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# **CROCK-POT<sup>®</sup>** **COOKING**

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ILLUSTRATIONS BY PAT STEWART



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The Rival Crock-Pot has earned the Good Housekeeping Seal.

All the recipes in this cookbook have been reviewed  
by the editors of the Good Housekeeping Institute.

Cover photograph by Victor Scocozza

Pictured on the cover: Crock-Pot Stew, Stuffed Roasted Chicken,  
Louise's Broccoli Casserole, Pear Glacé Chocolate Cake,  
Nut-Filled Baked Apples, Sourdough Bread  
and Orange-Cider Punch.

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*This book is dedicated to the Crock-Pot cook—*


In a very special way. And with our thanks. For had it not been for your interest and that of thousands of other Crock-Pot cooks, we might never have realized that the Crock-Pot deserved an all-new cookbook of recipes—a book to complement the basic recipes and how-to techniques that came with your slow cooker.

Interestingly enough, when Rival developed the Crock-Pot, we believed its major attraction would be the kitchen-free flexibility it would give you. Although we did mention economy at the time, we never dreamed that the present and forecasted shortages and prices would put the Crock-Pot's money-saving abilities so much in the forefront.

Of course, the Crock-Pot's real blessing is that all this economy does not mean dull, monotonous or fork-bending fare. And that's the reason for this book. After many years of testing and tasting, I can guarantee that there are plenty of ideas here to keep your Crock-Pot out and busy. We've included the kinds of recipes you've specifically asked for: a wide variety of meats and main dishes (many particularly well suited to freezing), some interesting party appetizers, special treatments for game, recipes sized just for two and—by popular demand—a special section of diet-wise recipes, complete with calorie counts.

Notice, too, that there is a volume measure following the yield for each and every recipe. Using that measure as a guide, and considering the size of the Crock-Pot you own, you can determine whether to use the recipe as is . . . or whether you can double it. Remember, the ingredients of any recipe must fill at least one and one-half inches of your Crock-Pot.

All of the recipes in this book were developed in the 3½-quart Crock-Pot (except, of course, for the special 2-quart and 5-quart recipes in the "Crock-Pot Specialties" chapter). Timed and tested for use in the Rival Crock-Pot, they may not be satisfactory if prepared in a slow cooker with different characteristics.

Away all day? Flip through the pages for this symbol:  Every recipe wearing this badge can cook for 9 hours . . . and sometimes longer. What more could a busy cook ask for?

So if you like cooking in a Crock-Pot, you'll love *Crock-Pot Cooking*.

*Marilyn Hill*

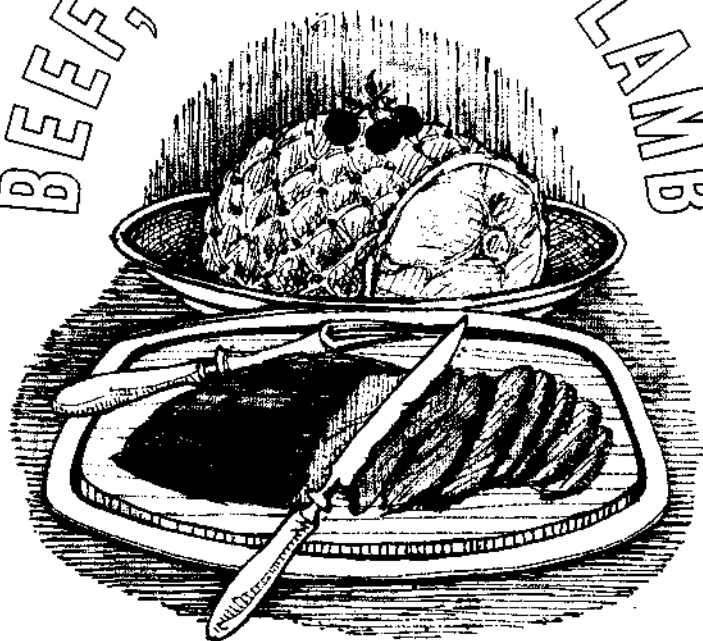
*Director of Home Economics  
Rival Manufacturing Company*

# Contents

BEEF, PORK AND LAMB	9
POULTRY	71
FISH AND SEAFOOD	87
BEANS, RICE AND PASTA	99
SOUPS AND SAUCES	115
VEGETABLES	133
CROCK-POT SPECIALTIES	143
Party Starters	
Dieter's Fare	
Gamesmanship	
For the Twosome	
Group Gatherings	
BREADS, CAKES AND SUCH	181
INDEX	205



# BEEF, PORK AND LAMB



If for nothing else, your Crock-Pot more than earns its keep by keeping your meat budget from going completely berserk.

It's ideal for coddling those less expensive cuts of beef, pork and lamb. It simply takes its time . . . while you take yours elsewhere.

And this means you can economize anytime, rather than waiting for a stay-at-home day.

On the following pages, you'll find a repertoire of main-course meats for every taste and every occasion, for the family and for company, too.

Whether you choose a roast or ragout, a meat loaf or casserole, let your Crock-Pot do the cooking for you.



## Italian Roast Beef

4-lb. beef rump roast  
2 onions  
2 cloves garlic

1 large stalk celery  
2 oz. salt pork or bacon  
flour

Trim all excess fat from roast. Grind 1 onion, the garlic, celery, and salt pork. Lightly flour roast; rub with ground mixture. Slice remaining onion; place in Crock-Pot. Place roast on onion. Cover and cook on Low setting for 8 to 10 hours.

6 to 8 servings (about 3½ quarts).



## Sauerbraten

4-lb. beef rump roast  
1 cup dry rosé wine  
¼ cup cider vinegar  
3 large onions, sliced  
2 stalks celery, sliced  
1 clove garlic  
2 whole allspice

3 to 4 whole cloves  
1 tablespoon salt  
½ teaspoon pepper  
3 tablespoons flour  
3 tablespoons water  
1 cup crushed gingersnap  
cookies

Trim roast of all excess fat. In large bowl, combine all ingredients except roast, flour, water and gingersnaps; stir well. Place roast in marinade with fat side down; refrigerate overnight.

Pour vegetable marinade into Crock-Pot. Place marinated roast in Crock-Pot with fat side up. Cover and cook on Low setting for 8 to 12 hours.

Thirty minutes before serving, remove roast and turn to High setting. Make a smooth paste of flour and water; stir into Crock-Pot with gingersnaps. Cook and stir until thickened. Slice roast and return to gravy for serving.

6 to 8 servings (about 3½ quarts).



**TO BROWN OR NOT TO BROWN?**

You will note that some meats are browned before being used in the Crock-Pot. In Crock-Pot cooking, the purpose of such browning is to eliminate fats (too much fat can cause over-cooking). If the meat is well trimmed and not highly marbled, it need not be browned; it should, however, be wiped thoroughly to absorb all excess juices and any package residue.

## America's Favorite Pot Roast



3½- to 4-lb. beef arm or  
boneless pot roast  
¼ cup flour  
2 teaspoons salt  
½ teaspoon pepper  
3 carrots, pared, sliced  
lengthwise and cut  
into 2-inch pieces  
3 potatoes, peeled and  
quartered

2 small onions, sliced  
1 stalk celery, cut into  
2-inch pieces  
1 jar (2 oz.) mushrooms,  
drained, or ¼ cup  
mushroom gravy  
3 tablespoons flour  
¼ cup water

Trim all excess fat from roast; brown and drain if using chuck or another highly marbled cut. Combine ¼ cup flour, the salt and pepper. Coat meat with the flour mixture. Place all vegetables except mushrooms in Crock-Pot and top with roast (cut roast in half, if necessary, to fit easily). Spread mushrooms evenly over top of roast. Cover and cook on Low setting for 7 to 10 hours.

If desired, turn to High setting during last hour to soften vegetables and make a gravy. To thicken gravy, make a smooth paste of the 3 tablespoons flour and the water and stir into Crock-Pot. Season to taste before serving.

4 to 6 servings (about 3½ quarts).

## Beef Roast with Dried Fruit

---

2 onions, sliced	¼ cup brown sugar (packed)
3- to 4-lb. beef arm or boneless pot roast, 2 inches thick	1 teaspoon dried parsley flakes
1 package (11 oz.) mixed dried fruit	1 bay leaf
¾ cup beer	¼ teaspoon cinnamon
1 cup water	2½ teaspoons salt
1 clove garlic, minced	¼ teaspoon pepper
	Spiced apple rings

Place sliced onions in bottom of Crock-Pot and place roast on top (cut in half, if necessary, to fit easily). Cover with dried fruit. Mix remaining ingredients except apple rings and pour over roast. Cover and cook on Low setting for 6 to 8 hours.

Serve garnished with spiced apple rings.

4 to 6 servings (about 3½ quarts).

## Beef Diablo

---



3- to 4-lb. beef arm or boneless pot roast	1 tablespoon chili sauce
2 to 3 potatoes, peeled and sliced	1 tablespoon Worcestershire sauce
1 onion, sliced	1 teaspoon vinegar
2 tablespoons flour	1 teaspoon sugar
1 tablespoon prepared mustard	

Trim all excess fat from roast. Place potatoes and onion in bottom of Crock-Pot.

Make a smooth paste of flour, mustard, chili sauce, Worcestershire sauce, vinegar and sugar. Spread over top of roast

(cut roast in half, if necessary, to fit easily). Place roast in Crock-Pot on top of potatoes and onions. Cover and cook on Low setting for 8 to 10 hours (on High setting for 3 to 4 hours).

*4 to 6 servings (about 3 quarts).*

## Bavarian Pot Roast



<b>3-to 4-lb. beef arm pot roast</b>	<b>4 medium apples, cored and quartered</b>
<b>1 teaspoon vegetable oil</b>	<b>1 small onion, sliced</b>
<b>1½ teaspoons salt</b>	<b>½ cup apple juice or water</b>
<b>¼ teaspoon pepper</b>	<b>3 to 4 tablespoons flour</b>
<b>½ teaspoon ground ginger</b>	<b>3 to 4 tablespoons water</b>
<b>3 whole cloves</b>	

Wipe roast well and trim off all excess fat. Lightly rub top of meat with oil. Dust with salt, pepper and ginger. Insert cloves in roast. Place apples and onions in Crock-Pot and top with roast (cut roast in half, if necessary, to fit easily). Pour in apple juice. Cover and cook on Low setting for 8 to 12 hours.

Remove roast and apples to warm platter. Turn Crock-Pot to High setting. Make a smooth paste of the flour and water; stir into Crock-Pot. Cover and cook until thickened.

*6 to 8 servings (about 3½ quarts).*

### A WAY WITH VEGETABLES

Because vegetables tend to cook slowly, cut them into ½- to ¾-inch slices and place them near the bottom of the Crock-Pot.



## Glazed Corned Beef

---

- |  |                                |
|--|--------------------------------|
| 1 bay leaf   | 1½ cups water                  |
| 1 medium onion, sliced                                   | 4- to 5-lb. corned beef        |
| 2 to 3 strips of fresh orange peel (about 2 inches each) | (preferably round or rump cut) |
| 3 whole cloves   | Glaze (below)                  |

Combine all ingredients except corned beef and Glaze in Crock-Pot. Add corned beef with fat side up. Cover and cook on Low setting for 8 to 12 hours or until fork tender (on High setting for 3 to 4 hours).

Remove meat from broth. Score top of corned beef in diamond shapes. Insert additional cloves to decorate.

About 30 minutes before serving, place corned beef on heatproof platter. Prepare Glaze and spoon over corned beef. Bake in 375° oven for 20 to 30 minutes, basting occasionally with Glaze.

*8 to 10 servings (about 3½ quarts).*

### GLAZE

---

- |   |                            |
|---|----------------------------|
| 3 tablespoons frozen orange juice concentrate, thawed | 3 tablespoons honey        |
|   | 1 tablespoon Dijon mustard |

Mix together until smooth and blended.

## Simple Brisket



- |                                       |                                 |
|---------------------------------------|---------------------------------|
| <b>4- to 5-lb. fresh beef brisket</b> | <b>1 can (4 oz.) mushrooms,</b> |
| <b>1 envelope (1½ oz.) dry</b>        | <b>undrained</b>                |
| <b>onion soup mix</b>                 |                                 |

Trim all excess fat from brisket. Combine onion soup mix with mushrooms and their liquid. Place brisket in Crock-Pot with fat side up, cutting to fit if necessary. Spread onion soup mixture over top of brisket, moistening well. Cover and cook on Low setting for 10 to 14 hours.

Remove brisket and cut across the grain into thin slices. Serve with meat juices poured over top of slices.

*8 to 10 servings (about 3½ quarts).*

## Marinated Barbecue Brisket



- |                                       |                               |
|---------------------------------------|-------------------------------|
| <b>4- to 5-lb. fresh beef brisket</b> | <b>½ teaspoon garlic salt</b> |
| <b>2 teaspoons unseasoned</b>         | <b>¼ cup liquid smoke</b>     |
| <b>meat tenderizer</b>                | <b>¼ cup Worcestershire</b>   |
| <b>½ teaspoon celery salt</b>         | <b>sauce</b>                  |
| <b>½ teaspoon seasoned salt</b>       | <b>1½ cups barbecue sauce</b> |

Place brisket on large piece of heavy-duty aluminum foil. Sprinkle tenderizer and seasonings on both sides of meat. Pour liquid smoke and Worcestershire sauce over top. Cover and marinate in refrigerator 6 to 10 hours or overnight.

Place foil-wrapped brisket in Crock-Pot (cut brisket in half, if necessary, to fit easily). Cover and cook on Low setting for 8 to 10 hours.

Chill brisket, then cut across the grain into thin slices. Before serving, reheat in your favorite barbecue sauce.

*8 to 10 servings (about 3½ quarts).*



## Favorite Brisket

- |                                 |                               |
|---------------------------------|-------------------------------|
| <b>4-lb. fresh beef brisket</b> | <b>½ teaspoon pepper</b>      |
| <b>2 teaspoons salt</b>         | <b>½ to 1 teaspoon garlic</b> |
| <b>2 teaspoons dry mustard</b>  | <b>powder</b>                 |
| <b>2 teaspoons paprika</b>      |                               |

Trim all excess fat from brisket. Combine seasonings until well blended; rub into brisket. Place meat in Crock-Pot with fat side up, cutting to fit if necessary. Cover and cook on Low setting for 8 to 12 hours.

Remove brisket from liquid and cut across the grain into thin slices. Serve au jus.

*6 to 8 servings (about 3 quarts).*



## Boiled Beef with Vegetables

- |                                    |                                   |
|------------------------------------|-----------------------------------|
| <b>2-lb. fresh beef brisket or</b> | <b>6 small white onions</b>       |
| <b>stewing beef</b>                | <b>¼ teaspoon leaf thyme</b>      |
| <b>1 marrow bone</b>               | <b>1 bay leaf</b>                 |
| <b>2 carrots, pared, sliced</b>    | <b>2 whole cloves</b>             |
| <b>lengthwise and</b>              | <b>2 cups beef broth or water</b> |
| <b>quartered</b>                   | <b>Salt</b>                       |
| <b>2 turnips, peeled and cut</b>   | <b>1 medium cabbage, cut</b>      |
| <b>into 1-inch cubes</b>           | <b>into wedges</b>                |

Place all ingredients except cabbage in Crock-Pot; stir well. Cover and cook on Low setting for 8 to 12 hours.

Before serving, remove 1 cup of broth from Crock-Pot. Pour into skillet; add cabbage wedges and simmer until tender. Cut meat across the grain and serve on a hot platter with vegetables. Serve with broth.

*6 to 8 servings (about 3½ quarts).*

## Cholent



- |                                 |                         |
|---------------------------------|-------------------------|
| 2- to 3-lb. frozen beef brisket | 2 teaspoons garlic salt |
| 2 cups dry lima beans           | ¼ teaspoon coarsely     |
| 2 onions, sliced                | ground pepper           |
| 4 cups water                    | ½ teaspoon paprika      |

Trim all excess fat from brisket. Combine dry lima beans, onions and water in Crock-Pot; mix well. Add brisket and seasonings. Cover and cook on Low setting for 16 to 24 hours. Serve sliced meat over limas and onions with the natural juices over all.

*4 to 6 servings (about 3 quarts).*

## Flank Steak Teriyaki

- |  |  |
|--|--|
| 2-lb. beef flank steak   | 2 tablespoons brown sugar              |
| 6 slices canned juice-pack<br>pineapple (reserve ½ cup<br>juice) | 1 teaspoon Worcestershire<br>sauce     |
| 2 tablespoons soy sauce  | 2 chicken bouillon cubes               |
| ½ teaspoon ground ginger   | 1½ cups boiling water                  |
| 1 tablespoon dry sherry  | 1 cup raw long-grain<br>converted rice |

Roll flank steak, tie and cut into 6 individual steaks. In shallow bowl, stir together pineapple juice, soy sauce, ginger, sherry, sugar and Worcestershire sauce. Marinate steaks about 1 hour in soy mixture at room temperature. Dissolve bouillon cubes in boiling water; combine with rice and ½ cup of soy mixture in Crock-Pot. Top each steak with a pineapple ring, then place in Crock-Pot. Cover and cook on Low setting for 6 to 8 hours (on High setting for 2 to 3 hours).

*6 servings (about 2½ quarts).*



## Smothered Flank Steak

---

<b>2½-lb. beef flank or round steak</b>	<b>2 medium onions, thinly sliced</b>
<b>Salt and pepper</b>	<b>½ lb. mushrooms, sliced, or 2 cans (4 oz. each) sliced mushrooms, drained</b>
<b>1 tablespoon Worcestershire sauce</b>	<b>Chopped parsley</b>
<b>1 tablespoon vegetable oil</b>	
<b>Paprika</b>	

With sharp knife, score meat about ⅛ inch deep in diamond pattern on top side. Season with salt and pepper. Rub in Worcestershire sauce and oil. Sprinkle top with paprika. Place sliced onions and mushrooms in Crock-Pot. Roll flank steak, if necessary to fit easily, and place on top of onions. Cover and cook on Low setting for 6 to 10 hours.

Remove steak to warm carving platter and cut across the grain in thin diagonal slices. Serve with onions and mushrooms, pouring unthickened gravy over all. Sprinkle with parsley.

*6 servings (about 2½ quarts).*



## Flemish Carbonnades

---

<b>2-lb. round steak, 1 inch thick</b>	<b>6 to 8 small new potatoes, peeled</b>
<b>¼ cup flour</b>	<b>1 envelope (1½ oz.) dry onion soup mix</b>
<b>1 teaspoon sugar</b>	<b>¾ cup beer</b>
<b>½ teaspoon pepper</b>	

Trim round steak and cut into serving portions. Combine flour, sugar and pepper; toss with steak to coat thoroughly. Place potatoes in Crock-Pot and cover with steak pieces. Thoroughly combine onion soup mix and beer. Pour over



steak, moistening well. Cover and cook on Low setting for 8 to 12 hours. Thicken gravy before serving, if desired.

4 to 6 servings (about 3 quarts).

## Savory Pepper Steak



1½- to 2-lb. beef round steak, about ½ inch thick	1 can (16 oz.) whole tomatoes
¼ cup flour	1 tablespoon beef flavor base (paste or granules)
½ teaspoon salt	1 tablespoon soy sauce
¼ teaspoon pepper	2 teaspoons Worcestershire sauce
1 medium onion, chopped	Fluffy rice
1 small clove garlic, minced	
2 large green peppers, seeded and cut into ½-inch strips	

Cut steak into strips. Combine ¼ cup flour, the salt and pepper; toss with steak strips to coat thoroughly. Add to Crock-Pot with onion, garlic and half of green pepper strips; stir.

Combine tomatoes with beef base, soy sauce and Worcestershire sauce. Pour into Crock-Pot, moistening meat well. Cover and cook on Low setting for 8 to 12 hours.

One hour before serving, turn to High setting and stir in remaining green pepper strips. If thickened gravy is desired, make a smooth paste of 3 tablespoons flour and 3 tablespoons water; stir into Crock-Pot. Cover and cook until thickened. Serve gravy with Pepper Steak over hot fluffy rice.

4 servings (about 2 quarts).



## Beef Roulades

**1½-lb. beef round steak,**  
**½ inch thick**  
**4 slices bacon**  
**¾ cup diced celery**

**¾ cup diced onion**  
**½ cup diced green pepper**  
**1 can (10 oz.) beef gravy**

Cut steak into four serving pieces. Place bacon slice on each piece of meat. Mix celery, onion and green pepper; place about ½ cup mixture on each piece of meat. Roll up meat; secure ends with wooden picks.

Wipe beef rolls with paper towels. Place in Crock-Pot. Pour gravy evenly over steaks to thoroughly moisten. Cover Crock-Pot and cook on Low setting for 8 to 10 hours. Skim off fat before serving.

*4 servings (about 2½ quarts).*



## Beef Stroganoff

**3-lb. beef round steak,**  
**½ inch thick**  
**½ cup flour**  
**2 teaspoons salt**  
**¼ teaspoon pepper**  
**½ teaspoon dry mustard**  
**2 medium onions, thinly**  
**sliced and separated**  
**into rings**  
**2 cans (4 oz. each) sliced**  
**mushrooms, drained,**  
**or ½ lb. mushrooms,**  
**sliced**

**1 can (10½ oz.) condensed**  
**beef broth**  
**¼ cup dry white wine**  
**(optional)**  
**1½ cups sour cream**  
**¼ cup flour**  
**Hot buttered noodles or**  
**fluffy rice**  
**3 tablespoons fresh minced**  
**parsley**

Trim all excess fat from steak and cut meat into 3-inch strips about ½ inch wide. Combine ½ cup flour, the salt, pepper

and dry mustard; toss with steak strips to coat thoroughly. Place coated steak strips in Crock-Pot; stir in onion rings and mushrooms. Add beef broth and wine; stir well. Cover and cook on Low setting for 8 to 10 hours.

Before serving, combine sour cream with  $\frac{1}{4}$  cup flour; stir into Crock-Pot. Serve Stroganoff over hot buttered noodles; garnish with minced parsley.

*8 servings (about 3 quarts).*

## Braciolo



<b>2½-lb. round steak, <math>\frac{1}{4}</math> to <math>\frac{1}{2}</math> inch thick</b>	<b>1 large onion, finely chopped</b>
<b><math>\frac{1}{2}</math> lb. bulk Italian sausage</b>	<b>1 teaspoon salt</b>
<b>1 tablespoon dried parsley flakes</b>	<b>1 can (16 oz.) Italian-style tomatoes</b>
<b><math>\frac{1}{2}</math> teaspoon leaf oregano</b>	<b>1 can (6 oz.) tomato paste</b>
<b>2 small cloves garlic, minced</b>	<b>1 teaspoon salt</b>
	<b>1 teaspoon leaf oregano</b>

Trim all excess fat from round steak. Cut into 8 evenly shaped pieces. Pound steak pieces between waxed paper until very thin and easy to roll. In skillet, lightly brown sausage. Drain well and combine with parsley,  $\frac{1}{2}$  teaspoon oregano, the garlic, onion and salt; mix well. Spread each steak with 2 to 3 tablespoons of sausage mixture. Roll up jelly-roll fashion and tie.

Stack steak rolls in Crock-Pot. Combine tomatoes, tomato paste, salt and 1 teaspoon oregano; pour over rolls. Cover and cook on Low setting for 7 to 10 hours.

Serve steak rolls with sauce.

*8 servings (about 3 quarts).*



## Swiss Steak

---

2-lb. beef round steak,  
about 1 inch thick  
¼ cup flour  
1 teaspoon salt  
1 stalk celery, chopped  
2 carrots, pared and  
chopped

¼ cup chopped onion  
½ teaspoon Worcestershire  
sauce  
1 can (16 oz.) whole  
tomatoes  
½ cup grated process  
American cheese

Cut steak into 4 serving pieces. Dredge in flour mixed with salt; place in Crock-Pot. Add chopped vegetables and Worcestershire sauce. Pour tomatoes over meat and vegetables. Cover and cook on Low setting for 7 to 10 hours.

Just before serving, sprinkle with grated cheese.

4 servings (about 2 quarts). Recipe may be doubled for 5-quart Crock-Pot. Cook the maximum time.

## Marinated Beef

---

2-lb. beef round steak,  
very thinly sliced  
1 cup white wine  
¼ teaspoon leaf thyme  
1 bay leaf  
4 peppercorns  
3 medium onions, sliced

2 tablespoons flour  
2 tablespoons butter,  
melted  
Salt and pepper  
2 to 3 tablespoons chopped  
parsley

Place steak slices in bowl. Mix together white wine, thyme, bay leaf and peppercorns and pour over steak. Cover and refrigerate until morning.

Place alternate layers of sliced onion and meat in Crock-Pot. Pour in marinade. Cover and cook on Low setting for 6 to 8 hours.

One hour before serving, mix flour and butter; add to Crock-Pot. Taste for seasoning. Continue to cook until thickened. Serve sprinkled with chopped parsley.

*4 servings (about 2½ quarts).*

## English Beef Pot Pie



- |  |   |
|--|---|
| <b>2 lb. beef round steak, cut into 1-inch cubes</b> | <b>3 medium potatoes, peeled and sliced</b> |
| <b>3 tablespoons flour</b>                           | <b>1 large onion, thinly sliced</b>         |
| <b>1 teaspoon salt</b>                               | <b>1 can (16 oz.) whole tomatoes</b>        |
| <b>½ teaspoon pepper</b>                             | <b>Biscuit Topping (below)</b>              |
| <b>2 medium carrots, pared and sliced</b>            |   |

Place steak cubes in Crock-Pot. Combine flour, salt and pepper; toss with steak to coat thoroughly. Stir in remaining ingredients except Biscuit Topping and mix thoroughly. Cover and cook on Low setting for 7 to 10 hours.

One hour before serving, remove meat and vegetables from Crock-Pot and pour into shallow 2½-quart baking dish. Preheat oven to 425°. Cover meat mixture with Biscuit Topping. Bake for 20 to 25 minutes.

*4 servings (about 2½ quarts).*

### BISCUIT TOPPING

- |                                  |                         |
|----------------------------------|-------------------------|
| <b>2 cups flour</b>              | <b>¼ cup shortening</b> |
| <b>1 teaspoon salt</b>           | <b>¼ cup milk</b>       |
| <b>3 teaspoons baking powder</b> |                         |

Mix dry ingredients. Cut in shortening until mixture resembles coarse cornmeal. Add milk all at one time; stir well. Pat out on floured board; roll out to cover baking dish.



## Steak and Kidney Pie

---

- |  |  |
|--|--|
| <b>1½ lb. beef kidneys</b>   | <b>1 cup beef broth</b>                          |
| <b>1½ lb. beef round steak or<br/>chuck, well trimmed<br/>and cut into 1½-inch<br/>cubes</b> | <b>1 teaspoon salt</b>                           |
| <b>1 onion, thinly sliced</b>  | <b>½ teaspoon pepper</b>                         |
|  | <b>Prepared pie crust or<br/>biscuit topping</b> |

Cook kidney in salted water for 8 minutes; drain and pat dry. Trim off excess fat and cut kidney into cubes. Combine kidney, steak and onion in Crock-Pot. Add beef broth, salt and pepper. Cover and cook on Low setting for 8 to 10 hours (on High setting for 3 to 4 hours).

Remove contents of Crock-Pot to baking dish; cover with pie crust. Bake in preheated 400° oven for 15 to 20 minutes.

*4 servings (about 2 quarts).*

NOTE: This freezes beautifully; add crust just before baking.



## Crock-Pot Curry

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- |  |  |
|--|--|
| <b>3 lb. beef round steak or<br/>lean stewing beef, cut<br/>into 1½-inch cubes</b> | <b>1 cup diced onion</b>                                 |
| <b>½ cup flour</b>   | <b>2 teaspoons salt</b>                                  |
| <b>1 tablespoon curry powder</b>   | <b>½ teaspoon pepper</b>                                 |
| <b>2 cloves garlic, minced</b>   | <b>1 can (14 oz.) beef broth</b>                         |
| <b>1 cup raisins</b>   | <b>2 apples (unpeeled), cored<br/>and finely chopped</b> |
| <b>2 apples, peeled, cored and<br/>sliced</b>                                      | <b>Fluffy rice</b>                                       |

Wipe beef well. Mix flour and curry powder. Coat meat cubes with flour mixture. Place meat in Crock-Pot. Add garlic,

raisins, sliced apples, onion, salt and pepper. Pour in broth and stir to blend. Cover and cook on Low setting for 8 to 10 hours or until meat is tender.

Before serving, stir in additional curry powder to taste (up to 1 tablespoon) and chopped apples. Serve over hot rice.

*6 to 8 servings (about 2½ quarts).*

NOTE: Three pounds cubed lean lamb may be substituted for the beef.

## Beef Tips



<b>½ cup flour</b>	<b>1 can (10½ oz.) condensed beef broth</b>
<b>1 teaspoon salt</b>	<b>1 teaspoon Worcestershire sauce</b>
<b>½ teaspoon pepper</b>	<b>2 teaspoons tomato paste or ketchup</b>
<b>4 lb. beef or sirloin tips</b>	<b>¼ cup dry red wine or water</b>
<b>½ cup chopped shallots or green onions</b>	<b>3 tablespoons flour</b>
<b>2 cans (4 oz. each) sliced mushrooms, drained, or ½ lb. mushrooms, sliced</b>	<b>Buttered noodles</b>

Combine ½ cup flour with the salt and pepper and toss with beef cubes to coat thoroughly. Place in Crock-Pot. Add shallots and mushrooms. Combine beef broth, Worcestershire sauce and tomato paste. Pour over beef and vegetables; stir well. Cover and cook on Low setting for 7 to 12 hours.

One hour before serving, turn to High setting. Make a smooth paste of red wine and 3 tablespoons flour; stir into Crock-Pot, mixing well. Cover and cook until thickened. Serve over hot buttered noodles.

*8 to 10 servings (about 3 quarts).*



## Crock-Pot Stew

- |  |  |
|--|--|
| 3 to 4 lb. beef round or<br>chuck steak, 1½ inches<br>thick, cut into 1½-inch<br>cubes | 1 package (10 oz.) frozen<br>peas, corn, green beans<br>or lima beans, partially<br>thawed |
| ½ cup flour  | 1 can (10½ oz.) condensed<br>beef broth  |
| 1 teaspoon salt  | ½ cup dry red wine or<br>water   |
| ½ teaspoon cracked pepper  | 2 teaspoons brown sugar  |
| 2 to 3 carrots, pared, split<br>lengthwise and cut in<br>half                          | 2 teaspoons Kitchen<br>Bouquet   |
| 2 large stalks celery, cut<br>into 1-inch pieces                                       | 1 can (14½ oz.) tomato<br>wedges or slices,<br>drained (optional)                          |
| 6 small white onions   | ¼ cup flour  |
| 6 to 8 small new potatoes,<br>peeled   | ¼ cup water  |
| 1 can (4 oz.) sliced mush-<br>rooms, drained   |  |

If beef is extra lean, thoroughly wipe cubed beef on absorbent towels to dry. If meat contains fat, quickly brown in large skillet to sear and remove fat; drain well.

Place beef cubes in Crock-Pot. Combine ½ cup flour with the salt and pepper; toss with beef to coat thoroughly. Add all vegetables except tomato wedges to Crock-Pot and mix well. Combine beef broth, wine, sugar and Kitchen Bouquet. Pour over meat and vegetables; stir carefully. Add drained tomatoes and stir well. Cover and cook on Low setting for 10 to 14 hours (on High setting for 4 to 5½ hours).

One hour before serving, turn to High setting. Make a smooth paste of ¼ cup flour and the water; stir into Crock-Pot. Cover and cook until thickened.

*8 to 10 servings (about 3½ quarts).*

**NOTE:** For better color, add half of the frozen vegetables at beginning; add remaining half during last hour.



# Hearty Beef Ragout



- |   |                                  |
|---|----------------------------------|
| 3 lb. boneless beef chuck,<br>cut into 1-inch pieces                    | 1 can (16 oz.) whole<br>tomatoes |
| ½ cup flour   | 1 teaspoon leaf oregano          |
| 2 teaspoons salt  | 2 cloves garlic, minced          |
| ¼ teaspoon pepper   | ½ cup beef broth                 |
| 1 package (8 oz.) precooked<br>sausage links, cut into<br>1-inch pieces | 1 teaspoon Kitchen<br>Bouquet    |
| 2 cups chopped leeks  | 2 tablespoons flour              |
| 3 to 4 stalks celery, cut up  | 3 tablespoons water              |
| 3 potatoes, peeled and<br>cubed   |                                  |

Wipe beef well. Combine ½ cup flour with salt and pepper. Toss beef cubes with flour mixture to coat thoroughly; place in Crock-Pot. Add remaining ingredients except 2 tablespoons flour and the water in order listed; stir well. Cover and cook on Low setting for 7 to 12 hours.

One hour before serving, turn to High setting. Make a smooth paste of 2 tablespoons flour and the water; stir into Crock-Pot, mixing well. Cover and cook until thickened.

8 servings (about 3 quarts).

## HERBS AND SPICES: THE FLAVOR SAVORS

It's best to use whole herbs and spices rather than the crushed or ground forms. The flavor of crushed or ground herbs and spices tends to dissipate during the extended cooking times called for in the Crock-Pot. The leaf form, on the other hand, takes a much longer time to release its flavor; hence, it will be nearer its peak at serving time. Always taste before serving, and adjust the seasonings if necessary.



## Nabil's Grecian Beef Stew

- |   |  |
|---|--|
| 2 lb. lean stewing beef,<br>cut into 1½-inch<br>cubes | 2 teaspoons salt<br>Pepper               |
| 2 onions, sliced                                      | 1 can (16 oz.) garbanzos,<br>drained     |
| 2 cloves garlic, chopped                              | 1 can (16 oz.) tomato<br>wedges, drained |
| 2 tablespoons vegetable<br>oil                        | 1 tablespoon Kitchen<br>Bouquet          |
| 1 eggplant (unpeeled),<br>cubed                       |  |
| 1 cup beef broth                                      |  |
| 2½ teaspoons cinnamon                                 |  |

In large skillet, brown beef, onions and garlic in oil; drain. Place in Crock-Pot.

Parboil eggplant in 2 cups boiling salted water for 2 minutes; drain. Add to beef mixture; stir well. Combine beef broth with cinnamon, salt and pepper and pour into Crock-Pot; stir well. Cover and cook on Low setting for 8 to 10 hours.

One hour before serving, stir in garbanzos, tomato wedges and Kitchen Bouquet.

4 to 6 servings (about 3 quarts).



## Bachelor's Stew



- |   |   |
|---|---|
| 2 lb. beef chuck, cut into<br>1- to 2-inch cubes                    | 1 teaspoon leaf basil                                       |
| $\frac{1}{3}$ cup dry bread crumbs                                  | $\frac{1}{3}$ cup quick-cooking<br>tapioca                  |
| 1 teaspoon salt   | 1 can (4 oz.) sliced mush-<br>rooms, undrained              |
| $\frac{1}{8}$ teaspoon pepper                                       | 1 teaspoon Kitchen<br>Bouquet                               |
| 1 large onion, cut into<br>eighths                                  | 2 cans (10 $\frac{3}{4}$ oz. each)<br>condensed tomato soup |
| 3 carrots, pared, split<br>lengthwise and cut<br>into 4-inch strips | 1 cup beef broth or water                                   |
| 4 celery stalks, cut into<br>1-inch pieces                          |   |

Wipe beef cubes well. Combine bread crumbs with salt and pepper and toss with beef. Place coated beef cubes in Crock-Pot and add remaining ingredients; stir well. Cover and cook on Low setting for 10 to 12 hours (on High setting for 3 to 5 hours).

6 servings (about 3 quarts).

## Good 'n Easy Stew



- |  |  |
|--|--|
| 3 lb. lean stewing beef,<br>cut into 1 $\frac{1}{2}$ -inch cubes | 1 can (10 $\frac{1}{2}$ oz.) condensed<br>cream of mushroom<br>soup or cream of<br>celery soup |
| 1 envelope (1 $\frac{1}{2}$ oz.) dry<br>onion soup mix           | 1 can (4 oz.) sliced mush-<br>rooms, drained<br>(optional)                                     |
| $\frac{1}{2}$ cup sauterne wine or<br>beef broth                 |  |

Combine all ingredients in Crock-Pot. Cover and cook on Low setting for 8 to 12 hours. If desired, thicken gravy.

8 servings (about 3 quarts).



## Hungarian Beef Stew

---

- |  |   |
|--|---|
| 2 lb. lean stewing beef,<br>cut into 1½-inch cubes | 2 cloves garlic, chopped                      |
| 1 large onion, finely<br>chopped                   | 1 green pepper, seeded<br>and cut into strips |
| 2 medium potatoes,<br>peeled and cubed             | 2 teaspoons dried parsley<br>flakes           |
| 2 carrots, pared and sliced                        | ½ cup beef broth                              |
| 1 package (10 oz.) frozen<br>lima beans, thawed    | 2 teaspoons paprika                           |
|  | 1½ teaspoons salt                             |
|  | 1 can (16 oz.) whole<br>tomatoes              |

Place all ingredients except beef broth, paprika, salt and tomatoes in Crock-Pot. Mix beef broth, paprika, salt and tomatoes; pour over top and stir to blend. Cover and cook on Low setting for 8 to 10 hours.

*4 to 6 servings (about 2½ quarts).*



## Stairwell Stew

---

- |  |  |
|--|--|
| 2 lb. lean stewing beef,<br>cut into 1½-inch cubes | 1 can (16 oz.) whole<br>tomatoes       |
| 1 to 2 cloves garlic, sliced                       | 2 tablespoons flour                    |
| 2 large stalks celery, sliced                      | 2 tablespoons water                    |
| ¼ to ½ cup pitted green<br>olives, drained         | Grated mozzarella cheese<br>(optional) |
| 1 can (4 oz.) sliced mush-<br>rooms, drained       |  |

Trim and wipe stew meat thoroughly. Combine all ingredients except flour, water and mozzarella cheese in Crock-Pot. Cover and cook on Low setting for 8 to 10 hours (on High setting for 3 to 4 hours).

One hour before serving, turn to High setting. Make a smooth paste of flour and water; stir into Crock-Pot. Cover and cook until thickened. Sprinkle mozzarella cheese generously over top.

*4 to 6 servings (about 2½ quarts).*

NOTE: A 3-lb. cut-up chicken or round steak may be substituted for the stewing beef.

## Braised Oxtails



3 to 4 lb. oxtails, cut into pieces	1 bay leaf
2 onions, thinly sliced	2 teaspoons salt
1 carrot, pared and sliced	½ teaspoon pepper
3 potatoes, peeled and cubed	1 cup beef broth
1 turnip, peeled and cubed (optional)	3 tablespoons ketchup
½ teaspoon leaf thyme	3 tablespoons flour
	¼ cup water or red wine
	¼ cup chopped parsley

Place oxtails on broiler rack and broil for 15 to 20 minutes to brown and remove fat; drain. Place browned oxtails in Crock-Pot. Add all remaining ingredients except flour, water and parsley; stir well and push vegetables down to be covered and moistened by broth. Cover and cook on Low setting for 8 to 12 hours.

One hour before serving, turn to High setting. Make a smooth paste of flour and water; stir into Crock-Pot. Cover and cook until thickened. Sprinkle with chopped parsley before serving.

