

TODAY'S COOKING

Welcome!

[Skip Introduction](#)

Introduction



I like to cook! I cook every day. Many years ago I owned a restaurant in the Caribbean, so I've known my way around the kitchen for quite some time. Since then I have continued to experiment, have tried new ways of doing things and searched for new recipes. This book is a compilation of just a few of those recipes that I have received, read and created over the years. Some are as is; some have been modified; some are original and some not so original. All are good, although a few "questionables" may have slipped in (if so, please let me know).

The premise here is that you know how to cook, but you're tired of the same old things and would like to add a little variety and zip to your meals, whether for entertaining and special occasions or simply Thursday night's dinner.

(To keep the file size within reason, photos of the dishes were not included.)

Feed mynde with myrth, thy mawe with meate

And eat to lyve not lyve to eate.

For gorging doth offende thy health,

Thy God, thy soul, thy witt and wealth.

(from a set of English roundels - approximately 1600 AD)

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“Cooking is one of the oldest arts...” - Brillat-Savarin

“With money anyone can offer succulent dishes and famous wines, but courtesy and kindness cannot be bought.” - Lucien Tendret

“Intellectual men who quickly wolf down whatever nourishment is necessary for their bodies with a kind of disdain, may be very rational and have a noble intelligence, but they are not men of taste.” - Sainte-Beuve

“The cook is no less an artist...To give life to beauty, the painter uses a whole range of colours, musicians of sound, the cook of tastes - and it is indeed remarkable that there are seven colours, seven musical notes and seven tastes.” - Lucien Tendret

“The discovery of a new dish does more for the happiness of mankind than the discovery of a star.” - Brillat-Savarin

“Those who have a profound indifference to the pleasures of the table are generally gloomy, charmless and unamiable.” - Lucien Tendret

“The science which feeds men is worth at least as much as the one which teaches how to kill them.” - Brillat-Savarin

“Gastonomy is the joy of all conditions and all ages. It adds wit to beauty.”
- Monselet

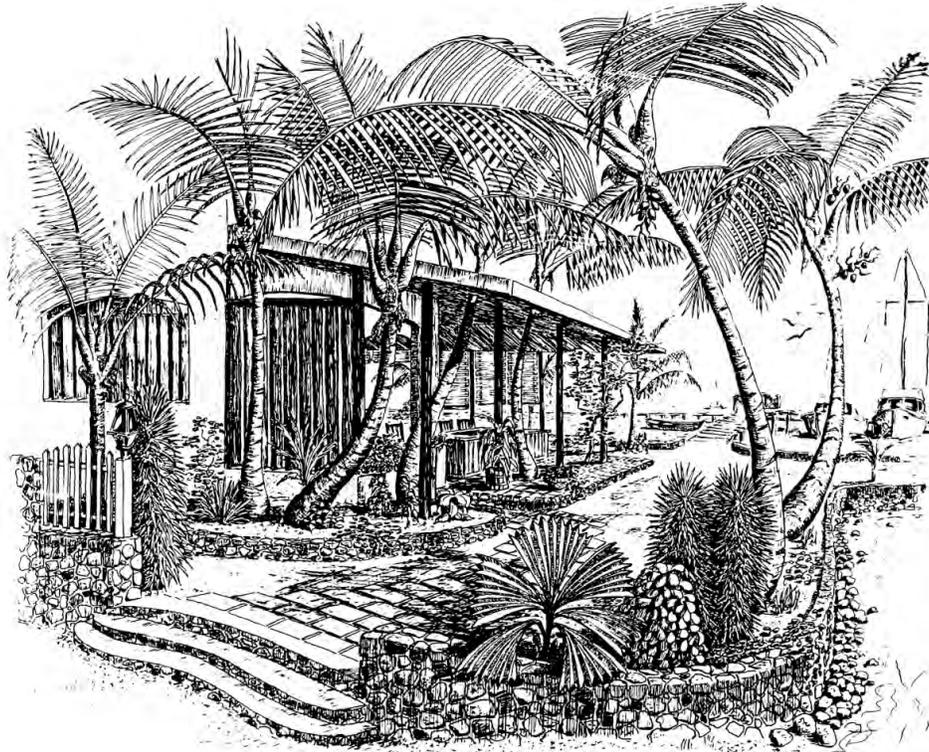
“The most indispensable quality of a cook is punctuality; it should also be that of a guest.” - Brillat-Savarin

“Good cookery is the food of a pure conscience.” - Des Essarts

“Those who give themselves indigestion or get drunk, do not know how to eat or drink.” - Brillat-Savarin

Hunger is nothing more than the need to eat. Appetite is anticipating the pleasure of eating well. - SD

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Rusty Pelican Restaurant Sint Maarten Dutch West Indies 1979

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Using Slow Cookers

Use the correct size cooker. For best results, the cooker should be 1/2 to 3/4 full.

Opening the slow cooker allows heat to escape. It can take 20 to 30 minutes to return to temperature for each time the lid is lifted. If stirring is required, do it towards the end of the cooking cycle and replace the lid as soon as possible.

Follow the recipe and cut the ingredients to the correct size.

The Low setting is generally 200° F (93° C) and High is about 300° F (150° C). 1 hour on High equals about 2 to 2-1/2 hours on Low.

Slow Cooker Appetizers

Note on wings: Whole wings have 3 parts, the tip, flat (middle section) and drumette. Use whole, flats or drumettes or a combo of flats and drumettes in the following three recipes for chicken wings.

ORIENTAL CHICKEN WINGS - SERVES ABOUT 10

Ingredients

1. 5 lbs. chicken drumettes
2. Salt & pepper to taste
-
3. 1 cup chopped red onion
4. 1 cup soy sauce
5. 3/4 cup light brown sugar
6. 1 Tbs. fresh grated ginger
7. 2 garlic cloves, minced or pressed
8. 1/4 cup dry sherry
-
9. 1/2 cup chopped fresh chives

Preparations

1. Place the chicken on a broiler pan and broil 5 to 6 minutes per side. Transfer to the cooker.
2. Combine items 3 through 8 and pour over the chicken. Cover and cook on low for 5 to 6 hours or on high for 2 to 3 hours. Stir once or twice during cooking.
3. Sprinkle on the chives and serve.

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ORIENTAL SPICED CHICKEN WINGS - SERVES ABOUT 10

Ingredients

1. 5 lbs. chicken drumettes
2. Salt & pepper to taste
-
3. 1 cup ea. soy sauce & brown sugar
4. 1/2 cup ketchup
5. 2 tsp. fresh grated ginger
6. 2 garlic cloves, minced or pressed
7. 1/4 cup dry sherry
-
8. 1/2 cup hoisin sauce
9. 1 Tbs. lime juice
10. 3 Tbs. toasted sesame seeds
11. 1/4 cup sliced green onions

Preparations

1. Place the chicken on a broiler pan and broil 5 to 6 minutes per side. Transfer to the cooker.
2. Combine items 2 through 6 and pour over the chicken. Cover and cook on low for 5 to 6 hours or on high for 2 to 3 hours. Stir once or twice during cooking.
3. Remove chicken to a serving platter, saving 1/4 cup of the liquid. Combine the liquid with items 7 & 8 and drizzle over the chicken. Sprinkle on the last 2 items and serve.

HONEY GLAZED CHICKEN WINGS - SERVES ABOUT 10

Ingredients

1. 5 lbs. chicken flats & drumettes
2. Salt & pepper to taste
-
3. 1 cup honey
4. 1/2 cup soy sauce

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5. 1/4 cup ea. chopped onion and ketchup
6. 2 Tbs. canola oil
7. 2 garlic cloves, minced or pressed
8. 1/4 tsp. red pepper flakes
9. 3 Tbs. toasted sesame seeds

Preparations

1. Season the chicken and place on a broiler pan. Broil 5 to 6 minutes per side and transfer to the cooker.
2. Combine items 3 through 8 and pour over the chicken. Cover and cook on low for 5 to 6 hours or on high for 2 to 3 hours. Stir once or twice during cooking.
3. Sprinkle on the chives and serve.

CHILI PEANUTS - MAKES 5 CUPS

Ingredients

1. 2 cans (12 oz. ea.) unsalted peanuts
2. 1/4 cup melted butter
3. 2 tsp. chili powder
4. 1/2 tsp. garlic powder
5. 1/2 tsp. paprika
6. 1/2 tsp. cumin
7. 1/2 tsp. sea salt
8. 1/2 tsp. dried oregano
9. 1/8 tsp. ea. black and cayenne peppers

Preparations

1. Place the nuts into a small slow cooker and pour the butter over the nuts.
2. Mix the remaining items; sprinkle over the nuts and toss. Cover and cook on low for 2 to 2-1/2 hours. Turn heat to high; uncover and cook 10 to 15 minutes.

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CURRIED ALMONDS - MAKES 4 CUPS

Ingredients

1. 1 lb. blanched almonds
2. 1/4 cup melted butter
3. 1 Tbs. curry powder
4. 1/8 tsp. turmeric
5. 1/8 tsp. paprika
6. 1/8 tsp. onion powder
7. 1/8 tsp. garlic powder
8. 1/2 tsp. sea salt

Preparations

1. Place the nuts into a small slow cooker. Combine items 2 through 8 and pour over the nuts. Mix so the nuts are well coated.
2. Cover and cook on low for 2 to 3 hours. Turn heat to high; uncover and cook 1 to 1-1/2 hours.

JALAPEÑO POPPERS - SERVES 10

Ingredients

1. 10 medium-sized jalapeños
2. 4 oz. cream cheese at room temperature
3. 1/4 cup sour cream at room temperature
4. 10 cooked bacon slices, crumbled
5. 1/4 tsp. garlic salt
6. 1/3 cup water

Preparations

1. Cut the tops of the jalapeños off and remove the seeds and membranes. Mix items 2 through 5 and gently stuff the peppers. Add the water to the cooker and place the peppers on top. Cover and cook on high until the peppers look wilted and wrinkled, 2 to 3 hours.

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JALAPENO POPPER & SAUSAGE DIP - SERVES 24

Ingredients

2. 1 lb. bulk spicy pork sausage
-
3. 2 packages (8 oz. ea.) cream cheese, cubed
4. 4 cups shredded Parmesan cheese (about 12 oz.)
5. 1 cup (8 oz.) sour cream
6. 1 can (4 oz.) chopped green chilies, undrained
7. 1 can (4 oz.) diced jalapeño peppers, undrained
8. Assorted fresh vegetables

Preparations

1. In a large skillet, cook sausage over medium heat for 6 to 8 minutes or until no longer pink, breaking into crumbles. Using a slotted spoon and transfer sausage to a 3-qt. slow cooker.
2. Stir in items 2 through 6. Cook, covered, on low 3 to 3-1/2 hours or until heated through. Stir before serving. Serve with vegetables.

