples, peeled and sliced  
1 tsp. cinnamon  
2 c. granola cereal

¼ c. honey  
2 Tbsp. butter, melted

1. Place apples in slow cooker and mix in remaining ingredients.
2. Cover and cook on low 7-9 hours (overnight) or on high 2-3 hours. Serve with milk.

## Apple Carmel Dessert

½ c. apple juice  
7 oz. caramel unwrapped  
1 tsp. vanilla  
1/8 tsp. ground cardamom

½ tsp. ground cinnamon  
1/3 c. creamy peanut butter  
2-4 medium apples, cut into wedges

Combine apple juice, caramel candies, vanilla and spices in slow cooker. Drop peanut butter, 1 Tbsp. at a time, into slow cooker. Stir well after each addition. Gently stir in apple wedges. Cover Cook on Low for 5 hours. Stir well. Cover, Then cook 1 more hour on low. *Serving suggestion: serve about 1/3 c. warm mixture over each slice of angel food cake. And then top each with ice cream.*

## Slow Cooker Pumpkin Pie

15 oz can solid pack pumpkin  
12 oz can evaporated milk  
¾ c. sugar  
1 ½ tsp. cinnamon  
¼ tsp. ground nutmeg

## Fix It and Forget It

½ c. low fat buttermilk baking mix  
2 eggs beaten  
2 Tbsp. butter, melted  
¾ tsp. ground ginger  
whipped topping

Spray slow cooker with cooking spray. Mix all ingredients together in slow cooker, except for whipped topping. Cover. Cook on Low 3-4 hours, or until a toothpick inserted in center comes out clean. Allow to cool to warm, or chill, before serving with whipped topping. *You can substitute 2 ½ Tbsp. pumpkin pie spice in place of cinnamon, ginger and nutmeg.*

## White Chocolate Bread Pudding

½ c. dried cranberries or dried cherries  
3 Tbsp. apple cider or brandy  
3 oz. white chocolate bar  
2 Tbsp. butter  
1 tsp. vanilla

## Fix It and Forget It- Christmas

6 c. stale French Bread, cubed (divided)  
4 eggs  
½ c. sugar  
1 c. half and half

Combine dried fruit with cider or brandy in a microwave safe bowl. Microwave on High for 30 seconds. Set aside to cool. (about 30 minutes). Coarsely chop the chocolate. Set aside. Drain the dried fruit. Set aside. Spray interior of slow cooker with cooking spray. Cover bottom of slow cooker with half the bread cubes. Sprinkle half the chocolate and half the fruit over bread cubes. Layer in remaining bread cubes. Top with a layer of remaining fruit and layer of remaining chocolate. In a bowl beat eggs with whisk. Add sugar, half and half, and vanilla to eggs. Mix together thoroughly. Pour over bread mixture and press to make sure egg mixture covers all bread. Cover and cook on High 1 ¾ hours. Cool until warm or at room temperature.

### Easy Easy Cake

20 oz can crushed pineapple, undrained  
21 oz can blueberry or cherry pie filling  
18 ½ oz pkg. yellow cake mix  
Vanilla ice cream

### Fix It and Forget It – Christmas

cinnamon  
1 stick butter  
1 c, chopped nuts

Grease bottom and sides of interior of slow cooker. Spread a layer of pineapple in bottom. Top with layer of blueberry pie filling. Top that with a layer of dry cake mix. Be careful not to mix the layers! Sprinkle with cinnamon. Top with this layers of butter chunks and nuts. Cover cooker. Cook on High 2-3 hours, or until toothpick inserted in center comes out clean. Serve warm with vanilla ice cream. *Substitute a pkg. of spice cake mix and apple pie filling.*

### Slow Cooker Peach Cobbler

¾ cup biscuit mix  
½ cup brown sugar, packed  
2 teaspoons butter, melted  
2 teaspoons vanilla extract  
¾ teaspoon cinnamon

1/3 cup granulated sugar  
¾ cup evaporated milk  
2 eggs  
2 to 2 ½ cups peeled sliced peaches, fresh or frozen, thawed

Spray with cooking spray or lightly butter a slow cooker. In a large bowl, combine sugars and baking mix. Add eggs and vanilla; stir to blend. Pour in butter and milk, and stir. Fold in peaches and cinnamon (until well mixed). Pour batter into the slow cooker. Cover and cook on low setting for 6 to 8 hours or on high for 3 to 4 hours. Serve warm with ice cream. Makes 4-6 servings.

### Gingerbread Pudding Cake

4 Tbsp. butter, softened  
¼ c sugar  
½ c. molasses  
1 ¼ c flour  
½ tsp. ground cinnamon  
¼ tsp. salt  
1/8 tsp. ground nutmeg  
6 Tbsp. brown sugar

### Fix It and Forget It- Christmas

1 egg white  
1 tsp. vanilla  
1 c. water  
¾ tsp. baking soda  
½ tsp. ground ginger  
¼ tsp. ground allspice  
½ c chopped pecans

Topping: ¾ c hot water  
1/3 c butter melted

Spray inside of slow cooker with cooking spray. In a large mixing bowl, cream butter and sugar until light and fluffy. Beat in egg white and vanilla. In a separate bowl, combine molasses and water until blended. In another bowl, combine flour, baking soda, and spices. Add to creamed mixture alternately with molasses mixture, beating well after each addition. Fold in pecans. Spoon into slow cooker. Sprinkle with brown sugar. In a small bowl combine hot water with melted butter. Pour over batter. Do **not** stir. Cover and cook on High 2-2 ½ hours or until toothpick inserted in center comes out clean. Turn off cooker. Let stand 15 minutes. Serve cake warm.