*6 servings (about 3½ quarts).*



## Beef Shanks with Gravy

- |                                    |   |
|------------------------------------|---|
| 1 medium onion, thinly sliced      | Salt  |
| 2 carrots, pared and thinly sliced | 2 cans (10¼ oz. each) condensed tomato soup |
| 2 stalks celery, sliced            | 2 lb. cross-cut beef shanks                 |
| 4 peppercorns                      | 3 tablespoons flour (optional)              |
| 2 whole cloves                     | 3 tablespoons water (optional)              |
| 2 tablespoons brown sugar          |   |
| 2 tablespoons vinegar              |   |

Combine all ingredients except beef shanks, flour and water in Crock-Pot; stir well. Add beef shanks, pushing down to coat with tomato mixture. Cover and cook on Low setting for 10 to 12 hours.

Remove meat with slotted spoon. Bone and cut meat into small pieces; return to gravy.

If thickened gravy is desired, make a smooth paste of the flour and water. Turn to High setting and stir in paste. Cover and cook for 1 hour or until gravy is thickened.

6 servings (about 2½ quarts).



## Individual Pot Roasts

- |   |   |
|---|---|
| 4 to 5 small cross-cut beef shanks                                | 2 large baking potatoes, peeled and sliced ¼ inch thick |
| 1 envelope (1½ oz.) dry onion soup mix                            | 2 medium carrots, pared and halved lengthwise           |
| 2 cans (4 oz. each) sliced mushrooms, drained and liquid reserved |   |

Wipe beef shanks well. Thoroughly combine onion soup mix and liquid from mushrooms; stir in sliced mushrooms. Spread

a small amount of mushroom mixture on top of each beef shank.

Place sliced potatoes and carrots in bottom of Crock-Pot. Place beef shanks on top of vegetables. Pour any remaining mushroom mixture over the top. Cover and cook on Low setting for 8 to 10 hours.

Serve with unthickened gravy poured over top.

*4 to 5 servings (about 3½ quarts).*

## Braised Short Ribs



<b>3 to 4 lb. lean beef short ribs</b>	<b>1 clove garlic, chopped (optional)</b>
<b>½ cup flour</b>	<b>1 cup beer, beef broth or water</b>
<b>1½ teaspoons paprika</b>	<b>2 tablespoons flour (optional)</b>
<b>1½ teaspoons salt</b>	<b>3 tablespoons water (optional)</b>
<b>½ teaspoon dry mustard</b>	
<b>2 medium onions, sliced and separated into rings</b>	

Place short ribs on broiler rack or in skillet and brown to remove fat; drain well. Combine ½ cup flour with the paprika, salt and dry mustard; toss with short ribs. Place remaining ingredients except 2 tablespoons flour and the water in Crock-Pot; stir to mix beef ribs with onion rings (be sure onions are under beef ribs—not on top). Cover and cook on Low setting for 7 to 12 hours.

Remove short ribs to warm serving platter. If thickened gravy is desired, make a smooth paste of flour and water. Turn Crock-Pot to High setting and stir in paste. Cover and cook until gravy is thickened.

*6 servings (about 3 quarts).*

## Beef Hash

2 to 3 cups cut-up cooked  
beef  
2 packages (10 oz. each)  
frozen hash brown  
potatoes, thawed

1 onion, finely chopped  
 $\frac{1}{4}$  cup butter or margarine,  
melted  
1 cup gravy or beef broth  
Salt and pepper

Place all ingredients in Crock-Pot. Cover and cook on Low setting for 6 to 8 hours (on High setting for 2 to 3 hours).

4 servings (about  $1\frac{1}{2}$  quarts). Double recipe for 5-quart Crock-Pot.



## Meat Loaf with Soufflé Crown

1 lb. ground beef  
1 package ( $3\frac{1}{2}$  oz.)  
textured vegetable  
protein mix with  
meat loaf seasoning  
3 medium potatoes,  
peeled and sliced  
1 can (16 oz.) tomato  
wedges, drained

$1\frac{1}{2}$  cups grated Cheddar  
cheese  
1 cup sour cream  
 $\frac{3}{4}$  cup flour  
1 teaspoon salt  
3 eggs, beaten  
Dash cayenne pepper

Mix ground beef with vegetable protein mix, following package directions on mix. Place sliced potatoes in Crock-Pot. Pat meat loaf mixture evenly over potatoes. Arrange drained tomato wedges over meat, then sprinkle with cheese.

Combine remaining ingredients; beat until smooth. Spread over meat loaf and tomato wedges. Cover Crock-Pot and slip a wooden pick between the lid and pot to vent. Cook on Low setting for 7 to 10 hours.

6 servings (about 3 quarts).



**TREATING GROUND MEAT**

- Most ground meats should be pre-browned and thoroughly drained before being cooked in the Crock-Pot. The browning eliminates excess fat and helps the meat to maintain a better texture. Loaves, patties and ground meats cooked with rice or pasta do not require pre-browning.
- To maintain their firmness, meat loaves should be placed on sliced vegetables or on the accessory Meat Rack.

## Peppered Meat Loaf

---



2 lb. ground chuck  
 ½ lb. bulk sausage  
 1 large onion, finely  
     chopped  
 3 cloves garlic, minced  
 1 can (8 oz.) tomato sauce  
 ½ cup ketchup  
 ¼ cup crushed saltine  
     crackers

2 eggs  
 2 teaspoons Worcestershire  
     sauce  
 2 teaspoons seasoned salt  
 ¼ teaspoon seasoned  
     pepper  
 1 to 2 potatoes, peeled and  
     cut into fingers  
 Sauce (below)

Combine all ingredients except potatoes and Sauce; mix well and shape into a loaf. Place potatoes in bottom of Crock-Pot. Top potatoes with meat loaf. Pour Sauce over all. Cover and cook on Low setting for 8 to 12 hours. Turn to High setting and remove cover for last hour.

6 to 8 servings (about 2½ quarts).

### SAUCE

---

1 cup ketchup  
 ½ cup brown sugar

1½ teaspoons dry mustard  
 ½ teaspoon nutmeg

Mix ingredients well.



## Gourmet Meat Loaf

<b>1 slice bread</b>	<b>8 dried apricots, soaked and chopped</b>
<b>¼ cup milk</b>	<b>¼ cup chutney</b>
<b>1 egg, beaten</b>	<b>Salt and pepper</b>
<b>1 medium onion, chopped</b>	<b>1½ lb. ground beef</b>
<b>1½ teaspoons curry powder</b>	<b>2 bay leaves, broken in several pieces</b>
<b>2 teaspoons lemon juice</b>	
<b>¼ cup chopped almonds</b>	

Soak bread in milk; squeeze dry. Mix egg with milk. Add all ingredients except bay leaves to ground beef; blend well. Shape into a loaf. Insert bay leaves in top of meat loaf. Place in Crock-Pot. Cover and cook on Low setting for 8 to 10 hours. Remove bay leaves before serving.

*4 to 6 servings (about 2 quarts).*

## Norwegian Meatballs in Sauce

<b>1½ lb. extra-lean ground beef</b>	<b>¼ teaspoon allspice</b>
<b>½ lb. extra-lean ground pork or veal</b>	<b>¼ teaspoon ground ginger</b>
<b>1 egg</b>	<b>¼ teaspoon black pepper</b>
<b>1 cup mashed potatoes</b>	<b>¼ teaspoon nutmeg</b>
<b>½ cup dry bread crumbs</b>	<b>½ teaspoon brown sugar</b>
<b>½ cup milk</b>	<b>½ cup flour</b>
<b>2 teaspoons seasoned salt</b>	<b>1 cup beef broth</b>
<b>¼ teaspoon ground cloves</b>	<b>½ cup heavy cream</b>
	<b>½ cup chopped parsley</b>

Thoroughly combine all ingredients except flour, beef broth, heavy cream and chopped parsley. Blend well and shape into about twenty-four 1½-inch meatballs. Roll lightly in flour. Place on rack of broiler pan in preheated 400° oven for 20 minutes. Drain and place in Crock-Pot. Pour beef broth over

meatballs. Cover and cook on Low setting for 6 to 8 hours (on High setting for 1½ to 2½ hours).

Before serving, carefully remove meatballs to warm platter. Stir heavy cream into broth in Crock-Pot; mix until smooth. Pour sauce over meatballs, then sprinkle with the chopped parsley.

*6 to 8 servings (about 2½ quarts).*

## Meatballs in Gravy

---

<b>1 lb. lean ground beef</b>	<b>½ cup grated Parmesan</b>
<b>¼ lb. ground veal</b>	<b>cheese</b>
<b>¼ lb. lean ground pork</b>	<b>1½ teaspoons salt</b>
<b>¼ lb. bulk sausage</b>	<b>¼ teaspoon pepper</b>
<b>1 egg</b>	<b>1½ cups fresh bread crumbs</b>
<b>2 tablespoons dried</b>	<b>Gravy (below)</b>
<b>parsley flakes</b>	

Mix thoroughly all ingredients except Gravy. Shape into meatballs and brown in skillet or on broiler rack in 400° oven. Prepare Gravy in Crock-Pot. Add meatballs. Cover and cook on Low setting for 6 to 8 hours (on High setting for 2 to 4 hours).

*4 to 6 servings (about 2 quarts).*

### GRAVY

---

<b>1 can (4 oz.) mushrooms,</b>	<b>1 cup sour cream</b>
<b>drained</b>	<b>⅓ cup flour</b>
<b>1 can (10¼ oz.) condensed</b>	<b>½ teaspoon instant coffee</b>
<b>cream of mushroom</b>	<b>¼ cup dry sherry</b>
<b>soup</b>	<b>1 teaspoon paprika</b>

Combine all ingredients in Crock-Pot; stir thoroughly.

## Meatball Stew

---

- |                           |                             |
|---------------------------|-----------------------------|
| 1 lb. lean ground beef    | ¼ teaspoon garlic powder    |
| 1 medium onion, chopped   | ½ teaspoon seasoned salt    |
| 1 egg                     | 2 teaspoons Italian         |
| 1 cup dry bread crumbs    | seasoning                   |
| ½ teaspoon salt           | 4 carrots, pared and sliced |
| ¼ teaspoon pepper         | 3 large potatoes, peeled    |
| 2 tablespoons margarine   | and diced                   |
| or butter                 | 1 medium onion, sliced      |
| 1 can (16 oz.) whole      | 2 tablespoons cornstarch    |
| tomatoes, undrained,      | ¼ cup cold water            |
| chopped                   |                             |
| 1 cup water               |                             |
| 2 tablespoons beef flavor |                             |
| base (paste or            |                             |
| granules)                 |                             |

Combine ground beef with chopped onion, egg, bread crumbs, salt and pepper. Shape mixture into about 24 meatballs, then brown in margarine; drain well.

Stir together tomatoes, water, beef base and seasonings. Place carrots, potatoes and sliced onion in bottom of Crock-Pot; top with meatballs. Pour tomato mixture over all. Cover and cook on High setting for 1 hour. Turn to Low setting and cook for 5 to 7 hours.

Before serving, remove meatballs with a slotted spoon. Make a smooth paste of the cornstarch and water and stir into vegetables. Cover and cook on High setting for 10 minutes to thicken. Return meatballs to stew and serve.

*6 servings (about 3 quarts).*

## Hamburger Hot Pot



- |  |   |
|--|---|
| <b>1½ lb. ground chuck or<br/>lean ground beef</b> | <b>3 medium onions, sliced</b>                            |
| <b>¼ teaspoon garlic powder</b>                    | <b>1 can (10¼ oz.) condensed<br/>golden mushroom soup</b> |
| <b>2 teaspoons salt</b>                            | <b>½ cup water</b>  |
| <b>¼ teaspoon pepper</b>                           |   |
| <b>6 medium potatoes,<br/>peeled and sliced</b>    |   |

In skillet, lightly brown ground beef; drain well. Add garlic powder, salt and pepper; set aside. Place half the potatoes and half the onions in greased Crock-Pot. Add browned beef. Top with remaining potatoes and onions. Combine mushroom soup and water; spread over top, being sure to moisten and cover evenly. Cover and cook on Low setting for 8 to 10 hours (on High setting for 3 to 4 hours).

*4 to 6 servings (about 2½ quarts).*

## Barbecue Burgers

- |   |  |
|---|--|
| <b>1½ lb. ground chuck</b>                      | <b>2 tablespoons sugar</b>                     |
| <b>3 potatoes, peeled and<br/>thinly sliced</b> | <b>1 tablespoon cider vinegar</b>              |
| <b>½ cup ketchup</b>                            | <b>1 tablespoon Worcester-<br/>shire sauce</b> |
| <b>1 onion, finely chopped</b>                  |  |

Shape ground chuck into 6 burgers. Place sliced potatoes in Crock-Pot. Combine remaining ingredients and coat each burger with sauce mixture; arrange over potatoes in Crock-Pot. Cover and cook on Low setting for 4 to 8 hours.

*6 servings (about 2½ quarts).*

NOTE: If you have the accessory Meat Rack, place over potatoes and arrange burgers on rack.

## Stuffed Cabbage



- |                                       |                                   |
|---------------------------------------|-----------------------------------|
| <b>12 large cabbage leaves</b>        | <b>¼ teaspoon leaf thyme</b>      |
| <b>1 lb. lean ground beef or lamb</b> | <b>¼ teaspoon nutmeg</b>          |
| <b>½ cup cooked rice</b>              | <b>¼ teaspoon cinnamon</b>        |
| <b>½ teaspoon salt</b>                | <b>1 can (6 oz.) tomato paste</b> |
| <b>⅛ teaspoon pepper</b>              | <b>¾ cup water</b>                |

Wash cabbage leaves. Boil 4 cups water. Turn heat off. Soak leaves in water for 5 minutes. Remove, drain and cool.

Combine remaining ingredients except tomato paste and water. Place 2 tablespoons of mixture on each leaf and roll firmly. Stack in Crock-Pot. Combine tomato paste and water and pour over stuffed cabbage. Cover and cook on Low setting for 8 to 10 hours.

*6 servings (about 2½ quarts).*

## Working Girl's Favorite



- |   |   |
|---|---|
| <b>1 lb. extra-lean ground beef</b>                     | <b>2 tablespoons instant minced onion</b> |
| <b>2 stalks celery, sliced</b>                          | <b>2 teaspoons sugar</b>                  |
| <b>1 small green pepper, seeded and chopped</b>         | <b>½ teaspoon salt</b>                    |
| <b>1 can (10½ oz.) condensed cream of mushroom soup</b> | <b>Dash pepper</b>                        |
|   | <b>½ teaspoon leaf basil</b>              |
|   | <b>Hot biscuits or toasted waffles</b>    |

Thoroughly combine all ingredients except biscuits in lightly oiled Crock-Pot. Cover and cook on Low setting for 6 to 10 hours. Serve spooned over hot biscuits.

*4 servings (about 2 quarts).*

# Brunch Casserole



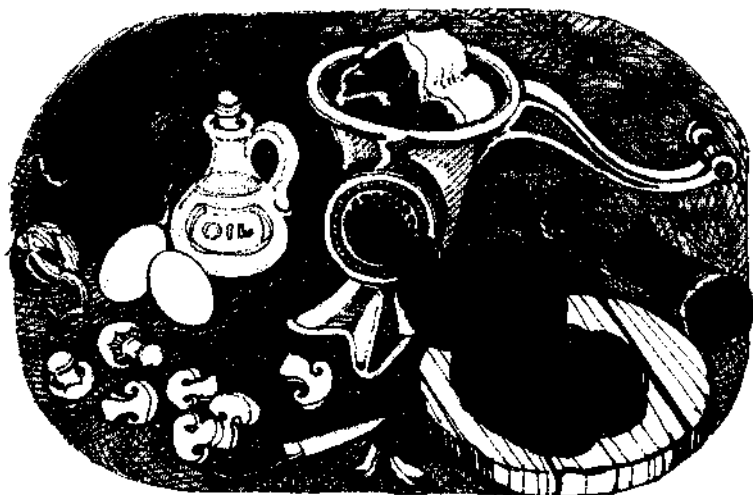
- |   |   |
|---|---|
| 1½ lb. lean ground beef                 | ½ teaspoon leaf oregano                                       |
| 1 large onion, finely chopped           | ½ package (10 oz.) frozen chopped spinach, thawed and drained |
| 2 tablespoons olive oil or butter       | 3 tablespoons flour   |
| 2 cloves garlic, minced                 | 6 eggs, beaten  |
| 1 can (4 oz.) sliced mushrooms, drained | ¾ cup milk, scalded   |
| 2 teaspoons salt                        | ½ cup grated sharp Cheddar cheese                             |
| ½ teaspoon nutmeg                       |   |

In skillet, lightly brown ground beef and onion in olive oil; drain well. Place in well-greased Crock-Pot. Stir in remaining ingredients except eggs, milk and cheese until well blended.

Beat eggs and milk together. Pour over other ingredients; stir well. Dust with additional nutmeg. Cover and cook on Low setting for 7 to 10 hours or until firm.

Just before serving, sprinkle with grated cheese.

6 to 8 servings (about 2½ quarts).





## Chuckwagon Beef

---

- |   |  |
|---|--|
| 1 lb. extra-lean ground beef              | ½ cup raw long-grain converted rice          |
| 1 can (16 oz.) whole tomatoes             | 1 teaspoon salt                              |
| 1 green pepper, seeded and finely chopped | ½ teaspoon leaf basil                        |
| 1 onion, finely chopped                   | Dash pepper                                  |
|   | 4 slices American cheese, cut into triangles |

Place all ingredients except cheese triangles in Crock-Pot. Stir thoroughly to mix ground beef with other ingredients. Place 4 cheese triangles on top. Cover and cook on Low setting for 7 to 10 hours.

Before serving, top with remaining 4 cheese triangles.

4 servings (about 2 quarts).

**Chuckwagon Venison:** Substitute ground venison for the beef.



## Jenny Joe's

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- |  |                               |
|--|-------------------------------|
| 2 lb. lean ground beef                       | ¼ cup ketchup                 |
| 1 medium onion, chopped                      | 1 tablespoon prepared mustard |
| 1 teaspoon salt                              |                               |
| ¼ teaspoon pepper                            | 8 toasted hamburger rolls     |
| 1 can (10¾ oz.) condensed chicken gumbo soup |                               |

In skillet, brown ground beef; drain well. Combine all ingredients except hamburger rolls in Crock-Pot; stir well. Cover and cook on Low setting for 6 to 9 hours (on High setting for 2 to 3 hours).

Serve spooned over toasted hamburger rolls.

8 servings (about 2 quarts).



## Taverns



- |                                |                                   |
|--------------------------------|-----------------------------------|
| <b>2½ lb. lean ground beef</b> | <b>1 teaspoon dry mustard</b>     |
| <b>1 large onion, chopped</b>  | <b>1 teaspoon salt</b>            |
| <b>1 cup ketchup</b>           | <b>2 cups beef broth or water</b> |
| <b>1 teaspoon chili powder</b> | <b>Toasted hamburger rolls</b>    |

In skillet, brown ground beef; drain well. Place browned beef and remaining ingredients except hamburger rolls in Crock-Pot; stir well. Cover and cook on Low setting for 6 to 12 hours.

Taste for seasoning before serving. Serve spooned over toasted hamburger rolls.

*6 to 8 servings (about 2 quarts).*

## Simple Stroganoff

- |  |   |
|--|---|
| <b>1½ lb. lean ground beef</b>           | <b>1½ teaspoons salt</b>                              |
| <b>½ cup flour</b>                       | <b>1 teaspoon oregano</b>                             |
| <b>½ cup chopped onion</b>               | <b>¼ teaspoon garlic powder</b>                       |
| <b>1 cup cream-style cottage cheese</b>  | <b>Dash pepper</b>                                    |
| <b>1 can (6 oz.) tomato paste</b>        | <b>1 can (4 oz.) sliced mushrooms, drained</b>        |
| <b>1 tablespoon Worcestershire sauce</b> | <b>1 can (14 oz.) beef broth or 2 cups meat stock</b> |

In skillet, brown ground beef, flour and onion; drain well. Place in Crock-Pot.

Whip cottage cheese until smooth; add tomato paste and seasonings. Mix well and add to meat mixture with mushrooms and beef broth. Stir until slightly blended. Cover and cook on High setting for 1 hour. Turn to Low setting and cook for 4 to 6 hours.

*4 to 6 servings (about 2½ quarts).*



## Layered Beef 'n Potatoes

---

<b>1 lb. ground beef</b>	<b>Dash pepper</b>
<b>1 can (8 oz.) tomato sauce and bits</b>	<b>1½ cups dried mashed potato flakes</b>
<b>1 can (12 oz.) Mexicorn, drained</b>	<b>1½ cups sour cream</b>
<b>1 tablespoon instant minced onion</b>	<b>½ cup water</b>
<b>1 teaspoon salt</b>	<b>1½ cups grated process American cheese</b>

In skillet, brown ground beef; drain well. Place in Crock-Pot and add tomato sauce, corn, onion, salt and pepper; mix well. In bowl, mix potato flakes with sour cream and water. Spread potato mixture over beef. Top with grated cheese. Cover and cook on Low setting for 7 to 10 hours.

*4 servings (about 2½ quarts).*

## Alamo Tamale Supper

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<b>1 can (15 oz.) beef tamales</b>	<b>1 can (8 oz.) tomato sauce</b>
<b>1 medium onion, finely chopped</b>	<b>1 teaspoon chili powder</b>
<b>1 can (8 oz.) whole-kernel corn, drained</b>	<b>1 cup grated sharp process cheese</b>
	<b>¼ cup sliced, pitted ripe olives</b>

Slice tamales in half crosswise and arrange in bottom of greased Crock-Pot. Sprinkle chopped onion over tamales. Add corn. Mix tomato sauce and chili powder; pour into Crock-Pot. Top with grated cheese and sprinkle with sliced ripe olives. Cover and cook on Low setting for 5 to 7 hours (on High setting for 2 hours).

*4 servings (about 1½ quarts).* Double recipe for 5-quart Crock-Pot.

# Beef Tacos with Mexican Sauce



<b>2 lb. lean ground beef</b>	<b>1 tablespoon Worcestershire sauce</b>
<b>2 medium onions, finely chopped</b>	<b>1 can (16 oz.) pinto beans or green peas, drained and pureed in blender</b>
<b>1 to 2 tablespoons chili powder</b>	<b>Taco shells</b>
<b>1 teaspoon leaf oregano</b>	<b>Mexican Sauce (below)</b>
<b>1 teaspoon paprika</b>	
<b>2 teaspoons salt</b>	
<b>½ cup taco sauce</b>	

In large skillet, brown ground beef and onions; drain well. Place beef and onions in Crock-Pot. Stir in remaining ingredients except taco shells and Mexican Sauce. Cover and cook on Low setting for 4 to 10 hours. Taste for seasoning. Fill taco shells and serve with sauce.

*Fills 2 to 3 dozen taco shells (about 2½ quarts).*

NOTE: This taco filling freezes beautifully.

## MEXICAN SAUCE

<b>2 cups chopped peeled tomatoes or 1 can (16 oz.) whole tomatoes</b>	<b>1 tablespoon chili powder</b>
<b>1 small onion, quartered</b>	<b>½ teaspoon leaf oregano</b>
<b>1 clove garlic</b>	<b>1 teaspoon salt</b>
	<b>1 small jalapeño pepper, fresh or canned (optional)</b>

Combine all ingredients in blender container; blend until smooth. Pour into small saucepan; simmer for 30 minutes.

*About 3½ cups.*



## Veal Steak in Sour Cream

- |                                   |                               |
|-----------------------------------|-------------------------------|
| <b>1½-lb. veal round steak</b>    | <b>2 beef bouillon cubes</b>  |
| <b>¼ cup flour</b>                | <b>1 cup boiling water</b>    |
| <b>1 teaspoon salt</b>            | <b>2 large ripe tomatoes,</b> |
| <b>1 tablespoon paprika</b>       | <b>peeled and chopped,</b>    |
| <b>Dash pepper</b>                | <b>or 1 cup canned</b>        |
| <b>1 tablespoon dried parsley</b> | <b>whole tomatoes</b>         |
| <b>flakes</b>                     | <b>½ cup sour cream</b>       |
| <b>1 large onion, finely</b>      | <b>3 tablespoons flour</b>    |
| <b>chopped</b>                    |                               |
| <b>2 cloves garlic, minced</b>    |                               |
| <b>(optional)</b>                 |                               |

Trim all excess fat from veal, remove bone and cut meat into 1½-inch cubes. Combine ¼ cup flour, the salt, paprika, pepper and parsley flakes and toss with veal in Crock-Pot to coat thoroughly. Add onion and garlic. Dissolve beef bouillon cubes in boiling water; stir into Crock-Pot with tomatoes. Combine sour cream with 3 tablespoons flour and pour into Crock-Pot; stir well. Cover and cook on Low setting for 8 to 10 hours. Before serving, taste for seasoning.

*4 servings (about 2 quarts).*

### AUTOMATIC TIMING

An 8-hour workday needn't restrict your choices to "all-day" recipes. Team up your Crock-Pot with an automatic timer and you have the solution. Simply prepare your chosen recipe and cover the pot. Set the automatic timer for the desired cooking span and go off about your business. (Caution: Be sure the food is chilled—and don't delay the starting time for more than 3 hours.) Remember, too, after the timer turns the Crock-Pot off, your dish will remain at the proper serving temperature for up to 3 hours.

# Veal Ragout



<b>3- to 4-lb. veal breast</b>	<b>2 teaspoons salt</b>
<b>1 onion, chopped</b>	<b>2 cups water</b>
<b>1 carrot, pared and sliced</b>	<b>Sauce (below)</b>
<b>1 stalk celery, sliced</b>	<b>1 cup heavy cream</b>
<b>1 bay leaf</b>	<b>1 egg, lightly beaten</b>

Trim all excess fat from veal. Place veal and chopped vegetables in Crock-Pot; add remaining ingredients except Sauce, cream and egg. Cover and cook on Low setting for 7 to 9 hours. Refrigerate cooked veal and broth in container. Chill until fat rises to top and can easily be removed. Remove meat from bones and cut into 1-inch cubes. (There should be about 3½ cups veal.) Remove 2 cups broth for sauce.

One to 3 hours before serving, prepare Sauce. Combine Sauce and cubed veal in Crock-Pot. Cover and cook on Low setting for 30 minutes (or up to 3 hours) to allow flavors to blend. Thirty minutes before serving, combine heavy cream and egg; stir into Crock-Pot. Serve with small onions and carrots simmered on top of range in ½ cup veal stock.

*8 servings (about 2½ quarts).*

## SAUCE

<b>½ cup butter or margarine</b>	<b>½ cup flour</b>
<b>½ pound fresh mushrooms, sliced</b>	<b>2 cups veal broth</b>
	<b>½ cup dry white wine</b>

On top of range (or in microwave oven using 2-quart glass casserole), melt butter in medium-size saucepan over medium heat. Stir in mushrooms and sauté lightly. Add flour, stirring constantly; stir in broth and wine. Cook and stir until thickened.

## Roast Pork

---

**3- to 4-lb. pork loin roast,  
well trimmed  
Kitchen Bouquet  
Garlic salt  
Salt and pepper**

**3 to 4 sweet potatoes or  
baking potatoes, whole  
(peeled or unpeeled)**

Brush pork roast well with Kitchen Bouquet. Sprinkle with garlic salt, salt and pepper. Place potatoes in bottom of Crock-Pot. Place pork roast on "rack" of potatoes. (If possible, insert a meat thermometer into roast at an angle if cooking to medium stage, 170°.) Cover and cook on High setting for 2 hours, then turn to Low setting for 2 to 3 hours (or cook entire time on Low setting for 5 to 7 hours).

*4 to 6 servings (about 3 quarts).*



## Apple-Glazed Pork Roast

---

**3- to 4-lb. pork loin roast,  
well trimmed  
Salt and pepper  
4 to 6 apples, cored and  
quartered**

**¼ cup apple juice  
3 tablespoons brown sugar  
1 teaspoon ground ginger**

Rub roast with salt and pepper. Brown pork roast under broiler to remove excess fat; drain well. Place apple quarters in bottom of Crock-Pot. Place roast on top of apples. Combine apple juice, brown sugar and ginger. Spoon over top surface of roast, moistening well. Cover and cook on Low setting for 8 to 12 hours or until done.

*6 to 8 servings (about 3 quarts).*

## Mexican Pork Roast



- |   |                         |
|---|-------------------------|
| 2 medium onions, chopped                    | ½ teaspoon leaf oregano |
| 2 carrots, pared and sliced                 | ½ teaspoon cumin seed   |
| 3- to 4½-lb. pork loin or<br>shoulder roast | ½ teaspoon coriander    |
| 2 teaspoons salt                            | 2 cups water            |

Place onions and carrots in Crock-Pot. Rub pork roast with seasonings. Place on top of vegetables; add water. Cover and cook on Low setting for 8 to 12 hours.

Good when shredded and served in hot buttered tortillas with spicy taco sauce.

6 to 8 servings (about 3½ quarts).

## Braised Pork



- |  |  |
|--|--|
| 3- to 4-lb. pork loin roast,<br>well trimmed | 1 cup chicken broth                      |
| 3 cloves garlic, slivered                    | ½ cup dry vermouth                       |
| Salt and pepper                              | ¼ cup pimiento-stuffed<br>olives, sliced |
| ½ teaspoon sage                              | ¼ cup flour                              |

Brown pork roast under broiler to remove excess fat; drain well. Insert garlic slivers in roast and season lightly with salt, pepper and sage. Place browned pork roast in Crock-Pot. Add remaining ingredients except flour. Cover and cook on Low setting for 8 to 10 hours. Remove roast. In small bowl, combine flour with ½ cup gravy juices from Crock-Pot. Turn to High setting and stir in flour paste. Cook and stir until thickened. Serve sauce over pork, with regular or saffron rice.

8 servings (about 3 quarts).



## Stuffed Pork Chops

**4 double pork loin chops,  
well trimmed**

**Salt and pepper**

**1 can (12 oz.) whole-kernel  
corn, drained**

**1 small onion, chopped**

**1 small green pepper,  
seeded and chopped**

**1 cup fresh bread crumbs**

**½ teaspoon leaf oregano or  
leaf sage**

**½ cup raw long-grain  
converted rice**

**1 can (8 oz.) tomato sauce**

Cut a pocket in each chop, cutting from the edge almost to the bone. Lightly season pockets with salt and pepper. In bowl, combine all ingredients except pork chops and tomato sauce. Pack vegetable mixture into pockets. Secure along fat side with wooden picks.

Pour any remaining vegetable mixture into Crock-Pot. Moisten top surface of each chop with tomato sauce. Add stuffed pork chops to Crock-Pot, stacking to fit if necessary. Pour any remaining tomato sauce on top. Cover and cook on Low setting for 7 to 10 hours or until done.

To serve, remove chops to heatproof platter and mound vegetable-rice mixture in center.

*4 servings (about 3 quarts).*





## Spicy Pork and Cabbage



- |  |                                    |
|--|------------------------------------|
| <b>4 to 6 pork loin chops</b><br>(about 1 inch thick),<br>well trimmed | <b>½ small onion, chopped</b>      |
| <b>Salt and pepper</b>   | <b>2 whole cloves</b>              |
| <b>Kitchen Bouquet</b>   | <b>½ small bay leaf</b>            |
| <b>4 cups coarsely shredded</b><br><b>cabbage</b>                      | <b>¼ cup sugar</b>                 |
| <b>3 to 4 tart apples, cored</b><br><b>and diced</b>                   | <b>1 cup water</b>                 |
|  | <b>2 tablespoons cider vinegar</b> |
|  | <b>2 teaspoons salt</b>            |

Season pork chops lightly with salt and pepper and brush with Kitchen Bouquet; set aside. Place cabbage, apples and onion in Crock-Pot. Add remaining ingredients except pork chops. Toss together well to evenly distribute spices. Arrange chops on top of cabbage mixture, stacking to fit. Cover and cook on Low setting for 7 to 10 hours (on High setting for 2 to 3 hours).

*4 to 6 servings (about 3½ quarts).*

## Fruited Pork Chops

- |   |  |
|---|--|
| <b>6 pork loin chops</b><br>(about 1 inch thick),<br>well trimmed | <b>6 tart apples, cored and</b><br><b>thickly sliced</b> |
| <b>2 tablespoons cooking oil</b>                                  | <b>¼ cup dried currants</b>                              |
| <b>Salt</b>   | <b>1 tablespoon lemon juice</b>                          |
|   | <b>¼ cup brown sugar</b>                                 |

In skillet, brown chops in oil. Sprinkle with salt during browning; drain well. Place chops in Crock-Pot. Combine remaining ingredients and pour over chops. Cover and cook on Low setting for 5 to 8 hours.

*6 servings (about 2½ quarts).*

## Pork Chops and Apple Slices

---

4 pork loin chops (about  
1 inch thick), well  
trimmed  
2 medium apples, peeled,  
cored and sliced

1 teaspoon butter  
 $\frac{1}{4}$  teaspoon nutmeg  
(optional)  
Salt and pepper

In skillet, brown pork chops quickly; drain well. Arrange a layer of sliced apples in Crock-Pot, then a layer of pork chops; repeat. Dot with butter; sprinkle with nutmeg. Add salt and pepper. Cover and cook on Low setting for 6 to 8 hours.

*4 servings (about 2½ quarts).*



## Pork and Veal with Sauerkraut

---

1 can (16 oz.) sauerkraut  
1 lb. veal, cut into 1½-inch  
cubes  
1 lb. pork, well trimmed  
and cut into 1½-inch  
cubes  
1 can (16 oz.) tomato  
wedges

$\frac{1}{2}$  to 1 teaspoon caraway  
seed  
1 cup sour cream  
 $\frac{1}{4}$  cup flour  
2 teaspoons salt  
 $\frac{1}{2}$  teaspoon pepper

Rinse sauerkraut under cold water; drain well. Combine sauerkraut, veal, pork, tomato wedges and caraway seed in Crock-Pot; stir well. Cover and cook on Low setting for 6 to 12 hours.

One hour before serving, combine sour cream, flour, salt and pepper. Stir gently into Crock-Pot. Cover and cook until thickened.

*6 servings (about 2½ quarts).*

## Chop Suey



<b>2 to 3 pork shoulder chops, boned, well trimmed and diced</b>	<b>2 teaspoons soy sauce</b>
<b>2 cups cubed cooked or raw chicken</b>	<b>½ teaspoon sugar</b>
<b>½ cup chicken broth</b>	<b>Salt</b>
<b>1 cup diagonally sliced celery</b>	<b>1½ cups water chestnuts, thinly sliced</b>
	<b>1½ cups bamboo shoots, in julienne strips</b>

Combine all ingredients in Crock-Pot; stir well. Cover and cook on Low setting for 7 to 10 hours (on High setting for 2 to 3 hours). If desired, thicken sauce with a cornstarch-water paste just before serving.

*4 servings (about 2 quarts).* Double recipe for 5-quart Crock-Pot.

## Mexican Carnitas

<b>1 lb. lean boneless pork, cut into small cubes</b>	<b>2 tablespoons minced onion</b>
<b>½ teaspoon monosodium glutamate</b>	<b>2 tablespoons chopped pimiento</b>
<b>1 package (10 oz.) frozen French-style green beans, partially thawed</b>	<b>½ teaspoon seasoned salt</b>
	<b>½ teaspoon pepper</b>

Sprinkle pork cubes with monosodium glutamate and toss lightly. Place green beans in Crock-Pot. Top with onion, pimiento, seasoned salt and pepper; add cubed pork. Cover and cook on High setting for 30 minutes, then turn to Low setting for 4 to 7 hours.

*3 to 4 servings (about 1½ quarts).* Double recipe for 5-quart Crock-Pot.



## Chili Verde

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- |   |  |
|---|--|
| <b>2 lb. extra-lean boneless pork, cut into 1-inch cubes</b>          | <b>½ cup chopped parsley or 2 tablespoons dried parsley flakes</b> |
| <b>1 lb. boneless beef chuck, cut into 1-inch cubes</b>               | <b>1 teaspoon sugar</b>  |
| <b>1 large green pepper, seeded and chopped</b>                       | <b>2 teaspoons cumin seed or 1 tablespoon ground cumin</b>         |
| <b>2 cloves garlic, minced</b>  | <b>2 whole cloves</b>  |
| <b>1 can (28 oz.) whole tomatoes, mashed</b>                          | <b>½ cup beef broth</b>  |
| <b>1 can (4 oz.) green chili peppers, drained, seeded and chopped</b> |  |

Combine all ingredients in Crock-Pot; stir thoroughly. Cover and cook on Low setting for 8 to 10 hours.

Before serving, taste for seasoning and add salt and more cumin if needed.

*6 to 8 servings (about 3 quarts).*

## Cantonese Sweet-Sour Pork

---

- |   |  |
|---|--|
| <b>2-lb. lean pork shoulder, cut into strips</b>  | <b>2 tablespoons cornstarch</b>                |
| <b>1 green pepper, seeded and cut into strips</b> | <b>2 cups pineapple chunks (reserve juice)</b> |
| <b>½ medium onion, thinly sliced</b>              | <b>¼ cup cider vinegar</b>                     |
| <b>¼ cup brown sugar (packed)</b>                 | <b>¼ cup water</b>                             |
|   | <b>1 tablespoon soy sauce</b>                  |
|   | <b>½ teaspoon salt</b>                         |
|   | <b>Chow mein noodles</b>                       |

Place pork strips in Crock-Pot. Add green pepper and sliced onion. In bowl, mix brown sugar and cornstarch. Add 1 cup

reserved pineapple juice, the vinegar, water, soy sauce and salt; blend until smooth. Pour over meat and vegetables. Cover and cook on Low setting for 5 to 7 hours.

One hour before serving, add pineapple chunks; stir into meat and sauce.

Serve over chow mein noodles.

*4 to 6 servings (about 2½ quarts).*

## Pork Subgum



- |  |  |
|--|--|
| 1 lb. lean boneless pork,<br>cubed and browned                 | ½-inch strip crystallized<br>ginger or 1 teaspoon<br>ground ginger |
| 1 medium onion, chopped  | 1 cup chicken broth  |
| 1 medium green pepper,<br>seeded and cut into<br>¼-inch strips | 1 tablespoon soy sauce   |
| 2 cans (4 oz. each) sliced<br>mushrooms, drained               | Salt and pepper  |
| 1 can (7 oz.) water chest-<br>nuts, drained and<br>sliced      | 1 can (16 oz.) Chinese<br>vegetables, drained                      |
|  | 3 tablespoons cornstarch   |
|  | 3 tablespoons water  |
|  | Chow mein noodles  |

Combine all ingredients except Chinese vegetables, cornstarch, water and chow mein noodles in Crock-Pot; stir well. Cover and cook on Low setting for 6 to 10 hours (on High setting for 3½ hours).

One hour before serving, turn to High setting and stir in Chinese vegetables. Combine cornstarch and water and add to Crock-Pot. Taste for seasoning. Cover and continue cooking until thickened.

Serve over chow mein noodles.

*4 to 6 servings (about 2 quarts).* Double recipe for 5-quart Crock-Pot.



## Candied Polynesian Spareribs

---

2 lb. lean pork spareribs  
 ½ cup soy sauce  
 1 tablespoon ground  
   ginger  
 ¼ cup cornstarch  
 ½ cup cider vinegar  
 1 cup sugar

¼ cup water  
 1 tablespoon salt  
 ½ teaspoon dry mustard  
 1 small piece gingerroot or  
   crystallized ginger  
   (about 1 inch)

Cut spareribs into individual 3-inch pieces. Mix soy sauce, ground ginger and cornstarch until smooth; brush mixture over spareribs. Place ribs on rack of broiler pan. Bake in preheated 425° oven for 20 minutes to remove fat; drain. Combine remaining ingredients in Crock-Pot; stir well. Add browned ribs. Cover and cook on Low setting for 6 to 10 hours.

If desired, brown and crisp ribs in broiler for 10 minutes before serving.

4 servings (about 2½ quarts).