JALAPEÑO SALSA - MAKES 2 CUPS

Ingredients

1. 2 medium-sized jalapeños
2. 10 plum tomatoes
3. 1 medium-sized onion, quartered
4. 2 garlic cloves, chopped
-
5. 1/2 cup chopped fresh parsley
6. 1/2 tsp. sea salt

Preparations

1. Cut the tops of the jalapeños off and remove the seeds and membranes. Core the tomatoes.

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2. Place items 1 through 4 in the slow cooker; cover and cook on high until the veggies have softened, 2-1/2 to 3 hours. Remove the cover and let cool. Combine the tomato mixture with the last 2 items. Place in a blender and pulse until just blended. Do not over process.

MARINATED MUSHROOMS - MAKES 5 CUPS

Ingredients

1. 2 lbs. medium fresh mushrooms
2. 1 package (14.4 oz.) frozen pearl onions, thawed
3. 4 garlic cloves, minced
-
4. 2 cups beef stock
5. 1/2 cup dry red wine
6. 3 Tbs. ea. olive oil & balsamic vinegar
7. 1 tsp. ea. salt & dried basil
8. 1/2 tsp. ea. dried thyme & pepper
9. 1/4 tsp. crushed red pepper flakes

Preparation

1. Place items 1, 2 & 3 in a 5 or 6 qt. slow cooker.
2. In a small bowl, whisk remaining ingredients and pour over the mushrooms. Cook, covered, on low until mushrooms are tender, 6 to 8 hours.

3 CHEESE FONDUE - MAKES ABOUT 4 CUPS

Ingredients

1. 2 cups shredded Cheddar, mild or sharp or a combo
2. 1 pkg. (3oz.) cream cheese, cubed
3. 1/2 cup blue cheese, crumbled
4. 3/4 cup milk
5. 1/4 cup finely chopped onion
6. 2 garlic cloves, minced or pressed

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7. 1 Tbs. ea. butter and flour
8. 1/8 tsp. ground red pepper
9. Hot sauce to taste

Preparation

1. Combine all the items in a slow cooker. Cover and set on Low. Cook, stirring occasionally, for 2 to 2-1/2 hours until the cheeses are melted and smooth. Set to High and cook another hour or until completely heated through.

BACON/CHEDDAR/BEER DIP - MAKES 4-1/2 CUPS

Ingredients

1. 18 oz. cream cheese, softened
2. 1/4 cup sour cream
3. 1-1/2 Tbs. Dijon mustard
4. 1 tsp. garlic powder
-
5. 1 cup amber beer or nonalcoholic beer
6. 2 cups shredded cheddar cheese
7. 1 lb. bacon strips, cooked and crumbled, divided
-
8. 1/4 cup heavy whipping cream
9. 1 green onion, thinly sliced
10. Soft pretzel bites

Preparation

1. In a greased 3-qt. slow cooker, combine items 1 through 4 until smooth. Stir in beer, cheese and all but 2 Tbs. bacon. Cook, covered, on low, stirring occasionally, until heated through, 3 to 4 hours.
2. In the last 30 minutes, stir in heavy cream. Top with onion and remaining bacon. Serve with soft pretzel bites, celery and carrot sticks.

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SLOW COOKER GREEK BEAN DIP - MAKES 3 CUPS

Ingredients

1. 2 cans (15 oz. ea.) cannellini beans, rinsed and drained
2. 1/4 cup water
-
3. 1/4 cup finely chopped roasted sweet red peppers
4. 2 Tbs. ea. finely chopped red onion, olive oil & lemon juice
5. 1 Tbs. snipped fresh dill
6. 2 garlic cloves, minced or pressed
7. 1/4 tsp. ea. salt, pepper
-
8. 1 small cucumber, peeled, seeded and finely chopped
9. 1/2 cup fat-free plain Greek yogurt
10. Additional fresh dill
11. Baked chips and/or assorted vegetables

Preparation

1. Blend the first 2 items in a food processor until smooth. Transfer to a greased 1-1/2 qt. slow cooker. Add items 3 through 7.
2. Cook, covered, on low until heated through, 2 to 3 hours. Stir in cucumber and yogurt; cool slightly. Sprinkle with additional dill. Serve warm or cold.

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Slow Cooker Soups

SLOW COOKER CARROT SOUP - SERVES 4 TO 6

Ingredients

1. 1-1/2 lbs. carrots, peeled and cut into 3" pieces
2. 1 medium-sized onion, sliced
3. 2 cloves garlic, minced
4. 4 cups chicken or vegetable stock
5. 2 cups water
-
6. 2 Tbs. brown sugar
7. 1-1/2 tsp. ginger
8. 1/4 tsp. salt
9. 1/4 tsp. black pepper
10. 2 Tbs. heavy cream
11. 3 Tbs. leftover or instant mashed potatoes
12. Garnishes: cilantro, chopped - chopped roasted cashews - slivered almonds

Preparation

1. In a 6 qt. slow cooker combine items 1 through 5; cover and cook on high 6 hours.
2. Add items 6 through 11. Blend well.
3. Cool and in a blender, puree the soup in batches. Reheat and serve with a garnish.

CARROT & SWEET POTATO SOUP - SERVES 4 TO 6

Ingredients

1. 1-1/2 lbs. carrots, peeled and cut into large chunks
2. 1 lb. sweet potatoes, peeled and cut into large chunks
3. 1 onion, quartered

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4. 3 cups chicken or vegetable stock
5. 2 cups water
6. 1 Tbs. honey
7. 1 bay leaf
8. Salt and black pepper
9. Cilantro, chopped for garnish

Preparation

1. In a 6 qt. slow cooker combine all the items; cover and cook on low 8 hours.
2. Cool and in a blender, puree the soup in batches. Reheat and serve with garnish.

SWEET POTATO SOUP - SERVES 8

Ingredients

1. 3 lbs. sweet potatoes, peeled and cut into 1" cubes (about 8 cups)
2. 2 Tbs. butter
3. 1 Tbs. Worcestershire sauce
4. 1 medium-sized onion, chopped or 1 tsp. dried minced onion
5. 2 celery ribs, chopped or 1 tsp. dried celery flakes
6. 1/2 tsp. ea. salt & pepper
7. 1/4 tsp. dried thyme
8. 1/8 tsp. ground chipotle pepper
9. 6 cups chicken stock
10. Optional: Sour cream and pepitas

Preparation

1. In a 4 or 5 qt. slow cooker, combine all items except sour cream and pepitas. Cook, covered, on low until potatoes are tender, 5 to 6 hours.
2. Puree soup using an immersion blender. Or, cool slightly and puree soup in batches in a blender; return to slow cooker and heat through. If desired, top servings with sour cream and pepitas.

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JAZZED SWEET POTATO SOUP - SERVES 8 TO 12 (2-1/4 QTS.)

Ingredients

1. 2 lbs. sweet potatoes (about 4 medium-sized), peeled and chopped
2. 1 large sweet onion, finely chopped
3. 1 medium-sized sweet red bell pepper, finely chopped
4. 1-1/2 teaspoons curry powder
5. 1 tsp. sea salt
6. 1/2 tsp. ground cinnamon
7. 1/4 tsp. ea. ground ginger, ground allspice & grated lemon zest
8. 1/8 tsp. coarsely ground pepper
9. 6 cups chicken stock
10. Salted pumpkin seeds or pepitas, optional

Preparation

1. In a 5 qt. slow cooker, combine items 1 through 9. Cook, covered, on low 6 to 8 hours or until vegetables are tender.
2. Puree soup using an immersion blender, or cool soup and puree in batches in a blender. Return the soup to the slow cooker to heat through. Top servings with pumpkin seeds.

VEGETABLE & LENTIL SOUP - SERVES 6

Ingredients

1. 3 cups cubed peeled butternut squash
2. 1 cup ea. chopped carrots & onions
3. 1 cup dried lentils, rinsed
4. 2 garlic cloves, minced
5. 1 tsp. ea. dried oregano & dried basil
6. 4 cups vegetable broth
-
7. 1 can (14-1/2 ounces) Italian diced tomatoes, undrained
8. 2 cups frozen cut green beans (about 8 oz.)

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Preparations

1. Place the first 6 items in a 5 qt. slow cooker. Cook, covered, on low until lentils are tender, about 4 hours.
2. Stir in tomatoes and beans. Cook, covered, on high until heated through, about 30 minutes.

FRENCH LENTIL & CARROT SOUP - SERVES 6

Ingredients

1. 5 large carrots, peeled and sliced
2. 1-1/2 cups dried green lentils, rinsed
3. 1 shallot, finely chopped
4. 2 tsp. herbes de Provence
5. 1/2 tsp. pepper
6. 1/4 tsp. kosher salt
7. 6 cups chicken broth
-
8. 2 cups cubed rotisserie cooked chicken
9. 1/4 cup heavy whipping cream

Preparations

1. Combine the first 7 items in a 5 or 6 qt. slow cooker; cover. Cook on low 6 to 8 hours or until lentils are tender.
2. Stir in chicken and cream. Cover and continue cooking until heated through, about 15 minutes.

MINISTRONE SOUP - SERVES 10

Ingredients

1. 4 stalks red Swiss chard, approx. 1/2 lb.
2. 2 Tbs. olive oil
3. 1 medium-sized red onion, finely chopped
-

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4. 6 cups vegetable stock
5. 2 cans (14-1/2 oz. ea.) fire-roasted diced tomatoes, undrained
6. 1 can (16 oz.) kidney beans, rinsed and drained
7. 1 can (15 oz.) garbanzo beans, rinsed and drained
8. 2 garlic cloves, minced or pressed
9. 1 medium-sized yellow squash or zucchini, halved and cut into 1/4" thick slices
10. 1/2 ea. medium-sized red and yellow bell peppers, finely chopped
11. 1 medium-sized carrot, peeled and finely chopped
-
12. 1-1/2 cups uncooked spiral pasta
13. 1/4 cup prepared pesto
14. 1/2 tsp. pepper
15. 1/4 tsp. kosher salt

Preparations

1. Cut the stems from the chard and chop. Set leaves aside. In a large skillet over medium heat, add the oil and sauté the stems along with the onion, stirring constantly, until tender, about 5 minutes. Remove to a 6 qt. slow cooker.
2. Add items 4 through 11 to the slow cooker and cook, covered on low until tender, about 6 to 8 hours.
3. Chop the chard leaves and along with the pasta add to the slow cooker and cook, covered on low until the pasta is tender, about 20 to 25 minutes. Add seasoning and top each serving with a dollop of pesto.

SWEDISH SPLIT PEA SOUP - SERVES 8

Ingredients

1. 3 cups dry yellow split peas, rinsed and drained
2. 4 cups water
3. 4 cups chicken or vegetable stock
4. 2 cups diced onion
5. 1 cup diced carrot
6. 1 cup finely diced celery
7. 1 tsp. marjoram
8. 1 Tbs. minced ginger

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9. 12 oz. diced ham
10. Pepper to taste

Preparations

1. Place all ingredients in a slow cooker and stir. Cover and cook 5 hours on high or 7 to 8 on low. Season to taste.

ENGLISH PUB PEA SOUP - SERVES 8 (2 QTS.)