# Beverages

## Hot Cranberry Tea Makes 14 1-cup servings

Submitted by: **Sherrill Bieberly,  
Salina, KS**

1 cup sugar  
2 qts. Water  
3 cinnamon sticks  
1 qt. cranberry juice

6 oz. can frozen orange juice  
1 ¼ cups water  
3 Tbsp. lemon juice  
fresh lemon and/or orange slices

1. In saucepan, mix together sugar, 2 quarts water, and cinnamon sticks. Bring to boil.
2. Pour into slow cooker along with remaining ingredients. Cover and cook on High 1 hour. Turn to Low. Serve warm.

## Triple Delicious Hot Chocolate

1/3 c. sugar  
¼ c. unsweetened cocoa powder  
¼ tsp. salt  
3 cups milk, divided  
¾ tsp. vanilla

## Fix It and Forget It - Christmas

1 c. heavy cream  
1 square bittersweet chocolate (1oz)  
1 square white chocolate (1 oz)  
¾ c. whipped topping  
6 tsp. mini choc. Chips or shaved bittersweet chocolate

Combine sugar, cocoa powder, salt, and ½ c. milk in medium sized bowl. Stir until smooth. Pour into slow cooker. Add remaining 2 ½ c. milk and vanilla to slow cooker. Cover Cook on Low for 2 hours. Stir in cream. Cover cook on Low 10 minutes. Stir in bittersweet and white chocolate until melted. Pour hot chocolate into 6 mugs. Top each with 2 Tbsp. whipped topping and 1 tsp. chocolate chips or shavings.

## Ginger Tea

4 cups. Boiling water  
4 cups white grape juice  
1 Tbsp. minced fresh gingerroot

## Fix It and Forget It - Christmas

15 single green tea bags  
1-2 Tbsp. honey ( according to your taste)  
candied ginger root optional

Place boiling water and tea bags in slow cooker. Cover and let stand 10 minutes. Discard tea bags. Stir in juice, honey, and gingerroot. Cover. Cook on Low 2 hours, or until heated through. Strain if you wish before pouring into individual cups. Garnish each cup with candied ginger if you wish.

## Wassail

1 gallon cider  
6 oz. frozen lemonade concentrate  
1 tsp whole nutmeg  
1 Tbsp. whole allspice  
Cinnamon sticks

6 oz frozen orange juice concentrate  
½- 1 c brown sugar (your taste)  
1 Tbsp. whole cloves  
orange slices

Combine cider, orange juice, lemonade concentrates and brown sugar in slow cooker. Mix well. Place nutmeg, cloves and allspice in cheesecloth bag or spice ball. Add to juices in slow cooker. Cover Cook on Low 2-8 hours, until the Wassail is as hot as you like it. Float orange slices and cinnamon sticks on top. Ladle from slow cooker to serve.

## Here are some tips when using your slow cooker.

- \* Lifting the lid frequently to check cooking progress can cause the cooking temperature to drop 10 to 15 degrees F and add 20 to 30 minutes to total cooking time (each time the lid is lifted).
- \* Read recipe completely to make sure all ingredients are on hand.
- \* Do not use frozen ingredients unless specifically called for in a tested recipe.
- \* Lightly coat crockery liner with cooking spray to speed cleanup.
- \* Follow recipe directions.
- \* Place slow-cooking root vegetables, such as potatoes, onions, and carrots, around the bottom and up the sides, with meats on top. If vegetables such as tomatoes or mushrooms are mushy, try placing them on top of foods cooking during the last hour of cooking time.
- \* Cut meats such as a pot roast or stew meat into uniform sizes for uniform cooking.
- \* Fill slow cooker one-half to two-thirds full for best results.
- \* Add water or broth (a cup at a time), if needed. Liquids create steam, which is essential to the slow-cooking process.
- \* Place slow cooker on a heat-resistant mat.
- \* Monitor cooking via a see-through lid, rather than lifting the lid.
- \* Use a meat thermometer to check cooked, ready-to-eat temperatures: pot roasts, soups and stews, 155 to 160 degrees F, and poultry, 165 degrees F
- \* Turn slow cooker to low setting while eating; then transfer leftovers to food storage containers, cover and refrigerate or label and freeze for future meals as quickly as possible after eating (two hours or less). Perishable foods allowed to stand at room temperature for more than two hours should be discarded. Also, cooked foods should not be stored in the crockery container removed from the slow cooker; crockery containers cannot cool quickly enough to protect the cooked foods.
- \* Power out? Plug an electric clock or other appliance with a clock into the second plug in an outlet in which the slow cooker is plugged in to monitor for a power outage. If a power failure occurs during the slow-cooking process, I recommend discarding the food.

Sources:

Kids a Cookin [www.kidsacookin.org](http://www.kidsacookin.org)

Fix It and Forget It Cookbook Revised and Updated by Phyllis Pellman Good

Fix It and Forget It Cookbook- Christmas by Phyllis Pellman Good

Recipes provided by Debbie VanSickle, Rhonda Gordon, Penny Smith and Corinne Patterson

Classes presented fall of 2012

Rhonda Gordon

KSRE- Lyon County

FCS County Extension Agent



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