## Honey Ribs and Rice

---

2 lb. extra-lean back ribs  
 1 can (10½ oz.) condensed  
   beef consommé  
 ½ cup water  
 2 tablespoons maple  
   syrup

2 tablespoons honey  
 3 tablespoons soy sauce  
 2 tablespoons barbecue  
   sauce  
 ½ teaspoon dry mustard  
 1½ cups quick-cooking rice

If ribs are fat, place on broiler rack and broil for 15 to 20 minutes; drain well. Otherwise, wash ribs and pat dry. Cut ribs into single servings. Combine remaining ingredients except rice in Crock-Pot; stir to mix. Add ribs. Cover and cook

on Low setting for 6 to 8 hours (on High setting for 3 to 4 hours).

Remove ribs and keep warm. Turn Crock-Pot to High setting; add 1½ cups quick-cooking rice and cook until done.

Serve rice on warm platter surrounded by ribs.

*4 servings (about 2 quarts).*

## Glazed Ham with Cherry Sauce



**3- to 5-lb. canned ham,  
drained**

**½ cup apple jelly**

**2 teaspoons prepared  
mustard**

**1 tablespoon dry white  
wine**

**3 tablespoons cornstarch**

**3 tablespoons dry white wine**

**1 can (21 oz.) cherry pie  
filling**

Score fat on ham in a diamond pattern, then place in Crock-Pot with fat side up. Combine apple jelly, mustard and 1 tablespoon white wine; spread glaze over top surface of ham. Cover and cook on Low setting for 6 to 12 hours.

One hour before serving, turn to High setting and baste surface of ham with glaze and juices. Remove ham to warm serving platter. Make a paste of the cornstarch and 3 tablespoons white wine and add to Crock-Pot with cherry pie filling; stir well. Cook on High setting until smooth and thickened.

Spoon half of the sauce over ham and serve the remaining sauce separately.

*8 to 12 servings (about 3 quarts).*

## Ham 'n Cola



**½ cup brown sugar**  
**1 teaspoon dry mustard**  
**1 teaspoon prepared horseradish**

**¼ cup cola-type soft drink**  
**3-to 4-lb. precooked ham**

Thoroughly combine brown sugar, mustard and horseradish. Moisten with just enough cola to make a smooth paste; reserve remaining cola. Rub entire ham with mixture. Place ham in Crock-Pot and add remaining cola. Cover and cook on Low setting for 6 to 10 hours (on High setting for 2 to 3 hours).

9 to 12 servings (about 3 quarts).

NOTE: A 5-lb. ham may be used in the 5-quart Crock-Pot.

## Smoked Ham with Oranges



**2 to 3 sweet potatoes, peeled and thinly sliced (¼ inch thick)**  
**1 large smoked ham slice (about 1 inch thick), cut into serving pieces**  
**3 seedless oranges, peeled and sliced**

**3 tablespoons frozen orange juice concentrate, thawed**  
**3 tablespoons honey**  
**½ cup brown sugar**  
**2 tablespoons cornstarch**

Place sweet potatoes in Crock-Pot. Arrange ham and orange slices on sweet potatoes. Combine remaining ingredients; stir until consistency of a thin paste. Lightly spread over ham and oranges. Cover and cook on Low setting for 7 to 10 hours.

4 servings (about 2½ quarts).



## Ham-Burger Balls with Yams

2 cups ground ham (about ½ lb.)	2 cans (23 oz. each) yams, drained and cut into cubes
½ lb. ground chuck	½ cup dark corn syrup
1 cup whole wheat bread crumbs	½ cup apple juice or pineapple juice
1 egg, beaten	¼ teaspoon nutmeg
¼ cup minced onion	1 to 2 tablespoons corn- starch
2 tablespoons salted sunflower seeds or ½ teaspoon salt	

Thoroughly mix ground meats, bread crumbs, egg, onion and sunflower seeds. Shape into 12 to 16 meatballs. Place on rack in broiler pan. Bake meatballs in preheated 425° oven for 15 minutes.

Place yams in Crock-Pot. Combine corn syrup, juice and nutmeg and pour half over the yams. Place browned meatballs over yams and top with remaining sauce. Cover and cook on Low setting for 4 to 6 hours.

Transfer meatballs to serving dish; place yams in serving bowl and keep warm. Stir cornstarch into sauce. Cover and cook on High setting until thickened; pour over yams before serving.

*4 to 6 servings (about 3 quarts).*

### A NOTE ABOUT PORK

Because fat can cause your dish to overcook and lose flavor, be sure your pork choice is well trimmed. Pre-brown ribs, roasts and other fatty cuts by broiling for 20 minutes; drain well. If using chops, choose 1-inch-thick loin chops (rib chops are too fat and too small to cook satisfactorily).

## Ham Tetrazzini

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- |   |  |
|---|--|
| <b>1 can (10¾ oz.)<br/>condensed cream of<br/>mushroom soup</b> | <b>½ cup stuffed olives, sliced<br/>(optional)</b>   |
| <b>½ cup evaporated or<br/>scalded milk</b>                     | <b>1 can (4 oz.) sliced mush-<br/>rooms, drained</b> |
| <b>1½ teaspoons prepared<br/>horseradish</b>                    | <b>¼ cup dry sherry or dry<br/>white wine</b>        |
| <b>½ cup grated Romano or<br/>Parmesan cheese</b>               | <b>1 package (5 oz.)<br/>spaghetti</b>               |
| <b>1 to 1½ cups cubed<br/>cooked ham</b>                        | <b>2 tablespoons butter,<br/>melted</b>              |

Combine all ingredients except spaghetti and butter in Crock-Pot; stir well. Cover and cook on Low setting for 4 to 8 hours.

Just before serving, cook spaghetti according to package directions; drain and toss with butter. Stir into Crock-Pot. Sprinkle additional grated cheese over top.

*4 servings (about 2 quarts).* This recipe may be doubled for the 5-quart Crock-Pot.

## Ham and Turnip Bake

---

- |  |  |
|--|--|
| <b>5 cups diced turnips</b>                  | <b>1 egg</b>   |
| <b>2 cups coarsely ground<br/>cooked ham</b> | <b>3 tablespoons butter or<br/>margarine, melted</b> |
| <b>1 cup finely chopped<br/>onion</b>        | <b>½ cup fresh bread crumbs</b>                      |
| <b>1 cup finely chopped<br/>celery</b>       | <b>Salt and pepper</b>                               |
| <b>½ cup finely chopped<br/>green pepper</b> | <b>1 cup grated process<br/>American cheese</b>      |

Cook diced turnips in 1 inch of boiling water for about 15 minutes or until tender; drain and mash. Add remaining in-

gredients except cheese. Pour into lightly greased Crock-Pot. Cover and cook on High setting for 2 to 4 hours (on Low setting for 4 to 8 hours). Before serving, sprinkle with grated cheese.

*4 servings (about 2 quarts).*

NOTE: Ground cooked chicken, turkey or beef may be substituted for the ham.

## Ham and Cheese Supper

---

<b>2 cups ground cooked ham</b> (about ½ lb.)	<b>2 tablespoons butter</b>
<b>½ cup finely crushed</b> <b>cheese crackers</b>	<b>2 tablespoons vegetable</b> <b>oil</b>
<b>1 egg</b>	<b>¾ cup evaporated milk</b>
<b>½ cup barbecue sauce</b>	<b>1 cup grated mozzarella</b> <b>cheese</b>
<b>4 large potatoes, peeled</b> <b>and thinly sliced</b>	<b>1 teaspoon salt</b>
<b>1 medium onion, thinly</b> <b>sliced</b>	<b>¼ teaspoon paprika</b>
	<b>½ teaspoon pepper</b>

Combine ground ham, crushed crackers, egg and barbecue sauce and shape into 6 patties. In a skillet, sauté potato and onion slices in butter and oil over medium heat, turning frequently to prevent browning. Drain and place in Crock-Pot.

Combine milk, cheese and seasonings and pour over potatoes and onions. Layer ham patties on top. Cover and cook on Low setting for 3 to 5 hours.

*6 servings (about 3 quarts).*

## Cranberry Canadian Bacon

---

**4 lb. Canadian bacon,  
unsliced**

**1 cup whole or jellied  
cranberry sauce**

Remove casing from Canadian bacon. Place bacon in Crock-Pot, cutting to fit if necessary. Stir cranberry sauce and spoon over bacon. Cover and cook on Low setting for 6 to 8 hours.

Remove bacon from sauce; cut into ½-inch-thick slices. Arrange bacon on heatproof platter and spoon sauce over top. Broil for 10 to 15 minutes to glaze.

*12 to 16 servings (about 2½ quarts).*

## Sausage and Cheese Casserole

---

**1 lb. bulk sausage**

**3 cups uncooked noodles**

**2 chicken bouillon cubes**

**½ green pepper, chopped**

**2 cups boiling water**

**1 small onion, chopped**

**¼ cup flour**

**2 carrots, pared and grated**

**2 tablespoons butter**

**1 jar (2 oz.) pimiento,**

**4 oz. bleu cheese, crumbled**

**drained**

In skillet, brown sausage; drain well. In large bowl, dissolve chicken bouillon cubes in boiling water; add flour, butter and bleu cheese and mix until smooth (or process in blender a few seconds). Stir sausage, noodles and vegetables into sauce and pour into greased Crock-Pot. Cover and cook on Low setting for 3 to 4 hours.

*4 to 6 servings (about 2½ quarts).*

NOTE: Cooking time may be extended to 8 hours if the noodles are cooked separately until barely tender, drained and tossed in a small amount of oil. Reduce water to 1 cup.

# Polish Sausage and Cabbage



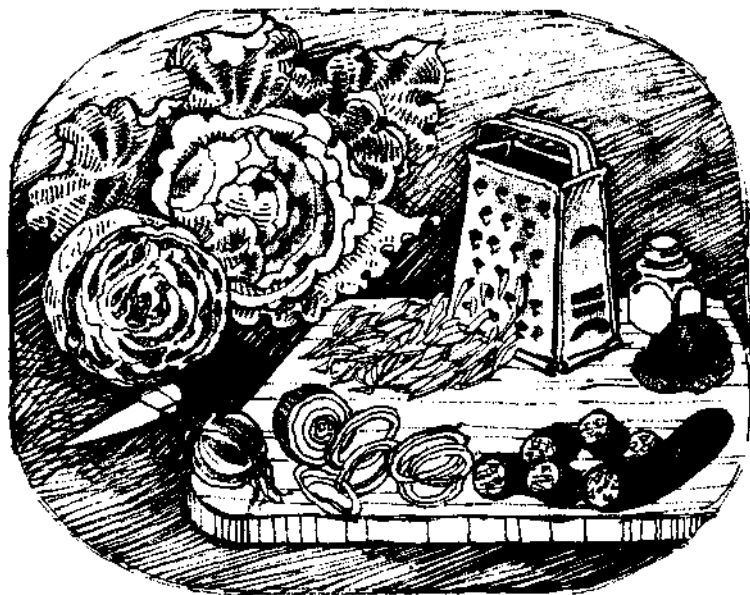
½ head cabbage, coarsely  
 sliced or shredded  
 1 small potato, peeled  
 and diced  
 1 teaspoon salt  
 ½ teaspoon caraway seed  
 (optional)

1 large onion, thinly  
 sliced  
 1½ lb. Polish sausage, cut  
 into 1-inch pieces  
 1 can (14 oz.) chicken  
 broth

Place sliced cabbage in Crock-Pot. Toss with diced potato, salt and caraway seed. Add sliced onion and Polish sausage. Pour chicken broth over all; stir lightly. Cover and cook on Low setting for 6 to 10 hours (on High setting for 2 to 4 hours).

This dish is delicious served with mustard, horseradish and boiled new potatoes.

4 servings (about 3½ quarts).





## Bologna-'Baga Bake

---

1½ lb. ring bologna, sliced  
 3 large potatoes, peeled  
 and diced  
 1 small rutabaga, peeled  
 and diced

1 medium onion, chopped  
 Salt and pepper  
 4 cups water  
 ½ to ¾ cup milk  
 Butter

Combine all ingredients except milk and butter in Crock-Pot; mix well. Cover and cook on Low setting for 8 to 10 hours (on High setting for 2½ to 3½ hours).

Remove bologna and drain liquid from Crock-Pot. Mash vegetables, adding milk. Mix meat into mashed vegetables. Serve hot, topped with butter.

4 servings (about 2½ quarts).

## Italian Stew

---

1 cup broken spaghetti  
 1 tablespoon vegetable oil  
 2 beef bouillon cubes  
 2½ cups boiling water  
 6 large frankfurters,  
 halved lengthwise and  
 then crosswise

½ lb. small zucchini,  
 thinly sliced  
 ¼ cup tomato paste  
 ½ teaspoon leaf oregano  
 ¼ teaspoon leaf basil  
 1 teaspoon sugar

Cook spaghetti according to package directions until barely tender; drain. Toss with oil. Dissolve bouillon cubes in boiling water. Combine all ingredients in Crock-Pot; stir well. Cover and cook on Low setting for 6 to 8 hours.

6 servings (about 1½ quarts).

NOTE: Two cans (16 oz. each) zucchini may be substituted for the fresh zucchini; add during last hour of cooking.

## The Babysitter's Favorite



3 cups sliced peeled  
apples  
1 can (16 oz.) sweet  
potatoes, sliced  
1 lb. frankfurters, halved  
lengthwise  
½ cup brown sugar

½ teaspoon salt  
¼ teaspoon cinnamon  
¼ teaspoon nutmeg  
¼ teaspoon grated lemon  
rind  
1 tablespoon butter

Place half of the apples, sweet potatoes and frankfurters in greased Crock-Pot. Combine sugar, salt, spices and lemon rind; sprinkle half of the mixture into Crock-Pot. Add remaining apples, sweet potatoes and frankfurters. Top with remaining spice mixture. Dot with butter. Cover and cook on Low setting for 2 to 9 hours.

6 to 8 servings (about 2 quarts).

## Camp-Out Chili Dogs



1 lb. frankfurters  
1 large onion, finely  
chopped, or 3 table-  
spoons dried minced  
onion  
2 cans (15 oz.) chili with  
beans

1 teaspoon chili powder  
¼ lb. Cheddar cheese,  
cubed or grated  
Frankfurter rolls

Combine all ingredients except cheese and rolls in Crock-Pot; stir well. Cover and cook on Low setting for 4 to 10 hours (on High setting for 1½ to 2 hours).

Add cheese just before serving and allow to melt slightly. Serve each frankfurter in a roll and spoon sauce over top.

6 to 8 servings (about 2 quarts).



## Stuffed Lamb Shoulder

---

<b>3- to 4-lb. lamb shoulder, boned</b>	<b>½ teaspoon leaf oregano</b>
<b>½ lb. bulk sausage</b>	<b>1 clove garlic, minced (optional)</b>
<b>1 medium onion, chopped</b>	<b>1 onion, sliced</b>
<b>1 tablespoon dried parsley flakes</b>	<b>2 stalks celery, sliced</b>
<b>½ teaspoon leaf marjoram</b>	<b>2 carrots, pared and sliced</b>
<b>½ teaspoon leaf basil</b>	<b>Kitchen Bouquet</b>
	<b>Salt and pepper</b>

Trim all excess fat from lamb shoulder. To prepare stuffing, brown sausage and chopped onion in skillet; drain well. Stir in herbs and garlic. Stuff lamb with mixture. Roll lamb and fasten with skewers or string. Place sliced onion, celery and carrots in Crock-Pot. Place stuffed and rolled lamb on top of vegetables. Rub top of lamb with Kitchen Bouquet; sprinkle with salt and pepper. Cover and cook on Low setting for 10 to 12 hours.

Serve lamb sliced, with the natural juices poured over vegetables and meat.

*6 to 8 servings (about 3½ quarts).*

## Lamb Chops with Orange Sauce

---

<b>8 lamb rib chops</b>	<b>2 tablespoons honey</b>
<b>2 tablespoons vegetable oil</b>	<b>2 teaspoons salt</b>
<b>½ cup orange juice</b>	<b>2 tablespoons cornstarch</b>
	<b>1 teaspoon grated orange peel</b>

In skillet, brown lamb chops in oil; drain well. Thoroughly combine orange juice, honey, salt, cornstarch and grated



orange peel. Brush browned lamb chops with orange mixture and place in Crock-Pot. Cover and cook on Low setting for 6 to 8 hours.

If a thicker sauce is desired, remove chops before serving and turn to High setting; stir in a mixture of 2 tablespoons cornstarch and  $\frac{1}{4}$  cup water. Cook, stirring, until the sauce is transparent.

*4 servings (about 2½ quarts).*

## German Lamb in Sour Cream



<b>2 lb. lean boneless lamb, cut into 1-inch cubes</b>	<b><math>\frac{1}{4}</math> teaspoon leaf rosemary</b>
<b>2 tablespoons vegetable oil</b>	<b>1 large onion, chopped</b>
<b><math>\frac{1}{2}</math> cup flour</b>	<b>1½ cups beef broth</b>
<b>2 teaspoons salt</b>	<b>1 teaspoon tarragon vinegar</b>
<b><math>\frac{1}{2}</math> teaspoon dill seed</b>	<b>2 tablespoons flour</b>
<b><math>\frac{1}{2}</math> teaspoon caraway seed</b>	<b>2 tablespoons water</b>
	<b>1 cup sour cream</b>

If lamb is fat, brown in oil in skillet; drain well. Combine  $\frac{1}{2}$  cup flour with salt, dill seed, caraway seed and rosemary; toss with lamb cubes to coat thoroughly. Place lamb cubes in lightly oiled Crock-Pot. Stir in remaining ingredients except the 2 tablespoons flour, water and sour cream. Cover and cook on Low setting for 10 to 14 hours.

Thirty minutes before serving, turn to High setting. Combine the 2 tablespoons flour with water; stir into Crock-Pot. Cover and cook until thickened. Stir in sour cream.

Serve lamb over hot buttered noodles and garnish with additional sour cream.

*4 to 6 servings (about 2 quarts).*



## Ragout of Lamb

- |  |   |
|--|---|
| <b>3 lb. lean boneless lamb,<br/>cut into 1-inch cubes</b> | <b>¼ teaspoon leaf marjoram</b>                 |
| <b>¼ cup flour</b>   | <b>¼ teaspoon leaf savory</b>                   |
| <b>1½ teaspoons salt</b>                                   | <b>2 tablespoons dried<br/>parsley flakes</b>   |
| <b>Dash pepper</b>   | <b>1 tablespoon lemon juice</b>                 |
| <b>2 tablespoons vegetable<br/>oil</b>                     | <b>1 teaspoon freshly grated<br/>lemon peel</b> |
| <b>1½ cups chicken broth</b>                               |   |
| <b>1 clove garlic, peeled and<br/>crushed (optional)</b>   |   |

Pat lamb cubes dry with absorbent towels. Combine flour, salt and pepper and toss with the lamb cubes. In large skillet, brown lamb in oil; drain well. Place browned cubes in Crock-Pot and stir in remaining ingredients. Cover and cook on Low setting for 8 to 10 hours (on High setting for 3 to 4½ hours). Serve over hot buttered noodles.

*6 servings (about 2½ quarts).*



## Lamb Stew with Vegetables

- |   |   |
|---|---|
| <b>3 lb. boneless lamb<br/>stewing meat, well<br/>trimmed</b> | <b>1 can (14 oz.) beef broth</b>                    |
| <b>½ cup flour</b>  | <b>3 to 4 potatoes, peeled<br/>and cubed</b>        |
| <b>2 teaspoons salt</b>                                       | <b>3 large carrots, pared and<br/>thinly sliced</b> |
| <b>1 teaspoon sugar</b>                                       | <b>6 to 8 small white onions</b>                    |
| <b>½ teaspoon leaf thyme</b>                                  | <b>1 package (10 oz.) frozen<br/>peas</b>           |
| <b>¼ teaspoon pepper</b>                                      |   |
| <b>¼ teaspoon garlic powder<br/>(optional)</b>                |   |

Wipe off any collected juices from lamb. Combine flour with salt, sugar, thyme, pepper and garlic powder; toss with lamb

to coat thoroughly. Place all ingredients except peas in Crock-Pot; stir well. Cover and cook on Low setting for 10 to 12 hours.

One hour before serving, turn to High setting and stir in frozen peas. Cover and cook until done.

*6 to 8 servings (about 3½ quarts).*

NOTE: Peas may be added at beginning of cooking, but will darken slightly.

## Grecian Lamb Stew



<b>3 lb. lean boneless lamb,</b> cut into 1-inch cubes	<b>1 teaspoon crystallized</b> ginger
<b>¼ cup flour</b>	<b>¼ teaspoon saffron threads</b>
<b>2 teaspoons salt</b>	<b>½ cup beef broth</b>
<b>¼ teaspoon pepper</b>	<b>1 can (16 oz.) whole</b> tomatoes
<b>2 medium onions, chopped</b>	<b>1 cup raisins</b>
<b>2 cloves garlic, minced</b>	<b>⅔ cup blanched almonds</b>
<b>1 bay leaf (whole)</b>	<b>1 tablespoon butter or</b> margarine
<b>¼ cup chopped parsley or</b> 2 tablespoons dried parsley flakes	<b>Minced parsley</b>

Place cubed lamb in Crock-Pot. Add flour, salt, pepper, onions and garlic; mix thoroughly. Add remaining ingredients except almonds, butter and minced parsley; stir well. Cover and cook on Low setting for 8 to 12 hours (on High setting for 3 to 4 hours). Taste for seasoning. In small skillet, toast almonds in butter until golden brown. Serve stew sprinkled with toasted almonds and minced parsley.

This stew can be made in advance and reheated for serving later. Yellow Rice (page 106) is a particularly good accompaniment.

*6 servings (about 3 quarts).*



## Savory Lamb Riblets

**3 lb. lamb breast, cut up**  
**Salt and pepper**

**1 cup barbecue sauce**

**2 tablespoons frozen**  
**orange juice concen-**  
**trate, thawed**

**2 tablespoons dried parsley**  
**flakes**

**¼ teaspoon leaf rosemary**

Place lamb breast on broiler rack of broiler pan; sprinkle with salt and pepper. Broil for 20 minutes or until brown; drain well. Combine barbecue sauce with remaining ingredients. Coat lamb well with mixture; place in Crock-Pot. Cover and cook on Low setting for 6 to 10 hours (on High setting for 3 to 4 hours).

Remove lamb from sauce. Place on large heatproof platter and spoon sauce over top. Place under broiler to crisp, if desired.

*4 to 6 servings (about 3 quarts).*

### SUBSTITUTE TO SUIT

You can tailor any main-dish recipe to suit your own taste preferences. It's easy. Simply substitute liquids, condensed soups, seasonings or vegetables of your own choosing for the ones suggested in the recipes—providing, of course, the amounts are the same. Here are a few examples:

- Substitute beef or chicken broth for wine or sherry.
- Try cream of chicken soup instead of cream of celery.
- Hate tomatoes? Replace a 16-ounce can with 1 can of condensed cream soup plus 6 ounces of water.
- Use sliced celery instead of sliced onions or green pepper.
- Omit the seasonings—or add just before serving.

# POULTRY



No doubt about it, chicken is one of the most versatile menu stars around. Roast it whole, sauce the breasts, casserole the pieces. And all in your Crock-Pot.

The delicate chicken flavor is steeped in—  
never diluted, boiled away or sogged down.

Use these recipes as your starting point;  
then with your own favorite combinations of herbs and sauces,  
you can go in as many directions as a compass—  
East, Continental or good old and new American.  
While some recipes suggest browning (the chicken will be firmer),  
it isn't absolutely essential. Try it both ways . . .  
and you decide. But if you don't brown the chicken,  
do rinse well and pat dry—  
this gets rid of unneeded juices and package residue.



## Stuffed Roasted Chicken

3- to 4-lb. whole fryer or  
roasting chicken

$\frac{1}{4}$  cup butter or margarine

1 medium onion, chopped

3 stalks celery with leaves,  
chopped

1 can (4 oz.) sliced mush-  
rooms, drained

4 cups seasoned stuffing  
mix

2 tablespoons dried parsley  
flakes

$\frac{1}{2}$  teaspoon sage

Dash freshly ground  
pepper

$\frac{1}{2}$  to 1 cup chicken broth  
or water

1 teaspoon butter

Paprika

Dried parsley flakes

Rinse chicken well and pat dry; remove any excess fat. In skillet, melt  $\frac{1}{4}$  cup butter; sauté onion, celery and mushrooms until tender. Toss in stuffing mix, 2 tablespoons parsley flakes, sage, pepper and broth. Stir until stuffing is moistened.

Loosely stuff chicken with dressing. If using 5-quart Crock-Pot, truss chicken to keep its shape.

Put remaining dressing in lightly oiled Crock-Pot. Place chicken on top of dressing. Rub chicken breast with 1 teaspoon butter; sprinkle with paprika and parsley flakes. Cover and cook on Low setting for 8 to 10 hours.

Remove chicken to a heatproof platter and surround with scoops of dressing. For special occasions, garnish with parsley sprigs and spiced crab apples and sprinkle with toasted almonds.

*4 servings (about 3 quarts).*

## "Fried" Chicken

---

<b>2½- to 3-lb. fryer, cut into serving pieces</b>	<b>¼ teaspoon garlic powder</b>
<b>1 cup flour</b>	<b>1 teaspoon paprika</b>
<b>1 teaspoon salt</b>	<b>1 teaspoon leaf sage or oregano</b>
<b>½ teaspoon freshly ground pepper</b>	<b>Butter or vegetable oil</b>

Rinse chicken pieces and pat dry. Combine flour with remaining ingredients except butter. Toss chicken pieces with flour mixture to coat. In skillet, heat butter to ¼-inch depth and cook chicken over medium-high heat until golden brown. Place browned chicken in Crock-Pot, adding wings first; add no liquid. Cover and cook on Low setting for 4 to 8 hours.

*4 servings (about 3 quarts).*

## Chicken 'n Olives

---



<b>3-lb. fryer, cut into serving pieces</b>	<b>¾ cup beer</b>
<b>Salt and pepper</b>	<b>1 can (8 oz.) tomato sauce</b>
<b>1 clove garlic, minced</b>	<b>½ cup pimiento-stuffed olives</b>
<b>1 large onion, chopped</b>	<b>Fluffy rice</b>
<b>2 bay leaves</b>	

Rinse chicken pieces and pat dry. Lightly season with salt and pepper. Combine all ingredients except chicken and rice in Crock-Pot; stir well. Add chicken pieces, coating well; be sure all chicken is moistened. Cover and cook on Low setting for 6 to 9 hours.

Serve chicken and sauce over hot fluffy rice.

*4 to 6 servings (about 3 quarts).*



## Chicken 'n Rice in a Bag

---

**3-lb. fryer, cut into serving pieces**  
**1 cup raw long-grain converted rice**  
**1 can (10½ oz.) condensed cream of chicken soup**

**¾ cup water**  
**1 envelope (1½ oz.) dry onion soup mix**

Rinse chicken pieces and pat dry; set aside. Combine rice, cream of chicken soup and water in Crock-Pot; stir well to mix in soup. Place chicken pieces in a see-through roasting bag; add onion soup mix. Shake bag to coat chicken pieces thoroughly. Puncture 4 to 6 holes in bottom of bag. Fold top of bag over chicken and place in Crock-Pot on top of rice. Cover and cook on Low setting for 8 to 10 hours. Remove chicken pieces to warm platter. Serve with rice.

*4 servings (about 3 quarts).*



## Hunter's Chicken

---

**3-lb. fryer, cut into serving pieces**  
**Garlic salt**  
**Pepper**  
**Cinnamon**  
**1 medium green pepper, seeded and chopped**  
**2 small onions, sliced**

**2 stalks celery, chopped**  
**1 can (4 oz.) sliced mushrooms, drained**  
**¼ cup dry sherry**  
**1 can (16 oz.) tomato wedges**  
**3 tablespoons flour**  
**3 tablespoons water**  
**Hot spaghetti**

Rinse chicken pieces and pat dry. Season with garlic salt, pepper and cinnamon. Place green pepper, onions and celery in Crock-Pot. Add seasoned chicken parts. Pour in mushrooms, sherry and tomatoes; stir well. Cover and cook on



Low setting for 7 to 10 hours (on High setting for 2 to 3 hours).

Remove chicken pieces; bone and return meat to sauce. Make a smooth paste of flour and water; stir into Crock-Pot. Cover and cook on High setting for 15 to 30 minutes or until gravy is thickened. Serve over hot spaghetti.

*6 servings (about 3 quarts).*

## International Chicken



<b>3-lb. fryer, cut into serving pieces</b>	<b>2 cloves garlic, minced</b>
<b>¼ cup flour</b>	<b>½ cup raisins</b>
<b>2 teaspoons salt</b>	<b>1 can (16 oz.) whole tomatoes, mashed</b>
<b>2 teaspoons curry powder</b>	<b>3 tablespoons flour</b>
<b>½ teaspoon pepper</b>	<b>3 tablespoons water</b>
<b>1 large onion, chopped</b>	
<b>1 large green pepper, seeded and sliced into rings</b>	

Rinse chicken pieces and pat dry. Combine ¼ cup flour, the salt, curry powder and pepper. Dust chicken well with flour mixture. Place coated chicken in Crock-Pot and mix in chopped vegetables, garlic and raisins. Pour tomatoes over all. Cover and cook on Low setting for 7 to 10 hours (on High setting for 2 to 3 hours).

Remove chicken pieces to warm platter. Thicken sauce before serving by stirring a smooth paste of the 3 tablespoons flour and water into the sauce in Crock-Pot. Cover and cook on High setting until sauce is thickened. This is good served on rice—especially saffron rice. Spoon sauce over top.

*4 servings (about 2½ quarts).*

## Tomato-Chicken Risotto

---

3-lb. fryer, cut into serving pieces, or 6 chicken parts	½ cup chopped onion
½ lb. pork link sausage, cut into chunks	1 clove garlic, minced
Kitchen Bouquet (optional)	2 cans (8 oz. each) tomato sauce
1 small green pepper, seeded and chopped	½ cup water
	1 teaspoon salt
	1 cup raw long-grain converted rice
	Grated Parmesan cheese

Rinse chicken pieces and pat dry; set aside. In skillet, brown sausage. Remove with slotted spoon and drain on absorbent towels. Brown chicken pieces in sausage drippings; drain well. Lightly brush with Kitchen Bouquet. Place chicken in Crock-Pot. Combine drained sausage with remaining ingredients except cheese and pour over chicken. Cover and cook on Low setting for 5 to 8 hours.

Just before serving, sprinkle with grated Parmesan cheese.

6 servings (about 3 quarts).



## Chicken Fricassee

---

4- to 5-lb. stewing chicken, cut into serving pieces	1 bay leaf
2 teaspoons salt	1 cup chicken broth
1 teaspoon paprika	½ cup flour
2 medium onions, sliced	½ cup water
3 stalks celery, sliced	1 package (10 oz.) noodles, cooked and drained
2 carrots, pared and sliced	Chopped parsley

Rinse chicken pieces and pat dry. Season with salt and paprika. Place sliced vegetables and bay leaf in Crock-Pot.

Place chicken pieces on top of vegetables. Pour in chicken broth. Cover and cook on Low setting for 7 to 12 hours.

One hour before serving, turn to High setting. Remove chicken pieces; bone and return meat to Crock-Pot. Make a smooth paste of flour and water and stir into liquid in Crock-Pot. Cover and cook until thickened.

Serve over hot noodles; sprinkle with chopped parsley.

*6 to 8 servings (about 3½ quarts).*

## Chicken Chow Mein



4-lb. hen or fryer, cut up  
2 cups water  
2 large white onions,  
chopped  
2 cups diagonally sliced  
celery  
¼ cup flour or cornstarch  
¼ cup soy sauce  
1 can (16 oz.) bean  
sprouts, drained

1 can (5 or 6 oz.) bamboo  
shoots (optional)  
1 can (6 or 8½ oz.) water  
chestnuts, drained and  
sliced  
3 tablespoons molasses  
Chow mein noodles or  
fluffy rice  
Toasted slivered almonds

Place chicken with water, onions and celery in Crock-Pot. Cover and cook on Low setting for 8 to 10 hours.

One hour before serving, turn to High setting. Remove chicken; bone and cut up meat into bite-size pieces. Return to Crock-Pot. Combine flour with soy sauce and stir into Crock-Pot with bean sprouts, bamboo shoots, water chestnuts and molasses. Stir well until thickened. Taste for seasoning. Turn to Low until ready to serve, up to 4 hours.

Serve over chow mein noodles or hot fluffy rice. Sprinkle with toasted slivered almonds.

*8 to 10 servings (about 3½ quarts).*



## Chicken Tarragon

---

- |                                      |  |
|--------------------------------------|--|
| 3-lb. fryer, cut into serving pieces | ½ teaspoon leaf tarragon                     |
| ⅓ cup flour                          | ½ cup orange-flavored breakfast drink powder |
| 1 teaspoon salt                      | 1 can (4 oz.) sliced mushrooms, undrained    |
| ¼ teaspoon pepper                    |  |
| 1 medium onion, sliced               |  |

Rinse chicken pieces and pat dry. Combine flour with salt and pepper. Coat chicken with mixture. Separate onion slices into rings and place in bottom of Crock-Pot. Add seasoned chicken pieces. Sprinkle with tarragon. Stir orange drink powder into mushrooms and add to Crock-Pot. Cover and cook on Low setting for 7 to 10 hours.

*4 to 6 servings (about 3 quarts).*

## Chicken Cassandra

---

- |   |  |
|---|--|
| 3-lb. fryer, cut into serving pieces          | ⅓ cup dry white wine                                     |
| ⅓ cup Italian salad dressing                  | 1 teaspoon Italian seasoning                             |
| 1½ cups raw long-grain converted rice         | ¼ teaspoon celery seed                                   |
| 2 cans (16 oz. each) stewed tomatoes, chopped | 1½ teaspoons salt  |
|   | 1 package (10 oz.) frozen Brussels sprouts, broken apart |

Rinse chicken pieces and pat dry. In skillet, sauté chicken in Italian salad dressing over medium heat. Mix rice, tomatoes, wine, seasonings and Brussels sprouts in Crock-Pot. Top with chicken. Cover and cook on Low setting for 4 to 8 hours.

*8 servings (about 3 quarts).*

## Souper Chicken



- |   |   |
|---|---|
| <b>2 lb. chicken parts</b>  | <b>1 teaspoon paprika</b>                 |
| <b>1 can (10¼ oz.) condensed cream of celery soup</b>                               | <b>½ teaspoon leaf basil</b>              |
| <b>¼ cup flour</b>  | <b>1 clove garlic, minced</b>             |
| <b>2 medium zucchini, cut lengthwise, then sliced diagonally into ½-inch pieces</b> | <b>1 cup drained canned tomato wedges</b> |

Rinse chicken parts and pat dry. Mix celery soup with flour. Combine all ingredients in Crock-Pot; stir thoroughly to coat chicken. Cover and cook on Low setting for 6 to 10 hours.

*4 servings (about 2½ quarts).*

## Chicken Lickin'

- |   |  |
|---|--|
| <b>6 to 8 chicken legs, thighs or breasts</b> | <b>½ teaspoon ground ginger</b>                |
| <b>3 tablespoons butter or margarine</b>      | <b>½ teaspoon chili powder</b>                 |
| <b>1 large onion, chopped</b>                 | <b>1 can (16 oz.) whole tomatoes</b>           |
| <b>1 clove garlic, minced</b>                 | <b>1 can (4 oz.) sliced mushrooms, drained</b> |
| <b>1½ teaspoons salt</b>                      | <b>½ cup heavy cream (optional)</b>            |
| <b>2 teaspoons paprika</b>                    |  |

Rinse chicken parts and pat dry. In skillet, melt butter and brown chicken quickly on both sides. Place chicken in Crock-Pot. Stir together remaining ingredients except cream and pour over chicken. Cover and cook on Low setting for 6 to 8 hours (on High setting for 3 to 4 hours). Just before serving, stir in heavy cream. Serve over hot spaghetti.

*6 to 8 servings (about 2½ quarts).*



## Cock 'n Bull Stew

---

- |  |  |
|--|--|
| <b>¼ cup steak sauce</b>                               | <b>1 medium onion, chopped</b>                   |
| <b>2 chicken bouillon cubes</b>                        | <b>2 medium potatoes, peeled and cubed</b>       |
| <b>1 teaspoon salt</b>                                 | <b>2 medium carrots, pared and thinly sliced</b> |
| <b>½ teaspoon pepper</b>                               | <b>1 can (16 oz.) stewed tomatoes</b>            |
| <b>1 teaspoon sugar</b>                                | <b>¼ cup flour</b>                               |
| <b>½ cup hot water</b>                                 |  |
| <b>2 to 3 lb. chicken parts, preferably thighs</b>     |  |
| <b>1 lb. lean stewing beef, cut into 1½-inch cubes</b> |  |

Combine steak sauce, bouillon cubes, salt, pepper, sugar and hot water in Crock-Pot; stir well. Add remaining ingredients except flour; mix carefully. Cover and cook on Low setting for 7 to 10 hours (on High setting for 4 hours).

Before serving, remove chicken, bone and return meat to Crock-Pot; stir well. To thicken gravy, make a smooth paste of flour and ¼ cup juices from stew. Stir into Crock-Pot. Cover and cook on High setting until thickened.

*6 to 8 servings (about 3½ quarts).*

## Chicken in Wine

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- |   |  |
|---|--|
| <b>3 lb. chicken parts, preferably breasts and thighs</b> | <b>1 can (4 oz.) sliced mushrooms, drained</b> |
| <b>Salt and pepper</b>                                    | <b>½ cup dry sherry</b>                        |
| <b>2 tablespoons butter</b>                               | <b>1 teaspoon Italian seasoning</b>            |
| <b>1 medium onion, sliced</b>                             | <b>Fluffy rice</b>                             |

Rinse chicken parts and pat dry. Season chicken lightly with salt and pepper. In skillet, melt butter and quickly brown chicken parts; remove with slotted spoon and place in Crock-

Pot. Sauté onion and mushrooms in skillet. Add sherry to skillet and stir, scraping to remove brown particles. Pour contents of skillet into Crock-Pot over chicken. Sprinkle with Italian seasoning. Cover and cook on Low setting for 6 to 8 hours (on High setting for 2½ to 3 hours).

Serve chicken over fluffy rice and spoon sauce over top.  
4 to 6 servings (about 2½ quarts).

## Almond Chicken

---

1 can (14 oz.) chicken broth	1 small onion, sliced
1 slice bacon, diced	1 can (4 oz.) sliced mushrooms, drained
2 tablespoons butter	2 tablespoons soy sauce
¾ to 1 lb. boned chicken breasts, cut into 1-inch pieces	1 teaspoon monosodium glutamate
1½ cups diagonally sliced celery	Fluffy rice
	⅔ cup slivered almonds, toasted

Pour chicken broth into Crock-Pot. Cover and turn Crock-Pot to High setting while browning meats and vegetables.

In skillet, heat bacon and butter; add chicken pieces and brown quickly on all sides. With slotted spoon, remove browned chicken to Crock-Pot. Quickly sauté celery, onion and mushrooms in skillet until just slightly limp.

Add contents of skillet to Crock-Pot with soy sauce and monosodium glutamate; stir well. Cover and cook on Low setting for 2 to 4 hours (on High setting for 1 hour).

Serve over hot fluffy rice and garnish with toasted almonds.  
4 servings (about 2 quarts).