Ingredients

1. 1 meaty ham bone
2. 1-1/3 cups dried green split peas, rinsed
3. 2 celery ribs, chopped
4. 1 large carrot, chopped
5. 1 sweet onion, chopped
-
6. 4 cups water
7. 1 bottle (12 oz.) light beer
8. 1 Tbs. prepared English mustard
-
9. 1/2 cup milk
10. 1/4 cup minced fresh parsley
11. 1/2 tsp. salt
12. 1/4 tsp. pepper
13. 1/4 tsp. ground nutmeg

Preparation

1. Place items 1 through 5 in a 4 qt. slow cooker. Combine items 6, 7 & 8 and pour over the vegetables. Cook, covered, on high 5 to 6 hours or until peas are tender.
2. Remove ham bone and set aside. Cool the soup slightly and blend in batches in a blender or food processor to the desired consistency. Return to the slow cooker.
3. Trim away fat and remove meat from bone; discard fat and bone. Cut meat into bite-sized pieces and return to slow cooker. Stir in remaining items and heat.

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BEET & DILL SOUP - SERVES 4 TO 6

Ingredients

1. 3 lbs. beets, peeled and quartered
2. 1 large onion, quartered
3. 3 cups ea. stock (chicken or vegetable) and water
4. 1 tsp. salt
5. 1/4 tsp. black pepper
-
6. 1 Tbs. lemon juice
7. 2 Tbs. fresh dill, finely chopped
8. Additional dill for garnish

Preparation

1. In a 6 qt. slow cooker combine items 1 through 5; cover and cook on low 8 hours.
2. Cool and in a blender, puree the soup in batches. Reheat; stir in items 7 & 8 and serve with garnish.

PUMPKIN SOUP - SERVES 8 (2-1/4 QTS.)

Ingredients

1. 8 cups chopped fresh pumpkin (about 3 lbs.)
2. 4 cups chicken broth
3. 3 small tart apples, peeled and chopped
4. 1 medium-sized onion, chopped
5. 2 Tbs. lemon juice
6. 2 tsp. minced fresh ginger root
7. 2 garlic cloves, minced
8. 1/2 tsp. salt

Toasted pumpkin seeds:

1. 1/2 cup fresh pumpkin seeds
2. 1 tsp. canola oil

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3. 1/8 tsp. salt

Preparation

1. In a 5 qt. slow cooker, combine the first 8 items. Cover and cook on low for 8-10 hours or until pumpkin and apples are tender.
2. Meanwhile, toss pumpkin seeds with oil and salt. Spread onto an ungreased 15x10x1-in. baking pan. Bake at 250° F (120° C) for 45-50 minutes or until golden brown. Set aside.
3. Cool soup slightly; process in batches in a blender. Transfer to a large saucepan; heat through. Garnish with toasted pumpkin seeds.

TOMATO & ARTICHOKE SOUP - SERVES 4 TO 6

Ingredients

1. 2 cans (28 oz. ea.) diced tomatoes
2. 1 bag (8 oz.) frozen artichokes
3. 2 cups chicken or vegetable stock
4. 1 onion, quartered
5. 2 cloves garlic, minced
6. 2 tsp. dried basil
7. 1 tsp. salt
8. 1/4 tsp. black pepper
9. Parsley, chopped for garnish

Preparation

1. In a 6 qt. slow cooker combine all the items; cover and cook on low 8 hours.
2. Cool and in a blender, puree the soup in batches. Reheat and serve with garnish.

SLOW COOKER MANHATTAN CLAM CHOWDER - SERVES 4

Ingredients

1. 3 medium-sized red potatoes, cut into 1/2" cubes
2. 1/ Tbs. olive oil

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3. 1 medium-sized onion, chopped
4. 1 to 2 garlic cloves, minced or pressed
5. 1 medium-sized carrot, sliced
6. 1-1/2 celery ribs, sliced
7. 1/4 bell pepper, chopped
-
8. 4 bacon strips, cooked and crumbled or chopped pancetta or jamón serrano
9. 1 Tbs. fresh chopped parsley flakes (or 1/2 Tbs. dried)
10. 3 bay leaf
11. 3/4 teaspoons dried thyme
12. Salt & pepper to taste
13. 1 can (14-1/2 oz.) diced tomatoes, undrained
14. 1 cup ea. clam juice & chicken stock
15. 2 cans (6-1/2 oz. ea.) chopped clams, undrained

Preparations

1. Place all ingredients in a 4 or 5-qt. slow cooker. Cook, covered, on low until vegetables are tender, 7-9 hours.

SLOW COOKER BEEF & SPINACH SOUP - SERVES 8

Ingredients

1. 1 lb. ground beef
2. 3 garlic cloves, minced
-
3. 2 cartons (32 oz. ea.) beef broth
4. 2 cans (14-1/2 oz. ea.) diced tomatoes with green pepper, celery and onion, undrained
5. 1 tsp. dried basil
6. 1/2 tsp. ea. oregano & pepper
7. 1/4 tsp. salt
8. 3 cups uncooked bow tie pasta
9. 4 cups fresh spinach, coarsely torn
10. Grated Parmesan cheese

TODAY'S COOKING

Preparations

1. In a 6-qt. stockpot, cook the beef and garlic over medium heat until beef is no longer pink, 6 to 8 minutes. crumble beef and drain.
2. Stir in items 3 through 7 and bring to a boil. Stir in the pasta and return to a boil. Cook, uncovered, until pasta is tender, 7 to 9 minutes.
Stir in spinach until wilted. Sprinkle each serving with cheese.

BAKED POTATO SOUP - SERVES 10 (3-1/2 QTS.)

Ingredients

1. 5 lbs. baking potatoes, cut into 1/2" cubes (about 13 cups)
2. 1 large onion, chopped
3. 1/4 cup butter
4. 4 garlic cloves, minced
5. 1 tsp. salt
6. 1/2 tsp. pepper
7. 3 cans (14-1/2 oz. each) chicken broth
-
8. 1 cup shredded sharp cheddar cheese
9. 1 cup half'n'half cream
10. 3 Tbs. minced fresh chives
11. Optional toppings: shredded cheddar cheese, sour cream, crumbled cooked bacon and minced chives

Preparation

1. Place first 7 items in a 6-qt. slow cooker. Cook, covered, on low until potatoes are very tender, 6 to 8 hours.
2. Mash potatoes slightly to break up and thicken soup. Add items 8, 9 & 10; heat through, stirring until blended. Serve with suggested toppings.

TODAY'S COOKING

PUMPKIN SOUP - SERVES 8 (2-1/4 QTS.)

Ingredients

1. 8 cups chopped fresh pumpkin (about 3 lbs.)
2. 4 cups chicken broth
3. 3 small tart apples, peeled and chopped
4. 1 medium onion, chopped
5. 2 Tbs. lemon juice
6. 2 tsp. minced fresh ginger root
7. 2 garlic cloves, minced
8. 1/2 tsp. salt

Toasted pumpkin seeds:

1. 1/2 cup fresh pumpkin seeds
2. 1 tsp. canola oil
3. 1/8 tsp. salt

Preparation

1. In a 5-qt. slow cooker, combine the first 8 items. Cover and cook on low for 8 to 10 hours or until pumpkin and apples are tender.
2. Toss pumpkin seeds with oil and salt. Spread onto an ungreased baking sheet. Bake at 250° F (120° C) for 45 to 50 minutes or until golden brown. Set aside.
3. Cool soup slightly; process in batches in a blender. Transfer to a large saucepan; heat through. Garnish with toasted pumpkin seeds.

TODAY'S COOKING

Slow Cooker Seafood

SLOW COOKER TUNA CASSEROLE - SERVES 8 TO 10

Recipe can easily be halved

Ingredients

1. 1/4 cup butter, cubed
2. 1/2 lb. sliced fresh mushrooms
3. 1 medium onion, chopped
4. 1 medium bell pepper, chopped
5. 1/2 tsp. salt*
6. 1/2 tsp. pepper^
-
7. 2 garlic cloves, minced or pressed
8. 1/4 cup all-purpose flour
9. 2 cups reduced-sodium chicken broth
-
10. 2 cups half-and-half cream
11. 4 cups uncooked egg noodles (about 6 ounces)
-
12. 3 cans (5 oz. ea.) tuna in water, drained
13. 2 Tbs. lemon juice
14. 1/2 tsp. salt*
15. 1/2 tsp. pepper^
-
16. 2 cups shredded Monterey Jack cheese
17. 2 cups frozen peas, thawed
18. 2 cups crushed potato chips

Preparations

1. In a large skillet, melt butter over medium-high heat. Add items 2 through 6. Cook, stirring, until tender, 6 to 8 minutes. Add garlic and cook 1 minute. Stir in flour until blended. Gradually whisk in broth. Bring to a boil, stirring constantly and cook until thickened, 1 to 2 minutes.

TODAY'S COOKING

2. Place into a 5 qt. slow cooker and add the cream and noodles. Cook, covered, on low until noodles are tender, 4-5 hours. Meanwhile, in a small bowl, combine tuna, lemon juice and remaining salt and pepper.
3. Remove insert from slow cooker. Stir cheese, tuna mixture and peas into noodle mixture. Let stand, uncovered, 20 minutes. Just before serving, sprinkle with potato chips.

POACHED SALMON - SERVES 4

Ingredients

1. 2 cups water
2. 1 cup dry, white wine
3. 1 medium-sized onion, sliced
4. 1 celery stalk, sliced
5. 1 medium-sized carrot, sliced
6. 1 fresh rosemary sprig
7. 3 fresh thyme sprigs
8. 1 bay leaf
9. 2 Tbs. lemon juice
10. 1/4 tsp. pepper
11. 1/2 tsp. sea salt
12. 4 salmon filets (6 oz. ea. and about 1-1/4" thick)

Preparations

1. Place all the items except the salmon into a small slow cooker. Cook, covered, on low for 45 minutes. Gently place the salmon in the liquid. If needed, add enough warm water to cover the fish. Cook, covered, on low for 45 to 55 minutes. Serve with slices of lemon.

EASY POACHED SALMON - SERVES 8

Ingredients

1. 6 cups water
2. 1 medium-sized onion, chopped

TODAY'S COOKING

3. 2 celery ribs, chopped
4. 4 sprigs fresh parsley
5. 1/2 cup dry white wine
6. 1 Tbs. soy sauce
7. 8 whole peppercorns
8. 1 bay leaf
-
9. 1 salmon fillet (approx. 3 lbs.)
10. Lemon slices and chopped, fresh dill

Preparation

1. In a large saucepan, combine the first 8 items. Bring to a boil and reduce heat. Simmer, covered, 30 minutes. Strain, discarding vegetables and spices.
2. Drape a piece of muslin (cheesecloth) large enough so it will sit on the bottom and just over the sides of a slow cooker. Pour the poaching liquid into slow cooker and carefully add salmon.
3. Cook, covered, on high 1 hour or just until fish flakes easily. A thermometer inserted into the fish should read at least 145° F (63° C). Use the muslin (cheesecloth) to lift the salmon from the liquid. Serve warm or cold with the lemon and dill.