## Chicken Breasts à l'Orange

3 whole chicken breasts,  
 halved  
 ⅔ cup flour  
 1 teaspoon salt  
 1 teaspoon nutmeg  
 ½ teaspoon cinnamon  
 Dash pepper  
 Dash garlic powder  
 2 to 3 sweet potatoes,  
 peeled and cut into  
 ¼-inch slices

1 can (10¼ oz.) condensed  
 cream of celery or  
 cream of chicken soup  
 1 can (4 oz.) sliced mush-  
 rooms, drained  
 ½ cup orange juice  
 ½ teaspoon grated orange  
 rind  
 2 teaspoons brown sugar  
 3 tablespoons flour  
 Buttered rice

Rinse chicken breasts and pat dry. Combine ⅔ cup flour with salt, nutmeg, cinnamon, pepper and garlic powder. Thoroughly coat chicken in flour mixture.

Place sweet potato slices in bottom of Crock-Pot. Place chicken breasts on top.

Combine soup with remaining ingredients except buttered rice; stir well. Pour soup mixture over chicken breasts. Cover and cook on Low setting for 6 to 10 hours (on High setting for 2 to 3 hours) or until chicken and vegetables are tender.

Serve chicken and sauce over hot buttered rice.

6 servings (about 3½ quarts).

### A WAY WITH CHICKEN

Be sure to wash chicken well and pat dry—especially if you don't plan to pre-brown it. You might even try soaking it in lightly salted water in the refrigerator for 8 to 10 hours before using it in the Crock-Pot—some say the flavor is even better. If you like your chicken firm and dry, reduce the amount of liquid called for in the recipe.



## Chicken Delicious

---

- |   |   |
|---|---|
| 4 to 6 whole chicken breasts,<br>boned and halved   | 1 can (10¼ oz.) condensed<br>cream of celery soup |
| Lemon juice   | ½ cup dry sherry or white<br>wine                 |
| Salt and pepper                                     | Grated Parmesan cheese                            |
| Celery salt   | Fluffy rice                                       |
| Paprika   |   |
| 1 can (10¼ oz.) condensed<br>cream of mushroom soup |   |

Rinse chicken breasts and pat dry. Season with lemon juice, salt, pepper, celery salt and paprika. Place in Crock-Pot. In medium bowl or pan, mix mushroom and celery soups with sherry. Pour over chicken breasts. Sprinkle with Parmesan cheese. Cover and cook on Low setting for 6 to 8 hours.

Serve chicken and sauce over hot fluffy rice.

*8 to 12 servings (about 3 quarts).*

## Baked Chicken Breasts

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- |  |  |
|--|--|
| 2 to 3 whole chicken<br>breasts, halved            | 1 teaspoon leaf tarragon or<br>leaf rosemary |
| 2 tablespoons butter or<br>margarine               | 1 teaspoon Worcestershire<br>sauce           |
| 1 can (10¼ oz.) condensed<br>cream of chicken soup | ¼ teaspoon garlic powder                     |
| ½ cup dry sherry                                   | 1 can (4 oz.) sliced<br>mushrooms, drained   |

Rinse chicken breasts and pat dry; place in Crock-Pot. In saucepan, combine remaining ingredients and heat until smooth and hot. Pour over chicken breasts. Cover and cook on Low setting for 5 to 7 hours.

*4 to 6 servings (about 2 quarts).*

## Chicken Curry

---

<b>2 whole chicken breasts, boned</b>	<b>2½ cups milk</b>
<b>½ cup butter or margarine</b>	<b>¼ cup dry sherry</b>
<b>½ cup flour</b>	<b>2 green onions with tops, finely chopped</b>
<b>1½ teaspoons salt</b>	<b>1 teaspoon curry powder</b>
<b>Dash pepper</b>	<b>Fluffy rice or saffron rice</b>

Cut chicken into small pieces; set aside. In saucepan, melt butter; blend in flour, salt and pepper until smooth. Gradually stir in milk. Cook and stir over medium heat until thickened and smooth. Pour into Crock-Pot. Stir in chicken, sherry, green onions and curry powder. Cover and cook on Low setting for 4 to 8 hours.

Taste for seasoning. Before serving, thicken with a flour-and-water paste. Serve over hot rice.

*4 servings (about 1½ quarts).* Double recipe for 5-quart Crock-Pot.

## Hot Chicken Salad

---

<b>2½ cups diced cooked chicken</b>	<b>3 tablespoons grated onion</b>
<b>1 cup toasted almonds</b>	<b>1 cup cubed process cheese</b>
<b>2 cups diagonally sliced celery</b>	<b>1 cup crushed potato chips</b>
<b>½ cup diced green pepper</b>	<b>½ cup grated Parmesan cheese</b>
<b>3 tablespoons lemon juice</b>	<b>Toasted English muffins</b>
<b>1 cup mayonnaise</b>	

Combine all ingredients in Crock-Pot except half the process cheese, half the potato chips, half the Parmesan cheese and

the English muffins. Cover and cook on Low setting for 3 to 5 hours.

Just before serving, sprinkle with remaining process cheese, potato chips and Parmesan cheese. Serve on toasted English muffins.

*6 to 8 servings (about 2 quarts).*

**Hot Turkey Salad:** Substitute diced cooked turkey for the chicken.

## Company Chicken Casserole



1 package (8 oz.) noodles	1½ cups cream-style cottage cheese
3 cups diced cooked chicken	1 cup grated sharp process cheese
½ cup diced celery	1 can (10¾ oz.) condensed cream of chicken soup
½ cup diced green pepper	½ cup chicken broth
½ cup diced onion	2 tablespoons butter, melted
1 can (4 oz.) sliced mushrooms, drained	½ teaspoon leaf basil
1 jar (4 oz.) pimiento, diced	
½ cup grated Parmesan cheese	

Cook noodles according to package directions in boiling water until barely tender; drain and rinse thoroughly. In large bowl, combine remaining ingredients with noodles, making certain the noodles are separated and coated with liquid. Pour mixture into greased Crock-Pot. Cover and cook on Low setting for 6 to 10 hours (on High setting for 3 to 4 hours).

*6 servings (about 3 quarts).*

**Company Turkey Casserole:** Substitute diced cooked turkey for the chicken.

## Chicken Divan à la Crock-Pot

---

- |  |  |
|--|--|
| 2 to 3 cups cooked cut-up chicken (large chunks) | 1 package (10 oz.) frozen broccoli spears, thawed and cut into 1-inch pieces |
| ½ small onion, chopped                           |  |
| 1 can (10¾ oz.) condensed cream of chicken soup  | ½ teaspoon curry powder  |
| ½ cup mayonnaise                                 | 1 tablespoon lemon juice   |
| 3 tablespoons flour                              | Hot buttered noodles   |
| 2 stalks celery, thinly sliced                   |  |

In medium bowl, thoroughly combine all ingredients except noodles. Pour into lightly greased Crock-Pot. Cover and cook on Low setting for 6 to 8 hours (on High setting for 2 to 3 hours).

Serve with hot buttered noodles, spooning sauce over top.

*4 to 6 servings (about 2 quarts).*

**Turkey Divan à la Crock-Pot:** Substitute cut-up cooked turkey for the chicken.

## Chicken Spectacular

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- |   |   |
|---|---|
| 3 cups cut-up cooked chicken                    | 1 can (6 or 8½ oz.) water chestnuts, drained and sliced |
| 1 can (16 oz.) cut green beans or peas, drained | 2 tablespoons chopped pimiento                          |
| 2 cups cooked rice                              | 2 tablespoons finely chopped onion                      |
| 1 can (10¾ oz.) condensed cream of celery soup  |   |
| ½ cup mayonnaise                                |   |

Combine all ingredients thoroughly. Pour into greased Crock-Pot. Cover and cook on Low setting for 4 to 8 hours.

*4 servings (about 2 quarts).*

# FISH AND SEAFOOD



**The proof that slow cooking and long cooking do not mean overcooking shows up here like a whale in a lake.**

**Not claiming to be a broiler or sautéer, your Crock-Pot concentrates on getting all the fish flavor there is to be had from casseroles, chowders and stews. Many of these recipes (and your own favorites, too) can be custom-tailored to your personal likes. If you prefer chunky bits in your chowders or casseroles, start the recipe with half the amount of fish or seafood (for basic flavor); then add the remainder an hour or two before serving. And there's nothing wrong with using frozen fish either--just stir to break it up after the first hour.**

## Fish 'n Vegetables

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- |  |   |
|--|---|
| <b>6 large flounder or red snapper fillets (about 2 lb.), cut into 2-inch pieces</b> | <b>2 to 3 zucchini (unpeeled), sliced</b> |
| <b>¼ cup olive oil or melted butter</b>  | <b>1 can (28 oz.) whole tomatoes</b>      |
| <b>2 cloves garlic, minced</b>   | <b>1 teaspoon leaf basil</b>              |
| <b>2 large onions, sliced</b>  | <b>1 teaspoon leaf oregano</b>            |
| <b>2 green peppers, seeded and cut into 1-inch pieces</b>                            | <b>2 teaspoons salt</b>                   |
|  | <b>¼ teaspoon pepper</b>                  |
|  | <b>½ cup dry white wine</b>               |

Combine all ingredients in Crock-Pot; stir thoroughly. Cover and cook on Low setting for 7 to 8 hours (on High setting for 2 to 3 hours).

6 servings (about 3 quarts).

## Halibut in Creamy Wine Sauce

---

- |   |  |
|---|--|
| <b>2 packages (12 oz. each) frozen halibut steaks, thawed</b>             | <b>1 tablespoon sugar</b>                |
| <b>2 packages (10 oz. each) frozen mixed vegetables, partially thawed</b> | <b>¼ teaspoon salt</b>                   |
| <b>2 tablespoons flour</b>  | <b>¼ cup butter</b>                      |
|   | <b>½ cup dry white wine</b>              |
|   | <b>¾ cup milk or half-and-half cream</b> |
|   | <b>Lemon wedges</b>                      |

Pat halibut steaks dry; set aside. Place 1 package vegetables in greased Crock-Pot. Combine flour, sugar and salt.

In saucepan, melt butter; stir in flour mixture. When well blended, add wine and milk and cook over medium heat until thickened, stirring constantly. Allow sauce to boil 1 minute while stirring. Pour half of sauce over vegetables in

Crock-Pot. Add half of halibut steaks and remaining package of vegetables. Pour remaining half of sauce over vegetables and top with last of halibut. Cover and cook on High setting for 1 hour, then on Low setting for 1½ to 2½ hours.

Transfer halibut to serving platter; garnish with lemon. Stir sauce and vegetables; serve separately in a vegetable dish.

6 servings (about 2½ quarts).

## Cioppino



- |   |   |
|---|---|
| 1 lb. sea bass, cut into chunks           | ¼ teaspoon seasoned pepper                                      |
| 1 can (4 oz.) sliced mushrooms, undrained | ½ teaspoon leaf oregano   |
| 2 carrots, pared and sliced               | 1 can (7 oz.) clams, undrained                                  |
| 1 medium onion, chopped                   | ½ lb. shelled, cleaned shrimp                                   |
| 1 small green pepper, seeded and chopped  | 1 small lobster tail (optional)                                 |
| 1 clove garlic, minced                    | 1 package (6 oz.) frozen crabmeat, thawed and cartilage removed |
| 1 can (15 oz.) tomato sauce               | Minced parsley  |
| 1 can (14 oz.) beef broth                 |   |
| Salt                                      |   |

Combine half of sea bass in Crock-Pot with vegetables, garlic, tomato sauce, beef broth and seasonings; stir well. Cover and cook on Low setting for 10 to 12 hours (on High setting for 2 to 4 hours).

One hour before serving, turn to High setting and stir in remaining sea bass and seafood. Cover and cook on High setting for about 1 hour or until done.

Garnish with minced parsley and serve in soup plates. Accompany with hot Italian bread.

6 servings (about 3 quarts).

## Fisherman's Catch Chowder

- |                                   |   |
|-----------------------------------|---|
| ½ lb. flounder or ocean perch     | ¼ teaspoon leaf rosemary                  |
| ½ lb. pike or rainbow trout       | 1 can (16 oz.) whole tomatoes, mashed     |
| ½ lb. grouper, haddock or halibut | ½ cup dry white wine                      |
| ½ cup chopped onion               | 1 bottle (8 oz.) clam juice               |
| ½ cup chopped celery              | 1 teaspoon salt                           |
| ½ cup chopped pared carrots       | 3 tablespoons flour                       |
| ¼ cup snipped parsley             | 3 tablespoons butter or margarine, melted |
|                                   | ½ cup light cream                         |

Cut cleaned fish into 1-inch pieces. Combine all ingredients except flour, butter and cream in Crock-Pot; stir well. Cover and cook on Low setting for 6 to 8 hours (on High setting for 3 to 4 hours).

One hour before serving, combine flour, butter and cream. Stir into fish mixture. Continue to cook until mixture is slightly thickened.

4 servings (about 2 quarts). Double recipe for 5-quart Crock-Pot.





## Chinese Cashew Tuna



- |  |   |
|--|---|
| 1 can (7 oz.) tuna, drained<br>and flaked              | 1 can (16 oz.) bean<br>sprouts, drained |
| 1 cup diced celery                                     | 1 tablespoon soy sauce                  |
| ½ cup minced onion                                     | 1 cup cashew nuts,<br>coarsely chopped  |
| 3 tablespoons margarine                                | 1 can (5½ oz.) chow mein<br>noodles     |
| 1 can (10¼ oz.) condensed<br>cream of mushroom<br>soup |   |

Combine all ingredients except chow mein noodles in Crock-Pot; stir well. Cover and cook on Low setting for 4 to 9 hours (on High setting for 2 to 3 hours).

Serve over chow mein noodles.

*4 servings (about 2 quarts).*

**Chinese Cashew Chicken:** Substitute 1 cup diced cooked chicken for the tuna.

## Tuna Salad Casserole

- |   |                                 |
|---|---------------------------------|
| 2 cans (7 oz. each) tuna,<br>drained and flaked   | 1½ cups diced celery            |
| 1 can (10¼ oz.) condensed<br>cream of celery soup | ½ cup mayonnaise                |
| 3 hard-cooked eggs,<br>chopped                    | ¼ teaspoon pepper               |
|   | 1½ cups crushed potato<br>chips |

Combine all ingredients except ¼ cup of the crushed potato chips; stir well. Pour into greased Crock-Pot. Top with reserved potato chips. Cover and cook on Low setting for 5 to 8 hours.

*4 servings (about 2 quarts).*



## Salmon and Potato Casserole

---

4 potatoes, peeled and  
thinly sliced  
3 tablespoons flour  
Salt and pepper  
1 can (16 oz.) salmon,  
drained and flaked

1 medium onion, chopped  
2 eggs, beaten  
1 tablespoon butter or  
margarine  
2 cups milk, scalded  
Nutmeg

Place half of the potatoes in greased Crock-Pot. Sprinkle with half of the flour, salt and pepper. Cover with half the salmon; sprinkle with half the onion. Repeat layers in order.

Gradually add beaten eggs and butter to scalded milk; stir well. Pour over potato-salmon mixture. Dust with nutmeg. Cover and cook on Low setting for 7 to 10 hours.

*6 servings (about 3 quarts).*

## Salmon-Wiches

---

1 can (16 oz.) salmon,  
drained and flaked  
1 cup dry bread crumbs  
2 eggs  
¼ teaspoon leaf thyme  
½ teaspoon celery salt

1 cup crushed cheese crackers  
Vegetable oil  
3 English muffins, split,  
toasted and buttered  
2 cups Hollandaise sauce  
Paprika

In bowl, combine salmon, bread crumbs, eggs, thyme and celery salt. Shape into 6 patties and coat well with crushed crackers. In skillet, sauté patties in hot oil; drain. Transfer to Crock-Pot. Cover and cook on Low setting for 4 to 6 hours. Place one patty on each English muffin half and top with Hollandaise. Sprinkle with paprika.

*6 servings (about 1½ quarts).*

## Herbed Salmon Bake

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- |   |                                    |
|---|------------------------------------|
| 2 chicken bouillon cubes                  | 1 cup grated Cheddar cheese        |
| 1 cup boiling water                       | 2 eggs, beaten                     |
| 1 can (16 oz.) salmon, drained and flaked | $\frac{1}{4}$ teaspoon dry mustard |
| 2 cups seasoned stuffing croutons         |                                    |

Dissolve bouillon cubes in boiling water. Combine all ingredients; mix well. Pour into well-greased Crock-Pot. Cover and cook on High setting for 1 hour, then on Low setting for 2 to 4 hours.

*4 servings (about 1½ quarts).*

## Jambalaya

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- |  |   |
|--|---|
| 2 cups diced boiled ham                      | 1 tablespoon minced parsley                       |
| 2 medium onions, coarsely chopped            | $\frac{1}{2}$ teaspoon leaf thyme                 |
| 2 stalks celery, sliced                      | 2 whole cloves                                    |
| $\frac{1}{2}$ green pepper, seeded and diced | 2 tablespoons salad oil                           |
| 1 can (28 oz.) whole tomatoes                | 1 cup raw long-grain converted rice               |
| $\frac{1}{4}$ cup tomato paste               | 1 lb. fresh or frozen shrimp, shelled and cleaned |
| 3 cloves garlic, minced                      |   |

Thoroughly mix all ingredients except shrimp in Crock-Pot. Cover and cook on Low setting for 7 to 10 hours.

One hour before serving, turn Crock-Pot to High setting. Stir in uncooked shrimp. Cover and cook until shrimp are pink and tender.

*4 to 6 servings (about 3 quarts).*



## Easy Shrimp Creole

---

2 tablespoons butter or margarine	1 bay leaf
½ cup chopped onion	½ cup chopped celery
2 tablespoons buttermilk biscuit mix	½ cup chopped green pepper
1½ cups water	2 lb. frozen shrimp, thawed, shelled and cleaned, or 3 cans (5 oz. each) shrimp, rinsed and drained
1 can (6 oz.) tomato paste	Fluffy rice
1½ teaspoons salt	
Dash pepper	
¼ teaspoon sugar	

In skillet, melt butter; add onion and cook slightly. Add biscuit mix and stir until well blended. Combine remaining ingredients except shrimp and rice and add with onion mixture to Crock-Pot; stir well. Cover and cook on Low setting for 4 to 9 hours.

One hour before serving, turn to High setting and add shrimp. Remove bay leaf and serve over hot fluffy rice.

6 servings (about 1½ quarts). Double recipe for 5-quart Crock-Pot.

## Shrimp Curry

---

3 chicken bouillon cubes	¾ teaspoon nutmeg
2 cups scalded milk	Dash cayenne pepper
1½ lb. shrimp, shelled and cleaned	3 tablespoons butter, melted
2 cloves garlic, minced	3 tablespoons flour
1 teaspoon curry powder	Fluffy rice
½ teaspoon ground ginger	Curry accompaniments

Dissolve bouillon cubes in scalded milk. Add with shrimp, garlic and spices to lightly oiled Crock-Pot; stir well. Cover

and cook on Low setting for 3 to 5 hours (on High setting for 1 to 1½ hours).

One hour before serving, turn to High setting. Make a smooth paste of butter and flour; stir into shrimp mixture. Cover and cook for 15 to 30 minutes or until thickened.

Adjust seasonings. Serve over rice with curry accompaniments: chutney, coconut, chopped green onions.

*4 servings (about 1½ quarts).* Double recipe for 5-quart Crock-Pot.

## Sweet-and-Sour Shrimp

---

<b>1 package (6 oz.) frozen Chinese pea pods, partially thawed</b>	<b>1 cup boiling water</b>
<b>1 can (13 oz.) juice-pack pineapple chunks or tidbits (drain and reserve juice)</b>	<b>½ cup reserved pineapple juice</b>
<b>2 tablespoons cornstarch</b>	<b>2 teaspoons soy sauce</b>
<b>3 tablespoons sugar</b>	<b>½ teaspoon ground ginger</b>
<b>1 chicken bouillon cube</b>	<b>2 cans (4½ oz. each) shrimp, rinsed and drained</b>
	<b>2 tablespoons cider vinegar</b>
	<b>Fluffy rice</b>

Place pea pods and drained pineapple in Crock-Pot. In a small saucepan, stir together cornstarch and sugar. Dissolve bouillon cube in boiling water and add with juice, soy sauce and ginger to saucepan. Bring to a boil, stirring, and cook sauce for about 1 minute or until thickened and transparent. Gently blend sauce into pea pods and pineapple. Cover and cook on Low setting for 4 to 6 hours.

Before serving, add shrimp and vinegar, stirring carefully to avoid breaking up shrimp. Serve over hot rice.

*4 to 5 servings (about 1½ quarts).*



## Seafood Normandy

- |   |   |
|---|---|
| 2 lb. fresh or frozen<br>shrimp, shelled and<br>cleaned                             | 1½ teaspoons salt                       |
| 1 tablespoon shrimp spice<br>(in tea ball or tied in<br>cheesecloth)                | 1 teaspoon garlic salt                  |
| 1 can (7½ oz.) Alaska king<br>crabmeat, drained,<br>flaked and cartilage<br>removed | 2½ cups half-and-half<br>cream, scalded |
| 3 tablespoons tomato<br>paste   | 2 teaspoons brandy or<br>dry sherry     |
|   | ¾ cup butter or margarine,<br>melted    |
|   | ¾ cup flour                             |
|   | Fluffy rice                             |

Place all ingredients except brandy, butter, flour and rice in Crock-Pot; stir well. Cover and cook on Low setting for 3 to 5 hours. Remove shrimp spice.

Before serving, turn to High setting. Make a smooth paste of brandy, butter and flour; stir into Crock-Pot. Cover and cook for 30 minutes or until thickened. Serve over fluffy rice.

4 to 6 servings (about 2½ quarts).

## Swiss-Crab Casserole

---

<b>3 tablespoons butter</b>	<b>2 cups grated Swiss cheese</b>
<b>½ cup chopped celery</b>	<b>1 can (4 oz.) sliced mushrooms, drained</b>
<b>½ cup chopped onion</b>	<b>¼ cup sliced pimiento-stuffed olives</b>
<b>¼ cup chopped green pepper (optional)</b>	<b>¼ cup sliced almonds (optional)</b>
<b>3 tablespoons flour</b>	<b>1 cup buttered bread crumbs</b>
<b>3 chicken bouillon cubes</b>	<b>½ cup grated Swiss cheese</b>
<b>2½ cups boiling water</b>	
<b>1 cup quick-cooking rice</b>	
<b>2 cans (7 oz. each) crab-meat, drained, flaked and cartilage removed</b>	

In skillet, melt butter and lightly sauté celery, onion and green pepper. Remove from heat and blend in flour. Dissolve bouillon cubes in boiling water. Add to skillet and bring to a boil, stirring constantly. Cook sauce over medium heat for about 2 minutes or until slightly thickened.

Lightly toss remaining ingredients except buttered crumbs and ½ cup grated cheese in Crock-Pot. Add sauce; stir lightly to blend. Cover and cook on Low setting for 4 to 6 hours.

Pour contents of Crock-Pot into shallow heatproof serving dish. Cover with buttered bread crumbs and sprinkle with ½ cup grated cheese. Set under broiler until cheese is melted and bread crumbs are crunchy brown.

*4 to 6 servings (about 2 quarts).*

## Scalloped Oysters

---

<b>2 cans (12 oz. each)</b> <b>frozen oysters and</b> <b>liquid, thawed</b>	<b><math>\frac{3}{4}</math> cup grated Parmesan</b> <b>cheese</b>
<b><math>3\frac{1}{2}</math> cups coarsely crushed</b> <b>saltine crackers</b>	<b>2 eggs, beaten</b> <b>2 tablespoons dry sherry</b> <b><math>\frac{1}{2}</math> cup butter, melted</b>

Break up oysters into small pieces. Combine all ingredients, reserving 2 tablespoons of the melted butter; mix well. Pour into lightly greased Crock-Pot. Drizzle reserved butter over top. Cover and slip a wooden pick between the lid and pot to vent. Cook on Low setting for 5 to 7 hours (on High setting for 2 to 2½ hours).

*4 servings (about 1½ quarts).* Double recipe for 5-quart Crock-Pot.

## Clam Casserole

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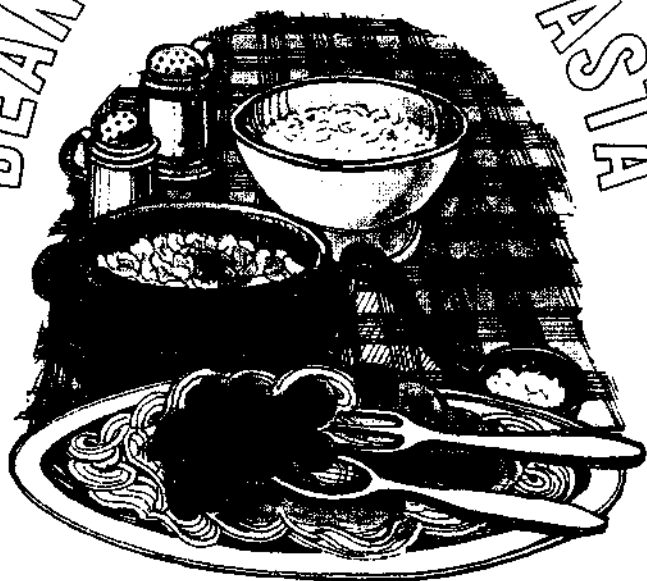
<b>3 cans (6½ oz. each)</b> <b>minced clams, drained</b>	<b><math>\frac{1}{2}</math> cup minced onion</b>
<b>4 eggs, well beaten</b>	<b><math>\frac{1}{4}</math> cup minced green</b> <b>pepper</b>
<b><math>\frac{1}{4}</math> cup butter, melted</b>	<b>18 saltine crackers,</b> <b>coarsely crushed</b> <b>(about 1 cup)</b>
<b><math>\frac{1}{2}</math> cup milk</b>	
<b>1 teaspoon salt</b>	

In bowl, mix all ingredients. Pour into well-greased Crock-Pot. Cover and cook on Low setting for 4 to 5 hours.

*6 servings (about 2½ quarts).*



# BEANS, RICE AND PASTA



The words "pot" and "beans" are such a natural twosome that you might think the Crock-Pot was invented just because. In fact, the results of these recipes are so sensational—and so sensationally easy—you can't tell whether they started with canned beans or the start-from-soak kind.

The Crock-Pot also works its slow-paced magic on the bean's cousins—rice and pasta.

For best rice results, use long-grain converted rice in recipes that cook for 8 hours or longer.

And any precooked pasta should be al dente (barely tender).

So, whether you're looking for a stylish side dish or a change-of-pace entrée, these stick-to-the-ribs recipes are sure to offer you plenty of choices.



## Old-Fashioned Baked Beans

1 lb. dried pea (navy)  
beans  
1 medium onion, finely  
chopped  
 $\frac{1}{2}$  cup ketchup  
 $\frac{1}{2}$  cup brown sugar  
(packed)

$\frac{1}{2}$  cup dark corn syrup  
1 teaspoon paprika  
 $\frac{1}{2}$  teaspoon leaf basil  
Salt  
1 lb. smoked ham, bacon  
or salt pork, diced

Soak beans overnight in 9 cups water. Cook beans in water until softened. Drain and stir in remaining ingredients. Pour into Crock-Pot. Cover and cook on Low setting for 6 to 12 hours (on High setting for 3 to 4 hours).

8 servings (about  $2\frac{1}{2}$  quarts).

### A BIT ABOUT BEANS

Cooking with dried beans can be tricky, even in a Crock-Pot. The minerals in the water and variations in voltage affect different types of beans in different ways. For best results, keep these points in mind:

- Sugar and acidic foods, such as tomatoes, tend to have a hardening effect on beans; therefore, always soften beans thoroughly before using them in baked beans, chili and similar recipes.
- Dried beans may be cooked in a Crock-Pot without pre-soaking them. Using a 3-to-1 ratio of water to beans, cover and cook on the High setting for 3 to 4 hours.
- Beans used in soups need not be soaked if the soup is cooked on the High setting for 3 to 4 hours before being turned to the Low setting.

## Saucy Baked Beans



- |   |   |
|---|---|
| <b>3 cans (16 oz. each) baked beans in sauce, drained</b> | <b>1 teaspoon Worcestershire sauce</b>    |
| <b>1 medium onion, chopped</b>                            | <b>½ cup smoky barbecue sauce</b>         |
| <b>1 medium green pepper, seeded and chopped</b>          | <b>Dash Tabasco sauce</b>                 |
| <b>½ cup brown sugar (packed)</b>                         | <b>2 tablespoons dried parsley flakes</b> |
| <b>2 tablespoons prepared mustard</b>                     | <b>4 to 6 slices cooked ham, diced</b>    |

Combine all ingredients except ham in Crock-Pot; stir well. Sprinkle ham over top, pushing half down into beans. Cover and cook on Low setting for 4 to 12 hours (on High setting for 2 to 3 hours).

*12 servings (about 3 quarts).*

NOTE: If you want to cook beans the maximum time, do not completely drain liquid from canned beans.

## Our Best Baked Beans



- |   |   |
|---|---|
| <b>5 slices bacon, crisply fried and crumbled</b> | <b>1½ teaspoons prepared mustard</b>      |
| <b>2 cans (16 oz. each) baked beans, drained</b>  | <b>½ cup ketchup</b>                      |
| <b>½ green pepper, seeded and chopped</b>         | <b>½ cup hickory-smoke barbecue sauce</b> |
| <b>½ medium onion, chopped</b>                    | <b>½ cup brown sugar (packed)</b>         |

Mix all ingredients in Crock-Pot. Cover and cook on Low setting for 8 to 12 hours (on High setting for 2 to 3 hours).

*6 to 8 servings (about 1½ quarts).*



## Beef 'n Beans

---

- |  |                                   |
|--|-----------------------------------|
| <b>1 lb. dried pinto beans</b>                       | <b>2 cloves garlic, minced</b>    |
| <b>¼ lb. salt pork or bacon, diced</b>               | <b>1 can (6 oz.) tomato paste</b> |
| <b>1 to 2 lb. chuck steak, cut into 1-inch cubes</b> | <b>1 can (6 oz.) water</b>        |
| <b>½ to ¾ teaspoon crushed red pepper</b>            | <b>1 tablespoon chili powder</b>  |
|  | <b>Salt</b>                       |
|  | <b>1 teaspoon ground cumin</b>    |

Soak beans in 8 cups water overnight. In skillet, brown salt pork and cubed chuck steak over medium-high heat; drain well. Add to Crock-Pot with soaked pinto beans (with liquid). Add remaining ingredients; stir well. Cover and cook on High setting for 2 hours, then on Low setting for 7 to 12 hours (or cook entire time on High setting for 4 to 5 hours).

*8 servings (about 2½ quarts).*



## Bean Potpourri

---

- |  |   |
|--|---|
| <b>2 cans (15 oz. each) garbanzos</b>        | <b>3 slices bacon, crisply fried and crumbled</b>             |
| <b>1 can (16 oz.) pinto beans, undrained</b> | <b>1 lb. cross-cut beef shank</b>                             |
| <b>4 medium potatoes, peeled and diced</b>   | <b>½ lb. smoked ham hock</b>                                  |
| <b>1 large onion, thinly sliced</b>          | <b>3 to 4 oz. Polish sausage or knockwurst, thinly sliced</b> |
| <b>2 teaspoons salt</b>                      | <b>2½ cups water</b>  |

Combine all ingredients in Crock-Pot; stir well. Cover and cook on Low setting for 8 to 16 hours (on High setting for 4 to 6 hours).

*8 to 10 servings (about 3 quarts).*

## Burger 'n Bean Hot Dish



- |   |   |
|---|---|
| <b>1 lb. ground beef</b>                              | <b>¼ teaspoon chili powder</b>              |
| <b>1 can (16 oz.) barbecue beans</b>                  | <b>½ teaspoon garlic salt</b>               |
| <b>1 can (11½ oz.) condensed bean with bacon soup</b> | <b>1 tablespoon instant minced onion</b>    |
| <b>½ teaspoon seasoned black pepper</b>               | <b>½ cup grated process American cheese</b> |

In skillet, brown ground beef; drain well. Thoroughly combine all ingredients except cheese in Crock-Pot. Cover and cook on Low setting for 6 to 9 hours.

Just before serving, sprinkle with grated cheese. Serve over hot corn bread.

*6 servings (about 2 quarts).*

## Sausage Bean Quickie



- |   |  |
|---|--|
| <b>4 to 6 cooked brown 'n serve sausage links, cut into 1-inch pieces</b> | <b>1 can (7 oz.) pineapple chunks, undrained</b> |
| <b>2 teaspoons cider vinegar</b>  | <b>2 teaspoons brown sugar</b>                   |
| <b>2 cans (16 oz. each) red kidney or baked beans, drained</b>            | <b>3 tablespoons flour</b>                       |

Combine sausage, vinegar, beans and pineapple in Crock-Pot. Mix brown sugar with flour and add; stir well. Cover and cook on Low setting for 4 to 10 hours (on High setting for 1 to 2 hours).

*4 servings (about 1½ quarts).*



## Hearty Bean Stew

- |  |   |
|--|---|
| <b>3 cans (15 oz. each) brown beans, drained</b>   | <b>1 can (11 oz.) condensed Cheddar cheese soup</b> |
| <b>2 lb. extra-lean hamburger</b>                  | <b>Salt and pepper</b>                              |
| <b>2 cans (10½ oz. each) condensed tomato soup</b> |   |

Combine all ingredients in Crock-Pot; stir well. Cover and cook on Low setting for 6 to 10 hours (on High setting for 3 to 4 hours).

*8 to 10 servings (about 3 quarts).*



## Emergency Shelf Casserole

- |  |  |
|--|--|
| <b>2 cans (28 oz. each) baked beans, partially drained</b> | <b>¼ lb. dry salami, sliced (optional)</b> |
| <b>1 can (8 oz.) Vienna sausage links, drained</b>         | <b>1 tablespoon minced onion</b>           |
| <b>1 can (12 oz.) luncheon meat, cubed</b>                 | <b>¼ teaspoon garlic powder</b>            |
|  | <b>½ teaspoon leaf thyme</b>               |

Combine all ingredients in Crock-Pot; stir well. Cover and cook on Low setting for 7 to 9 hours. Remove cover and cook on High setting to reduce excess liquid.

*8 servings (about 3½ quarts).*

### KNOW YOUR BEANS

One type of dried bean may be substituted for any other type providing the measure is the same. Look over the bean soup recipes (pages 125-7) and tailor them to your own taste.

## Barbecued Lamb'n Dried Limas



- |  |   |
|--|---|
| <b>1 cup dried baby lima beans</b>   | <b>1 medium onion, chopped</b>                  |
| <b>2 lb. boneless lamb shoulder, well trimmed and cut into 1½-inch cubes</b> | <b>1 small green pepper, seeded and chopped</b> |
| <b>1 teaspoon salt</b>   | <b>1 can (8 oz.) tomato sauce</b>               |
|  | <b>2 tablespoons brown sugar</b>                |
|  | <b>1 tablespoon Worcestershire sauce</b>        |

Soak beans in 3 cups water overnight. Combine all ingredients in Crock-Pot; stir thoroughly to coat lima beans and lamb. Cover and cook on Low setting for 10 to 12 hours.

*4 servings (about 3 quarts).*

## Lamb Shanks with Split Peas



- |                                     |                                    |
|-------------------------------------|------------------------------------|
| <b>1 cup dried split green peas</b> | <b>2 carrots, pared and sliced</b> |
| <b>3 lb. lamb shanks</b>            | <b>2 stalks celery, sliced</b>     |
| <b>1 large onion, chopped</b>       | <b>2½ cups beef broth</b>          |
|                                     | <b>Salt and pepper</b>             |

Soak peas in 2 cups water overnight. Brown lamb shanks under broiler to remove fat; drain well. Mix all ingredients except shanks in Crock-Pot; stir well. Add shanks, pushing down into liquid. Cover and cook on Low setting for 10 to 12 hours.

*4 to 6 servings (about 3 quarts).*



## Yellow Rice

---

- |   |                       |
|---|-----------------------|
| 2 cups raw long-grain<br>converted rice | ½ cup brown sugar     |
| 4½ cups water                           | 2½ teaspoons turmeric |
| ¼ cup butter, melted                    | 2 teaspoons salt      |
|   | ½ to 1 cup raisins    |

Combine all ingredients in Crock-Pot; stir well. Cover and cook on Low setting for 8 to 9 hours (on High setting for 2 to 3 hours).

6 to 8 servings (about 2½ quarts).

**Saffron Rice:** Substitute ¾ teaspoon saffron threads for the turmeric and omit brown sugar and raisins.



## Arroz con Queso

---

- |  |  |
|--|--|
| 1½ cups raw long-grain<br>converted rice | 2 tablespoons vegetable<br>oil                                       |
| 1 can (16 oz.) whole<br>tomatoes, mashed | 1 cup cottage cheese   |
| 1 can (16 oz.) Mexican-<br>style beans   | 1 can (4 oz.) green chili<br>peppers, drained,<br>seeded and chopped |
| 3 cloves garlic, minced                  | 2 cups grated Monterey<br>Jack or process<br>cheese                  |
| 1 large onion, finely<br>chopped         |  |

Mix thoroughly all ingredients except 1 cup of the grated cheese. Pour mixture into well-greased Crock-Pot. Cover and cook on Low setting for 6 to 9 hours.

Just before serving, sprinkle with reserved grated cheese.

6 to 8 servings (about 2½ quarts).



## Brown-and-White Rice

---

- |                                   |                                |
|-----------------------------------|--------------------------------|
| <b>8 slices bacon, diced</b>      | <b>3 cups beef broth</b>       |
| <b>½ cup raw brown rice</b>       | <b>½ cup slivered almonds,</b> |
| <b>4 green onions with tops,</b>  | <b>toasted</b>                 |
| <b>sliced</b>                     | <b>3 tablespoons grated</b>    |
| <b>1 can (4 oz.) sliced mush-</b> | <b>Parmesan cheese</b>         |
| <b>rooms, drained</b>             |                                |
| <b>1 cup raw long-grain</b>       |                                |
| <b>converted rice</b>             |                                |

In skillet, fry bacon until partially crisp but still limp. Stir in brown rice and cook over medium heat until rice is a light golden brown. Add bacon and browned rice to Crock-Pot with green onions, mushrooms, white rice and broth; stir well. Cover and cook on Low setting for 6 to 8 hours (on High setting for 2½ to 3½ hours). Before serving, stir well; add salt if needed. Garnish with almonds and cheese.

*6 to 8 servings (about 2 quarts).*

## Golden Cheese Bake

---



- |                                 |                              |
|---------------------------------|------------------------------|
| <b>2 cups cooked long-grain</b> | <b>½ cup milk</b>            |
| <b>converted rice</b>           | <b>2 eggs, beaten</b>        |
| <b>3 cups pared and grated</b>  | <b>2 tablespoons chopped</b> |
| <b>carrots</b>                  | <b>onion</b>                 |
| <b>2 cups grated sharp</b>      | <b>1½ teaspoons salt</b>     |
| <b>process cheese</b>           | <b>¼ teaspoon pepper</b>     |

In bowl, combine all ingredients; stir well. Pour into greased Crock-Pot. Cover and cook on Low setting for 7 to 9 hours (on High setting for 2½ to 3 hours).

*4 to 6 servings (about 2 quarts). Double recipe for 5-quart Crock-Pot.*



## Wild Rice Casserole

- |   |   |
|---|---|
| <b>½ cup butter or margarine,<br/>melted</b>                    | <b>2½ cups water</b>  |
| <b>3 stalks celery, thinly<br/>sliced</b>                       | <b>2 packages (7 oz. each)<br/>wild rice and long-<br/>grain converted rice<br/>mix</b> |
| <b>2 medium onions, finely<br/>chopped</b>                      | <b>1 can (4 oz.) sliced mush-<br/>rooms, drained</b>                                    |
| <b>1 can (10¾ oz.) condensed<br/>cream of mushroom<br/>soup</b> | <b>½ lb. process American<br/>cheese, cubed</b>   |

Combine all ingredients in Crock-Pot; stir thoroughly. Cover and cook on Low setting for 6 to 10 hours (on High setting for 2 to 3½ hours).

*6 to 8 servings (2½ quarts).*



## Venetian Rice

- |   |  |
|---|--|
| <b>2 cups diced cooked ham</b>                    | <b>¾ cup raw long-grain<br/>converted rice</b> |
| <b>1 slice bacon, diced</b>                       | <b>1½ cups chicken broth</b>                   |
| <b>1 medium onion, finely<br/>chopped</b>         | <b>Salt and pepper</b>                         |
| <b>2 stalks celery, thinly<br/>sliced</b>         | <b>Grated Parmesan cheese</b>                  |
| <b>1 package (10 oz.) frozen<br/>peas, thawed</b> |  |

Combine all ingredients except Parmesan cheese in Crock-Pot; stir well. Cover and cook on Low setting for 6 to 10 hours (on High setting for 2½ to 3½ hours).

Taste for seasoning. Just before serving, sprinkle top with Parmesan cheese.

*6 servings (about 2 quarts).*

## Sausage-Rice Casserole



- |   |                        |
|---|------------------------|
| 1 lb. bulk sausage                          | 2 stalks celery, diced |
| 1 envelope (1½ oz.) dry<br>chicken soup mix | ⅓ cup slivered almonds |
| ¾ cup raw long-grain<br>converted rice      | 4 cups water           |
|   | Salt                   |

In skillet, brown sausage; drain well. Combine all ingredients in lightly greased Crock-Pot; stir well. Cover and cook on Low setting for 6 to 10 hours (on High setting for 2 to 3 hours or until rice is tender).

4 servings (about 1½ quarts).

## Polenta/Cornmeal Mush



- |   |   |
|---|---|
| 2 to 4 tablespoons butter<br>or margarine, melted | 2 cups cornmeal<br>(preferably water<br>ground) |
| ¼ teaspoon paprika                                | 2 teaspoons salt                                |
| Dash cayenne pepper                               |   |
| 6 cups boiling water                              |   |

Use 1 tablespoon butter to lightly grease walls of Crock-Pot. Add paprika and cayenne. Turn to High setting while measuring remaining ingredients. Add to Crock-Pot with remaining melted butter; stir well. Cover and cook on Low setting for 6 to 9 hours (on High setting for 2 to 3 hours, stirring occasionally).

8 to 10 servings (about 1½ quarts).

**Fried Polenta or Cornmeal Mush:** Pour hot cornmeal into 2 lightly greased loaf pans. Chill overnight. To serve, cut into ¾-inch slices and fry in butter until browned.



## Cracked Wheat Pilaf

- |                                |  |
|--------------------------------|--|
| 2 cups cracked wheat or bulgur | ¼ cup minced parsley or 2 tablespoons dried parsley flakes |
| 1 medium onion, chopped        | Salt   |
| 5 cups beef broth              |  |
| ¼ cup butter, melted           |  |

Combine all ingredients in Crock-Pot; stir well. Cover and cook on Low setting for 10 to 12 hours (on High setting for 3 to 4 hours, stirring occasionally).

6 to 8 servings (about 3 quarts).

**Soybean Pilaf:** Substitute 2 cups dried soybeans for the wheat. Cook on High setting for 4 to 6 hours.



## Pennsylvania Dutch Scrapple

- |                               |                     |
|-------------------------------|---------------------|
| 2 lb. pork neck bones         | Salt and pepper     |
| 1 large onion, finely chopped | 2½ cups cornmeal    |
|                               | Butter or margarine |

Place neck bones, onion, salt and pepper in Crock-Pot; add enough water to cover. Cover and cook on Low setting for 7 to 12 hours.

With slotted spoon, take neck bones from broth. Remove meat from bones and return to broth in Crock-Pot. Stir in cornmeal. Cover and cook on Low setting for 6 to 10 hours (on High setting for 2 to 3 hours).

Taste for seasoning. Pour cornmeal mixture into 2 lightly oiled loaf pans. Chill overnight. Cut into ½-inch slices and fry.

12 to 15 servings (about 2 quarts).

## Noodles Romanoff



- |                                    |                                  |
|------------------------------------|----------------------------------|
| <b>1 package (8 oz.) noodles</b>   | <b>4 green onions with tops,</b> |
| <b>2 tablespoons vegetable</b>     | <b>finely minced</b>             |
| <b>oil or melted butter</b>        | <b>2 teaspoons Worcester-</b>    |
| <b>1½ cups (12 oz.) sour cream</b> | <b>shire sauce</b>               |
| <b>½ cup flour</b>                 | <b>Dash Tabasco sauce</b>        |
| <b>1½ cups small-curd cream-</b>   | <b>2 teaspoons garlic salt</b>   |
| <b>style cottage cheese</b>        |                                  |

Cook noodles according to package directions until barely tender. Rinse in cold water and drain. Toss with oil. In large bowl, mix sour cream and flour. Stir in remaining ingredients. Add noodles and stir well to coat. Pour into well-greased Crock-Pot. Cover and cook on Low setting for 7 to 10 hours.

*8 servings (about 2½ quarts).*

## Corned Beef and Noodles



- |                                  |                                   |
|----------------------------------|-----------------------------------|
| <b>1 package (8 oz.) noodles</b> | <b>¼ lb. process American</b>     |
| <b>2 tablespoons vegetable</b>   | <b>cheese, diced</b>              |
| <b>oil</b>                       | <b>1 can (4 oz.) sliced mush-</b> |
| <b>1½ to 2 cups diced cooked</b> | <b>rooms, drained</b>             |
| <b>corned beef</b>               | <b>¾ cup milk</b>                 |
| <b>1 can (10¾ oz.) condensed</b> | <b>½ cup chopped onion</b>        |
| <b>cream of chicken soup</b>     | <b>Salt and pepper</b>            |

Cook noodles according to package directions until barely tender; rinse in cold water and drain. In large bowl, toss with oil. Mix remaining ingredients with noodles. Pour into greased Crock-Pot. Cover and cook on Low setting for 8 to 9 hours (on High setting for 3 hours).

*4 servings (about 2½ quarts).*



## Dried Beef 'n Noodles

---

3 to 4 oz. dried beef  
 1 package (8 oz.) noodles  
 2 teaspoons vegetable oil  
 ¼ cup butter or margarine  
 ¼ cup flour  
 2 cups evaporated milk

1 package (10 oz.) frozen  
 peas or frozen mixed  
 vegetables, partially  
 thawed  
 1 package (8 oz.) sharp  
 process cheese, grated

Snip dried beef into small pieces; set aside. Cook noodles according to package directions until barely tender. In large bowl, toss with oil; set aside. In saucepan, melt butter over medium heat. Blend in flour until smooth. Gradually stir in evaporated milk. Cook until smooth and thick.

Pour white sauce over noodles; toss to mix. Fold in snipped beef, vegetables and most of grated cheese, reserving a small amount to sprinkle over top; stir well. Pour mixture into well-greased Crock-Pot. Sprinkle lightly with reserved cheese. Cover and cook on Low setting for 6 to 10 hours.

4 to 6 servings (about 2½ quarts).

## Pots of Macaroni 'n Cheese

---

1 package (8 oz.) elbow  
 macaroni  
 1 tablespoon vegetable oil  
 3 tablespoons butter  
 3 tablespoons flour

1½ cups evaporated milk  
 1½ teaspoons salt  
 ½ teaspoon pepper  
 2 cups cubed process  
 cheese

Cook macaroni according to package directions until barely tender; drain. Toss with oil to coat lightly. In medium saucepan, melt butter. Blend in flour until smooth. Gradually stir in milk. Cook and stir over medium heat until smooth and thickened. Add salt, pepper and cheese. Cook, stirring, until

cheese is melted. Pour cheese sauce over macaroni; mix well. Pour into 1½-cup baking dishes or aluminum pot-pie pans. Tightly cover tops with foil. Place casseroles in Crock-Pot, stacking to fit. Cover and cook on Low setting for 4 to 6 hours (on High setting for 2 to 3 hours).

*4 servings (about 3 quarts).*

NOTE: These may be prepared in advance and refrigerated or frozen. Cover and cook on Low setting for 7 to 10 hours.

## Macaroni and Beef



1½ lb. lean ground beef	1 can (16 oz.) whole-kernel corn, drained
2 cups uncooked macaroni	2 cans (10¾ oz. each) condensed tomato soup
½ medium onion, chopped	Salt and pepper
1 can (4 oz.) sliced mushrooms, drained	

In skillet, brown ground beef; drain well. Put into Crock-Pot. Cook macaroni according to package directions until barely tender; drain well. Add macaroni and remaining ingredients to Crock-Pot. Stir just enough to blend. Cover and cook on Low setting for 7 to 9 hours (on High setting for 3 to 4 hours).

*4 to 6 servings (about 1½ quarts).*



## Spaghetti with Meatballs

- |   |                                    |
|---|------------------------------------|
| 2 tablespoons olive oil or butter             | 1 teaspoon leaf basil              |
| 1 clove garlic, minced                        | 1 teaspoon leaf oregano            |
| 1 medium onion, finely chopped                | 1 can (6 oz.) tomato paste         |
| 1 can (28 oz.) Italian-style tomatoes, mashed | ¼ teaspoon crushed red pepper      |
| 2 teaspoons salt                              | Meatballs (below)                  |
| ½ teaspoon sugar                              | 2 packages (16 oz. each) spaghetti |
|   | Grated Parmesan cheese             |

Combine all ingredients except Meatballs, spaghetti and cheese in Crock-Pot; stir well. Cover and cook on Low setting for 5 to 10 hours. Add Meatballs and continue to cook on Low setting for 7 to 12 hours.

Just before serving, cook spaghetti according to package directions. Serve topped with Meatballs in sauce and pass grated Parmesan cheese.

*10 to 12 servings (about 3½ quarts).*

### MEATBALLS

- |                                  |                                    |
|----------------------------------|------------------------------------|
| 1 lb. lean ground beef           | ½ teaspoon leaf oregano            |
| ½ lb. lean ground pork           | ¼ teaspoon leaf thyme              |
| 1 teaspoon garlic salt           | ¼ cup dry bread crumbs             |
| ¼ cup grated Parmesan cheese     | ½ cup pine nuts (optional)         |
| ¼ teaspoon freshly ground pepper | 2 tablespoons dried parsley flakes |
| ½ teaspoon leaf basil            | 2 eggs                             |
|                                  | ¼ cup evaporated milk              |

Mix all ingredients thoroughly. Shape into 24 meatballs about 1½ inches in diameter. Place on baking sheet and bake in 450° oven for 15 to 20 minutes or brown meatballs in skillet; drain.



# SOUPS AND SAUCES



Nothing is as soul-stirring and stomach-satisfying as a hot, hearty soup on a cold, bleak day. And nothing—despite some claims to the contrary—equals the homemade kind.

With its just-right simmer, the Crock-Pot brings out the tantalizing aroma and all the wholesome goodness.

Simply put the ingredients together . . .

and leave them to their own delicious devices.

Whether you want an appetizer soup, a main-course soup or a healthy soup for snacking, you're sure to find the answer here. And don't overlook the special sampling of saucery. The Crock-Pot offers any sauce worthy of the name its most important ingredient: time.



## Beef Stock

- |                                   |                                    |
|-----------------------------------|------------------------------------|
| 3 lb. beef soup bones             | 2 tablespoons dried parsley flakes |
| 1 to 2 onions, chopped            | 2 peppercorns                      |
| 1 to 2 carrots, pared and chopped | 2 teaspoons salt                   |
| 2 stalks celery, chopped          |                                    |

Place all ingredients in Crock-Pot. Add enough water to cover. Cover and cook on Low setting for 12 to 24 hours (on High setting for 4 to 6 hours). If cooked on High setting, the stock will be lighter in color and less concentrated. Strain and refrigerate. Keeps well 4 to 5 days, or may be frozen.

*8 cups strained stock (about 3½ quarts).*

**Veal Stock:** Substitute veal bones for the beef bones.



## Chicken Stock

- |  |                                    |
|--|------------------------------------|
| 1 to 2 lb. chicken or turkey necks, gizzards, hearts and feet, if available (do not use liver) | 2 teaspoons salt                   |
| 2 peppercorns  | 1 small onion, chopped             |
|  | 2 stalks celery with tops, chopped |

Place all ingredients in Crock-Pot. Add water to cover. Cover and cook on Low setting for 10 to 18 hours. Strain through dampened cheesecloth before using. This freezes well.

*8 cups strained stock (about 3½ quarts).*

**To Clarify Beef or Chicken Stock:** Remove bones and vegetables from Crock-Pot. Turn to High setting for 15 minutes. Stir in 2 egg whites and egg shells. Allow to heat for 15 minutes to 1 hour. Strain through dampened cheesecloth.

## Old-Fashioned Onion Soup



3 lb. large onions, peeled  
and thinly sliced  
½ cup butter, melted

6 to 8 slices French bread,  
cubed  
4 to 5 cups chicken broth

Place sliced onions in Crock-Pot; pour in butter and mix to coat onions thoroughly. Stir in cubed bread. Add chicken broth to cover; stir well. Cover and cook on Low setting for 10 to 18 hours (on High setting for 4 to 5 hours, stirring occasionally). Stir well during last hour.

*6 to 8 servings (about 3 quarts).*

## Cream of Mushroom Soup



3 cans (4 oz. each) sliced  
mushrooms, drained  
1 tablespoon butter or  
margarine  
3 cups chicken broth  
2 tablespoons chopped  
onion

Salt and pepper  
2 tablespoons flour  
1 cup sour cream  
1 cup half-and-half cream  
or milk

In skillet, sauté sliced mushrooms in butter; place in Crock-Pot. Add chicken broth, onion, salt and pepper; stir well. Cover and cook on Low setting for 6 to 10 hours (on High setting for 2½ to 3 hours).

About 30 minutes before serving, turn to High setting. Mix flour and sour cream; add to Crock-Pot with half-and-half cream. Cook until slightly thickened.

*6 servings (about 2 quarts).*

**Cream of Leek Soup:** Omit mushrooms; add 3 cups chopped leeks and 2 cups diced peeled potatoes.

## Corn Chowder

---

- |                                   |                                  |
|-----------------------------------|----------------------------------|
| <b>6 slices bacon, diced</b>      | <b>1 tablespoon sugar</b>        |
| <b>½ cup chopped onion</b>        | <b>1 teaspoon Worcestershire</b> |
| <b>2 cups diced peeled</b>        | <b>sauce</b>                     |
| <b>potatoes</b>                   | <b>1 teaspoon seasoned salt</b>  |
| <b>2 packages (10 oz. each)</b>   | <b>¼ teaspoon pepper</b>         |
| <b>frozen whole-kernel</b>        | <b>1 cup water</b>               |
| <b>corn, broken apart</b>         |                                  |
| <b>1 can (16 oz.) cream-style</b> |                                  |
| <b>corn</b>                       |                                  |

In skillet, fry bacon until crisp; remove and reserve. Add onion and potatoes to bacon drippings and sauté for about 5 minutes; drain well. Combine all ingredients in Crock-Pot; stir well. Cover and cook on Low setting for 4 to 7 hours.

*4 servings (about 1½ quarts).*



## Cucumber-Chicken Soup

---

- |                              |                               |
|------------------------------|-------------------------------|
| <b>2 medium cucumbers,</b>   | <b>1 soup can water</b>       |
| <b>peeled</b>                | <b>1 can (14 oz.) chicken</b> |
| <b>2 cans (10¼ oz. each)</b> | <b>broth</b>                  |
| <b>condensed cream of</b>    | <b>½ small onion, minced</b>  |
| <b>chicken soup</b>          | <b>Salt and pepper</b>        |

Cut 8 thin slices from one of the cucumbers and reserve for garnish; finely chop remaining cucumbers.

In Crock-Pot, dilute cream of chicken soup with 1 can water. Add chicken broth, chopped cucumbers and remaining ingredients; stir well. Cover and cook on Low setting for 6 to 10 hours (on High setting for 2 to 3 hours). Serve hot. Garnish with reserved cucumber slices.

*4 servings (about 1½ quarts).*

## Flavor-Filled Tomato Soup



- |                                    |                                     |
|------------------------------------|-------------------------------------|
| <b>1 can (46 oz.) tomato juice</b> | <b>¼ teaspoon leaf basil</b>        |
| <b>1 can (8 oz.) tomato sauce</b>  | <b>½ small onion, thinly sliced</b> |
| <b>3 beef bouillon cubes</b>       | <b>3 tablespoons sugar</b>          |
| <b>½ cup boiling water</b>         | <b>2 whole cloves</b>               |
| <b>3 peppercorns</b>               | <b>1 tablespoon chopped</b>         |
| <b>½ bay leaf</b>                  | <b>celery leaves</b>                |

Stir all ingredients together in Crock-Pot. Cover and cook on Low setting for 5 to 10 hours. If thicker soup is desired, turn to High setting and remove lid for last hour of cooking. Strain before serving.

*6 servings (about 1½ quarts).*

## Hearty Vegetable Soup



- |  |   |
|--|---|
| <b>2 lb. cross-cut beef shanks</b>                       | <b>1 cup chopped celery</b>                   |
| <b>1 tablespoon salt</b>                                 | <b>1 cup sliced pared carrots</b>             |
| <b>1½ teaspoons Worcestershire sauce</b>                 | <b>1 cup diced peeled potatoes or turnips</b> |
| <b>Dash pepper</b>                                       | <b>1 can (16 oz.) whole tomatoes</b>          |
| <b>2 teaspoons dried parsley flakes</b>                  |   |
| <b>1 medium onion, chopped</b>                           |   |
| <b>1 package (10 oz.) frozen cut green beans, thawed</b> |   |

Combine all ingredients in Crock-Pot. Add water to cover barely (about 2 cups); stir well. Cover and cook on Low setting for 12 to 18 hours (on High setting for 5 to 7 hours).

Before serving, remove meat and bones; cut meat into bite-size pieces and stir into soup.

*6 servings (about 3 quarts).*



## Italian Sausage Soup

- |  |   |
|--|---|
| 1 to 1½ lb. sweet Italian link sausage, cut into 1-inch pieces | 1 teaspoon leaf basil                     |
| 2 cloves garlic, minced  | ½ teaspoon leaf oregano                   |
| 2 medium onions, chopped                                       | 1 tablespoon chopped parsley              |
| 1 can (28 oz.) whole tomatoes, mashed                          | 1 medium green pepper, seeded and chopped |
| 2 cans (14 oz. each) beef broth                                | 2 zucchini, thinly sliced                 |
|  | 1 to 2 cups water                         |
|  | Grated Parmesan cheese                    |

In skillet, brown sausage; drain well. Add all ingredients except Parmesan cheese to Crock-Pot; stir well. Cover and cook on Low setting for 12 to 14 hours.

Taste for seasoning; serve sprinkled with cheese.

*6 servings (about 3 quarts).*



## Minestrone Hamburger Soup

- |                                    |                                      |
|------------------------------------|--------------------------------------|
| 1 lb. lean ground beef             | 1 cup shredded cabbage               |
| 1 large onion, chopped             | 1 small bay leaf                     |
| 2 small potatoes, peeled and cubed | ¼ teaspoon leaf thyme                |
| 2 carrots, pared and sliced        | ¼ teaspoon leaf basil                |
| 2 stalks celery, sliced            | 1 teaspoon salt                      |
| 1 can (28 oz.) whole tomatoes      | ¼ teaspoon pepper                    |
|                                    | Grated mozzarella or Parmesan cheese |

Place all ingredients except cheese in Crock-Pot; stir thoroughly. Add water to cover. Cover and cook on Low setting for 8 to 12 hours (on High setting for 3 to 5 hours). Stir well. Serve sprinkled with cheese.

*6 servings (about 3 quarts).*

# Hamburger and Sausage Soup



- |  |                               |
|--|-------------------------------|
| 1 lb. lean ground beef                 | 1 tablespoon soy sauce        |
| 1 lb. Polish sausage, sliced           | 1 cup sliced celery           |
| ½ teaspoon seasoned salt               | ¼ cup chopped celery leaves   |
| ¼ teaspoon leaf oregano                | 1 cup sliced pared carrots    |
| ¼ teaspoon leaf basil                  | ½ cup dried split peas        |
| 1 envelope (1½ oz.) dry onion soup mix | 1 cup uncooked elbow macaroni |
| 6 cups boiling water                   | Grated Parmesan cheese        |
| 1 can (16 oz.) whole tomatoes          |                               |

In skillet, brown ground beef and sausage; drain well. Place meat in Crock-Pot. Add seasonings, herbs and onion soup mix. Stir in boiling water, tomatoes and soy sauce. Add celery, celery leaves, carrots and split peas to meat mixture; stir well. Cover and cook on Low setting for 8 to 16 hours (on High setting for 4 to 5 hours).

One hour before serving, turn to High setting and stir in macaroni. Serve with Parmesan cheese.

*4 to 6 servings (about 3½ quarts).*





## Scotch Broth

---

- |  |   |
|--|---|
| <b>2 lb. lamb neck or breast,<br/>well trimmed</b> | <b>1 medium turnip, peeled<br/>and diced</b>      |
| <b>½ cup pearl barley</b>                          | <b>2 carrots, pared and sliced</b>                |
| <b>1 tablespoon salt</b>                           | <b>1 package (10 oz.) frozen<br/>peas, thawed</b> |
| <b>3 peppercorns</b>                               | <b>1 teaspoon leaf thyme</b>                      |
| <b>1 medium onion, chopped</b>                     | <b>¼ teaspoon Tabasco sauce</b>                   |
| <b>2 stalks celery, sliced</b>                     |   |

Combine all ingredients in Crock-Pot. Add water to cover; stir well. Cover and cook on Low setting for 10 to 12 hours (on High setting for 4 to 5 hours). Remove meat; bone and trim off any remaining fat. Dice meat. Skim off fat from liquid and return meat to Crock-Pot.

*4 to 6 servings (about 3½ quarts).*

## Senegalese Cream Soup

---

- |   |   |
|---|---|
| <b>2 medium onions, finely<br/>chopped</b>            | <b>2 cups finely chopped<br/>cooked chicken</b> |
| <b>2 stalks celery, finely<br/>chopped</b>            | <b>Dash cayenne pepper</b>                      |
| <b>2 apples, peeled, cored<br/>and finely chopped</b> | <b>Salt</b>                                     |
| <b>2 cans (14 oz. each)<br/>chicken broth</b>         | <b>2 tablespoons curry powder</b>               |
|   | <b>¼ cup flour</b>                              |
|   | <b>¼ cup water</b>                              |
|   | <b>2 cups half-and-half cream</b>               |

Combine onions, celery, apples, chicken broth, chicken, cayenne and salt in Crock-Pot. Mix curry powder with flour and water; stir into Crock-Pot. Cover and cook on Low setting for 6 to 7 hours.

One hour before serving, stir in half-and-half cream. Add additional thickening if needed. Serve hot or chilled.

*4 to 6 servings (about 3 quarts).*



## Claudia's Brunswick Stew



- |   |                           |
|---|---------------------------|
| 2 to 3 cups ground cooked chicken           | 1 cup chicken broth       |
| 2 cups ground cooked pork                   | Salt and pepper           |
| 1 small onion, ground                       | Dash Tabasco sauce        |
| 2 cans (16 oz. each) whole tomatoes, mashed | Dash Worcestershire sauce |
| 2 cans (16 oz. each) cream-style corn       |                           |

Combine all ingredients in Crock-Pot; stir well. Cover and cook on Low setting for 4 to 9 hours (on High setting for 2 to 3 hours). Add more chicken broth after cooking, if desired. Season to taste before serving with additional salt, pepper, Tabasco and Worcestershire sauce. The longer the stew cooks, the better the flavor.

*4 to 6 servings (about 2½ quarts).*

## Red Snapper Soup



- |   |  |
|---|--|
| 1½ lb. red snapper fillets, cut into chunks | ½ cup minced shallots or green onions              |
| 1 can (28 oz.) whole tomatoes, mashed       | 2 tablespoons beef flavor base (paste or granules) |
| 2 medium onions, chopped                    | 1 cup water  |
| 1 package (10 oz.) frozen cut okra, thawed  | ¼ cup dry sherry or water                          |
|   | Salt and pepper                                    |

Combine all ingredients in Crock-Pot; stir thoroughly. Cover and cook on Low setting for 6 to 12 hours (on High setting for 3 to 4 hours).

*6 servings (about 3 quarts).*

## Crab Soup Carolina Style

---

- |   |   |
|---|---|
| 2 cups white crabmeat,<br>flaked and cartilage<br>removed | ½ teaspoon ground mace<br>Salt and pepper |
| 2 cups milk   | 2 tablespoons dry sherry<br>(optional)    |
| 2 cups half-and-half cream                                | ½ cup crushed saltine<br>crackers         |
| 3 tablespoons butter                                      |   |
| 2 strips (3 inches each)<br>lemon peel                    |   |

Combine all ingredients except sherry and crushed crackers in Crock-Pot; stir well. Cover and cook on Low setting for 3 to 5 hours. Just before serving, stir in sherry and crumbs to thicken.

*6 servings (about 2 quarts).*

**Shrimp Soup Carolina Style:** Substitute 2 cups chopped shrimp for the crabmeat.

## Super Simple Crab Bisque

---

- |  |   |
|--|---|
| 1 package (10 oz.) frozen<br>crabmeat, slightly<br>thawed (retain liquid)                | 1 can (10¾ oz.) condensed<br>cream of asparagus<br>soup |
| 1 can (11 oz.) condensed<br>tomato bisque or 1 can<br>(10¾ oz.) condensed<br>tomato soup | 1 cup half-and-half cream                               |

Stir crabmeat, soups and cream into lightly buttered Crock-Pot. Cover and cook on Low setting for 3 to 5 hours, stirring occasionally.

*4 servings (about 1 quart).*

## Black Bean Soup

---

- |   |  |
|---|--|
| <b>1 lb. black beans</b>                          | <b>2 medium onions, chopped</b>              |
| <b>2 quarts cold water</b>                        | <b>1 teaspoon garlic salt</b>                |
| <b>¼ lb. bacon or ½ lb.<br/>smoked ham, diced</b> | <b>¼ teaspoon coarsely ground<br/>pepper</b> |

Combine all ingredients in Crock-Pot; stir well. Cover and cook on High setting for 4 to 6 hours.

*8 servings (about 3 quarts).*

NOTE: There is no need to presoak the beans when using the High setting.

## Basil and Bean Soup

---



- |   |  |
|---|--|
| <b>½ lb. dried white kidney<br/>beans or Great<br/>Northern beans</b> | <b>2 stalks celery, sliced</b>           |
| <b>1 lb. lean stewing beef,<br/>cut into 1-inch cubes</b>             | <b>2 medium onions, chopped</b>          |
| <b>2 small zucchini<br/>(unpeeled), diced</b>                         | <b>1 can (28 oz.) whole<br/>tomatoes</b> |
| <b>2 medium turnips, peeled<br/>and diced</b>                         | <b>2 teaspoons leaf basil</b>            |
| <b>1 large potato, peeled and<br/>diced</b>                           | <b>¼ teaspoon crushed red<br/>pepper</b> |
|   | <b>1 tablespoon salt</b>                 |
|   | <b>2 tablespoons olive oil</b>           |

Soak beans overnight in 4 cups water. Combine all ingredients in Crock-Pot; add water to cover and mix well. Cover and cook on High setting for 3 hours, then turn to Low setting for 8 to 14 hours (or cook entire time on High setting for 4 to 6 hours).

*6 servings (about 3½ quarts).*



## Lentil Soup

---

1 lb. dried lentils  
2 smoked ham hocks  
1 large onion, chopped  
2 stalks celery, sliced

1 large carrot, pared and sliced  
1 tablespoon sugar  
¼ teaspoon leaf thyme

Soak lentils overnight in Crock-Pot in 8 cups water. Add remaining ingredients to Crock-Pot. Cover and cook on Low setting for 8 to 14 hours (on High setting for 4 to 6 hours).

8 servings (about 3½ quarts).

NOTE: If using the High setting, there is no need to presoak the beans.



## Cream of Lentil Soup

---

1 lb. dried lentils  
1 medium onion, chopped  
1 clove garlic, minced  
1 medium carrot, pared and chopped

1 large stalk celery, chopped  
1 cup heavy cream or half-and-half cream  
Salt and pepper

Soak lentils overnight in Crock-Pot in 7 cups water. Add onion, garlic, carrot and celery to Crock-Pot. Cover and cook on Low setting for 8 to 10 hours (on High setting for 3 to 4 hours). Turn to Low setting and stir in cream; add salt and pepper to taste.

6 to 8 servings (about 2½ quarts).

NOTE: If lentils are not presoaked, cook for 1 to 2 hours on High setting before turning to Low setting.

## Swedish Bean Soup

---

**1 lb. dried pea (navy)  
beans**  
**½ cup chopped onion**  
**3 cups milk**

**4 slices bacon, cut into  
½-inch pieces**  
**Salt and pepper**

Soak and cook beans until soft according to package directions. Drain, reserving 1 cup liquid. Combine beans, bean liquid and remaining ingredients in Crock-Pot. Cover and cook on Low setting for 3 to 5 hours.

*6 to 8 servings (about 2½ quarts).*

NOTE: To cook beans in Crock-Pot, place unsoaked beans in 7 cups water; cover and cook on High setting for 3 to 4 hours. Proceed as directed above.

## Fritz's Chili

---



**1½ to 2 lb. ground chuck**  
**1 package chili seasoning  
mix**  
**1 large onion, chopped**  
**3 cans (16 oz. each) chili  
beans with chili gravy**  
**1 can (16 oz.) whole  
tomatoes, mashed**

**1 can (16 oz.) red kidney  
beans, drained  
(optional)**  
**1 to 3 jalapeño peppers,  
finely chopped  
(optional)**

In skillet, brown ground chuck; drain off fat. Add meat with remaining ingredients except jalapeño peppers to Crock-Pot; stir well. Cover and cook on Low setting for 8 to 10 hours (on High setting for 2½ to 4 hours). Before serving, stir in chopped peppers if hotter flavor is desired.

*4 to 6 servings (about 3 quarts).*



## Male Chauvinist Chili

- |  |   |
|--|---|
| 3 slices bacon, diced                                  | 1 to 3 teaspoons chili powder                     |
| ½ lb. hot Italian link sausage, cut into 1-inch pieces | ½ teaspoon dry mustard                            |
| ½ lb. ground chuck                                     | ¼ teaspoon freshly ground pepper                  |
| 2 medium onions, chopped                               | 2 cans (14 to 16 oz. each) Italian-style tomatoes |
| 1 small green pepper, seeded and chopped               | 1 can (16 oz.) pinto beans, drained               |
| 2 cloves garlic, minced                                | 1 can (16 oz.) garbanzos or kidney beans, drained |
| 1 jalapeño pepper, seeded and chopped                  |   |
| 2 teaspoons Worcestershire sauce                       |   |

In large skillet, brown bacon pieces until crisp. Remove from skillet; drain well. Brown sausage and ground chuck with onions over medium heat; drain and add to Crock-Pot. Add bacon and remaining ingredients; stir well. Cover and cook on Low setting for 6 to 14 hours. Taste for seasoning.

6 to 8 servings (about 3½ quarts).



## Fresh Tomato Sauce



- |  |                                   |
|--|-----------------------------------|
| <b>4 cups peeled, seeded<br/>and finely chopped<br/>tomatoes</b> | <b>1½ teaspoons leaf basil</b>    |
| <b>1 medium onion, minced</b>                                    | <b>1 teaspoon sugar</b>           |
|  | <b>1 can (6 oz.) tomato paste</b> |
|  | <b>3 cloves garlic, crushed</b>   |

Combine all ingredients in lightly oiled Crock-Pot. Cover and cook on Low setting for 6 to 12 hours (on High setting for 4 hours). If a thicker sauce is desired, remove cover and cook on High setting until sauce is reduced.

This is good used in any recipe calling for tomato sauce.

*About 5 cups.* Double recipe for 5-quart Crock-Pot.

## Super Taco Sauce



- |  |  |
|--|--|
| <b>10 large tomatoes, peeled,<br/>or 2 cans (28 oz. each)<br/>whole tomatoes</b> | <b>1 tablespoon sugar</b>                      |
| <b>5 cloves garlic, chopped</b>  | <b>1 tablespoon Worcestershire sauce</b>       |
| <b>2 teaspoons salt</b>  | <b>2 to 3 jalapeño peppers,<br/>(optional)</b> |
| <b>2 large onions, chopped</b>   | <b>1 tablespoon flour</b>                      |
| <b>1 teaspoon chili powder</b>   | <b>1 tablespoon vegetable oil</b>              |
| <b>1 teaspoon leaf oregano</b>   | <b>1 tablespoon wine vinegar</b>               |
| <b>1 teaspoon leaf thyme</b>   |  |

Place all ingredients except flour, oil and vinegar in Crock-Pot; stir well. Cover and cook on Low setting for 8 to 10 hours. Remove cover and turn to High setting for last hour to reduce excess moisture.

Before removing sauce from Crock-Pot, stir in flour, oil and vinegar. Allow to cool. Pour 3 cups of sauce at a time into blender container; blend until smooth.

*About 8 cups.*



## Meatless Spaghetti Sauce

- |  |                                       |
|--|---------------------------------------|
| 1 eggplant (1 lb.), peeled<br>and cut into 1-inch<br>cubes | 1 can (6 oz.) tomato paste            |
| 1 medium onion, chopped                                    | 1 can (4 oz.) mushrooms,<br>undrained |
| 2 cloves garlic, minced                                    | 1 teaspoon leaf oregano               |
| 1 teaspoon dried parsley<br>flakes                         | 1½ teaspoons salt                     |
| 1 can (16 oz.) Italian-style<br>tomatoes                   | 1 teaspoon sugar                      |

Combine all ingredients in Crock-Pot; stir well. Cover and cook on Low setting for 10 to 12 hours (on High setting for 2 to 4 hours).

*About 6 cups.*



## Spaghetti Meat Sauce

- |  |  |
|--|--|
| ½ lb. sweet or hot Italian<br>link sausage                     | 2 tablespoons sugar  |
| 1 lb. ground chuck   | 1 tablespoon salt  |
| 1 lb. round steak or<br>stewing beef, cut into<br>1-inch cubes | 2 teaspoons leaf basil                                       |
| 2 medium onions, chopped                                       | ½ teaspoon crushed red<br>pepper                             |
| 1 large green pepper,<br>seeded and chopped                    | 2 cans (16 oz. each)<br>Italian-style tomatoes,<br>broken up |
| 2 cloves garlic, minced  | 1 can (8 oz.) tomato sauce                                   |
|  | 1 can (6 oz.) tomato paste                                   |

Remove sausage from casings; brown in skillet with ground chuck and cubed meat. Break up sausage and ground meat with wooden spoon or fork as they brown; drain well. Add to Crock-Pot with remaining ingredients; stir well. Cover and cook on Low setting for 8 to 16 hours (on High setting for



4 to 6 hours). For thicker sauce, cook on High setting for last 2 hours, removing cover for last hour.

*About 3½ quarts.*

**NOTE:** This sauce may be made 1 to 2 days in advance and refrigerated. It also freezes well.

## Marinara Sauce



<b>2 cans (28 oz. each) whole tomatoes</b>	<b>1 clove garlic, chopped</b>
<b>1 onion, finely chopped</b>	<b>2 tablespoons vegetable oil</b>
<b>2 carrots, pared and finely chopped</b>	<b>1½ teaspoons sugar</b>
	<b>1½ teaspoons salt</b>

Place tomatoes in batches in blender container; blend until smooth (or puree tomatoes through a food mill).

In skillet, sauté onion, carrots and garlic in oil just until tender (do not brown). Combine all ingredients in Crock-Pot; stir well. Cover and cook on Low setting for 6 to 10 hours. Remove cover, stir well and cook on High setting for the last hour for a thicker marinara sauce.

Sauce may be pureed in blender. Process in small amounts at low speed to avoid hot splatterings.

*About 6 cups.*

### A SAUCE WHENEVER YOU NEED IT

All of the sauces on these pages can be made in advance and then frozen. Freeze in handy serving-size containers—you'll have just the right amount, just when you need it.



## Chicken-Mushroom Pasta Sauce

2- to 3-lb. fryer, whole or cut up	1 teaspoon leaf oregano
2 stalks celery, sliced	1 lb. mushrooms, sliced, or 2 cans (4 oz. each) sliced mushrooms, drained
2 onions, chopped	
2 teaspoons salt	
½ cup chicken broth or water	2 tablespoons butter
1 can (6 oz.) tomato paste	2 tablespoons flour
¼ cup dry sherry	½ cup heavy cream or half-and-half cream

Place fryer in Crock-Pot with celery, onions and salt. Combine chicken broth with tomato paste and pour over ingredients in Crock-Pot. Add sherry, oregano and mushrooms; stir to moisten all ingredients. Cover and cook on Low setting for 7 to 10 hours (on High setting for 2½ to 3½ hours).

Remove chicken; bone meat and dice. Return meat to Crock-Pot. Knead butter and flour together and add with cream; stir well. Cover and cook on High setting for 30 minutes to 1½ hours (on Low setting for 3 to 5 hours).

*4 to 6 servings (about 3 quarts).*

### FOR CAREFREE CASSEROLES

Slow-cooking is ideal for casseroles. It gives the different ingredients plenty of time to mingle and meld, creating a mellow blend of flavors. Best of all, most casseroles can be put together the night before and refrigerated in a bowl or in the accessory Bread 'n Cake Bake pan. The following morning, simply pour the contents into a lightly greased Crock-Pot (or place the bake pan directly in the Crock-Pot); cover and cook the recommended time.

# VEGETABLES



For a foodstuff so seemingly simple, vegetables are as ornery as can be. They can lose color, vitamins, taste and texture faster than you can say "Brussels sprouts."

And timing them to be ready with the rest of the menu is often no mean feat. Crock-Pot to the rescue!

Vegetables retain their consistency, flavor, eye appeal and nutritional value. As for timing? They're ready whenever you are. (No more worries about a charred steak or a collapsed soufflé.)

Just look over the vegetables in variety on the following pages. Temptingly sauced and cleverly seasoned, they're sure to increase the membership of the vegetable fan-club at your house.

## Asparagus Casserole

---

- |   |  |
|---|--|
| <b>2 packages (10 oz. each)</b><br><b>frozen asparagus</b><br><b>spears, thawed</b> | <b>2 cups crushed saltine</b><br><b>crackers</b>     |
| <b>1 can (10¼ oz.) condensed</b><br><b>cream of celery soup</b>                     | <b>1 cup cubed process</b><br><b>American cheese</b> |
| <b>1 can (10¼ oz.) condensed</b><br><b>cream of chicken soup</b>                    | <b>1 egg</b>   |
|   | <b>½ cup slivered almonds</b>                        |

In large bowl, combine all ingredients well. Pour into lightly greased Crock-Pot. Cover and cook on High setting for 2½ to 3 hours.

After cooking, dish may be held on Low setting for up to 2 hours before serving.

*4 to 6 servings (about 2 quarts).*

NOTE: Two cans (14½ oz. each) asparagus pieces, drained, may be substituted for frozen asparagus.