SLOW COOKER CHEESE & SHRIMP GRITS - SERVES 4 TO 6

Ingredients

1. 1 cup stone-ground grits
2. 4 cups water
3. 1/2 tsp. salt
4. 1/4 tsp. freshly ground black pepper
5. 1 large garlic clove
-
6. 1/4 cup (4 Tbs.) unsalted butter
7. 8 oz. (2 cups) sharp Cheddar, shredded
-
8. 1 lb. cleaned & barely cooked shrimp
9. 2 medium-sized tomatoes, seeded and finely chopped
10. 4 scallions, finely chopped
11. 2 Tbs. finely chopped parsley

TODAY'S COOKING

12. 2 tsp. Cajun seasoning
13. 4 tsp. lemon juice

Preparations

1. Stir together the first 5 items in a 3 qt. slow cooker. On high, cook, covered, for 2-1/2 to 3 hours. Stir every 40 to 50 minutes.
2. Stir in items 6 & 7. When melted, stir in the remaining items. Cook, covered, another 15 minutes.

Slow Cooker Poultry

SALSA CHICKEN - SERVES 4

Ingredients

1. 4 boneless skinless chicken breast halves
2. 1 jar (16 oz.) salsa
3. 1-3/4 cups frozen corn, thawed
4. 1 can (15 oz.) pinto beans, rinsed and drained
5. 1 can (15 oz.) no-salt-added black beans, rinsed and drained
6. 1 can (10 oz.) diced tomatoes and green chiles, undrained
7. 1 tsp. sugar
8. 1/2 tsp. salt
9. 1/4 tsp. pepper

Preparations

1. Place the chicken in a 4- or 5-qt. slow cooker. Top with the remaining items and cook, covered, on low for 3-4 hours or until a thermometer inserted in chicken reads 165°. If desired, serve with these optional ingredients: Hot cooked rice or noodles, cubed or sliced avocado, chopped fresh tomato, sliced green onions and lime wedges. For even more flavor, use large thighs (bone-in or boneless) instead of the breasts.

TODAY'S COOKING

LEMON CHICKEN - SERVES 6

Ingredients

1. 6 bone-in chicken breast halves, skin removed
2. 1 tsp. dried oregano
3. 1/2 tsp. seasoned salt
4. 1/4 tsp. pepper
5. 2 Tbs. butter
-
6. 1/4 cup water
7. 3 tablespoons lemon juice
8. 2 garlic cloves, minced or pressed
9. 1 tsp. chicken base
-
10. 2 tsp. minced fresh parsley
11. Hot cooked rice

Preparations

1. Pat chicken dry with paper towels. Combine the oregano, seasoned salt and pepper; rub over chicken. In a skillet over medium heat, brown the chicken in butter; transfer to a 5-qt. slow cooker. Add items 6 through 9 to the skillet; bring to a boil, stirring to loosen browned bits. Pour over chicken.
2. Cover and cook on low for 5-6 hours. Baste chicken with cooking juices. Add parsley. Cover and cook 15-30 minutes longer or until meat juices run clear. Serve with rice. (If desired, cooking juices may be thickened before serving.)

SLOW COOKER CHICKEN STEW - SERVES 4

Ingredients

1. 1 lb. small red potatoes, halved
2. 1 large onion, thinly sliced
3. 2 ribs celery, cut on the bias into 1/2" pieces
4. 3/4 cup shredded carrot

TODAY'S COOKING

5. 6 garlic cloves, minced or pressed
-
6. 3 Tbs. flour
7. 2 tsp. ea. lemon zest and dried thyme
8. 1/2 tsp. salt
9. 1/4 tsp. pepper
-
10. 1-1/2 lbs. chicken thighs, skin removed
11. 16 oz. chicken stock
12. 2 Tbs. each chopped fresh basil and thyme or 1/2 tsp. dried
13. 2 bay leaves
14. 2 Tbs. finely chopped parsley

Preparation

1. Add items 1 through 5 to a slow cooker. Sprinkle with items 6 through 9 and toss to coat.
2. Place the chicken on top and add items 10 through 13.
3. Cover and cook on low until chicken and vegetables are tender, anywhere from 7 to 9 hours. Sprinkle each serving with the parsley.

SLOW COOKER ORANGE CHICKEN - SERVES 4

Ingredients

1. 1 cup chicken stock
2. 1 cup orange juice
3. 1 cup orange marmalade
4. 1/2 cup ketchup
5. 1/4 cup Dijon mustard
6. 2 Tbs. brown sugar
7. 2 Tbs. ea. rice vinegar & soy sauce
8. 1 Tbs. minced fresh ginger
9. 1 tsp. garlic powder
10. 3/4 tsp. crushed red pepper flakes
11. 2 Tbs. molasses, optional
12. 2 lbs. boneless skinless chicken thighs (ideal) or breasts, cut into 3/4-inch pieces
-

TODAY'S COOKING

13. 1/2 cup cornstarch
14. 3/4 tsp. salt
15. 1/2 tsp. pepper
16. 1 large red bell pepper, cut into 1-inch pieces
-
17. 2 cups fresh broccoli florets
18. Hot cooked rice

Toppings: chopped green onions or chives, chopped peanuts and fresh parsley

Preparation

1. In a small bowl, combine the first 12 ingredients. In a 4-qt. slow cooker, combine items 13 through 16; toss to coat. Pour the stock mixture over top. Cover and cook on low for 4 hours or until chicken is tender.
2. Stir in broccoli. Cover and cook on high about 30 minutes or until broccoli is crisp-tender. Serve with rice and let diners choose their toppings.

SLOW-COOKER COCONUT CHICKEN - SERVES 6

Ingredients

1. 1/2 cup light coconut milk
2. 2 Tbs. brown sugar
3. 2 Tbs. reduced-sodium soy sauce
4. 2 garlic cloves, minced
5. 1/8 tsp. ground cloves
6. 6 boneless skinless chicken thighs (about 1-1/2 lbs.)
-
7. 6 Tbs. flaked coconut, toasted
8. Minced fresh cilantro

Preparations

1. In a large bowl, combine the first 5 ingredients. Place chicken in a 3 qt. slow cooker. Pour coconut milk mixture over top. Cook, covered, on low 4-5 hours or until chicken is tender. Serve chicken with coconut and cilantro.

TODAY'S COOKING

SLOW-ROASTED CHICKEN W/ VEGGIES - SERVES 6

Ingredients

1. 2 celery ribs, halved lengthwise and cut into 3" pieces
2. 2 medium-sized carrots, halved lengthwise and cut into 3" pieces
3. 8 small red potatoes, quartered
-
4. 3/4 tsp. salt, divided
5. 1/8 tsp. black pepper
6. 1 medium-sized lemon, halved
7. 2 garlic cloves, crushed
8. 1 broiler/fryer chicken (3 to 4 lbs.)
-
9. 1 Tbs. dried rosemary, crushed
10. 1 Tbs. lemon juice
11. 1 Tbs. olive oil
12. 2 tsp. paprika

Preparations

1. Place the first 3 items in a 6qt. slow cooker; toss with 1/4 tsp. salt and the pepper. Place
2. lemon halves and garlic in chicken cavity. Tuck wings under chicken; tie drumsticks together. Place chicken over vegetables in slow cooker, breast side up.
3. Mix together the last 4 items and the remaining salt; rub over the chicken.
4. Cook, covered, on low 6-8 hours or until a thermometer inserted in thigh reads 180° and the vegetables are tender.
5. Remove chicken to a serving platter; tent with foil. Let stand 15 minutes before carving. Serve
6. chicken with the vegetables.

TODAY'S COOKING

INDONESIAN PEANUT CHICKEN - SERVES 6

Ingredients

1. 1/3 cup chopped onion
2. 1/3 cup water
3. 1/4 cup reduced-fat creamy peanut butter
4. 3 Tbs. chili sauce
5. 1/4 tsp. salt
6. 1/4 tsp. cayenne pepper
7. 1/4 tsp. pepper
-
8. 3 cups hot cooked brown or white rice
-
9. 6 Tbs. chopped salted peanuts
10. 6 Tbs. chopped sweet red pepper
11. Chopped green onions, optional

Preparation

1. Place chicken in a 4-qt. slow cooker. In a small bowl, combine items 1 through 7 and pour over the chicken.
2. Cook, covered, on low until meat is tender, 4 to 5 hours. Plate with rice and sprinkle each serving with the last 3 items.

GENERAL TSO'S CHICKEN STEW - SERVES 6

Ingredients

1. 1 cup tomato juice
2. 1/2 cup pickled cherry peppers, chopped
3. 2 Tbs. soy sauce
4. 2 Tbs. hoisin sauce
5. 1 Tbs. peanut oil
6. 1 to 2 tsp. crushed red pepper flakes

TODAY'S COOKING

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- 7. 1 lb. shredded cooked chicken
- 8. 1-1/2 cups chopped onion
- 9. 1 cup chopped fresh broccoli
-
- 10. 1/4 cup chopped green onions
- 11. 1 tsp. sesame seeds, toasted

Preparation

1. In a 4 or 5 quart slow cooker, combine the first 6 items. Stir in items 7, 8 & 9. Cook, covered, on low about 2 hours, until vegetables are tender. Top with green onions and sesame seeds to serve.

SLOW COOKER THAI TURKEY - SERVES 6

Ingredients

1. 1-1/2 lbs. Turkey breast cut into 3/4" pieces
2. 1 medium-sized onion, sliced
3. 3 garlic cloves, minced or pressed
4. 1 each small green and red bell peppers, cut into thin strips
5. 1 carrot, peeled and julienned
6. 1 celery stalk, julienned
7. 1-1/4 cups chicken broth (1/4 cup separate)
8. 1/4 cup low sodium soy sauce
9. 3/4 tsp. red pepper flakes
-
10. 2 Tbs. cornstarch
11. 3 green onions, cut into 1/2" pieces
12. 1/3 creamy peanut butter
-
13. 3/4 cup cashew or peanut pieces
14. 3/4 cup chopped parsley or cilantro
15. Salt & pepper to taste
16. 12 oz. vermicelli, cooked and hot

TODAY'S COOKING

Preparation

1. In a slow cooker, combine items 1 through 9 and cook, covered on low for 3 hours.
2. Mix the 1/4 cup broth into the cornstarch and add to the cooker. Set the cooker to high and add items 11 & 12. Cover and cook 30 minutes. Stir in items 13 & 14; adjust seasonings and serve over the vermicelli.