## Sweet-and-Sour Green Beans

---

- |   |  |
|---|--|
| <b>2 packages (10 oz. each)</b><br><b>frozen French-style</b><br><b>green beans, partially</b><br><b>thawed</b> | <b>¼ cup water</b>                             |
| <b>4 slices bacon, diced</b>  | <b>¼ cup cider vinegar</b>                     |
| <b>1 small onion, diced</b>   | <b>2 tablespoons sugar</b>                     |
| <b>1 tablespoon flour</b>   | <b>½ teaspoon salt</b>                         |
|   | <b>Dash pepper</b>                             |
|   | <b>1 tablespoon chopped</b><br><b>pimiento</b> |

Break apart green beans and place in Crock-Pot. In skillet, fry bacon until crisp; remove bacon to absorbent towels to drain. Pour off all but 2 tablespoons bacon drippings from skillet; sauté onion in bacon drippings (do not brown). Dissolve flour in water; stir into bacon drippings and cook until

slightly thickened. Combine bacon and remaining ingredients and stir into thickened onion mixture. Pour over green beans and stir well. Cover and cook on High setting for 1 hour, then turn to Low setting for 7 to 9 hours.

6 to 8 servings (about 2 quarts).

## Lima Bean Casserole



- |   |   |
|---|---|
| 2 small onions, thinly sliced                                     | 1 jar (2 oz.) chopped pimiento, drained |
| 3 packages (10 oz. each) frozen baby lima beans, thawed           | 2 teaspoons salt                        |
| 2 cans (10 $\frac{3}{4}$ oz. each) condensed cream of celery soup | $\frac{1}{8}$ teaspoon pepper           |
| 2 cans (4 oz. each) sliced mushrooms, undrained                   | $\frac{1}{2}$ teaspoon dill seed        |
|   | $\frac{1}{2}$ cup heavy cream           |
|   | 1 cup grated Parmesan cheese            |

Combine all ingredients except heavy cream and Parmesan cheese in Crock-Pot; stir well. Cover and cook on Low setting for 10 to 12 hours. Just before serving, add cream and stir well; sprinkle Parmesan cheese on top.

8 to 10 servings (about 3 quarts).

### VEGETABLES . . . YOUR BAG?

You can cook boil-in-the-bag frozen vegetables right along with your Crock-Pot main dish. Pierce a small hole in the top of the bag, place the bag (pierced end up) on top of the main course and cover. Cook vegetables on the High setting for 2 to 3 hours or on the Low setting for 7 to 9 hours.

## Harvard Beets

---

**½ cup sugar**  
**2 tablespoons flour**  
**¼ cup water**

**¼ cup white vinegar**  
**2 cans (16 oz. each) whole beets, drained**

Mix sugar and flour; stir in water and vinegar. Place beets in Crock-Pot. Pour sugar-vinegar mixture over beets and stir to coat well. Cover and cook on High setting for 3 to 4 hours.

*4 to 6 servings (about 1½ quarts).*

## Louise's Broccoli Casserole

---

**2 packages (10 oz. each) frozen broccoli spears, thawed and cut up**  
**1 can (10½ oz.) condensed cream of celery soup**

**1¼ cups grated sharp Cheddar cheese**  
**¼ cup minced green onion**  
**1 cup crushed saltine crackers or potato chips**

In large bowl, combine broccoli, celery soup, 1 cup of the grated cheese and the minced onion. Pour into lightly greased Crock-Pot. Sprinkle top with crushed crackers, then with remaining cheese. Cover; slip wooden pick between lid and pot to vent. Cook on Low setting for 5 to 6 hours (on High setting for 2 to 3 hours).

*4 to 6 servings (about 2 quarts).*

**NOTE:** If desired, casserole may be spooned into a baking dish and garnished with additional grated cheese and broken potato chips; bake for 5 to 10 minutes in a 400° oven.

## Carrots Lyonnaise

---

<b>1 chicken bouillon cube</b>	<b>¼ teaspoon salt</b>
<b>1 cup boiling water</b>	<b>6 carrots, pared and cut</b>
<b>2 onions, sliced</b>	<b>into julienne strips</b>
<b>¼ cup butter or margarine</b>	<b>1 to 2 tablespoons sugar</b>
<b>1 tablespoon flour</b>	<b>(optional)</b>

Dissolve bouillon cube in boiling water; set aside. In large skillet, sauté onions in butter, stirring to separate rings and prevent browning. Stir flour and salt into slightly cooled bouillon; add to onions and cook until thickened. Combine carrots and onion sauce in Crock-Pot, stirring to coat carrots. Cover and cook on High setting for 1 hour, then turn to Low setting for 2 to 6 hours. Before serving, add sugar to taste.

*6 to 8 servings (about 2 quarts).*

## Golden Cauliflower

---

<b>2 packages (10 oz. each)</b>	<b>1 can (11 oz.) condensed</b>
<b>frozen cauliflower,</b>	<b>Cheddar cheese soup</b>
<b>thawed</b>	<b>4 slices bacon, crisply fried</b>
<b>Salt and pepper</b>	<b>and crumbled</b>

Place cauliflower in Crock-Pot. Season with salt and pepper. Spoon Cheddar cheese soup over top; sprinkle with bacon. Cover and cook on High setting for 1½ hours, then turn to Low setting for 2 hours (or cook on Low setting only for 4 to 5 hours).

*4 to 6 servings (about 2 quarts).*

**Golden Broccoli:** Substitute frozen broccoli for the frozen cauliflower.



## Braised Celery

---

- |  |   |
|--|---|
| <b>1 bunch celery or 3 bunches<br/>celery hearts</b> | <b>1 teaspoon tomato paste<br/>or ketchup</b> |
| <b>1 cup beef broth</b>                              | <b>2 slices bacon, diced</b>                  |
| <b>1 onion, finely chopped</b>                       |   |
| <b>1 carrot, pared and finely<br/>chopped</b>        |   |

Cut celery stalks diagonally into 1-inch pieces (about 4 to 5 cups). Put into Crock-Pot with remaining ingredients; stir well. Cover and cook on High setting for 2½ to 3½ hours (on Low setting for 8 to 10 hours).

*6 to 8 servings (about 2 quarts).*



## Corn Pudding

---

- |  |   |
|--|---|
| <b>4 eggs</b>                              | <b>¼ teaspoon pepper</b>                      |
| <b>1 can (17 oz.) cream-style<br/>corn</b> | <b>½ cup half-and-half cream<br/>or milk</b>  |
| <b>⅓ cup flour</b>                         | <b>½ tablespoon butter, cut<br/>into bits</b> |
| <b>1 teaspoon sugar</b>                    |   |
| <b>½ teaspoon salt</b>                     |   |

In large bowl; beat eggs until thick and lemon colored. Stir in corn. In another bowl, beat dry ingredients with half-and-half until smooth; stir into corn. Pour into greased Crock-Pot. Dot with butter. Cover and cook on High setting for 3 to 4 hours (on Low setting for 7 to 9 hours).

*6 to 8 servings (about 1½ quarts).*



## Scalloped Eggplant

---

- |   |  |
|---|--|
| <b>1 large eggplant, peeled and diced</b> | <b>2 tablespoons butter or margarine, melted</b> |
| <b>1 small onion, minced</b>              | <b>2 eggs</b>                                    |
| <b>1½ cups crushed saltine crackers</b>   | <b>Evaporated milk to moisten</b>                |
| <b>2 teaspoons baking powder</b>          | <b>Salt and pepper</b>                           |
|   | <b>Grated process American cheese (optional)</b> |

In saucepan, cook eggplant in enough boiling water to cover until tender, about 7 to 9 minutes; drain well. Mix eggplant with remaining ingredients except grated cheese. Pour into greased Crock-Pot. Sprinkle with grated cheese. Cover and cook on Low setting for 4 to 8 hours (on High setting for 1½ to 2 hours).

*4 to 6 servings (about 2 quarts).*

## Pizza Potatoes

---



- |  |                                  |
|--|----------------------------------|
| <b>6 medium potatoes, peeled and thinly sliced</b> | <b>2 oz. sliced pepperoni</b>    |
| <b>1 large onion, thinly sliced</b>                | <b>1 teaspoon salt</b>           |
| <b>Olive oil</b>                                   | <b>1 can (8 oz.) pizza sauce</b> |
| <b>½ lb. grated mozzarella cheese</b>              |                                  |

In skillet, sauté potato and onion slices in oil until onion begins to appear transparent; stir constantly to prevent browning. Drain well. Combine potatoes and onions with cheese, pepperoni and salt in Crock-Pot. Pour pizza sauce over top. Cover and cook on Low setting for 5 to 10 hours.

*4 to 6 servings (about 2 quarts).*



## Potatoes Perfect

---

**¼ lb. bacon, diced**  
**2 medium onions, thinly sliced**  
**4 medium potatoes, thinly sliced**

**½ lb. Gruyère or Cheddar cheese, thinly sliced**  
**Salt and pepper**  
**Butter**

Line Crock-Pot with aluminum foil, leaving enough to overlap potatoes when finished. Layer half each of the bacon, onions, potatoes and cheese in Crock-Pot. Season to taste and dot with butter. Repeat layers of bacon, onions, potatoes and cheese. Dot with butter. Overlap with remaining foil. Cover and cook on Low setting for 10 to 12 hours (on High setting for 3 to 4 hours).

*4 to 6 servings (about 3½ quarts).*

## Sweet Potato Casserole

---

**2 cans (16 oz. each) sweet potatoes or yams, drained and mashed**  
**½ cup milk**  
**¼ cup dry sherry**  
**6 tablespoons butter or margarine, softened**

**1 teaspoon freshly grated lemon peel**  
**½ teaspoon salt**  
**¼ teaspoon nutmeg**  
**Dash cayenne pepper**  
**4 eggs**

In a bowl, beat sweet potatoes, milk, sherry and butter with an electric mixer until smooth. Add remaining ingredients and beat well. Pour into greased Crock-Pot. Cover and cook on High setting for 1 hour, then turn to Low setting for 3 to 4 hours.

*4 to 6 servings (about 2 quarts).*



## Squash Casserole



- 2 lb. yellow summer squash or zucchini, thinly sliced (about 6 cups)
- $\frac{1}{2}$  medium onion, chopped
- 1 cup pared shredded carrot
- 1 can (10 $\frac{3}{4}$  oz.) condensed cream of chicken soup

- 1 cup sour cream
- $\frac{1}{4}$  cup flour
- 1 package (8 oz.) seasoned stuffing crumbs
- $\frac{1}{2}$  cup butter or margarine, melted

In large bowl, combine squash, onion, carrot and soup. Mix sour cream and flour; stir into vegetables. Toss stuffing crumbs with butter and place half in Crock-Pot. Add vegetable mixture and top with remaining stuffing crumbs. Cover and cook on Low setting for 7 to 9 hours.

4 to 6 servings (about 2 $\frac{1}{2}$  quarts).

## Turnip Custard

---

2 lb. (about 4) turnips,  
peeled and diced  
1 egg, well beaten  
 $\frac{1}{4}$  cup crushed saltine  
crackers

$\frac{3}{4}$  cup evaporated milk  
1 teaspoon salt  
Dash pepper  
1 cup grated Cheddar cheese  
 $\frac{1}{2}$  teaspoon allspice

In uncovered saucepan, cook turnips in boiling water until tender; drain well. Mash if necessary and drain. Blend in remaining ingredients. Pour into buttered Crock-Pot. Cover and cook on High setting for 1 to 2 hours (on Low setting for 4 to 5 hours).

4 to 6 servings (about  $1\frac{1}{2}$  quarts).



## Zucchini Italiano

---

6 to 8 small zucchini  
(unpeeled), cut into  
 $\frac{1}{4}$ -inch slices  
1 small onion, thinly sliced  
and separated into  
rings  
3 tablespoons olive oil  
2 cloves garlic, minced  
1 to 2 teaspoons salt

2 teaspoons leaf basil  
2 tablespoons dried parsley  
flakes  
Dash freshly ground  
pepper  
 $\frac{1}{2}$  cup grated Parmesan  
cheese  
2 ripe tomatoes, peeled  
and quartered

Combine all ingredients except Parmesan cheese and tomatoes in Crock-Pot; stir together thoroughly. Cover and cook on Low setting for 7 to 10 hours.

Before serving, pour into ovenproof casserole. Taste for seasoning. Sprinkle with Parmesan cheese and garnish with tomato quarters. Broil until cheese is lightly browned.

6 to 8 servings (about 2 quarts).

# CROCK-POT SPECIALTIES



Now and then it makes great sense to let your Crock-Pot do a little specialty work. All it calls for is a "different" kind of thinking about your slow cooker.

And here are five delightfully different directions to think about and explore:

**Party Starters . . .** for dips and snacks and hearth-warming drinks;

**Dieter's Fare . . .** for the growing army of calorie counters;

**Gamesmanship . . .** for tender treatment of the hunter's prize;

**For the Twosome . . .** right-size servings for the 2-quart Crock-Pot;

**Group Gatherings . . .** festive fare for the 5-quart size.

Talk about versatility—

you might think your Crock-Pot invented the word.

# PARTY STARTERS

**How about being a guest at your next party? Start a dip, a meaty tidbit or a welcoming punch well in advance of the company hour. Let your Crock-Pot do the cooking while you do something else. Then let the Crock-Pot do the serving while you tend to merry mingling. With help like this, you may end up being your own best guest.**

## Hot Crab Dip

---

3 packages (8 oz. each) cream cheese, cut up and softened	½ cup chopped green onions with tops
¼ to ½ cup milk	1 teaspoon prepared horseradish
2 cans (6½ oz. each) crabmeat, drained, flaked and cartilage removed	2 teaspoons Worcestershire sauce

Combine all ingredients in lightly greased Crock-Pot. Cover and cook on High setting until cheese begins to melt (about 30 minutes), stirring well occasionally.

Cover and continue to cook on High setting until mixture is smooth and cheese is melted. Add more milk if needed for dipping consistency; then turn to Low setting for 3 to 4 hours. Just before serving, remove cover. Serve as a hot dip with Melba toast rounds.

*About 1 quart.*

**Clam Dip:** Substitute 2 cans (7 oz. each) minced clams for crabmeat; use clam juice instead of milk to dilute mixture.

## Mariners' Fondue

---

2 cans (10¾ oz. each) condensed cream of celery soup	½ cup chopped cooked crabmeat
2 cups grated sharp process cheese	¼ cup finely chopped cooked scallops
1 cup chunked cooked lobster	Dash paprika
½ cup chopped cooked shrimp	Dash cayenne pepper
	1 loaf French bread, cut into 1-inch cubes

Combine all ingredients except bread cubes in lightly greased Crock-Pot; stir thoroughly. Cover and cook on Low setting for 4 to 6 hours. (It is better if you can stir occasionally, until cheese is melted.) Serve hot. Using fondue forks, dip bread cubes into fondue.

*About 1½ quarts.*

## Hot Refried Bean Dip

---

1 can (16 oz.) refried beans, drained and mashed	1 to 3 tablespoons taco sauce
½ lb. lean ground beef	1 tablespoon taco spice
3 tablespoons bacon fat	Garlic salt
1 lb. process American cheese, cubed	

In skillet, brown beans and ground beef well in bacon fat. Add to Crock-Pot. Stir in remaining ingredients. Cover and cook on High setting until cheese is melted, about 45 minutes, stirring occasionally. Turn to Low setting until ready to serve, up to 6 hours. Serve with warm tortilla chips.

*About 1½ quarts.*

## Hot Chili con Queso Dip

1½ cups half-and-half cream, scalded	¼ cup flour
½ lb. Monterey Jack cheese, grated	¼ cup water
½ lb. sharp process cheese, grated	1 can (4 oz.) green chili peppers, drained, seeded and chopped
1 tablespoon butter	1 to 2 tablespoons chopped jalapeño chili peppers (optional)
½ medium onion, minced	Salt and pepper
1 medium clove garlic, minced	Dash cayenne pepper
¼ cup dry white wine	

Pour scalded cream into buttered Crock-Pot. Turn to High setting and stir in grated cheeses.

In small skillet or saucepan, melt butter and sauté onion and garlic until onion is tender. Add wine and stir well. Add to cheese mixture in Crock-Pot. Combine the flour and water and stir in with remaining ingredients. Cover and cook on High setting for about 30 minutes or until cheese begins to melt. Turn to Low setting and stir about 2 or 3 times during first hour until smooth. Allow to cook on Low setting for 3 to 5 hours, stirring occasionally.

One hour before serving, remove cover. Add an additional 2 tablespoons flour and 2 tablespoons water if dip becomes too thin. Serve with tortilla chips and celery.

*About 7 cups.*

### TOO MUCH DIP?

Freeze the leftovers for your next gathering. Cool the dip, pour into a freezer container and seal tightly (it will keep up to 2 months). To serve, thaw and heat in a saucepan.



## Boiled Peanuts

---

**1½ quarts green uncooked  
peanuts**

**½ cup salt  
2½ quarts water**

Wash peanuts until water runs clear. Put clean peanuts in Crock-Pot. Add salt and water; stir well. Cover and cook on High setting for 5 to 7 hours. Add additional water during cooking to keep peanuts covered.

For a saltier flavor, turn Crock-Pot off and allow peanuts to stand overnight in cooking liquid.

## Classic Swiss Fondue

---

**1 clove garlic  
2½ cups dry white Rhine,  
Chablis or Riesling  
wine  
1 tablespoon lemon juice  
1 lb. Swiss cheese, grated  
½ lb. Cheddar cheese,  
grated  
3 tablespoons flour**

**3 tablespoons kirsch  
Freshly ground  
nutmeg  
Pepper  
Paprika  
1 loaf Italian or French  
bread, cut into 1-inch  
cubes**

Rub an enameled or stainless steel pan with garlic clove. Heat wine to a slow simmer (just under boiling). Add lemon juice. Combine cheeses and flour and gradually stir in. Using a figure-8 motion, stir constantly until cheese is melted. Pour into lightly greased Crock-Pot. Add kirsch; stir well. Sprinkle with nutmeg, pepper and paprika. Cover and cook on High setting for 30 minutes, then turn to Low setting for 2 to 5 hours. Keep on Low setting while serving. Using fondue forks, dip bread cubes into fondue.

*About 2 quarts.*

## Hot Broccoli-Cheese Dip

---

- |   |  |
|---|--|
| <b>¼ cup butter</b>                                   | <b>1 garlic cheese roll (5 to 6 oz.), cut up</b>                             |
| <b>3 stalks celery, thinly sliced</b>                 | <b>1 package (10 oz.) frozen broccoli spears or chopped broccoli, thawed</b> |
| <b>1 medium onion, chopped</b>                        |  |
| <b>1 can (4 oz.) sliced mushrooms, drained</b>        |  |
| <b>3 tablespoons flour</b>                            |  |
| <b>1 can (10½ oz.) condensed cream of celery soup</b> |  |

In small skillet, melt butter and sauté celery, onion and mushrooms. Stir in flour. Turn into lightly greased Crock-Pot; stir in remaining ingredients. Cover and cook on High setting, stirring about every 15 minutes, until cheese is melted. Turn to Low setting for about 2 to 4 hours or until ready to serve. Serve hot with corn chips, raw cauliflowerets, carrot strips, celery chunks and radishes.

*About 1 quart.*

## Shrimp in Beer

---

- |                                    |  |
|------------------------------------|--|
| <b>2 to 3 lb. shrimp in shells</b> | <b>1 tablespoon mixed pickling spice</b> |
| <b>2 cups beer</b>                 |  |
| <b>2 teaspoons salt</b>            |  |

Wash shrimp in cold water; drain. Place in Crock-Pot. Add remaining ingredients; stir well. Cover and cook on High setting for 1 hour or until shrimp turn pink. If desired, turn to Low setting until serving time, up to 2 hours.

*4 to 6 servings (about 2½ quarts).*

## Sausage Cocktail Balls

---

<b>1½ lb. extra-lean bulk pork sausage</b>	<b>2 eggs</b>
<b>1 can (7 oz.) water</b>	<b>¼ cup dry bread crumbs</b>
<b>chestnuts, drained and finely chopped</b>	<b>½ teaspoon leaf basil</b>
	<b>Sauce (below)</b>

Thoroughly combine all ingredients except Sauce; mix well. Shape into bite-size meatballs. Place on rack of broiler pan. Bake in preheated 425° oven for about 15 minutes; drain well.

Place browned sausage balls in lightly greased Crock-Pot. Cover and cook on Low setting for 2 to 6 hours. Serve on wooden picks for dipping into Sauce.

*About 30 small meatballs (about 2 quarts).*

### SAUCE

---

<b>¼ cup butter or margarine</b>	<b>2 to 3 teaspoons prepared mustard</b>
<b>¼ cup flour</b>	<b>¼ teaspoon dill weed</b>
<b>1½ cups milk</b>	<b>1 cup sour cream</b>
<b>Salt and pepper</b>	

In saucepan, melt butter over medium heat. Blend in flour until smooth. Gradually stir in milk. Add remaining ingredients. Cook and stir until smooth and thick.

### CROCK-POT CRISPING

Use your Crock-Pot to revive stale potato chips and crackers. Place them in the pot but do not cover. Heat on Low setting for 2 to 4 hours. Voila! They're crisp, warm and ready.



## Barbecue Meatballs

---

1½ cups chili sauce  
1 cup grape or currant  
jelly  
1 to 3 teaspoons Dijon  
mustard

1 lb. lean ground beef  
1 egg  
3 tablespoons fine dry  
bread crumbs  
½ teaspoon salt

Combine chili sauce, grape jelly and mustard in Crock-Pot; stir well. Cover and cook on High setting while preparing meatballs.

Combine remaining ingredients thoroughly. Shape into 30 small meatballs. Place on broiler rack or in baking pan. Bake in preheated 400° oven for 15 to 20 minutes; drain well. Add meatballs to sauce in Crock-Pot. Stir well to coat; cover and cook on Low setting for 6 to 10 hours. The longer the cooking, the more barbecue flavor absorbed.

Serve on wooden picks for appetizers. To serve as a main dish, shape meat mixture into larger meatballs and cook as directed.

*30 small meatballs (about 2 quarts).*

## Polish Sausage in Beer

---

Fill Crock-Pot with Polish sausage, cut into 4-inch pieces. Add 1 can (12 oz.) beer. Cover and cook on Low setting for 5 to 8 hours (on High setting for 1½ to 2 hours).

Skewer sausage pieces and place on charcoal broiler to smoke and brown—about 5 minutes.

NOTE: Use bratwurst or kosher frankfurters instead of Polish sausage, if desired.

## Bratwurst in Sauce



2 to 3 lb. uncooked  
bratwurst sausages  
1 can (6 oz.) tomato paste  
½ cup ketchup

1 can (12 oz.) beer  
½ small onion, finely  
chopped  
2 cloves garlic, minced

Place bratwurst in saucepan and barely cover with water. Bring to a boil and cook for 5 to 10 minutes; drain well. Cut into bite-size pieces. Thoroughly combine remaining ingredients in Crock-Pot. Add partially cooked bratwurst. Cover and cook on Low setting for 4 to 10 hours. Serve on wooden picks; accompany with plenty of napkins and a good dark bread.

*10 to 12 servings (about 2½ quarts).*

NOTE: If precooked bratwurst sausages are used, omit par-boiling; cut into bite-size pieces and add to sauce.

## Polynesian Barbecued Pork

½ cup soy sauce  
¼ cup dry sherry  
½ cup brown sugar  
2 cloves garlic, crushed  
¼ teaspoon pepper

½ cup barbecue sauce  
1 can (8 oz.) pineapple  
chunks, undrained  
3 lb. extra-lean pork, cut  
into strips

Combine all ingredients except pork strips in Crock-Pot; stir well. Add pork strips and stir to coat thoroughly. Cover and cook on Low setting for 4 to 6 hours. Serve with a small dish of the sauce for dunking.

*15 servings (about 2½ quarts).*

NOTE: Pork tenderloin is ideal for this recipe.

## Party Mix

---

- |   |   |
|---|---|
| <b>2 cups O-shaped oat cereal</b>                 | <b>½ cup butter or margarine,<br/>melted</b>    |
| <b>3 cups bite-size rice cereal</b>               |   |
| <b>2 cups bite-size shredded<br/>wheat cereal</b> | <b>4 tablespoons Worcester-<br/>shire sauce</b> |
| <b>1 cup peanuts, pecans or<br/>cashews</b>       | <b>Dash Tabasco sauce</b>                       |
| <b>1 cup thin pretzel sticks<br/>(optional)</b>   | <b>½ teaspoon seasoned salt</b>                 |
|   | <b>½ teaspoon garlic salt</b>                   |
|   | <b>½ teaspoon onion salt</b>                    |

Combine cereals, nuts and pretzels in Crock-Pot. Mix melted butter with all remaining ingredients; pour over cereal mixture in Crock-Pot and toss lightly to coat. *Do not cover Crock-Pot.* Cook on High setting for 2 hours, stirring well every 30 minutes; then turn to Low setting for 2 to 6 hours. Store in airtight container.

*Makes 10 cups (about 2½ quarts).*



## Orange-Cider Punch

---

- |  |                                |
|--|--------------------------------|
| <b>1 cup sugar</b>                           | <b>6 cups orange juice</b>     |
| <b>2 cinnamon sticks</b>                     | <b>2 cups vodka (optional)</b> |
| <b>1 whole nutmeg</b>                        |                                |
| <b>2 cups apple cider or<br/>apple juice</b> |                                |

Mix all ingredients except vodka in Crock-Pot; stir well. Cover and cook on Low setting for 4 to 10 hours (on High setting for 2 to 3 hours). Just before serving, stir in vodka. Serve hot, in punch cups.

*10 to 15 servings (about 2½ quarts).*

## Hot Spiced Wine



- |  |                               |
|--|-------------------------------|
| <b>2 bottles dry red wine</b>                        | <b>2 cinnamon sticks</b>      |
| <b>3 apples, peeled, cored and<br/>thinly sliced</b> | <b>½ cup sugar</b>            |
| <b>3 whole cloves</b>                                | <b>1 teaspoon lemon juice</b> |

Combine all ingredients in Crock-Pot; stir well. Cover and cook on Low setting for 4 to 12 hours (on High setting for 1 to 2 hours). Serve hot, in punch cups or mugs.

*6 to 8 servings (about 2 quarts).*

## Hot Cranberry Punch



- |   |   |
|---|---|
| <b>4 cups unsweetened<br/>pineapple juice</b> | <b>1 cup water</b>  |
| <b>4 cups cranberry juice</b>                 | <b>1 teaspoon whole cloves<br/>and 1 cinnamon stick<br/>tied in cheesecloth</b> |
| <b>½ cup brown sugar<br/>(packed)</b>         | <b>1 to 2 cups vodka</b>  |

Combine all ingredients except vodka in Crock-Pot. Cover and cook on Low setting for 4 to 10 hours. Add vodka before serving. Serve hot, in punch cups.

*10 to 15 servings (about 2½ quarts).*

### KEEPING THE HEAT ON

Your Crock-Pot makes an ideal server for a hot punch or hot dip. Keep it on the Low setting to maintain the proper serving temperature. (Creamy dips, however, should not be left uncovered for more than 2 hours.)

## DIETER'S FARE

**A delicately sauced salmon loaf, a hearty hamburger soup,  
peppers stuffed with tuna—can this be the stuff  
of which diets are made? Indeed.**

**These calorie-calculated recipes are especially designed  
to please the palate and help control the waistline.**

**And they're so nondiet-tasting,  
the whole family will happily join the low-calorie bandwagon.**

**With temptations like these,  
why put off till tomorrow what should be started today?**

### Sweet 'n Sour Chicken

---

3 medium potatoes, peeled and thinly sliced	1 teaspoon leaf basil
4 whole chicken breasts (about 3 pounds), skinned and halved	¼ teaspoon nutmeg
1 cup orange juice	2 tablespoons cider vinegar
2 tablespoons brown sugar	Dried parsley flakes
	1 can (17 oz.) water-packed peach slices, drained
	Chopped parsley

Place sliced potatoes in Crock-Pot. Arrange chicken breasts on potatoes. Combine orange juice, brown sugar, basil, nutmeg and vinegar. Pour over chicken. Sprinkle chicken with dried parsley flakes. Cover and cook on Low setting for 6 to 8 hours.

Remove chicken breasts and potatoes from sauce and arrange on a warm platter. Turn Crock-Pot to High setting. Add peach slices to sauce. Heat until serving temperature. Pour sauce over chicken and potatoes. Garnish with chopped parsley.

*8 servings (162 calories per serving).*



## Chicken Cacciatore



- |  |  |
|--|--|
| <b>3 whole chicken breasts,<br/>skinned and halved</b> | <b>1 can (15 oz.) whole<br/>tomatoes, mashed</b>     |
| <b>1 teaspoon salt</b>                                 | <b>1 can (4 oz.) sliced mush-<br/>rooms, drained</b> |
| <b>Dash pepper</b>                                     | <b>2 teaspoons tomato paste</b>                      |
| <b>1 tablespoon dried onion<br/>flakes</b>             | <b>1 bay leaf</b>                                    |
| <b>1 green pepper, seeded<br/>and finely chopped</b>   | <b>¼ teaspoon leaf thyme</b>                         |
| <b>1 clove garlic, finely<br/>chopped</b>              | <b>2 tablespoons finely<br/>chopped pimiento</b>     |

Wash chicken pieces well and pat dry. Combine remaining ingredients in Crock-Pot. Add chicken pieces, pushing down into liquid to thoroughly moisten and coat. Cover and cook on Low setting for 7 to 9 hours.

*6 servings (120 calories per serving).*

## Low-Cal Meat Loaf

- |   |   |
|---|---|
| <b>1 lb. lean ground beef</b>                         | <b>1 tablespoon dried onion<br/>flakes</b>    |
| <b>2 cups shredded cabbage</b>                        | <b>½ teaspoon caraway seed<br/>(optional)</b> |
| <b>1 medium green pepper,<br/>seeded and shredded</b> |   |
| <b>1 teaspoon salt</b>                                |   |

Thoroughly combine all ingredients. Shape into round loaf. Place accessory Meat Rack in Crock-Pot. Place meat loaf on rack. Cover and cook on High setting for 3 to 4 hours.

*6 servings (106 calories per 3-oz. serving). Recipe may be doubled for larger Crock-Pot.*



## Hamburger Soup

- |                                   |   |
|-----------------------------------|---|
| <b>1½ lb. lean ground beef</b>    | <b>1 can (6 oz.) tomato paste</b>       |
| <b>1 medium onion, chopped</b>    | <b>2 teaspoons Worcestershire sauce</b> |
| <b>1 cup sliced pared carrots</b> | <b>3 cups beef bouillon</b>             |
| <b>1 cup sliced celery</b>        |   |
| <b>1 cup sliced cabbage</b>       |   |

In skillet, brown hamburger; drain thoroughly. Add onion, carrots, celery and cabbage. Combine tomato paste, Worcestershire sauce and beef bouillon. Add to Crock-Pot and stir to blend. Cover and cook on Low setting for 8 to 10 hours (on High setting for 3 to 4 hours).

*8 servings (142 calories per 1-cup serving).*



## Peppers and Steak

- |   |                                 |
|---|---------------------------------|
| <b>2 lb. lean round steak,<br/>1 inch thick</b>                   | <b>1 cup beef bouillon</b>      |
| <b>2 green peppers, seeded<br/>and cut into ½-inch<br/>strips</b> | <b>¼ cup soy sauce</b>          |
|   | <b>½ teaspoon ground ginger</b> |
|   | <b>½ teaspoon garlic powder</b> |

Cut steak into serving portions. Place half the steak in Crock-Pot. Arrange green peppers on steak. Place remaining steak on top. Mix remaining ingredients and pour over meat. Cover and cook on Low setting for 8 to 10 hours (on High setting for 3 to 4 hours).

*6 servings (186 calories per 4-oz. serving).*

## Veal Loaf



- |  |                                |
|--|--------------------------------|
| 1½ lb. ground veal                           | 1 tablespoon dry minced onion  |
| 1 cup French-style green beans, chopped      | 2 tablespoons chopped pimiento |
| 1 can (2 oz.) mushrooms, drained and chopped | ½ cup tomato paste             |
| 1½ teaspoons salt                            | Paprika                        |
| ¼ teaspoon freshly ground pepper             |                                |

Mix all ingredients except paprika together well. Shape into loaf. Sprinkle top with paprika. Place on accessory Meat Rack. Cover and cook on Low setting for 7 to 9 hours.

*7 servings (138 calories per 3-oz. serving).*

**Beef Loaf:** Substitute lean ground beef for the veal.

## Dieter's Chili



- |  |  |
|--|--|
| 2½ lb. ground veal or lean ground beef | 1 teaspoon salt                                |
| 2 tablespoons dry minced onion         | 3 cloves garlic, minced                        |
| 1½ tablespoons chili powder (or more)  | 2 teaspoons monosodium glutamate               |
| ½ teaspoon freshly ground pepper       | 1 can (6 oz.) tomato paste                     |
|  | 1½ cups tomato juice                           |
|  | 1 can (16 oz.) chili beans, drained (optional) |

Brown meat in nonstick skillet; drain thoroughly on absorbent towels. Mix all ingredients in Crock-Pot. Cover and cook on Low setting for 5 to 9 hours. (If you prefer a thinner consistency, more liquid can be added.)

*6 servings (336 calories per serving, 270 calories without chili beans).*

## Polynesian Veal

---

**2 lb. boneless veal  
shoulder, cut into  
1-inch cubes**  
**¾ cup water**  
**¼ cup dry sherry**

**2 tablespoons soy sauce**  
**1 teaspoon ground ginger**  
**1 teaspoon artificial  
sweetener**

Brown veal in nonstick skillet. Mix remaining ingredients in Crock-Pot. Stir in veal. Cover and cook on Low setting for 4 to 6 hours.

*4 servings (214 calories per 1-cup serving).*

## Tuna Casserole

---

**2 cans (7 oz. each) tuna,  
water packed or  
rinsed and drained**  
**1½ cups cooked macaroni**  
**½ cup finely chopped  
onion**  
**¼ cup finely chopped  
green pepper**

**1 can (4 oz.) sliced mush-  
rooms, drained**  
**1 package (10 oz.) frozen  
cauliflower, partially  
thawed**  
**½ cup chicken bouillon**  
**1 tablespoon diet  
margarine**

Combine all ingredients in Crock-Pot; stir well. Cover and cook on Low setting for 5 to 6 hours (on High setting for 2 to 3 hours).

*6 servings (178 calories per 1-cup serving).*

NOTE: This dish may be divided among individual casseroles and cooked as directed for Pots of Macaroni and Cheese (page 112).

## Poached Fish

---

<b>1½ to 2 lb. frozen firm-textured fish fillets, thawed</b>	<b>2 teaspoons salt</b>
<b>2 onions, thinly sliced</b>	<b>1 bay leaf</b>
<b>1 lemon, thinly sliced</b>	<b>4 whole peppercorns</b>
<b>2 tablespoons butter, melted</b>	<b>3 cups water</b>
	<b>Avocado Sauce (below)</b>

Cut fillets into serving portions. Combine onion and lemon slices with butter, salt, bay leaf and peppercorns; pour into Crock-Pot. Place fillets on top of onion and lemon slices. Add water. Cover and cook on Low setting for 4 to 6 hours (on High setting for 1½ to 3 hours).

Before serving, carefully remove fish fillets with slotted spoon or spatula. Place on heatproof platter. Sprinkle with juice of ½ lemon. Garnish with additional lemon slices. Serve hot with Avocado Sauce, or chill and serve cold.

*6 servings (245 calories per serving; 145 calories without sauce).*

### AVOCADO SAUCE

---

<b>1 can (7½ oz.) frozen avocado dip, thawed</b>	<b>2 tablespoons lemon juice</b>
<b>½ cup sour cream</b>	<b>½ small onion, finely chopped</b>

Combine all ingredients and mix well.

# Salmon Loaf with Crab Sauce

---

- |  |  |
|--|--|
| 1 can (16 oz.) salmon,<br>drained, flaked and<br>boned | $\frac{1}{4}$ cup chicken bouillon         |
| 2 slices bread, crumbed                                | $\frac{1}{4}$ cup finely chopped<br>celery |
| $\frac{1}{2}$ cup evaporated skim<br>milk              | $\frac{1}{2}$ teaspoon onion salt          |
| 1 egg  | Crab Sauce (below)                         |
|  | Dash paprika or cayenne<br>pepper          |

Coat Crock-Pot with spray-on nonstick vegetable coating. Mix thoroughly all ingredients except Crab Sauce and paprika and pour into Crock-Pot. Cover and cook on Low setting for 4 to 6 hours.

Serve salmon loaf on warm platter with Crab Sauce poured over. Garnish with paprika.

*4 servings (255 calories per 6-oz. serving; 237 calories without sauce).*

## CRAB SAUCE

---

- |   |  |
|---|--|
| 1 can (6 oz.) Alaska King<br>crabmeat, drained, flaked<br>and cartilage removed | $\frac{1}{4}$ cup chicken broth or<br>clam juice |
|   | 1 tablespoon lemon juice                         |

Mix sauce ingredients well, tossing crabmeat with liquid to coat and separate.

### NO MEAT RACK?

Many of the recipes in this section call for the use of the accessory Meat Rack to keep the food elevated, away from the fat and juices. A pierced aluminum pot-pie pan inverted in the bottom of the Crock-Pot can be used instead.

## Flounder with Herbs

---

**2 lb. flounder fillets (fresh or frozen)**

**1 teaspoon salt**

**¼ cup chicken bouillon**

**2 tablespoons lemon juice**

**4 tablespoons fresh chopped parsley**

**2 tablespoons dried chives**

**2 tablespoons dry minced onion**

**½ to 1 teaspoon leaf marjoram**

Wipe fish as dry as possible and sprinkle with salt. Cut into portions to fit Crock-Pot. Combine bouillon and lemon juice; stir in remaining ingredients. Place accessory Meat Rack in Crock-Pot. Layer fish on rack, pouring liquid mixture over each portion. Cover and cook on Low setting for 3 to 4 hours.

*6 servings (110 calories per 4-oz. serving).*

## Tuna-Stuffed Peppers

---



**2 cups tomato juice**

**1 can (6 oz.) tomato paste**

**2 cans (7 oz. each) chunk-style tuna, drained and rinsed**

**2 tablespoons dried onion flakes**

**2 tablespoons dried vegetable flakes**

**Garlic powder**

**4 medium green peppers, tops removed and seeded**

Mix tomato juice and tomato paste; reserve 1 cup. Mix remaining tomato juice mixture with remaining ingredients except peppers. Fill the peppers equally with mixture and place in Crock-Pot. Pour the reserved 1 cup tomato juice mixture over peppers. Cover and cook on Low setting for 8 to 9 hours.

*4 servings (195 calories per serving).*

## Herbed Zucchini

---

- |  |   |
|--|---|
| <b>2 lb. zucchini (unpeeled),<br/>sliced</b> | <b>2 teaspoons dried parsley<br/>flakes</b> |
| <b>2 chicken bouillon cubes</b>              | <b>¼ teaspoon leaf oregano</b>              |
| <b>1¼ teaspoons salt</b>                     | <b>1 cup tomato juice</b>                   |
| <b>½ teaspoon garlic salt</b>                |   |
| <b>2 tablespoons dried onion<br/>flakes</b>  |   |

Mix all ingredients together carefully in Crock-Pot. Cover and cook on High setting for 3 to 4 hours. If a thicker sauce is desired, remove cover during last hour.