SLOW-COOKER COUNTRY CHICKEN - SERVES 4

Ingredients

1. 1 ea. medium-sized onion & red bell pepper, chopped
2. 1 garlic clove, minced or pressed
3. 1-1/2 lbs. boneless skinless chicken thighs
-
4. 1/2 Tbs. ea. packed brown sugar & curry powder (or to taste)
5. 1/2 tsp. ea. ground cinnamon, ground ginger & dried thyme
6. 1/4 cup chicken broth
-
7. 1/4 cup raisins
8. 1 can (10 oz.) diced tomatoes, undrained
-
9. Hot cooked rice
10. Chopped fresh parsley, as garnish

Preparations

1. Place the first 3 items in a slow cooker. Arrange chicken pieces over the vegetables.
2. Whisk together items 4, 5 & 6 and pour over the chicken. Cover and cook on high for 1 hour.
3. Add the raisins and tomatoes. Reduce heat to low and cook until chicken reaches 165° F (73.9° C), about 2 hours. Serve over rice; if desired, sprinkle with parsley.

TODAY'S COOKING

EASY BBQ PULLED CHICKEN - SERVES 8

Ingredients

1. 1 can (8 oz.) tomato sauce
2. 1 can (4 oz.) chopped green chiles, drained
3. 3 Tbs. cider vinegar
4. 2 Tbs. honey
5. 1 Tbs. sweet or smoked paprika
6. 1 Tbs. tomato paste
7. 1 Tbs. Worcestershire sauce
8. 2 tsp. dry mustard
9. 1 tsp. ground chipotle
10. 1/2 tsp. salt
-
11. 2-1/2 lbs. boneless, skinless chicken breast halves (4 oz. each)
12. 1 small onion, finely chopped
13. 1 garlic clove, minced or pressed
14. 1/4 cup chopped fresh parsley

Preparation

1. Combine the first 10 items and place in a slow cooker. Add the last 4 items; cover and cook on low about 5 hours. Remove the chicken to a cutting board and shred with a fork. Return to the slow cooker and mix well. Serve on buns, rice & beans, grits or mashed potatoes.

TODAY'S COOKING

Slow Cooker Beef & Lamb

BEEF & BROCCOLI - SERVES 4

Ingredients

1. 2 cups beef broth
2. 1/2 cup soy sauce
3. 1/3 cup packed brown sugar
4. 1-1/2 tsp. sesame oil
5. 1 garlic cloves, minced
6. 1 beef top sirloin steak (1-1/2 lbs.), cut into 1/2" thick strips
-
7. 2 Tbs. cornstarch
8. 1/4 cup cold water
-
9. 4 cups fresh broccoli florets
10. Hot cooked rice or noodles
11. Optional: sesame seeds and thinly sliced green onions

Preparations

1. In a 5-qt. slow cooker, combine the first 5 ingredients. Add beef; stir to coat. Cover and cook on low until tender, about 6 hours.
2. In a small bowl, whisk together items 7 & 8 until smooth; stir into slow cooker. Cover and cook on high until thickened, about 30 minutes. Place broccoli in a steamer basket over boiling water. Reduce heat to a simmer and steam, covered, until crisp-tender, 3-4 minutes. Stir broccoli into slow cooker. Serve over rice or noodles. If desired, garnish with optional ingredients.

TODAY'S COOKING

EASY SHREDDED BEEF - MAKES 1-1/2 QTS.

Ingredients

1. 1 large onion, sliced.
2. 2 garlic cloves, minced or pressed
-
3. 1 boneless beef chuck roast, 3 to 3-1/2 lbs.
-
4. 2 cups beef broth
5. 1 Tbs. Worcestershire sauce
6. 2 tsp. dry mustard
7. 1 tsp. dried thyme
8. 1/2 tsp. ea. salt & pepper
9. Hot sauce to taste

Preparations

1. Place the first 2 items in a 5-qt. slow cooker.
2. Trim the roast and if necessary, cut to fit the cooker. Place in the cooker.
3. Whisk together items 4 through 9 and pour over the meat. Cover and cook on low until tender, about 11 to 12 hours. On high for 5-1/2 to 6 hours.
4. Remove the meat and shred. Skim the fat from the sauce and stir just enough of the sauce to moisten the meat. Cook down the remaining sauce until thickened and serve on the side. Serve the beef: over rice or noodles, in sandwiches, tacos, burritos or tortillas.

Variation 1: Add 1 tsp. dried oregano and 1/2 tsp. dried basil.

Variation 2: Add 1 tsp. ea. chili powder and cumin, 2 Tbs. chopped parsley and 1 can (10 oz.) diced tomatoes and green chilies w/ liquid.

TODAY'S COOKING

CHUCK ROAST - SERVES 6

Ingredients

1. 1 large onion, halved and sliced
2. 1 medium green pepper, halved and sliced
3. 1 celery rib, chopped
4. 1 boneless beef chuck roast (2 to 3 lbs.)
-
5. 1 can (14-1/2 oz.) Italian stewed tomatoes, undrained
6. 1/2 cup beef broth
7. 1/2 cup ketchup
8. 3 Tbs. brown sugar
9. 2 Tbs. Worcestershire sauce
10. 4 tsp. prepared mustard
11. 3 garlic cloves, minced
12. 1 Tbs. soy sauce
13. 2 tsp. pepper
14. 1/4 tsp. crushed red pepper flakes
-
15. 3 Tbs. cornstarch
16. 1/4 cup cold water

Preparation

1. Place the first 3 items in a 5 qt. slow cooker; place roast on top. Mix items 5 through 14 and pour over the roast.
2. Cook, covered, on low until meat is tender, 5 to 6 hours. Remove the roast.
3. Set the vegetables aside and keep warm. Strain the liquid into a small saucepan; skim the fat. Mix the cornstarch and water until smooth and stir into the cooking juices. Bring to a boil; cook and stir until thickened, 1 to 2 minutes. Serve roast and vegetables with the gravy.

TODAY'S COOKING

SLOW COOKER BEEF BURGUNDY - SERVES 8

Ingredients

1. 6 bacon strips, diced
2. 1 boneless beef chuck roast (3 lbs.), cut into 1-1/2-inch cubes
-
3. 1 can (10-1/2 oz.) condensed beef broth, undiluted
4. 1 small onion, halved and sliced
5. 1 medium carrot, sliced
6. 2 Tbs. butter
7. 1 Tbs. tomato paste
8. 2 garlic cloves, minced
9. 3/4 tsp. dried thyme
10. 1/2 tsp. salt
11. 1/2 tsp. pepper
12. 1 bay leaf
-
13. 1/2 lb. fresh mushrooms, sliced
14. 1/2 cup burgundy wine or beef broth
15. 5 Tbs. all-purpose flour
16. 2/3 cup cold water
17. Optional: Hot cooked noodles and minced fresh parsley

Preparation

1. In a large skillet, cook bacon over medium heat until crisp. Use a slotted spoon to remove to paper towels. In the drippings, brown the beef; drain.
2. Place beef and bacon in a 5-qt. slow cooker; Add items 3 through 12. Cover and cook on low until meat is tender, 7 to 8 hours.
3. Add mushrooms and wine. Combine flour and water until smooth; gradually stir into slow cooker. Cover and cook on high until thickened, 30 to 45 minutes. Discard bay leaf. Serve with noodles and parsley.

TODAY'S COOKING

CLASSIC SLOW COOKER POT ROAST - SERVES 6

Ingredients

1. 1 boneless chuck roast (3 to 4 lbs.)
2. 3 Tbs. oil (grape seed, avocado or other oil that handles high heat well)
3. 1/4 cup flour
-
4. 2 Tbs. tomato paste
-
5. 1/2 cup dry white wine
6. 1-1/2 cups beef broth
7. 1 Tbs. Worcestershire sauce
-
8. 2 cups sliced onions
9. 6 medium carrots sliced into 2" pieces
10. 3 large celery stalks sliced into 2" pieces
11. 6 garlic cloves, minced
12. 3 to 4 sprigs of fresh thyme
13. 2 bay leaves

Preparations

1. In a large skillet, brown the meat on all sides in the oil over medium-high heat (about 10 minutes total). Transfer the meat to a large slow cooker.
2. Stir the flour into the juices in the skillet and cook 1 minute. Add the tomato paste and cook another minute.
3. Deglaze the pan with the wine, cooking until the liquid evaporates. Whisk in ingredients 6 & 7 and simmer, scraping the bottom to loosen any brown bits. Pour into the slow cooker; add ingredients 8 through 13. Cover and cook on high for 4 to 5 hours (or on low for 8 to 9 hours). Discard the bay and thyme.

TODAY'S COOKING

SLOW COOKER BEEF SHORT RIBS - SERVES 6

Ingredients

1. 3 lbs. bone-in beef short ribs
2. 1/2 tsp. ea. salt & pepper
3. 1 Tbs. canola oil
4. 4 medium carrots, cut into 1-inch pieces
5. 1 cup beef broth
6. 4 fresh thyme sprigs
7. 1 bay leaf
-
8. 2 large onions, cut into 1/2-inch wedges
9. 6 garlic cloves, minced or pressed
10. 1 Tbs. tomato paste
11. 2 cups dry red wine or beef broth
-
12. 4 tsp. cornstarch
13. 1/4 cup water

Preparations

1. Season the ribs with salt and pepper. In a large skillet, heat oil over medium heat. In batches, brown ribs on all sides; transfer to a 4 or 5 qt. slow cooker. Add items 2 through 7 to the cooker. Add onions to the same skillet and cook, stirring, over medium heat 8 to 9 minutes or until tender. Add garlic and tomato paste; cook and stir 1 minute longer. Stir in the wine. Bring to a boil; cook 8 to 10 minutes or until liquid is reduced by half. Add to the slow cooker. Cook, covered, on low 6 to 8 hours or until meat is tender.
2. Remove ribs and vegetables; keep warm. Transfer cooking juices to a small saucepan; skim off fat. Discard thyme and bay leaf. Bring to a boil. In a small bowl, mix cornstarch and water until smooth; stir into the saucepan. Return to a boil; cook, stirring 2 minutes or until thickened.. Serve with the ribs and vegetables.

TODAY'S COOKING

BEEF CABBAGE ROLLS - SERVES 6

Ingredients

1. 12 cabbage leaves
2. 1 cup cooked brown rice
3. 1/4 cup finely chopped onion
4. 1 egg, lightly beaten
5. 1/4 cup fat-free milk
6. 1/2 tsp. salt
7. 1/4 tsp. black pepper
8. 1 lb. lean ground beef

Sauce

9. 1 can (8oz.) tomato sauce
10. 1 Tbs. brown sugar
11. 1 Tbs. lemon juice
12. 1 tsp. Worcestershire sauce

Preparations

1. In batches, cook cabbage in boiling water 3 to 5 minutes or until crisp-tender. Drain; cool slightly.
2. Trim the thick vein from the bottom of each leaf, making a V shaped cut.
3. In a large bowl, combine items 2 through 7. Add beef; mix lightly but thoroughly.
4. Place about 1/4 cup beef mixture on each cabbage leaf. Pull together cut edges of leaf to overlap; fold over filling. Fold in sides and roll up.
5. Place six rolls in a 4 or 5 qt. slow cooker, seam side down. In a bowl, mix sauce ingredients; pour half of the sauce over cabbage rolls. Top with remaining rolls and sauce. Cook, covered, on low 6-8 hours or until a thermometer inserted in beef reads 160° F (71° C) and the cabbage is tender.