*6 servings (40 calories per 1-cup serving).*



## Lima Bean Soup

---

- |   |                                       |
|---|---------------------------------------|
| <b>1 package (10 oz.) frozen<br/>lima beans</b> | <b>¼ cup chopped celery</b>           |
| <b>2 chicken bouillon cubes</b>                 | <b>¼ cup chopped green<br/>pepper</b> |
| <b>1½ cups boiling water</b>                    | <b>Dash leaf basil</b>                |
| <b>½ cup finely chopped<br/>pared carrots</b>   | <b>Dash leaf thyme</b>                |
| <b>¼ cup chopped onion</b>                      | <b>Salt and pepper</b>                |

Cook lima beans as directed on package; drain. Dissolve bouillon cubes in boiling water; cool. Combine lima beans and bouillon in blender container; blend until smooth. Pour into Crock-Pot. Add remaining ingredients. Cover and cook on Low setting for 6 to 10 hours (on High setting for 2 to 3 hours).

*4 servings (88 calories per 1-cup serving). Double recipe for 5-quart Crock-Pot.*



# GAMESMANSHIP

The Crock-Pot's slow and steady cooking pace takes the wild right out of game... even the toughest critter can be tamed into a tender, tempting dish.

Use these recipes to do justice to the hunter's bounty.

(But make sure the hunter has done his part.

Even the Crock-Pot can't work miracles on game that's been improperly dressed.)

## Rabbit in Cream

---

- |  |                           |
|--|---------------------------|
| 1 large or 2 small rabbits,<br>cut up      | 1 cup beef bouillon       |
| 3 tablespoons minced ham<br>or bacon       | 1 cup sour cream          |
| 1 onion, finely chopped                    | 2 tablespoons lemon juice |
| ½ teaspoon leaf thyme                      | 3 tablespoons flour       |
| 1 can (4 oz.) sliced mushrooms,<br>drained | Minced parsley            |

Marinate rabbit overnight in refrigerator in salted water. Before cooking, remove rabbit pieces; drain and pat dry. Place rabbit, ham, onion, thyme and mushrooms in Crock-Pot. Pour in bouillon, moistening well. Cover and cook on Low setting for 6 to 8 hours.

Before serving, turn to High setting. Combine sour cream, lemon juice and flour. Remove rabbit to a warm platter. Stir sour cream mixture into juices in Crock-Pot. Cook until thickened. Spoon sauce over rabbit and sprinkle with parsley.  
*6 servings (about 3 quarts).*

**Squirrel in Cream:** Substitute 2 small squirrels, cut-up, for the rabbit.



## Hasenpfeffer

---

- |                                    |                                |
|------------------------------------|--------------------------------|
| <b>2½- to 3-lb. rabbit, cut up</b> | <b>1 tablespoon salt</b>       |
| <b>2 cups dry red wine</b>         | <b>1 teaspoon whole cloves</b> |
| <b>2 tablespoons wine</b>          | <b>¼ teaspoon pepper</b>       |
| <b>vinegar</b>                     | <b>2 bay leaves</b>            |
| <b>1 tablespoon sugar</b>          |                                |

Place cut-up rabbit in flat refrigerator container. In bowl, combine remaining ingredients; pour over rabbit. Marinate overnight or for 8 hours. Place marinated rabbit in Crock-Pot. Add 1½ cups marinade. Cover and cook on Low setting for 7 to 10 hours.

Remove meat to warm platter. Thicken gravy, if desired.

*4 servings (about 3 quarts).*



## Venison Stew

---

- |  |  |
|--|--|
| <b>2 to 3 lb. venison, cut into 1-inch cubes</b>         | <b>3 stalks celery, cut into 1-inch pieces</b> |
| <b>1½ cups French dressing</b>                           | <b>1 can (16 oz.) whole tomatoes, mashed</b>   |
| <b>2 carrots, pared and cut into 1-inch pieces</b>       | <b>¼ cup quick-cooking tapioca</b>             |
| <b>1 large onion, coarsely chopped</b>                   | <b>1 whole clove</b>                           |
| <b>1 small green pepper, seeded and coarsely chopped</b> | <b>1 bay leaf</b>                              |
|  | <b>Salt and pepper</b>                         |

Marinate cubed venison in French dressing for 12 to 24 hours. Drain off salad dressing and place venison in Crock-Pot. Stir in remaining ingredients. Cover and cook on Low setting for 8 to 10 hours.

*6 to 8 servings (about 3 quarts).*

# Barbecued Venison



- |   |                              |
|---|------------------------------|
| <b>2- to 3-lb. venison round,<br/>leg or rump roast</b> | <b>2 onions, sliced</b>      |
| <b>1 can (12 oz.) beer</b>                              | <b>3 bay leaves</b>          |
| <b>3 cloves garlic</b>                                  | <b>2 cups Barbecue Sauce</b> |
| <b>Salt and pepper</b>                                  | <b>(below)</b>               |

Trim excess fat from venison. In large bowl, mix beer, garlic, salt, pepper, onions and bay leaves; add venison. (Marinade should cover meat.) Marinate in refrigerator for 12 to 24 hours, turning occasionally. Remove venison and onions from marinade and place in Crock-Pot. Pour 1 cup Barbecue Sauce over top. Cover and cook on Low setting for 7 to 10 hours.

*6 servings (about 3 quarts).*

## BARBECUE SAUCE



- |   |   |
|---|---|
| <b>1 cup finely chopped<br/>onion</b>                         | <b>6 tablespoons wine vinegar</b>               |
| <b><math>\frac{3}{4}</math> cup finely chopped<br/>celery</b> | <b><math>\frac{3}{4}</math> cup lemon juice</b> |
| <b>3 tablespoons butter</b>                                   | <b>3 cups ketchup</b>                           |
| <b>6 tablespoons sugar</b>                                    | <b>3 teaspoons dry mustard</b>                  |
| <b>3 tablespoons Worcester-<br/>shire sauce</b>               | <b>2 teaspoons liquid hickory<br/>smoke</b>     |
|   | <b>Salt and pepper</b>                          |

In skillet, sauté onion and celery in butter. Add to Crock-Pot with remaining ingredients. Cover and cook on Low setting for 8 to 10 hours (on High setting for 3 to 4 hours, stirring occasionally).

*5 cups (about 1½ quarts).*

**NOTE:** This sauce can be doubled, if desired; it freezes well, too.



## Braised Pheasant

---

2 pheasants (about 1½ lb.  
each) or 1 pheasant  
(3 lb.), split  
Salt and pepper  
1 onion, sliced

2 carrots, pared and  
quartered  
2 slices lean smoked bacon  
¼ cup chicken broth  
¼ cup dry sherry or broth

Season cavity of each pheasant lightly with salt and pepper. Arrange sliced vegetables in bottom of Crock-Pot. Place pheasants on top of vegetables. Cut bacon slices in half and place over each breast. Add broth and sherry. Cover and cook on Low setting for 8 to 10 hours (on High setting for 2½ to 3½ hours).

2 to 4 servings (about 3 quarts).

## Quail in Wine-Herb Sauce

---

12 quail  
3 tablespoons flour  
Salt and pepper  
1 large onion, sliced  
2 slices lean smoked  
bacon, diced  
1 clove garlic, crushed

1 can (4 oz.) sliced mushrooms, drained  
1 bay leaf  
½ teaspoon leaf thyme  
½ cup beef broth  
½ cup dry white wine  
Chopped parsley

Coat quail with a mixture of the flour, salt and pepper. Place onion slices in Crock-Pot; top with quail. Cover quail with diced bacon. Add remaining ingredients except parsley. Cover and cook on Low setting for 6 to 8 hours.

Remove quail to a heated platter and sprinkle with parsley. Thicken sauce, if desired, and spoon over quail.

6 servings (about 3 quarts).

# FOR THE TWOSOME

Especially developed for the 2-quart Crock-Pot,  
all of these recipes are economically and efficiently sized  
for coping with one, two ... or just a few.

Of course, they can also be prepared in the larger Crock-Pots—  
and even doubled, if the pot permits.

Use these ingredient amounts as your guide for tailoring  
other recipes in this book to small-size servings.

## Company Beef



- |   |   |
|---|---|
| 1 medium onion, thinly sliced               | ¼ cup red Burgundy wine                     |
| ¼ cup butter                                | 1 tablespoon wine vinegar                   |
| 1½ lb. stewing beef, cut into 1½-inch cubes | 1 tablespoon brown sugar                    |
| Salt and pepper                             | Dash garlic powder                          |
| 1 bay leaf                                  | ½ teaspoon cinnamon                         |
| 1 tablespoon dried currants                 | ½ teaspoon cumin                            |
| 3 tablespoons tomato paste                  | Dash ground cloves                          |
|   | ¼ lb. Monterey Jack cheese, diced or grated |
|   | ¼ cup walnuts                               |

In skillet, sauté onion in butter until limp. Season beef with salt and pepper; add to skillet and stir to coat beef with onion and butter. Place in Crock-Pot. Stir together remaining ingredients except cheese and walnuts and add to beef. Cover and cook on Low setting for 7 to 9 hours (on High setting for 3 to 4 hours). Stir to blend. Sprinkle with diced or grated cheese and walnut and cook on Low setting for an additional 15 minutes.

4 servings (1½ to 2 quarts).



## Spicy Cabbage Rolls

6 large cabbage leaves	1 can (8 oz.) stewed tomatoes
2 tablespoons water	2 tablespoons raisins
$\frac{1}{4}$ cup minced onion	2 tablespoons cider vinegar
$\frac{1}{2}$ lb. lean ground chuck	2 tablespoons brown sugar
1 tablespoon ketchup	2 tablespoons dark corn syrup
1 small egg, lightly beaten	$\frac{1}{2}$ cup crumbled ginger-snaps
2 tablespoons raw long-grain converted rice	
$\frac{1}{2}$ teaspoon salt	
$\frac{1}{8}$ teaspoon pepper	

In saucepan, immerse cabbage leaves in enough boiling water to cover and simmer for about 5 minutes or until pliable. Remove from water carefully and drain. In bowl, make stuffing by combining water, onion, ground chuck, ketchup, egg, rice, salt and pepper. Cut out heavy ribs from the cabbage leaves. Divide stuffing into 6 equal portions; place a portion in center of each cabbage leaf and fold the leaf around it. Secure with a wooden toothpick. Place the rolls seam side down in the Crock-Pot.

Combine remaining ingredients except gingersnaps and pour over cabbage rolls. Cover and cook on Low setting for 6 to 10 hours.

Remove rolls to warm serving platter. Add crumbled gingersnaps to sauce and cook on Low setting for an additional 15 minutes. Spoon sauce over rolls before serving.

*2 or 3 servings (about 1½ quarts).*

## Simply Stew



- |  |   |
|--|---|
| <b>1 package (24 oz.) frozen<br/>stew vegetables</b>       | <b>½ cup water</b>                          |
| <b>1 lb. lean stewing beef,<br/>cut into 1½-inch cubes</b> | <b>2 tablespoons dried onion<br/>flakes</b> |
| <b>1 can (10½ oz.) condensed<br/>tomato soup</b>           | <b>1 teaspoon salt</b>                      |
|  | <b>¼ teaspoon pepper</b>                    |
|  | <b>1 bay leaf</b>                           |

Place vegetables in bottom of Crock-Pot. Add meat. In separate bowl, mix remaining ingredients and pour over meat and vegetables. Cover and cook on Low setting for 10 to 14 hours (on High setting for 3 to 4 hours).

*4 servings (1½ to 2 quarts).*

NOTE: This stew freezes well.

## Curried Lamb Stew



- |  |  |
|--|--|
| <b>¾ lb. boneless lean lamb,<br/>cut into ½-inch cubes</b> | <b>1 teaspoon curry powder</b>                 |
| <b>1 apple, cored and<br/>chopped</b>                      | <b>2 cups chicken broth</b>                    |
| <b>1 cup chopped celery</b>                                | <b>½ cup raw long-grain<br/>converted rice</b> |
| <b>½ cup chopped onion</b>                                 | <b>½ teaspoon salt</b>                         |
| <b>3 tablespoons butter</b>                                | <b>Dash pepper</b>                             |
| <b>3 tablespoons flour</b>                                 | <b>Thin lemon slices</b>                       |

In skillet, brown lamb, apple, celery and onion in butter. Stir in flour and curry powder. Turn mixture into Crock-Pot. Add broth, rice, salt and pepper; stir well. Cover and cook on Low setting for 6 to 10 hours. Serve garnished with lemon slices.

*4 servings (1½ to 2 quarts).*



## Ham and Sweet Potatoes

---

2 to 4 small sweet  
potatoes (unpeeled)  
1½-lb. boneless ham

¼ cup brown sugar  
½ teaspoon dry mustard

Place sweet potatoes in bottom of Crock-Pot. Place ham on sweet potatoes (the sweet potatoes act as a rack). Combine remaining ingredients and spread over top of ham. Cover and cook on Low setting for 6 to 10 hours.

To serve, slice ham and sweet potatoes and pour juices over top.

*2 to 4 servings (about 2 quarts).*

## Ham and Vegetables

---

2 medium potatoes,  
peeled and cut up  
1 lb. green beans, cut up  
1½ cups water

½ teaspoon salt  
1 lb. lean cooked ham,  
cut up

Place ingredients in Crock-Pot in order given. Cover and cook on High setting for 4 to 6 hours.

*2 or 3 servings (1½ to 2 quarts).*

### GRAVY MAKINGS

For quick and easy gravy-making, keep a flour-water paste ready in the refrigerator. Mix ⅓ cup flour and ⅓ cup water until smooth; refrigerate in a covered jar. When a thicker gravy is desired, stir some into the juices.



## Ham and Noodle Casserole

---

- |   |                               |
|---|-------------------------------|
| 1 cup uncooked noodles                          | 1 tablespoon chopped pimiento |
| Vegetable oil                                   |                               |
| 1 cup cubed cooked ham                          | ½ cup grated Cheddar cheese   |
| 1 can (10½ oz.) condensed cream of chicken soup | ¼ cup chopped green pepper    |
| 1 can (8 oz.) whole-kernel corn, drained        |                               |

Cook noodles according to package directions until barely tender; drain and toss with just enough oil to coat. Add noodles and remaining ingredients to greased Crock-Pot; stir to mix. Cover and cook on Low setting for 4 to 6 hours.

2 servings (1½ to 2 quarts).

## Soup 'n Sausage

---



- |                              |                     |
|------------------------------|---------------------|
| ½ cup lentils                | 2 cups water        |
| ½ lb. Polish sausage, sliced | Pinch leaf basil    |
| 1 cup minced onion           | Pinch leaf marjoram |
| ½ cup chopped pared carrots  | 1 bay leaf          |
| ½ cup chopped celery         | ½ teaspoon salt     |
| 1 can (16 oz.) tomato sauce  |                     |

In saucepan, add lentils to boiling water and simmer until soft; drain. In skillet, brown sliced sausage; drain well. Combine softened lentils and browned sausage in Crock-Pot. Add remaining ingredients and stir to mix. Cover and cook on Low setting for 10 to 12 hours (on High setting for 4 to 5 hours). Taste for seasoning.

4 servings (1½ to 2 quarts).

## Chicken Creole

---

**4 to 6 chicken thighs, legs  
or breasts**

**Paprika**

**Salt and pepper**

**½ cup chopped onion**

**½ cup chopped green  
pepper**

**¼ cup chopped celery**

**1 can (8 oz.) stewed  
tomatoes**

**1 can (4 oz.) sliced mush-  
rooms, drained**

**¼ teaspoon leaf thyme**

**2 tablespoons quick-  
cooking tapioca**

**Fluffy rice**

Sprinkle chicken with paprika, salt and pepper. Broil for about 15 minutes or until browned; drain. Place browned chicken in Crock-Pot. Mix remaining ingredients except rice and pour over chicken. Cover and cook on Low setting for 6 to 8 hours (on High setting for 2 to 3 hours).

Remove chicken from sauce before serving; serve sauce over hot fluffy rice.

*2 servings (1½ to 2 quarts).*

## Chicken and Rice Casserole

---

**1 can (10½ oz.) condensed  
cream of celery soup**

**1 can (2 oz.) sliced mush-  
rooms, undrained**

**½ cup raw long-grain  
converted rice**

**2 chicken breasts, halved,  
skinned and boned**

**1 tablespoon dry onion  
soup mix**

Combine soup, mushrooms and rice in greased Crock-Pot; stir well. Lay chicken breasts on top of mixture and sprinkle with onion soup mix. Cover and cook on Low setting for 4 to 6 hours.

*2 servings (1½ to 2 quarts).*

# GROUP GATHERINGS

**Good things don't always come in small packages.**

**And here, as testimony, is a collection of recipes tailored to the 5-quart Crock-Pot.**

**Some of these recipes are of the big-batch variety—perfect for a crowd-size party.**

**Others treat those meats that are just too big for the smaller-sized Crock-Pots.**

**Using these recipes as your guide, you can double many of the recipes from other chapters in the book.**

## Braised Leg of Lamb



4- to 5-lb. leg of lamb,  
boned, trimmed, rolled  
and tied  
2 to 3 cloves garlic,  
slivered  
2 teaspoons salt  
¼ teaspoon pepper  
½ teaspoon leaf thyme  
Pinch cinnamon

Pinch fennel seed  
1 to 2 onions, sliced  
1 to 2 carrots, pared and  
sliced  
1 stalk celery with leaves,  
sliced  
1 sprig parsley  
1 cup beef broth

Make slits in lamb with knife and insert garlic slivers. Season lamb with salt, pepper, thyme, cinnamon and fennel. Place onions, carrots, celery and parsley in Crock-Pot. Add rolled lamb and beef broth. Cover and cook on Low setting for 7 to 10 hours.

Remove lamb to warm serving platter. Broth may be thickened with a flour-water paste or served as is with lamb and vegetables.

*8 to 10 servings (about 4 quarts).*



## Leg of Lamb Provençale

5- to 6-lb. leg of lamb,  
shank removed  
Salt and pepper  
2 cloves garlic, slivered  
2 onions, sliced

2 anchovy fillets, cut into  
1-inch pieces  
(optional)  
½ cup beef broth

Trim excess fat from lamb. Lightly season with salt and pepper. Make slits with a knife into bone area; insert garlic slivers. Place sliced onions in bottom of Crock-Pot. Place lamb on top of onions. Lay anchovy fillets over top of lamb. Add broth. Cover and cook on Low setting for 8 to 12 hours.

*12 to 15 servings (about 4 quarts).*



## Pasta Sauce with Meatballs

Shortening or olive oil  
2 cups chopped onion  
2½ cups chopped green  
pepper  
Meatballs (opposite)  
1 package (5 oz.) little  
smokie sausage links  
4 cans (12 oz. each)  
tomato paste

4 cans water (use tomato  
paste cans)  
1 teaspoon garlic  
powder  
1 tablespoon dried  
parsley flakes  
½ teaspoon salt  
1 cup grated Romano  
cheese

In large skillet, heat shortening to ½-inch depth. Brown onion and green pepper together. Remove with slotted spoon and place in Crock-Pot. Brown meatballs in shortening remaining in skillet. Turn carefully to brown all sides. Remove browned meatballs with slotted spoon, draining excess grease. Place in Crock-Pot. Brown sausages in same skillet; drain on absorbent towels. Place in Crock-Pot.

Drain grease from skillet, leaving only enough to coat the bottom. Add tomato paste and cook over low heat to brown (bright red color will become dull red). Stir constantly to prevent burning. Add 2 cans water, 1 can at a time, thoroughly rinsing each can; stir to blend. Pour over meatballs and sausages in Crock-Pot. Add remaining cans water to Crock-Pot.

Add remaining ingredients; blend carefully so as not to tear meatballs. Cover and cook on High setting for 4 to 6 hours, stirring occasionally (or on Low setting for 8 to 12 hours).

*12 to 15 servings (about 4½ quarts).*

NOTE: This recipe may be halved for the 3- or 3½-quart Crock-Pot. (Cook on Low setting for 8 to 10 hours). It may be prepared a day or two in advance of serving and refrigerated, or it may be frozen.

### MEATBALLS

---

<b>2½ to 3 lb. ground chuck or lean ground beef</b>	<b>1 to 2 teaspoons garlic powder</b>
<b>1½ cups grated Romano cheese</b>	<b>4 teaspoons dried parsley flakes</b>
<b>3 eggs</b>	<b>1 teaspoon salt</b>
<b>¾ cup dry bread crumbs</b>	

Mix all ingredients well and shape into 30 to 36 meatballs about 1½ inches in diameter.

#### FARE ENOUGH—FOR TWO MEALS

Cook extra servings in your 5-quart Crock-Pot and freeze them for another day. Freeze in heavy-duty aluminum foil in shapes or containers that will fit right back into the Crock-Pot.

## Rolled Rib Roast

---

**4- to 5-lb. rolled beef rib  
roast**  
**Kitchen Bouquet**

**Salt and pepper**  
**1 clove garlic**  
**Yorkshire Pudding (below)**

Trim off excess fat from roast, leaving a 1/16-inch or less layer. Generously coat roast with Kitchen Bouquet. Sprinkle with salt and pepper. Insert garlic clove into fat and meat. Place the accessory Meat Rack or a small pierced aluminum pie plate in bottom of Crock-Pot to elevate meat. Place meat on rack with fat side up. Cover and cook on Low setting for 3 to 4 hours for rare, or up to 7 hours for medium-well done. (Use a meat thermometer and test for doneness).

One hour before serving, remove roast to heatproof platter. Preheat oven to 425°. Pour juices and fat drippings from Crock-Pot and reserve.

Skim 1 cup of fat drippings into a baking dish, about 8×14 inches, and allow to heat while oven is preheating. Prepare Yorkshire Pudding. Pour into preheated baking dish; mix well with hot fat. Bake for 15 to 20 minutes until firm. Cut into squares or rectangles and serve with roast beef.

*8 to 10 servings (about 4 quarts).*

### YORKSHIRE PUDDING

---

**3 eggs**  
**1 cup milk**  
**1½ cups flour**

**1 teaspoon salt**  
**1 tablespoon dried**  
**parsley flakes**

Beat eggs with milk. Stir in flour, salt and parsley flakes; mix until just smooth.

# Famous Chili



- |  |                                 |
|--|---------------------------------|
| ½ lb. dried pinto or kidney beans                  | ½ cup finely chopped parsley    |
| 2 cans (28 oz. each) whole tomatoes                | 2 lb. lean ground beef          |
| 2 large green peppers, seeded and coarsely chopped | 1 lb. lean ground pork          |
| 2 medium onions, coarsely chopped                  | 2 to 3 tablespoons chili powder |
| 2 cloves garlic, crushed                           | Salt                            |
|  | 1 teaspoon pepper               |
|  | 1 teaspoon cumin seed           |

Wash beans, place in bowl and add water until about 2 inches above beans. Soak overnight. Simmer until softened. Drain and place in Crock-Pot; add tomatoes, green peppers, onions, garlic and parsley. In a large skillet, sauté the beef and pork for about 15 minutes to remove excess fat. Drain and add meats to other ingredients in Crock-Pot. Season with chili powder, salt, pepper and cumin seed; mix thoroughly. Cover and cook on Low setting for 8 to 14 hours (on High setting for 4 to 5½ hours).

One hour before serving, taste for seasoning and add additional chili powder if necessary.

*12 servings (about 4 quarts).*

NOTE: If cooked on High setting, beans do not need to be soaked or precooked.

## REHEATING THE FROZEN FARE

Slip the frozen food (no need to thaw) into the Crock-Pot and heat on Low setting for 10 to 18 hours. If you thaw first, heat on Low setting for 6 to 9 hours.



## Cornish Hens Basque

- |   |  |
|---|--|
| 4 Rock Cornish hens<br>(about 16 oz. each)              | 4 oz. mushrooms, sliced                  |
| ¼ cup flour   | 1 jar (2 oz.) chopped<br>pimiento        |
| 2 teaspoons salt  | 1 clove garlic, chopped                  |
| ½ teaspoon pepper                                       | 1 tablespoon olive oil                   |
| ¼ teaspoon chili powder                                 | 1 large bay leaf                         |
| 2 small onions, sliced                                  | ½ teaspoon leaf thyme                    |
| 2 cups cubed peeled<br>eggplant                         | 1 teaspoon leaf basil                    |
| 1 green pepper, seeded<br>and cut into ½-inch<br>strips | 1 teaspoon salt                          |
|   | ½ teaspoon pepper                        |
|   | ¾ cup dry white wine or<br>chicken broth |

Rinse hens and pat dry. Mix flour, 2 teaspoons salt, ½ teaspoon pepper and chili powder. Coat hens with flour mixture. Combine onions, eggplant, green pepper, mushrooms, pimiento and garlic in Crock-Pot. Arrange hens on top of vegetables. Sprinkle with remaining seasonings. Pour wine over hens. Cover and cook on Low setting for 6 to 8 hours. Just before serving, taste sauce for seasoning.

4 to 8 servings (about 4 quarts). Halve recipe for smaller Crock-Pots.



# Duckling with Orange Sauce



**3½- to 4-lb. domestic duck**

**Salt and pepper**

**1 orange (unpeeled),  
sliced**

**1 small onion, sliced**

**2 cloves garlic**

**2 cups water**

**Orange Sauce (below)**

Rinse duck well and pat dry. Prick skin in several places with a fork. Sprinkle cavity generously with salt and pepper. Place orange slices, onion slices and garlic in Crock-Pot. Place duck on top; add water. Cover and cook on Low setting for 8 to 9 hours (or on High setting for 3½ to 4½ hours or until tender). The duck may be cooked in advance up to this point and then refrigerated.

Before serving, remove duck to a heatproof platter; wipe and prick skin again. Pour off all fat and liquid. Brush duck with Orange Sauce. Roast duck in preheated 425° oven for 20 to 30 minutes to brown and crisp, basting occasionally with the sauce.

*2 to 4 servings (about 4½ quarts).*

NOTE: To serve more people, simply cook two or more ducks in the Crock-Pot (separately) and refrigerate. Roast ducks together just before serving.

## ORANGE SAUCE

**1 cup orange marmalade**

**½ cup orange juice**

**2 tablespoons freshly grated  
orange peel**

**2 tablespoons orange-  
flavored liqueur**

Combine all ingredients in small saucepan. Heat over low heat, stirring until smooth.



## Boiled Ham

---

**3- to 4-lb. smoked ham  
shank  
Salt**

**1 bay leaf  
4 or 5 peppercorns  
2 cups water**

Place ham in Crock-Pot. Add seasonings and pour in water. Cover and cook on Low setting for 8 to 12 hours.

*8 servings (about 4½ quarts).*

## Green Tomato Mincemeat

---

<b>2 lb. green tomatoes</b>	<b>½ cup lemon juice</b>
<b>2 lb. apples, cored</b>	<b>½ cup orange juice</b>
<b>¼ lb. suet</b>	<b>2 cups raisins</b>
<b>1½ tablespoons salt</b>	<b>7 cups sugar</b>
<b>1½ tablespoons cinnamon</b>	<b>1 teaspoon cloves</b>
<b>4 tablespoons grated lemon peel</b>	<b>1 teaspoon nutmeg</b>

Put tomatoes, apples and suet through grinder. Combine all ingredients in Crock-Pot; stir well. Cover and cook on High setting for 4 to 6 hours. Stir occasionally. Remove cover during last 2 hours of cooking. Ladle into hot sterilized jars and process in boiling water bath; seal.

*8 to 10 half-pint jars (about 4 quarts).* Halve recipe for 3½-quart Crock-Pot. Cooking time remains the same.

# BREADS, CAKES AND SUGH



Yeast breads and tea breads, cakes and puddings,  
brownies and compotes. With reasons like these,  
isn't it high time you thought about putting  
your Crock-Pot to work as a bakery? The aroma alone is worth it.  
And the home-baked results will make store-bought goods  
seem never quite good enough again.

What's more, many of these breads and bakings  
lend themselves particularly well to freezing.  
When cool, just wrap, label and freeze—for up to 3 months.  
By doing your baking at times when you have better things to do,  
you can build up a "fresh-baked" inventory  
ready to earn you "How do you do it?" compliments.

## White Bread

---

<b>1 package active dry yeast</b>	<b>1 cup lukewarm water</b>
<b>1 teaspoon sugar</b>	<b>1 teaspoon salt</b>
<b>¼ cup warm water</b>	<b>¼ cup sugar</b>
<b>1 egg</b>	<b>3½ to 4 cups flour</b>
<b>¼ cup vegetable oil</b>	

Preheat Crock-Pot on High setting for 30 minutes.

In large bowl, dissolve yeast and 1 teaspoon sugar in ¼ cup warm water. Allow to stand until it bubbles and foams. Add egg, oil, lukewarm water, salt, ¼ cup sugar and 2 cups of the flour. Beat with an electric mixer for 2 minutes. With wooden spoon, stir in remaining 1½ to 2 cups flour until dough leaves the side of the bowl. Place dough in well-greased Bread 'n Cake Bake pan; cover. Place pan in Crock-Pot. Cover and bake on High setting for 2 to 2½ hours or until edges are browned.

Remove pan and uncover. Let stand 5 minutes. Unmold on cake rack.

*1 loaf (for 3½- or 5-quart Crock-Pot).*

## Honey Wheat Bread

---

<b>2 cups warm reconstituted dry milk</b>	<b>¼ teaspoon salt</b>
<b>2 tablespoons vegetable oil</b>	<b>1 package active dry yeast</b>
<b>¼ cup honey</b>	<b>3 cups whole wheat flour</b>
	<b>¾ to 1 cup all-purpose flour</b>

Preheat Crock-Pot on High setting for 30 minutes.

Combine warm (not hot) milk, oil, honey, salt, yeast and half the flour. With electric mixer, beat well for about

2 minutes. Add remaining flour; mix well. Place dough in well-greased Bread 'n Cake Bake pan; cover. Let stand for 5 minutes. Place pan in Crock-Pot. Cover and bake on High setting for 2 to 3 hours.

Remove pan and uncover. Let stand 5 minutes. Unmold and serve warm.

*1 loaf (for 3½- or 5-quart Crock-Pot).*

NOTE: Fresh milk may be used if scalded.

## Health Bread

---

1 package active dry yeast	¼ cup brown sugar
¼ cup warm water	(packed)
1 cup milk, scalded	¼ cup wheat germ
½ cup rolled oats	½ cup rye flour
1 teaspoon salt	1 cup whole wheat flour
2 tablespoons vegetable oil	1¼ to 1½ cups unbleached all-purpose flour
1 egg	

Dissolve yeast in warm water. In large bowl, pour scalded milk over rolled oats; cool. Add salt, oil, egg, brown sugar, wheat germ, rye flour and whole wheat flour. Stir in yeast mixture. Beat with an electric mixer for 2 minutes. Stir in enough unbleached flour to form a stiff dough or until dough leaves the side of the bowl. Place dough in well-greased Bread 'n Cake Bake pan; cover. Place pan in Crock-Pot. Cover and bake on High setting for 2 to 2½ hours or until edges are browned.

Remove pan and uncover. Let stand 5 minutes. Unmold and serve warm.

*1 loaf (for 3½- or 5-quart Crock-Pot).*

## Sourdough Starter

---

- |                                   |                           |
|-----------------------------------|---------------------------|
| <b>1 package active dry yeast</b> | <b>2 cups flour</b>       |
| <b>½ cup lukewarm water</b>       | <b>1 tablespoon sugar</b> |
| <b>2 cups lukewarm water</b>      | <b>1 teaspoon salt</b>    |

In glass or crockery container, dissolve yeast in ½ cup lukewarm water. Add remaining ingredients and stir well with a wooden or plastic spoon until smooth. Cover with a towel and let stand for 3 to 5 days at room temperature. Stir 2 or 3 times daily. To store, cover and refrigerate.

*About 4 cups starter.*

## Sourdough Bread

---

- |                                   |                               |
|-----------------------------------|-------------------------------|
| <b>1 package active dry yeast</b> | <b>1 teaspoon salt</b>        |
| <b>¾ cup warm water</b>           | <b>2½ to 2¾ cups flour</b>    |
| <b>1 teaspoon sugar</b>           | <b>¼ teaspoon baking soda</b> |
| <b>½ cup sourdough starter</b>    |                               |

Soften yeast in the warm water. Blend in sugar and let stand 10 minutes. Stir in sourdough starter and salt. Add 1½ cups of the flour and beat with an electric mixer for 3 to 4 minutes. Mix 1 cup of the flour with soda and stir into batter. Add remaining flour, if needed, to make a stiff dough. Grease hands and shape dough into loaf (dough will be slightly sticky). Place in well-greased Bread 'n Cake Bake pan; cover. Place in Crock-Pot. Cover and bake on High setting for 2 to 3 hours.

Remove pan and uncover. Let stand for 5 minutes. Unmold on cake rack; brush crust with butter and serve warm.

*1 loaf (for 3½- or 5-quart Crock-Pot).*

*SOURDOUGH TIPS*

- Add 1 teaspoon sugar to starter if not used within 10 days.
- Always add baking soda to the sourdough starter exactly as the recipe directs. Too much soda will result in a brownish product; too little soda will result in a "sour" one.
- To replenish the starter, add ½ cup flour, ½ cup water and 1 teaspoon sugar; stir well. Cover and let stand 1 day at room temperature. To store, cover and refrigerate.

## Sourdough Honey Wheat Bread

---

¾ cup milk	1½ tablespoons wheat germ
2 teaspoons butter	2 teaspoons sugar
1½ tablespoons honey	1 teaspoon salt
1 package active dry yeast	½ teaspoon baking soda
¾ cup sourdough starter	1½ cups all-purpose flour
¾ cup whole wheat flour	

Preheat Crock-Pot on High setting for 30 minutes.

Scald milk. Add butter and honey to scalded milk; allow to melt and cool to lukewarm. Mix yeast in milk and stir to dissolve. Add the sourdough starter, the whole wheat flour and wheat germ. Blend sugar, salt and soda until smooth and sprinkle over top of dough, stirring in gently. Stir in remaining flour until too stiff to stir. Turn out onto floured board and knead 100 times. Shape into a loaf and place in well-greased Bread 'n Cake Bake pan; cover. Place in Crock-Pot. Cover and bake on High setting for 2 to 3 hours or until edges are browned.

Remove pan and uncover. Let stand 5 minutes. Unmold on cake rack and serve warm.

1 loaf (for 3½- or 5-quart Crock-Pot).

## Dilly Casserole Bread

---

<b>1 package active dry yeast</b>	<b>1 tablespoon instant minced onion</b>
<b>¼ cup very warm water</b>	<b>2 teaspoons dill seed</b>
<b>1 cup cream-style cottage cheese, heated to lukewarm</b>	<b>1 teaspoon salt</b>
<b>1 tablespoon butter</b>	<b>¼ teaspoon baking soda</b>
<b>2 tablespoons sugar</b>	<b>1 egg</b>
	<b>2¼ to 2½ cups flour</b>

Soften yeast in warm water. In mixing bowl, combine cottage cheese, butter, sugar, onion, dill seed, salt, soda, egg and the softened yeast. Add flour gradually, beating well after each addition to form a stiff dough. Turn into well-greased Bread 'n Cake Bake pan; cover. Place in Crock-Pot. Cover and bake on High setting for 2 to 3 hours.

Remove pan and uncover. Let stand 5 minutes. Unmold and serve warm.

*1 loaf (for 3½- or 5-quart Crock-Pot).*

## Spoon Bread, Georgia Style

---

<b>1 cup yellow cornmeal</b>	<b>2 tablespoons vegetable oil or butter</b>
<b>2 teaspoons baking powder</b>	<b>1 cup buttermilk</b>
<b>2 eggs</b>	<b>1 to 2 green chili peppers, seeded and diced</b>
<b>1 cup grated sharp cheese</b>	
<b>1 can (17 oz.) cream-style corn</b>	

Mix all ingredients well. Pour into greased and floured Bread 'n Cake Bake pan; cover. Place in Crock-Pot. Cover and bake on High setting for 2 to 3½ hours. Do not unmold. Serve warm, directly from the pan.

*4 to 6 servings (for 3½- or 5-quart Crock-Pot).*



# Lemon Tea Bread

---

2 cups flour	2 eggs
1½ teaspoons baking powder	½ cup milk
¼ teaspoon salt	½ cup chopped walnuts
½ cup margarine or butter, softened	2 teaspoons freshly grated lemon peel
1 cup sugar	Lemon Glaze (below)

Stir together flour, baking powder and salt; set aside. With electric mixer, cream margarine and sugar. Add eggs, one at a time, and beat until fluffy. Beat in flour alternately with milk, beginning and ending with flour, just until blended. With wooden spoon, stir in nuts and lemon peel. Pour into well-greased and floured Bread 'n Cake Bake pan; cover. Place in Crock-Pot. Cover and bake on High setting for 2 to 3 hours or until bread tests done with a wooden pick.

Remove pan and uncover. Unmold on cake rack and cool for 10 minutes. Prepare Lemon Glaze. Prick bread with a fork and pour glaze over bread. Serve warm.

*1 loaf (for 3½- or 5-quart Crock-Pot).*

## LEMON GLAZE

---

¼ cup lemon juice	½ cup sugar
-------------------	-------------

Combine lemon juice and sugar in saucepan. Cook, stirring constantly, for 1 minute or until syrupy.

## Pineapple Bread

---

<b>2¾ cups flour</b>	<b>½ cup butter or margarine,</b> <b>melted</b>
<b>¾ cup sugar</b>	<b>1 cup drained crushed</b> <b>pineapple</b>
<b>3 teaspoons baking</b> <b>powder</b>	<b>1 cup chopped dates</b>
<b>¾ teaspoon salt</b>	<b>1 cup chopped walnuts</b>
<b>1 egg, lightly beaten</b>	
<b>½ cup milk</b>	

Stir together flour, sugar, baking powder and salt. In another bowl, combine egg, milk, butter, pineapple, dates and nuts with a wooden spoon. Stir fruit mixture into dry ingredients until moistened. Pour into well-greased and floured Bread 'n Cake Bake pan; cover. Place in Crock-Pot. Cover and bake on High setting for 2 to 3 hours or until bread tests done with a wooden pick.

Remove pan and uncover. Let stand 5 minutes. Unmold on cake rack. To store, wrap in aluminum foil and refrigerate.

*1 loaf (for 3½- or 5-quart Crock-Pot).*

## Cherry-Orange Bread

---

<b>2 cups flour</b>	<b>¾ cup orange juice</b>
<b>1 cup sugar</b>	<b>1 egg, well beaten</b>
<b>1½ teaspoons baking</b> <b>powder</b>	<b>1 cup pitted tart cherries,</b> <b>chopped</b>
<b>1 teaspoon salt</b>	<b>½ cup chopped nuts</b>
<b>½ teaspoon baking soda</b>	
<b>¼ cup shortening</b>	

Stir together flour, sugar, baking powder, salt and soda. Cut in shortening with a fork or pastry blender, as you would

for pie crust. Combine orange juice and egg; add to dry ingredients, mixing just to moisten. Stir in cherries and nuts. Pour into greased and floured Bread 'n Cake Bake pan; cover. Place in Crock-Pot. Cover and bake on High setting for 2 to 3 hours or until bread tests done with a wooden pick.

Remove pan and uncover. Let stand 5 minutes. Unmold on cake rack. To store, wrap in aluminum foil and refrigerate.

*1 loaf (for 3½- or 5-quart Crock-Pot).*

## Zucchini Bread

---

<b>2 eggs</b>	<b>¼ teaspoon salt</b>
<b>¾ cup vegetable oil</b>	<b>½ teaspoon baking powder</b>
<b>1½ cups sugar</b>	<b>1 teaspoon cinnamon</b>
<b>1½ cups grated peeled zucchini</b>	<b>½ teaspoon nutmeg</b>
<b>2 teaspoons vanilla</b>	<b>½ to 1 cup chopped nuts</b>
<b>2 cups flour</b>	

With electric mixer, beat eggs until light and foamy. Add oil, sugar, grated zucchini and vanilla; mix well. Stir dry ingredients together with nuts and add to zucchini mixture; mix well. Pour into greased and floured 2-pound coffee can or 2-quart mold. Place can in Crock-Pot. Cover top of can with 8 paper towels. Cover and bake on High setting for 3 to 4 hours or until bread tests done with a wooden pick. Do not check or remove cover until last hour of baking. (If using Bread 'n Cake Bake pan, place covered pan in Crock-Pot; cover and bake on High setting for 2 to 3 hours.)