TODAY'S COOKING

LAMB, LENTIL & SQUASH STEW - SERVES 8 (2-1/2 QTS.)

Ingredients

1. 13 to 14 oz. coconut milk
2. 1/2 cup creamy peanut butter
3. 2 Tbs. red curry paste
4. 1 Tbs. hoisin sauce
5. 1 tsp. salt
6. 1/2 tsp. pepper
7. 14 to 15 oz. chicken stock
-
8. 1 Tbs. olive oil, divided
9. 1 lb. lamb or beef stew meat blotted dry and cut into 1-1/2" pieces
-
10. 2 small onions, chopped
11. 1 Tbs. minced fresh ginger
12. 3 garlic cloves, minced
-
13. 1 cup dried brown lentils, rinsed
14. 4 cups peeled, cubed butternut squash
-
15. 2 cups chopped fresh spinach
16. 1/4 cup minced fresh cilantro
17. 1/4 cup lime juice

Preparation

1. In a 5 or 6 qt. slow cooker, whisk together first 7 items.
2. Blot the meat dry. In a large skillet, heat half the oil over medium and brown the lamb in batches. Transfer to the slow cooker.
3. In same skillet, sauté onions in the remaining oil over medium heat until tender, 4 to 5 minutes. Add ginger and garlic and cook, stirring, 1 minute. Add to slow cooker and stir in the lentils and squash.
Cook, covered, on low 6 to 8 hours, until meat and lentils are tender. Stir in the spinach and when wilted stir in the cilantro and lime juice.

TODAY'S COOKING

SMOKY PEANUT CHILLI - SERVES 12 (3 QTS.)

Ingredients

1. 2 Tbs. peanut , grape seed or canola oil, divided
2. 1 ea. small green & red bell peppers, chopped
3. 1 large red onion, chopped
4. 1 large carrot, peeled and chopped
5. 2 garlic cloves, minced or pressed
-
6. 1 lb. lean beef, cubed into 1/2" pieces (supermarket stew beef will do)
7. 1-1/2 lbs. lean ground beef
-
8. 2 cans (15 oz. ea.) tomato sauce
9. 2 cans (14-1/2 oz. ea.) diced tomatoes with basil, oregano and garlic, undrained
10. 2 cans (4 oz. each) chopped green chiles
11. 1/2 cup creamy peanut butter
12. 1 to 2 Tbs. ground ancho chile pepper
13. 1 tsp. kosher salt
14. 1 tsp. smoked paprika
15. Toppings: Shredded smoked cheddar cheese and chopped peanuts

Preparations

1. In a large skillet, heat half the oil over medium-high and sauté items 2 through 4, covered, for 8 minutes. Add the garlic and cook 1 minute. Remove the vegetables and set aside.
2. Add the ground beef and cook until no longer pink, 7 to 10 minutes, breaking it up as it cooks. Remove and drain.
3. Add the remaining oil to the skillet and brown the cubed beef and set aside. Transfer the meat and vegetables to a 5 or 6 qt. slow cooker.
Stir in items 8 through 14 until combined and cook, covered, on low 4 hours or until vegetables are tender. Sprinkle each serving with shredded cheese and peanuts.
4. For more spice, add more chili powder.

TODAY'S COOKING

Slow Cooker Pork

SWEET BBQ SHREDDED PORK - SERVES 4 TO 6

Ingredients

1. 1 boneless pork shoulder roast, 3 to 3-1/2 lbs.
-
2. 1 cup chopped onion
3. 1 cup chopped celery
4. 1 garlic cloves, minced
5. 1 cup ketchup
6. 1/2 cup water
7. 1/3 cup honey
8. 3 Tbs. white vinegar
9. 2 Tbs. Worcestershire sauce
10. 2 Tbs. dry mustard
11. 1/4 cup lemon juice
12. 1/2 tsp. black pepper or to taste

Preparations

1. Trim the pork and cut to fit if necessary. Place in a 5-qt. slow cooker.
2. Combine items 2 through 12 and pour over the meat. Cover and cook on low until tender, about 13 to 14 hours. On high for 6-1/2 to 7 hours.
3. Remove the meat and shred. Skim the fat from the sauce and stir 1 cup of the sauce into the pork. Serve the remaining sauce on the side. Serve the pork: over rice or noodles, in sandwiches, tacos, burritos or tortillas.

TODAY'S COOKING

EASY SHREDDED PORK - SERVES 4 TO 6

Ingredients

1. 1 boneless pork shoulder roast, 2-1/2 lbs.
2. Salt & pepper
-
3. 1 large onion, sliced thick
4. 1 tsp. granulated garlic
-
5. 1-3/4 oz. your favorite bottled barbecue sauce
6. 1 cup non-diet carbonated soda, such as Coke ® or Pepsi ®
7. Hot sauce, such as Frank's ® to taste

Preparations

1. Trim the pork and cut if necessary to fit in a 5-qt. slow cooker. Season the pork. Place items 3 & 4 into the cooker and top with the meat.
2. Combine the remaining items and pour over the meat. Cover and cook on low until tender, about 8 to 10 hours. On high for 4 to 5 hours.
3. Remove the meat and shred. Remove the onions; add to the meat and skim the fat from the sauce. Stir just enough of the sauce to moisten the pork. Cook down the remaining sauce until thickened and serve on the side. Serve the pork: over rice or noodles, in sandwiches, tacos, burritos or tortillas.

SLOW COOKER BRAISED PORK ROAST - SERVES 8

Ingredients

1. 1 Tbs. each butter and oil (grape seed, avocado or canola)
2. 3 to 4 lbs. pork loin
3. 1 Tbs. minced garlic
4. 1/2 cup dry white wine
5. 1/2 cup milk
6. 1/2 cup heavy cream
7. 1 oz. dried porcini mushrooms, chopped

TODAY'S COOKING

8. 1 tsp. anchovy paste
9. 1/4 tsp. red pepper flakes
10. Zest of 1 lemon
11. 2 sprigs each of sage and rosemary

Preparations

1. In a large skillet over medium-high heat add the butter and oil. Place the roast fat side down and brown 3 to 4 minutes. Turn the loin to brown all sides, about 5 minutes more. Place the loin into a slow cooker.
2. Add the garlic to the skillet and cook 30 seconds. Deglaze with the wine and add items 5 through 10. Simmer 3 minutes, stirring and then pour into the slow cooker. Submerge the herbs in the sauce; cover and cook on low 2 hours. The loin is done when it registers 140° F (60° C) to 145° F (63° C) on a meat thermometer.
3. Place pork on a platter and tent with foil. Discard herbs and use a submersion blender to puree the sauce until smooth. Add salt and pepper to taste.

SLOW COOKER PULLED PORK - SERVES 8 TO 10

Ingredients

1. 4 to 5 lbs. pork loin
2. Root beer
-
3. 3 cups catsup
4. 3/8 cup (6 Tbs.) brown sugar
5. 3/8 cup (6 Tbs.) cider vinegar
6. 4 Tbs. Worcestershire sauce
7. 1 Tbs. spicy brown mustard
8. 3/4 tsp. sugar
9. 1/2 to 3/4 cup of root beer

Preparations

1. Cook the pork in a slow cooker set on low for 4 to 5 hours with enough root beer to cover. Test for doneness and when cool enough to handle, use a fork to pull the pork apart.

TODAY'S COOKING

2. Combine the remaining ingredients and mix into the pork. Return the meat to the slow cooker and set on warm.

SLOW COOKED PORK CHOPS & KRAUT - SERVES 6

Ingredients

1. 1 large onion, coarsely chopped
2. 1 Granny Smith apple, peeled, cored and chopped
3. 1 (32 oz.) jar sauerkraut including the liquid
4. 1-1/2 tsp. each caraway seeds and fennel seeds
-
5. 6 pork chops (inexpensive tougher cuts work fine)
6. 1 Tbs. olive oil
7. 1/2 cup water or stock
8. 3 Bay leaves

Preparation

1. Combine ingredients 1 through 4 and set aside.
2. Brown both sides of the chops in the oil in a large skillet in 2 batches. Drain any oil; add the water or stock; bring to a boil and stir, scraping up the brown bits.
3. Place a layer of a 3rd of the sauerkraut into the skillet; top with 3 of the chops. Add more sauerkraut; top with the remaining chops and then the rest of the sauerkraut. Top with the Bay leaves. Bring to a boil; cover and reduce heat to low. Simmer 2 to 3 hours or until pork is tender.

SLOW COOKER PORK CHOPS IN MUSHROOMS & WINE - SERVES 4

Ingredients

1. 1-1/2 cups chicken stock
2. 1-1/2 tsp. sherry vinegar
3. 3 Tbs. AP flour
4. 3/4 lbs. carrots, peeled and cut into 2" slices
5. 1/2 lbs. shiitake mushrooms, stems discarded and caps quartered

TODAY'S COOKING

6. 1/2 cup chopped onion
7. 2 garlic cloves, minced or pressed
8. 3 to 4 thyme sprigs or 1/2 tsp. dried
9. 2 oregano sprigs or 1/4 tsp. dried
-
10. 1 Tbs. olive oil
11. 4 bone-in center-cut pork chops
-
12. 1/4 cup dry white wine
-
13. 6 oz. uncooked egg noodles
14. 2 Tbs. heavy cream
15. 1/2 tsp. ea. salt & pepper
16. 2 tsp. chopped, fresh thyme leaves

Preparations

1. Coat a slow cooker with cooking spray; add items 1, 2 & 3 and blend well. Add items 4 through 9.
2. Heat the oil in a large skillet over medium-high. Add the chops and cook 2 minutes per side. Move the chops to the slow cooker. Add the wine to the skillet and cook 30 seconds. Pour into the slow cooker; cover and set on low for 7 hours.
3. Cook the noodles. Remove the chops and keep warm. Remove the herb sprigs if used and stir in items 14 & 15. Stir in the noodles; divide among 4 plates; top with a chop on each plate; drizzle with the remaining sauce and sprinkle each with the thyme.

SLOW COOKER SWEET & SOUR PORK - SERVES 4

Ingredients

1. 1/2 cup ea. granulated sugar & packed brown sugar
2. 1/2 cup chicken broth
3. 1/3 cup white vinegar
4. 3 Tbs. ea. lemon juice & soy sauce
5. 3 Tbs. tomato paste
6. 1/2 tsp. garlic powder
7. 1/4 tsp. ground ginger
8. 1/4 teaspoon pepper

TODAY'S COOKING

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- 9. 1-1/2 lbs. boneless pork loin chops, cut into 1" cubes
- 10. 1 large onion, cut into 1" pieces
- 11. 1 large green pepper, cut into 1" pieces
- 12. 1 can (8 oz.) pineapple chunks, drained
-
- 13. 3 Tbs. cornstarch
- 14. 1/3 cup chicken broth
- 15. Hot cooked rice

Preparations

1. In a 3- or 4-qt. slow cooker, mix the first 8 items. Stir in items 9 through 12. Cook, covered, on low 6-8 hours or until pork is tender.
2. In a small bowl, mix cornstarch and broth until smooth; gradually stir into cooking juices. Cook, covered, on low 15 to 20 minutes longer or until sauce is thickened. Serve with rice.

To make ahead: In a large resealable plastic freezer bag, combine the first 8 items. Add items 9 through 12; seal bag, turn to coat, then freeze. To use, place filled freezer bag in refrigerator 48 hours or until contents are completely thawed. Cook as directed.

SLOW COOKER BBQ RIBS - SERVES 6

Ingredients

1. 4 pounds pork baby back ribs
-
2. 2 cups ketchup
3. 3/4 cup chili sauce
4. 3/4 cup packed brown sugar
5. 1/3 cup vinegar
6. 3 teaspoons dried oregano
7. 1 tablespoon Worcestershire sauce
8. 1/4 teaspoon hot sauce
9. 2 tablespoons prepared yellow mustard
10. 1 teaspoon salt
11. 1/2 teaspoon black pepper

TODAY'S COOKING

Preparations

1. Preheat oven to 400°F (200°C).
2. Place ribs in a roasting pan and bake for 15 to 20 minutes on each side. Remove from pan to drain.
3. Combine remaining items in a bowl. Place ribs in a slow cooker (Crock-Pot®) and pour mixture over to coat well. Cook on lowest setting for 6 to 8 hours.

SLOW COOKER BRAISED PORK ROAST - SERVES 8

Ingredients

1. 1 Tbs. each butter and oil (grape seed, avocado or canola)
2. 3 to 4 lbs. pork loin
3. 1 Tbs. minced garlic
4. 1/2 cup dry white wine
-
5. 1/2 cup milk
6. 1/2 cup heavy cream
7. 1 oz. dried porcini mushrooms, chopped
8. 1 tsp. anchovy paste
9. 1/4 tsp. red pepper flakes
10. Zest of 1 lemon
-
11. 2 sprigs each of sage and rosemary

Preparations

1. In a large skillet over medium-high heat add the butter and oil. Place the roast fat side down and brown 3 to 4 minutes. Turn the loin to brown all sides, about 5 minutes more. Place the loin into a slow cooker.
2. Add the garlic to the skillet and cook 30 seconds. Deglaze with the wine and add items 5 through 10. Simmer 3 minutes, stirring and then pour into the slow cooker. Submerge the herbs in the sauce; cover and cook on low 2 hours. The loin is done when it registers 140° F (60° C) to 145° F (63° C) on a meat thermometer.
3. Place pork on a platter and tent with foil. Discard herbs and use a submersion blender to puree the sauce until smooth. Add salt and pepper to taste.

TODAY'S COOKING

SLOW COOKER PULLED PORK - SERVES 8 TO 10

Ingredients

1. 4 to 5 lbs. pork loin
2. Root beer
-
3. 3 cups catsup
4. 3/8 cup (6 Tbs.) brown sugar
5. 3/8 cup (6 Tbs.) cider vinegar
6. 4 Tbs. Worcestershire sauce
7. 1 Tbs. spicy brown mustard
8. 3/4 tsp. sugar
9. 1/2 to 3/4 cup of root beer

Preparations

1. Cook the pork in a slow cooker set on low for 4 to 5 hours with enough root beer to cover. Test for doneness and when cool enough to handle, use a fork to pull the pork apart.
2. Combine the remaining ingredients and mix into the pork. Return the meat to the slow cooker and set on warm.

SLOW COOKER PORK CHOPS IN MUSHROOMS & WINE - SERVES 4

Ingredients

1. 1-1/2 cups chicken stock
2. 1-1/2 tsp. sherry vinegar
3. 3 Tbs. flour
-
4. 3/4 lbs. carrots, peeled and cut into 2" slices
5. 1/2 lb. shiitake mushrooms, stems discarded and caps quartered
6. 1/2 cup chopped onion
7. 2 garlic cloves, minced or pressed
8. 3 to 4 thyme sprigs or 1/2 tsp. dried
9. 2 oregano sprigs or 1/4 tsp. dried

TODAY'S COOKING

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- 10. 1 Tbs. olive oil
- 11. 4 bone-in center-cut pork chops
-
- 12. 1/4 cup dry white wine
-
- 13. 6 oz. uncooked egg noodles
- 14. 2 Tbs. heavy cream
- 15. 1/2 tsp. ea. salt & pepper
- 16. 2 tsp. chopped, fresh thyme leaves

Preparations

1. Coat a slow cooker with cooking spray; add items 1, 2 & 3 and blend well. Add items 4 through 9.
2. Heat the oil in a large skillet over medium-high. Add the chops and cook 2 minutes per side. Move the chops to the slow cooker. Add the wine to the skillet and cook 30 seconds. Pour into the slow cooker; cover and set on low for 7 hours.
3. Cook the noodles. Remove the chops and keep warm. Remove the herb sprigs if used and stir in items 14 & 15. Stir in the noodles; divide among 4 plates; top with a chop on each plate; drizzle with the remaining sauce and sprinkle each with the thyme.

TODAY'S COOKING

Slow Cooker Vegetables & Sides

SLOW COOKER CORN ON THE COB - SERVES 4

Ingredients

1. 4 shucked corn, cut into 2" pieces
2. 1 medium onion, chopped
3. 2 garlic cloves, minced or pressed
4. 6 to 8 sprigs of thyme or 1/2 Tbs. dried
5. 1/4 cup butter, cubed
6. 1 bay leaf
7. 1 can (15 oz.) coconut milk
8. 1/2 tsp. salt
9. Pepper to taste
-
10. 2 scallions, sliced
11. 1/4 cup chopped parsley

Preparation

1. Place items 1 through 9 in a slow cooker; cover and cook on high 2 hours for crisp-tender corn or 3 hours for softer corn. Add the last 2 items and serve.

ARTICHOKES - SERVES 4

Ingredients

1. 4 artichokes
2. 2 Tbs. lemon juice
3. 1 tsp. sea salt

TODAY'S COOKING

Preparations

1. Wash the artichokes and drain. Cut off the stems flush with the bottoms and cut 3/4" to 1" off the tops. Place upright in the slow cooker.
2. Mix the juice and salt and pour over the artichokes. Add enough water so that it's 3/4 of the way up the artichokes. Cover and cook on high for 2 to 4 hours.

SLOW COOKER VEGETARIAN - SERVES 4

Ingredients

1. 2 medium-sized carrots, cut into 1" pieces
2. 1 cup green beans, cut into 1" pieces
3. 1 large onion, chopped
4. 2 scallions, sliced
5. 1 garlic clove, minced or pressed
6. 1 small zucchini, sliced
7. 1 small eggplant, peeled & cubed
8. 1 can (15 oz.) beans, drained & rinsed (use any of these: Cannellini, Navy, Kidney or Black Beans)
9. 2 cans (15 oz.) diced tomatoes (save juices)
10. 1/4 tsp. salt & 1/8 tsp. pepper
-
11. 1 box tabouli
12. Tomato juices plus enough water to make 1-1/2 cups
13. 1/4 cup olive oil
14. Fresh mint, chopped

Preparation

1. Layer items 1 through 9 in order. Season with the salt & pepper.
2. Sprinkle the tabouli on top; pour over the juice/water and then the oil. Cover and cook 6 to 8 hours over low or 3 to 4 hours on high.
3. Can also be made in a stockpot using low heat.

TODAY'S COOKING

SPICED ACORN SQUASH SIDE - SERVES 4

Ingredients

1. 3/4 cup packed brown sugar
2. 1 tsp. ea. ground cinnamon & ground nutmeg
3. 2 small acorn squash, halved and seeded
4. 3/4 cup raisins
5. 4 Tbs. butter
6. 1/2 cup water

Preparation

1. In a small bowl, mix items 1 & 2 and spoon into squash halves. Sprinkle with raisins. Top Place squash in slow cooker, cut side up and add water.
2. Cook, covered, on high 3-1/2 to 4 hours or until squash is tender. Carefully puncture the foil packets to allow steam to escape and serve.

SLOW COOKER MAC & CHEESE W/ BACON - SERVES 6

Ingredients

1. 12 oz. (about 4 cups) twisted pasta
2. 8 slices cooked bacon, crumbled
3. 2 cups milk
4. 1 can (12 oz.) evaporated milk
5. 2 tsp. Dijon mustard
6. 1 tsp. onion powder
7. 1/4 tsp. ea. salt & pepper or to taste
-
8. 1 cup grated Gouda cheese
9. 6 oz. of sliced American cheese, cut into strips

TODAY'S COOKING

Preparation

1. Bring a pot of salted water to a boil; add the pasta and cook 2 minutes less than the directions on the box. Drain.
2. Use cooking spray to coat a 4 to 5 qt. slow cooker. Place 2/3 of the bacon and items 3 through 7 in the cooker and whisk until well blended. Stir in the pasta; cover and cook on low for 2-1/2 hours.
3. Stir in the cheeses and cook, covered, on low 30 minutes. Use the remaining bacon to sprinkle on top of each serving.

SLOW COOKER POLENTA - SERVES 6

Ingredients

1. 1 Tbs. butter*
2. 2-1/2 cups whole milk
3. 2 cups half'n'half cream
4. 3 Tbs. butter*
5. 1 cup yellow cornmeal
6. 1/3 tsp. salt
7. 1/4 tsp. minced fresh rosemary
8. 1/8 tsp. pepper
-
9. 3 Tbs. butter*
10. 1 cup shredded cheese, such as Asiago, Manchego or cheddar cheese

Preparation

1. Use the 1 Tbs. of butter to grease a small slow cooker. Stir in items 2 through 8. Cook, covered, on low 5 to 6 hours or until polenta is thickened, whisking every hour. To serve, whisk again; stir in the remaining butter and the cheese.

TODAY'S COOKING

SLOW COOKER CREAMY POLENTA - SERVES 4

Ingredients

1. Cooking spray
2. 1 cup milk
3. 1 cup half-n-half*
4. 2 Tbs. butter, divided
5. 1/3 cup corn meal or grits
6. 1/3 cups half-n-half*
7. Salt and freshly ground black pepper to taste
8. 1/2 cup grated Parmesan

Preparations

1. Spray the slow cooker insert with cooking spray and preheat on high.
2. Add items 2, 3 and half of the butter into a medium sauce pan and bring to a boil over medium-high heat.
3. Whisk in the corn meal and boil 3 minutes, constantly whisking.
4. Pour mixture into the slow cooker and cook 2 hours, stirring occasionally.
5. To serve, whisk in the remaining butter, the remaining 'half n half' and the Parmesan.