Remove can and uncover. Let stand 5 minutes. Unmold on cake rack. To store, wrap in aluminum foil and refrigerate.

*1 loaf (for 3½- or 5-quart Crock-Pot).*

## Orange Baba

---

<b>1 package active dry yeast</b>	<b>1¾ cups flour</b>
<b>¼ cup very warm water</b>	<b>6 tablespoons butter or</b>
<b>⅓ cup sugar</b>	<b>margarine, softened</b>
<b>½ teaspoon salt</b>	<b>Orange Sauce (below)</b>
<b>3 eggs</b>	

In mixing bowl, sprinkle yeast over warm water; stir until dissolved. Add sugar, salt, eggs and 1¼ cups of the flour; beat with electric mixer until smooth. Add softened butter and beat until well blended, about 3 minutes. Gradually beat in remaining ½ cup flour. Continue to beat until smooth, using a wooden spoon if batter becomes too thick. Pour into greased and floured Bread 'n Cake Bake pan and allow to rise 30 minutes while preheating Crock-Pot on High setting. Cover pan and place in Crock-Pot. Cover and bake on High setting for 2 hours or until done.

Remove pan and uncover. Let stand for 5 minutes. Unmold in shallow bowl or on lipped serving plate. Meanwhile, prepare Orange Sauce. Spoon sauce over hot baba, poking holes into the cake at ½-inch intervals to help absorb all of the sauce. If desired, garnish with almonds and maraschino cherries.

*8 servings (for 3½-quart Crock-Pot).* Double recipe for 5-quart Crock-Pot.

### ORANGE SAUCE

---

<b>½ cup frozen orange juice</b>	<b>½ cup sugar</b>
<b>concentrate, undiluted</b>	<b>2 tablespoons rum</b>
<b>½ cup water</b>	

Combine all ingredients in saucepan. Heat to boiling, stirring to blend; remove from heat.

# Pear Glacé Chocolate Cake

---

**⅓ teaspoon baking soda**  
**1 package chocolate cake**  
**mix (2 layer)**  
**1 cup mashed bananas**  
**(3 small)**

**1 can (29 oz.) pear halves**  
**Pear Glacé (below)**

Stir soda into dry cake mix. Prepare cake mix as directed on package, using ¼ cup less water. Stir in mashed banana. Pour batter into greased and floured Bread 'n Cake Bake pan; cover. Place in Crock-Pot. Cover and bake on High setting for 2 to 3 hours or until cake tests done with a wooden pick.

Remove pan and uncover. Let stand 5 minutes. Unmold on cake rack and cool at least 30 minutes. Drain pears, reserving 1 cup syrup. Arrange pears on top of cake. Carefully spoon Pear Glacé over pear halves, allowing some to drizzle down the side of the cake.

*12 servings (for 5-quart Crock-Pot).* Use ⅓ teaspoon baking soda, 2 cups cake mix, half the amount of water called for less 2 tablespoons, ½ cup mashed bananas and 1 can (16 oz.) pear halves for 3½-quart size.

## PEAR GLACÉ

---

**1 tablespoon sugar**  
**1 tablespoon cornstarch**

**Dash salt**  
**1 cup reserved pear syrup**

Mix sugar, cornstarch and salt in saucepan. Gradually stir in syrup. Heat to boiling, stirring constantly. Boil and stir 1 minute. Remove from heat; cool about 5 minutes, stirring occasionally.

## Nut Pound Cake

---

<b>1 cup butter, softened</b>	<b>1½ teaspoons baking powder</b>
<b>1 cup sugar</b>	
<b>3 eggs</b>	<b>1½ cups pecans, coarsely chopped</b>
<b>1½ teaspoons vanilla</b>	
<b>2 cups flour</b>	

With electric mixer, cream butter, sugar, eggs and vanilla until light and fluffy. Stir flour and baking powder together; stir in pecans. Add dry ingredients to creamed mixture and mix well. Pour into greased and floured Bread 'n Cake Bake pan; cover. Place in Crock-Pot. Cover and bake on High setting for 2 to 3 hours or until cake tests done with a wooden pick.

Remove pan and uncover. Let stand 5 minutes. Unmold on cake rack.

*15 servings (for 3½- or 5-quart Crock-Pot).*

## Old-Fashioned Spice Cake

---

<b>1 cup raisins</b>	<b>1 teaspoon ginger</b>
<b>1 lb. mild bulk pork sausage</b>	<b>1 teaspoon pumpkin pie spice</b>
<b>1½ cups granulated sugar</b>	<b>1 teaspoon baking powder</b>
<b>1½ cups brown sugar (packed)</b>	<b>1 teaspoon baking soda</b>
<b>2 eggs, lightly beaten</b>	<b>1 cup cold strong coffee</b>
<b>3 cups flour</b>	<b>1 cup chopped walnuts</b>

Pour boiling water over raisins and let stand 5 minutes; drain well and pat dry. With electric mixer, cream sausage and sugars until blended. Add eggs and beat well. Stir flour, spices, baking powder and soda together. Add to sausage

mixture alternately with coffee, beginning and ending with flour mixture. With wooden spoon, stir in raisins and nuts. Pour into well-greased and floured Bread 'n Cake Bake pan; cover. Place in Crock-Pot. Cover and bake on High setting for 2 to 3 hours or until cake tests done with a wooden pick.

Remove pan and uncover. Let stand for 5 minutes. Unmold on cake rack and cool.

*14 to 16 servings (for 5-quart Crock-Pot). Halve recipe for 3½-quart size.*

## Sourdough Chocolate Cake

---

1 cup sugar	1 teaspoon cinnamon
½ cup shortening	3 squares (1 oz. each) chocolate, melted
2 eggs	½ teaspoon salt
1 cup sourdough starter (page 184)	1½ teaspoons baking soda
1 cup evaporated milk	2 cups flour
1 teaspoon vanilla	

Cream sugar and shortening until light and fluffy. Beat in eggs, one at a time. Stir in sourdough starter, milk, vanilla, cinnamon and melted chocolate. Beat with rotary beater for 2 minutes. Blend salt and soda together until smooth. Sprinkle over batter and fold in gently. Fold in flour until batter is smooth. Pour into greased and floured Bread 'n Cake Bake pan; cover. Place in Crock-Pot. Cover and bake on High setting for 2½ to 3½ hours.

Remove pan and uncover. Let stand for 5 minutes. Unmold on cake rack and cool. Especially good when served with hot fudge sauce.

*12 servings (for 3½- or 5-quart Crock-Pot).*

## Rich Brownies in a Nut Crust

---

- |  |   |
|--|---|
| <b>¼ cup butter or margarine,<br/>melted</b> | <b>1 family-size package<br/>(about 23 oz.) brownie<br/>mix</b> |
| <b>1 cup chopped nuts</b>                    |   |

Pour melted butter into 2-pound coffee can; swirl to butter sides. Sprinkle with half the nuts. Mix brownies according to the package directions. Pour half the batter into coffee can, covering nuts evenly. Add remaining half of nuts, then batter. Place can in Crock-Pot. Cover top of can with 8 paper towels. Cover and bake on High setting for 3 hours. Do not check or remove cover until last hour. (If using Bread 'n Cake Bake pan, bake in covered pan on High setting for 2 to 3 hours.)

Remove can and discard paper towels. Let stand 5 minutes. Unmold and serve warm.

*24 brownies (for 3½- or 5-quart Crock-Pot).*

## 7-Layer Bars

---

- |  |   |
|--|---|
| <b>¼ cup margarine or butter,<br/>melted</b> | <b>½ cup butterscotch chips</b>           |
| <b>½ cup graham cracker<br/>crumbs</b>       | <b>½ cup flaked coconut</b>               |
| <b>½ cup chocolate chips</b>                 | <b>½ cup chopped nuts</b>                 |
|  | <b>½ cup sweetened<br/>condensed milk</b> |

Layer ingredients in Bread 'n Cake Bake pan *in the order listed*. Do not stir! Cover pan and place in Crock-Pot. Cover and bake on High setting for 2 to 3 hours or until firm.

Remove pan and uncover. Let stand 5 minutes. Unmold carefully on plate and cool.

*6 to 8 servings (for 3½-quart Crock-Pot). Double recipe for 5-quart size.*



## WARM-UP SESSIONS

- To reheat breads, cakes or puddings, wrap securely in aluminum foil and place in Crock-Pot. Cover and heat on High setting for 1 to 1½ hours (on Low setting for 2 to 3 hours).
- To thaw and reheat frozen breads or cakes, use the maximum heating times: 1½ hours on High, 3 hours on Low.

## Steamed Cranberry Dessert

---

½ cup butter, softened	¼ teaspoon salt
1 cup sugar	¾ cup milk
2 eggs	3 tablespoons flour
2½ cups flour	1½ cups cranberries
3½ teaspoons baking powder	

Grease and flour a 2-pound coffee can. With electric mixer, whip butter until creamy; gradually add sugar, beating until light and fluffy. Add eggs and beat well. Sift the 2½ cups flour, baking powder and salt together. Add dry ingredients alternately with milk to creamed mixture, beginning and ending with flour. Sprinkle the 3 tablespoons flour over cranberries and coat well. Fold into the batter. Pour into coffee can and cover with aluminum foil, molding well around side of can. Pour 1½ cups water into Crock-Pot. Place covered can in Crock-Pot. Cover and steam for 3 to 4 hours or until dessert tests done with a wooden pick. Do not check or remove foil until the last hour of steaming. (If using Bread 'n Cake Bake pan, steam in covered pan using 1 cup water on High setting for 2 to 3 hours.)

Remove can and discard foil. Let stand for 5 minutes. Unmold and serve warm, with hard sauce.

12 servings (for 3½- or 5-quart Crock-Pot).

## Indian Pudding

---

3 cups milk	¼ cup sugar
½ cup cornmeal	⅓ cup molasses
½ teaspoon salt	½ teaspoon ginger
3 eggs	½ teaspoon cinnamon

Lightly grease Crock-Pot. Preheat on High setting for 20 minutes. Meanwhile bring milk, cornmeal and salt to a boil. Boil, stirring constantly, 5 minutes; cover and simmer an additional 10 minutes. In large bowl, combine remaining ingredients, then gradually beat in hot cornmeal mixture with an electric mixer or whisk until smooth. Pour into Crock-Pot. Cover and cook on High setting for 2 to 3 hours (on Low setting for 6 to 8 hours).

Spoon into serving dishes and serve warm, topped with ice cream, if desired.

6 to 8 servings (about 1½ quarts). Double recipe for 5-quart Crock-Pot.

## Cottage Pudding

---

1¾ cups flour	¾ cup sugar
2 teaspoons baking powder	1 egg
½ teaspoon salt	¾ cup milk
¼ cup soft shortening	1 teaspoon vanilla

Stir together flour, baking powder and salt. Add remaining ingredients and beat until smooth. Pour into greased and floured 2-pound coffee can. Place can in Crock-Pot. Cover top of can with 8 paper towels. Cover and bake on High setting for 3 to 4 hours or until pudding springs back when

touched lightly with finger. Do not check or remove cover until last hour of baking. (If using Bread 'n Cake Bake pan, bake in covered pan on High setting for 2 to 3 hours.)

Remove can and discard paper towels. Let stand 5 minutes. Unmold and serve warm, with sweetened fresh fruit or any dessert sauce.

*8 to 10 servings (for 3½- or 5-quart Crock-Pot).*

NOTE: Cottage Pudding should be served right away, or it should be frozen immediately after cooling to preserve its freshness.

## Jam Sponge Pudding

---

¼ cup cherry, strawberry  
or apricot jam  
1 cup butter or margarine,  
softened  
¾ cup sugar  
2 eggs, beaten

1½ cups flour  
1 teaspoon baking  
powder  
½ teaspoon salt  
¼ cup water or milk

Grease Bread 'n Cake Bake pan well. Spread jam in bottom. With electric mixer, cream butter and sugar well. Add eggs gradually. Mix dry ingredients together and stir into creamed mixture with wooden spoon. Stir in water. Pour mixture over jam; cover pan. Pour ½ cup water into Crock-Pot. Place covered pan in Crock-Pot. Cover and steam on High setting for 2 to 2½ hours.

Remove pan and uncover. Unmold immediately on cake rack and cool.

*6 to 8 servings (for 3½- or 5-quart Crock-Pot). Use ½ cup jam for 5-quart size.*

## Thelma's Cranberry Pudding

---

<b>1½ cups flour</b>	<b>½ cup dark molasses</b>
<b>½ teaspoon salt</b>	<b>2 cups whole cranberries</b>
<b>2 teaspoons baking soda</b>	<b>½ cup chopped nuts</b>
<b>½ cup boiling water</b>	<b>Butter Sauce (below)</b>

Mix flour and salt. Dissolve soda in boiling water; stir into flour with molasses and blend thoroughly. Fold in cranberries and nuts. Pour into well-greased and floured Bread 'n Cake Bake pan; cover. Pour ½ cup water into Crock-Pot. Place covered pan in Crock-Pot. Cover and steam on High setting for 3 to 4 hours or until pudding tests done with a wooden pick.

Remove pan and uncover. Let stand 5 minutes, then unmold. Serve warm, with Butter Sauce—a “must” for bringing out the flavor.

*8 to 10 servings (for 3½-quart Crock-Pot). Double recipe for 5-quart size.*

NOTE: To reheat, wrap securely in aluminum foil. Place in Crock-Pot and heat on Low setting for 1 to 2 hours.

### BUTTER SAUCE

---

<b>1 cup confectioners' sugar</b>	<b>½ cup butter</b>
<b>½ cup heavy cream or evaporated milk</b>	<b>1 teaspoon vanilla</b>

Mix all ingredients in saucepan. Cook, stirring, over medium heat until sugar dissolves. Serve warm.

# Old-Fashioned Gingerbread

$\frac{1}{2}$ cup butter or margarine	1 teaspoon cinnamon
$\frac{1}{2}$ cup sugar	2 teaspoons ginger
1 egg	$\frac{1}{2}$ teaspoon ground cloves
1 cup light molasses	$\frac{1}{2}$ teaspoon salt
2 $\frac{1}{2}$ cups flour	1 cup hot water
1 $\frac{1}{2}$ teaspoons baking soda	

With electric mixer, cream butter and sugar. Add egg, molasses and dry ingredients; blend well. Add hot water and beat well. Pour batter into greased and floured 2-pound coffee can. Place can in Crock-Pot. Cover top of can with 8 paper towels. Cover and bake on High setting for 3 to 4 hours. (If using Bread 'n Cake Bake pan, bake in covered pan on High setting for 2 to 3 hours.) Do not check or remove cover until last hour of baking.

Remove can and discard paper towels. Let stand 5 minutes. Unmold on cake rack.

8 to 10 servings (for 3 $\frac{1}{2}$ - or 5-quart Crock-Pot).

## CROCK-POT BAKING TIPS

- You will note that many of these bread and cake recipes call for the use of the accessory Bread 'n Cake Bake pan. Although the pan is a "must" for yeast breads, most other recipes can be baked just as successfully in a coffee can. Look over the recipes for the proper procedures.
- To achieve the best volume in your baked goods, always use large fresh eggs.
- The dough for Crock-Pot yeast breads has a different consistency than you might expect. In fact, it's more like a batter than a dough—and that's as it should be.

## Cheesecake, New York Style

---

2 packages (8 oz. each) plus 1 package (3 oz.) cream cheese, softened	½ teaspoon freshly grated orange peel
¾ cup sugar	3 eggs
3 tablespoons flour	Pie Crust (below)
1 teaspoon freshly grated lemon peel	

With electric mixer, beat softened cream cheese, sugar, flour and grated peels until smooth. Add eggs, one at a time, and beat until fluffy. Pour into baked crust in Bread 'n Cake Bake pan; cover. Set inside Crock-Pot. Cover and cook on High setting for 2 to 3 hours.

Remove pan and uncover. Allow to cool, then unmold on serving plate. Serve well chilled; if desired, top with strawberries.

*8 to 10 servings (for 3½- or 5-quart Crock-Pot).*

NOTE: This cheesecake may be prepared without the crust if the pan is generously greased and floured.

### PIE CRUST

---

½ cup flour	1 egg yolk
2 tablespoons sugar	2 tablespoons butter or margarine, softened
½ teaspoon grated lemon peel	

In bowl, combine flour, sugar and lemon peel. Stir in egg yolk and butter. Mix with fingers until smooth. Pat out to form a crust in bottom and slightly up side of greased and floured Bread 'n Cake Bake pan. Bake in preheated 375° oven for 15 to 20 minutes.

## Fruit-Nut Dessert

---

$\frac{1}{2}$ cup shortening	$\frac{1}{2}$ teaspoon cinnamon
1 cup sugar	$\frac{1}{2}$ cup cold coffee
1 egg, lightly beaten	$\frac{1}{2}$ cup chopped nuts
$1\frac{1}{2}$ cups flour	$\frac{1}{2}$ cup chopped apples
1 teaspoon baking soda	$\frac{1}{2}$ cup dates or raisins,
$\frac{1}{4}$ teaspoon ground cloves	chopped

With electric mixer, cream shortening and sugar. Add egg. Stir together flour, soda, cloves and cinnamon; add to creamed mixture alternately with coffee. With wooden spoon, stir in nuts and fruit. Pour into well-greased and floured Bread 'n Cake Bake pan; cover. Place in Crock-Pot. Cover and bake on High setting for  $2\frac{1}{2}$  to 3 hours or until dessert tests done with a wooden pick.

Remove pan and uncover. Let stand 5 minutes, then unmold. Serve warm, with whipped cream.

*10 to 14 servings (for  $3\frac{1}{2}$ - or 5-quart Crock-Pot).*

## Rhubarb-Pineapple Compote

---

1 lb. fresh rhubarb	$\frac{1}{2}$ cup orange soda
2 cups fresh pineapple chunks	1 tablespoon sugar
	Nutmeg (optional)

Wash and peel fresh rhubarb; cut into 1-inch pieces. Place fruit in Bread 'n Cake Bake pan. Add orange soda, then sprinkle with sugar. Stir lightly; cover. Place in Crock-Pot. Cover and bake on High setting for about 2 hours (on Low setting for 6 to 8 hours) or until rhubarb is tender.

Serve warm or chilled. Sprinkle with nutmeg before serving.

*4 to 6 servings (for  $3\frac{1}{2}$ -quart Crock-Pot).*



## Nut-Filled Baked Apples

8 medium baking apples	¼ cup brown sugar (packed)
1 cup granulated sugar	½ teaspoon cinnamon
⅓ cup water	1 egg
2 tablespoons butter	
1 cup ground nuts	

Wash and core apples (do not peel). In saucepan, combine granulated sugar, water and butter; heat, stirring, until sugar is dissolved. For filling, thoroughly combine nuts, brown sugar, cinnamon and egg. Spoon filling into apples until ⅔ full. Pour syrup over the filling until cavity is filled.

Place apples on accessory Crock-Pot Rack in the Crock-Pot. Add ½ cup water. Cover and bake on Low setting for 8 to 10 hours (on High setting for 3 to 4 hours). Serve warm.

*8 servings (about 3 quarts).*



## Apples in Wine

10 to 12 tart cooking apples	1 cup sugar
2 cups dry red wine	½ teaspoon nutmeg
	2 slices lemon (optional)

Core, peel and quarter apples. Combine wine and sugar in Crock-Pot; stir well. Add apple quarters. Stir well to coat apples with wine mixture. Add nutmeg and lemon slices. Cover and cook on Low setting for 8 to 12 hours (on High setting for 2 to 3 hours).

Transfer apples and liquid to a refrigerator container and chill well. Serve in sherbet glasses.

*8 to 10 servings (about 3 quarts).*



## Swedish Fruit Soup



- |                                       |                                 |
|---------------------------------------|---------------------------------|
| 1 cup dried prunes                    | 1 cup grape juice               |
| 1 cup raisins                         | ½ cup orange juice              |
| 1 cup dried apricots                  | ¼ cup lemon juice               |
| 1 cup sliced apples                   | 1 tablespoon grated orange peel |
| 1 cup canned pitted red sour cherries | 1 cup sugar                     |
| ½ cup quick-cooking tapioca           |                                 |

Combine fruits, tapioca and grape juice in Crock-Pot. Add enough water to cover (about 3 cups). Cover and cook on Low setting for 8 to 10 hours.

Before serving, gently stir in remaining ingredients. Serve warm or cold, as a soup or dessert.

*10 to 12 servings (about 2½ quarts).*

## West Indies Apple Chutney

- |   |                             |
|---|-----------------------------|
| 1 can (20 oz.) pie-sliced apples, drained and chopped | 3 tablespoons cider vinegar |
| ½ cup dark raisins                                    | ¼ teaspoon salt             |
| ½ cup honey   | ½ teaspoon ground ginger    |
|   | ½ teaspoon dry mustard      |
|   | ½ teaspoon curry powder     |

Place apples and raisins in Bread 'n Cake Bake pan. Stir together remaining ingredients. Pour over fruit and stir to blend; cover. Place pan in Crock-Pot. Cover and cook on Low setting for 6 to 8 hours (on High setting for 2 to 3 hours).

*About 3 cups.* Recipe may be doubled for 3½- or 5-quart Crock-Pot.

NOTE: Use smaller quantities of spices for a milder chutney.



# Old-Fashioned Apple Butter

12 to 14 apples (preferably  
Jonathan or Winesap)

2 cups apple juice  
Sugar

Cinnamon

Allspice

Cloves

$\frac{1}{2}$  cup sauterne (optional)

Wash, core and quarter apples (do not peel). Combine apples and apple juice in lightly oiled Crock-Pot. Cover and cook on Low setting for 10 to 18 hours (on High setting for 2 to 4 hours).

When fruit is tender, put through a food mill to remove peel. Measure cooked fruit and return to Crock-Pot. For each pint of sieved cooked fruit, add 1 cup sugar, 1 teaspoon cinnamon,  $\frac{1}{2}$  teaspoon allspice and  $\frac{1}{2}$  teaspoon cloves; stir well. Cover and cook on High setting for 6 to 8 hours, stirring about every 2 hours. Remove cover after 3 hours to allow fruit and juice to cook down. Add sauterne for the last hour of cooking. Spoon into hot sterilized jars and process in boiling water bath; seal.

*About five  $\frac{1}{2}$ -pint jars.*



# INDEX

Appetizers, 144-153. See also Dip(s); Punch(es)  
 barbecue meatballs, 150  
 boiled peanuts, 147  
 bratwurst in sauce, 151  
 party mix, 152  
 Polish sausage in beer, 150  
 Polynesian barbecued pork, 151  
 sausage cocktail balls, 149  
 shrimp in beer, 148  
 Apple(s)  
 baked, nut-filled, 202  
 butter, old-fashioned, 204  
 chutney, West Indies, 203  
 in wine, 202  
 Asparagus casserole, 134  
 Automatic timer, use of, 46  
 Baking tips, 199  
 Barbecue(d)  
 brisket, marinated, 15  
 burgers, 39  
 lamb 'n dried limas, 105  
 meatballs, 150  
 pork, Polynesian, 151  
 sauce, 165  
 venison, 165  
 Bean(s), 100-105  
 baked  
 old-fashioned, 100  
 our best, 101  
 saucy, 101  
 chili. See Chili  
 dip, hot refried, 145  
 green, sweet-and-sour, 134  
 lima. See Lima bean(s)  
 main dishes, 102-104  
 soup  
 basil and, 125  
 black, 125  
 lentil, 126  
 lentil, cream of, 126  
 'n sausage, 171  
 Swedish, 127  
 soybean pilaf, 110  
 split peas, lamb  
 shanks with, 105  
 stew, hearty, 104

Beef, 10-45  
 brisket  
 boiled beef with vegetables, 16  
 cholent, 17  
 favorite, 16  
 marinated barbecue, 15  
 simple, 15  
 chili verde, 54  
 corned. See Corned beef  
 dried, 'n noodles, 112  
 flank steak  
 smothered, 18  
 teriyaki, 17  
 ground. See Ground beef  
 hash, 34  
 'n beans, 102  
 oxtails, braised, 31  
 peppers and steak, 156  
 pot roast  
 America's favorite, 11  
 Bavarian, 13  
 beef diablo, 12  
 beef roast with dried fruit, 12  
 sauerbraten, 10  
 ragout, hearty, 27  
 roast  
 Italian, 10  
 rolled rib, 176  
 round steak  
 bracirole, 21  
 Crock-Pot curry, 24  
 English beef pot pie, 23  
 Flemish carbonnades, 18  
 marinated beef, 22  
 roulades, 20  
 savory pepper steak, 19  
 Swiss steak, 22  
 shanks  
 individual pot roasts, 32  
 with gravy, 32  
 short ribs, braised, 33  
 steak and kidney pie, 24  
 stew  
 bachelor's, 29  
 cock 'n bull, 80  
 company beef, 167  
 Crock-Pot, 26  
 good 'n easy, 29

Beef (cont.)  
 stew (cont.)  
 Hungarian, 30  
 Nabil's Grecian, 28  
 simply, 169  
 stairwell, 30  
 stock, 116  
 Stroganoff, 20  
 tamale supper, Alamo, 44  
 tips, 25  
 Beets, Harvard, 136  
 Bologna-baga bake, 64  
 Bracirole, 21  
 Bratwurst in sauce, 151  
 Bread(s), 182-189  
 cherry-orange, 188  
 dilly casserole, 186  
 health, 183  
 honey wheat, 182  
 lemon tea, 187  
 pineapple, 188  
 sourdough, 184  
 honey wheat, 185  
 starter, 184  
 spoon, Georgia style, 186  
 white, 182  
 zucchini, 189  
 Broccoli  
 casserole, Louise's, 136  
 -cheese dip, hot, 148  
 golden, 137  
 Brownies, rich, in a nut crust, 194  
 Cabbage  
 rolls, spicy, 168  
 stuffed, 40  
 Cake(s)  
 cheesecake, New York style, 200  
 cottage pudding, 196  
 cranberry pudding, Thelma's, 198  
 fruit-nut dessert, 201  
 gingerbread, old-fashioned, 199  
 jam sponge pudding, 197  
 nut pound, 192  
 orange baba, 190  
 pear glacé chocolate, 191  
 reheating, 195  
 sourdough chocolate, 193  
 spice, old-fashioned, 192  
 Canadian bacon, cranberry, 62  
 Carrots Lyonnaise, 137  
 Casseroles, 132  
 Cauliflower, golden, 137  
 Celery, braised, 138

- Cheese**  
 arroz con queso, 106  
 bake, golden, 107  
 classic Swiss fondue, 147  
 hot broccoli-cheese dip, 148  
 hot chili con queso, 146  
 macaroni n', pots of, 112  
 Swiss-crab casserole, 97
- Cheesecake**, New York style, 200
- Cherry-orange bread**, 188
- Chicken**, 72-86  
 almond, 81  
 and rice casserole, 172  
 breasts, baked, 83  
 breasts à l'orange, 82  
 Brunswick stew, Claudia's, 123  
 cacciatore, 155  
 Cassandra, 78  
 casserole, company, 85  
 Chinese cashew, 91  
 chop suey, 53  
 chow mein, 77  
 cock 'n bull stew, 80  
 Creole, 172  
 cucumber-chicken soup, 118  
 curry, 84  
 delicious, 83  
 divan à la Crock-Pot, 86  
 fricassée, 76  
 "fried," 73  
 hunter's, 74  
 in wine, 80  
 international, 75  
 lickin', 79  
 -mushroom pasta sauce, 132  
 'n olives, 73  
 'n rice in a bag, 74  
 roasted, stuffed, 72  
 salad, hot, 84  
 Senegalese cream soup, 122  
 souper, 79  
 spectacular, 86  
 stairwell stew, 30  
 stock, 116  
 sweet 'n sour, 154  
 tarragon, 78  
 tomato-chicken risotto, 76
- Chili**  
 con queso dip, hot, 146  
 Dieter's, 157  
 dogs, camp-out, 65  
 famous, 177
- Chili (cont.)**  
 Fritz's, 127  
 male chauvinist, 128  
 verde, 54
- Chop suey**, 53
- Chow mein**, chicken, 77
- Chowder**. See **Soup(s)**
- Chutney**, apple, West Indies, 203
- Cioppino**, 89
- Clam**  
 casserole, 98  
 dip, 144
- Corn**  
 chowder, 118  
 pudding, 138
- Corned beef**  
 and noodles, 111  
 glazed, 14
- Cornish hens Basque**, 178
- Cornmeal**  
 Indian pudding, 196  
 Pennsylvania Dutch scrapple, 110  
 mush, 109
- Crab(meat)**  
 bisque, super simple, 124  
 dip, hot, 144  
 seafood Normandy, 96  
 soup Carolina style, 124  
 Swiss-crab casserole, 97
- Cracked wheat pilaf**, 110
- Cranberry**  
 dessert, steamed, 195  
 pudding, Thelma's, 198  
 punch, hot, 153
- Curry(ied)**  
 chicken, 84  
 Crock-Pot, 24  
 lamb stew, 169  
 shrimp, 94
- Dessert(s)**, 190-203. See also **Cake(s)**  
 apples in wine, 202  
 baked apples, nut-filled, 202  
 brownies, rich, in a nut crust, 194  
 cranberry, steamed, 195  
 fruit soup, Swedish, 203  
 Indian pudding, 196  
 rhubarb-pineapple compote, 201  
 7-layer bars, 194
- Dip(s)**  
 clam, 144  
 classic Swiss fondue, 147
- Dip(s) (cont.)**  
 freezing, 146  
 hot broccoli-cheese, 148  
 hot chili con queso, 146  
 hot crab, 144  
 hot refried bean, 145  
 mariners' fondue, 145  
 serving, 153
- Duckling with orange sauce**, 179
- Eggplant**, scalloped, 139
- Fish**. See **Seafood**
- Flounder with herbs**, 161
- Fondue**  
 classic Swiss, 147  
 mariners', 145
- Frankfurters**  
 babysitter's favorite, 65  
 camp-out chili dogs, 65  
 Italian stew, 64
- Freezing**, 175, 177
- Fruit**  
 -nut dessert, 201  
 soup, Swedish, 203
- Game**, 163-166
- Gingerbread**, old-fashioned, 199
- Ground beef**. See also **Hamburger**  
 barbecue burgers, 39  
 beef tacos with Mexican sauce, 45  
 brunch casserole, 41  
 cabbage, stuffed, 40  
 cabbage rolls, spicy, 168  
 chuckwagon beef, 42  
 Jenny Joe's, 42  
 layered beef 'n potatoes, 44  
 macaroni and beef, 113  
 meatball(s)  
 barbecue, 150  
 in gravy, 37  
 in sauce, Norwegian, 36  
 pasta sauce with, 174  
 spaghetti with, 114  
 stew, 38  
 meat loaf  
 gourmet, 36  
 beef loaf, 157  
 low-cal, 155  
 peppered, 35  
 with soufflé crown, 34  
 taverns, 43  
 working girl's favorite, 40

- Halibut in creamy wine sauce, 88
- Ham, 57-61
  - and cheese supper, 61
  - and noodle casserole, 171
  - and sweet potatoes, 170
  - and turnip bake, 60
  - and vegetables, 170
  - boiled, 180
  - burger balls with yams, 59
  - glazed, with cherry sauce, 57
  - jambalaya, 93
  - 'n cola, 58
  - smoked, with oranges, 58
  - tetrazzini, 60
  - Venetian rice, 108
- Hamburger. *See also* Ground beef
  - and sausage soup, 121
  - hot pot, 39
  - minestrone, soup, 120
  - soup, 156
- Hasenpfeffer, 164
- Herbs and spices, 27
- Jambalaya, 93
- Lamb, 66-70
  - and dried limas, barbecued, 105
  - chops with orange sauce, 66
  - Crock-Pot curry, 24
  - in sour cream, German, 67
  - leg of, braised, 173
  - leg of, Provençale, 174
  - ragout of, 68
  - riblets, savory, 70
  - Scotch broth, 122
  - shanks with split peas, 105
  - shoulder, stuffed, 66
  - stew, curried, 169
  - stew, Grecian, 69
  - stew with vegetables, 68
  - stuffed cabbage, 40
- Leek soup, cream of, 117
- Lentil soup, 126
  - cream of, 126
- Lima bean(s)
  - barbecued lamb 'n dried limas, 105
  - casserole, 135
  - soup, 162
- Macaroni
  - and beef, 113
  - 'n cheese, pots of, 112
- Meat loaf. *See also* Ground beef
  - veal loaf, 157
- Meatballs. *See also* Ground beef
  - ham-burger balls with yams, 59
  - sausage cocktail balls, 149
- Mincemeat, green tomato, 180
- Mushroom soup, cream of, 117
- Noodle(s)
  - corned beef and, 111
  - dried beef 'n, 112
  - ham and, casserole, 171
  - Romanoff, 111
- Onion soup, old-fashioned, 117
- Orange(s)
  - baba, 190
  - chicken breasts à l'orange, 82
  - cider punch, 152
  - sauce, duckling with, 179
  - smoked ham with, 58
- Oxtails, braised, 31
- Oysters, scalloped, 98
- Peanuts, boiled, 147
- Peppers
  - and steak, 156
  - tuna-stuffed, 161
- Pheasant, braised, 166
- Pineapple
  - bread, 188
  - rhubarb-pineapple compote, 201
- Polenta, 109
- Pork, 48-65
  - and cabbage, spicy, 51
  - and veal with sauerkraut, 52
  - barbecued, Polynesian, 151
  - bologna-baga bake, 64
  - braised, 49
  - Canadian bacon, cranberry, 62
  - carnitas, Mexican, 53
  - chili verde, 54
  - chop suey, 53
- Pork (cont.)
  - chops
    - and apple slices, 52
    - and cabbage, spicy, 51
    - fruited, 51
    - stuffed, 50
  - frankfurters. *See* Frankfurters
  - ham. *See* Ham
  - ribs and rice, honey, 56
  - roast, 48
    - apple-glazed, 48
    - Mexican, 49
  - sausage. *See* Sausage(s)
  - spareribs, candied
    - Polynesian, 56
    - subgum, 55
    - sweet-sour, Cantonese, 54
- Potato(es)
  - perfect, 140
  - pizza, 139
  - sweet, casserole, 140
- Poultry, 72-86. *See also* Chicken; Turkey
  - Cornish hens Basque, 178
  - duckling with orange sauce, 179
- Pudding. *See also* Cake(s)
  - corn, 138
- Punch(es)
  - hot cranberry, 153
  - hot spiced wine, 153
  - orange-cider, 152
- Quail in wine-herb sauce, 166
- Rabbit
  - hasenpfeffer, 164
  - in cream, 163
- Rhubarb-pineapple compote, 201
- Rice, 106-109
  - arroz con queso, 106
  - brown-and-white, 107
  - golden cheese bake, 107
  - jambalaya, 93
  - saffron, 106
  - sausage-rice casserole, 109
  - Venetian, 108
  - wild, casserole, 108
  - yellow, 106
- Salmon
  - and potato casserole, 92
  - bake, herbed, 93
  - loaf with crab sauce, 160
  - wiches, 92

- Sauce(s), 129-132  
 barbecue, 165  
 marinara, 131  
 pasta, chicken-mushroom, 132  
 pasta, with meatballs, 174  
 spaghetti, meat, 130  
 spaghetti, meatless, 130  
 taco, super, 129  
 tomato, fresh, 129
- Sausage(s)  
 and cheese casserole, 62  
 bean quickie, 103  
 bratwurst in sauce, 151  
 cocktail balls, 149  
 hamburger and, soup, 121  
 Italian, soup, 120  
 Polish, and cabbage, 63  
 Polish, in beer, 150  
 -rice casserole, 109  
 soup 'n, 171
- Scrapple, Pennsylvania Dutch, 110
- Seafood, 88-98. *See also specific kinds*  
 cioppino, 89  
 fish, poached, 159  
 fish 'n vegetables, 88  
 fisherman's catch chowder, 90  
 flounder with herbs, 161  
 halibut in creamy wine sauce, 88  
 mariners' fondue, 145  
 Normandy, 96  
 oysters, scalloped, 98  
 red snapper soup, 123
- Shrimp  
 Creole, easy, 94  
 curry, 94  
 in beer, 148  
 jambalaya, 93  
 seafood Normandy, 96  
 soup Carolina style, 124  
 sweet-and-sour, 95
- Soup(s), 116-127  
 basil and bean, 125  
 bean, Swedish, 127  
 beef stock, 116  
 black bean, 125  
 Brunswick stew, Claudia's, 123  
 chicken stock, 116  
 cioppino, 89  
 corn chowder, 118  
 crab, Carolina style, 124
- Soup(s) (cont.)  
 crab bisque, super simple, 124  
 cucumber-chicken, 118  
 fisherman's catch chowder, 90  
 fruit, Swedish, 203  
 hamburger, 156  
 hamburger and sausage, 121  
 Italian sausage, 120  
 leek, cream of, 117  
 lentil, 126  
 lentil, cream of, 126  
 lima bean, 162  
 minestrone hamburger, 120  
 mushroom, cream of, 117  
 'n sausage, 171  
 onion, old-fashioned, 117  
 red snapper, 123  
 Scotch broth, 122  
 Senegalese cream, 122  
 shrimp, Carolina style, 124  
 tomato, flavor-filled, 119  
 veal stock, 116  
 vegetable, hearty, 119
- Sourdough, 185  
 bread, 184  
 chocolate cake, 193  
 honey wheat bread, 185  
 starter, 184
- Soybean pilaf, 110
- Spaghetti  
 ham tetrizzini, 60  
 sauces, 130-132, 174  
 with meatballs, 114
- Spareribs  
 candied Polynesian, 56  
 honey ribs and rice, 56
- Split peas, lamb shanks with, 105
- Squash casserole, 141
- Squirrel in cream, 163
- Stew(s)  
 bachelor's, 29  
 bean, hearty, 104  
 beef  
   company, 167  
   Hungarian, 30  
   Nabil's Grecian, 28  
   ragout, hearty, 27  
 cock 'n bull, 80  
 Crock-Pot, 26
- Stew(s) (cont.)  
 good 'n easy, 29  
 Italian, 64  
 lamb  
   curried, 169  
   Grecian, 69  
   ragout of, 68  
   with vegetables, 68  
 meatball, 38  
 simply, 169  
 stairwell, 30  
 veal ragout, 47  
 venison, 164
- Stock, 116
- Sweet potato casserole, 140
- Taco sauce, super, 129
- Tacos, beef, with Mexican sauce, 45
- Tamale supper, Alamo, 44
- Tomato  
 green, mincemeat, 180  
 sauce, fresh, 129  
 soup, flavor-filled, 119
- Tuna  
 casserole, 158  
 Chinese cashew, 91  
 salad casserole, 91  
 -stuffed peppers, 161
- Turkey  
 casserole, company, 85  
 divan à la Crock-Pot, 86  
 salad, hot, 85
- Turnip custard, 142
- Veal  
 dieter's chili, 157  
 loaf, 157  
 Polynesian, 158  
 pork and, with sauerkraut, 52  
 ragout, 47  
 steak in sour cream, 46  
 stock, 116
- Vegetable soup, hearty, 119
- Vegetables, 134-142. *See also specific vegetables*
- Venison  
 barbecued, 165  
 chuckwagon, 42  
 stew, 164
- Zucchini  
 bread, 189  
 herbed, 162  
 Italiano, 142  
 squash casserole, 141