SAVORY STUFFED APPLES - SERVES 6

Ingredients

1. 6 medium apples
-
2. 1/2 cup cooked brown rice
3. 1 Tbs. ea. thinly sliced scallions, chopped red bell pepper, minced fresh parsley, finely chopped celery, chopped carrot
4. 1 Tbs. chopped walnuts
5. 1/2 tsp. ground cinnamon
6. 2 Tbs. shredded cheddar cheese
-
7. 1 cup unsweetened apple juice
8. 1 Tbs. chili sauce

TODAY'S COOKING

Preparation

1. Core the apples, leaving bottoms intact.
2. In a medium bowl, combine items 2 through 2 and mix well. Pack each apple with about 2 Tbs. filling. Place the stuffed apples in a greased 4-quart slow cooker. Pour in the apple juice and chili sauce. Cover and cook on high until the apples are soft, 1-1/2 to 2 hours. Spoon liquid over each apple serving.

CORN SPOON BREAD - SERVES 8

Ingredients

1. 1 pkg. (8 oz.) cream cheese, softened
2. 2 Tbs. sugar
3. 2 large eggs, beaten
-
4. 1 cup milk
5. 2 Tbs. butter, melted
6. 1/2 tsp. salt
7. 1/4 tsp. cayenne pepper
8. 1/8 tsp. pepper
-
9. 2 cups fresh or frozen corn
10. 1 can (14-3/4 oz.) cream-style corn
11. 1 cup yellow cornmeal
12. 1 cup shredded Monterey Jack cheese
13. 3 green onions, thinly sliced
14. Optional: Coarsely ground pepper and thinly sliced green onions

Preparation

1. In a large bowl, beat cream cheese and sugar until smooth. Gradually beat in eggs. Beat in items 4 through 8 until blended. Stir in items 9 through 13.
2. Pour into a greased 3 qt. slow cooker. Cover and cook on low for 4 to 5 hours, until a toothpick inserted in the center comes out clean. Top with additional pepper and green onions.

TODAY'S COOKING

GOLDEN CAULIFLOWER - SERVES 6

Ingredients

1. 2 lbs. cauliflower, broken up into florets and bite-sized pieces
2. 2 Tbs. butter
3. 1 Tbs. flour
4. 1 cup evaporated milk
5. 1/2 cup grated cheddar cheese
6. 2 Tbs. cottage cheese
7. 2 tsp. grate Parmesan cheese
8. 4 slices crisp cooked bacon, crumbled

Preparation

1. Place the cauliflower in a 4 to 5 qt. slow cooker
2. In a saucepan, melt the butter and stir in the flour. Cook 2 minutes and slowly stir in the milk. Cook, stirring, until thickened.
3. Add the cheeses to the sauce and stir until melted. Pour over the cauliflower.
4. Cover and cook on high for 1-1/2 hours. Reduce heat to low and cook 2 hours.

SLOW COOKER BRUSSEL SPROUTS - SERVES 6

Ingredients

1. 2 lbs. Brussel sprouts, trimmed and halved
-
2. 4 Tbs. butter, melted
3. 1-1/2 Tbs. Dijon mustard
4. 1/4 tsp. ea. salt & pepper
5. 1/2 tsp. dried tarragon
6. 1/4 cup stock or water

TODAY'S COOKING

Preparation

1. Place the sprouts in a 3 or 4 qt. slow cooker.
2. Combine the remaining items; blend well and pour
3. over the sprouts. Cover and cook on high for 2 to 2-1/2 hours.

BROCCOLI & CAULIFLOWER W/ CHEESE - SERVES 6

Ingredients

1. 5 cups chopped broccoli & cauliflower
2. 1/3 cup water
-
3. 2 Tbs. butter
4. 1 Tbs. AP flour
5. 1/2 tsp. salt
6. 1 cup evaporated milk
7. 2 tsp. grated Parmesan cheese
8. 2 Tbs. cottage cheese
9. 1/2 cup shredded cheddar cheese
10. 4 strips crispy cooked bacon, crumbled

Preparation

1. In a saucepan, cook the vegetables in the water for 2 minutes. Drain and plunge into ice water. Drain when cooled and place into 4 to 5 qt. slow cooker.
2. Melt the butter in the saucepan and stir in the flour. Cook, stirring frequently, for 2 minutes. Add the salt and slowly stir in the milk. Cook until thickened. Add the cheeses and stir until melted.
3. Pour the sauce over the vegetables; top with the bacon and cook, covered, on low for about 1-1/2 hours.

TODAY'S COOKING

VEGETABLE MEDLEY - SERVES 4

Ingredients

1. 2 medium-sized carrots, cut into 1" pieces
2. 1 cup green beans, cut into 1" pieces
3. 1 large onion, chopped
4. 2 scallions, sliced
5. 1 garlic clove, minced or pressed
6. 1 small zucchini, sliced
7. 1 small eggplant, peeled & cubed
8. 1 can (15 oz.) beans, drained & rinsed (use any of these: Cannellini, Navy, Kidney or Black Beans)
9. 2 cans (15 oz.) diced tomatoes (save juices)
10. 1/4 tsp. salt & 1/8 tsp. pepper
-
11. 1 box tabouli
12. Tomato juices plus enough water to make 1-1/2 cups
13. 1/4 cup olive oil
14. Fresh mint, chopped

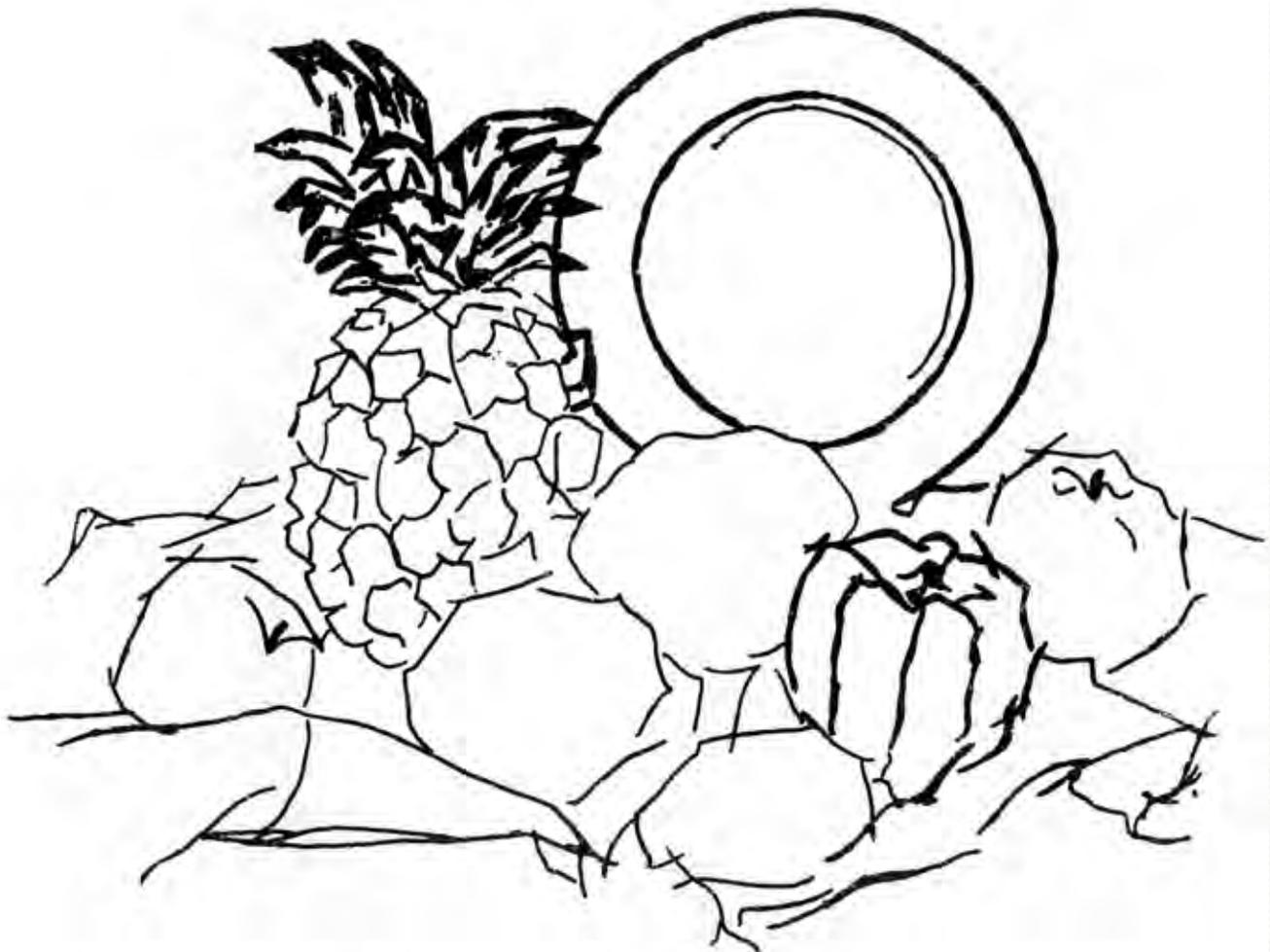
Preparation

1. Layer items 1 through 9 in order. Season with the salt & pepper.
2. Sprinkle the tabouli on top; pour over the juice/water and then the oil. Cover and cook in a slow cooker for 6 to 8 hours over low or 3 to 4 hours on high.
3. Can also be made in a stockpot using low heat.

TODAY'S COOKING



TODAY'S COOKING



BUON APPETITO!
ITALIAN

EET SMAKELJK
DUTCH

¡BUEN APETITO!
SPANISH

BOM APETITE!
PORTUGUESE

BON APPÉTIT !
FRENCH

GUTEN APPETIT!
GERMAN

ITADAKIMASU
JANANESE

SMAKLIG MÅLTID!
SWEDISH

CHIAH HOK
TAIWANESE

DA KANA!
FIJIAN

VÆR SÅ GOD!
DANISH

KALÍ ÓREKSI!
GREEK

E 'AI KĀUA
HAWAIIAN

KRIPYĀ BHOJAN KĀ ĀNNAĀND LIJĪYAI
HINDI

NIZHÓNÍGO ADÍYÍÍŁ
NAVAJO

GIN HÁI A-RÒI
THAI

JAL MEOKKESSEUMNIDA
KOREAN

ES GEZUNTERHEYT!
YIDDISH

SMAKLIG MÅLTID!
SWEDISH

POFTĂ BUNĂ!
ROMANIAN

MWYNHEWCH EICH BWYD!
WELSH

THOKOLEZA UKUDLA!
ZULU

SMACZNEGO!
POLISH

TAMA'A
TAHITIAN

VÆR SÅ GOD!
NORWEGIAN

ĂN NGON NHÉ
VIETNAMESE

BIL-HANĀ' WA ASH-SHIFĀ'
ARABIC