

Across the Fence

Slow Cooker & Crockpot Recipes-March 2015

Lyn Jarvis' Recipes

Maple Barbecue Ribs

1 large onion, chopped
4 lbs. boneless country-style pork ribs
1 bottle (18 oz.) honey barbecue sauce
1/3 cup Vermont maple syrup
1/4 cup spicy brown mustard
1/2 tsp. salt
1/4 tsp. pepper

Place onion in a 5-qt. slow cooker. Top with ribs. In a small bowl, combine barbecue sauce, maple syrup, mustard, salt, and pepper; pour over ribs. Cook, covered, on LOW for 8 to 9 hours or until meat is tender. **Yield:** 8 servings.

Slow Cooker Broccoli-Cheddar Soup

2 Tbsp. salted butter
1/2 cup onion, chopped
2 Tbsp. all-purpose flour
2 cans (14.5 oz. each) chicken broth
2 cups potatoes, peeled and diced
3 cups broccoli, chopped florets and thinly sliced stems
1 can (12 oz.) evaporated milk
12 oz. sharp cheddar cheese, grated (about 3 cups)
1 tsp. lemon juice
Ground black pepper to taste

In large skillet over medium-high heat, melt butter. Add onion and cook, stirring often, until tender and starting to brown, about 3 minutes. Stir in flour and cook, stirring, for 30 seconds longer. Gradually whisk in 1 can of broth and stir until simmering and thickened. Transfer onion mixture to 3-qt slow cooker. Add remaining can of broth and potatoes, stirring to combine. Cover and cook on high setting for 2 hours, or until starting to simmer. Stir in broccoli and evaporated milk. Cover and cook 30 minutes longer, or until broccoli is tender. Add cheese and stir until melted. Stir in lemon juice and season with pepper. **Yield:** 6 servings.

Slow Cooker Sloppy Joes

1 1/2 lbs. ground beef
1 cup chopped celery
1/2 cup chopped onion
1 bottle (12 oz.) chili sauce
2 Tbsp. brown sugar
2 Tbsp. sweet pickle relish
1 Tbsp. Worcestershire sauce
1 tsp. salt
1/8 tsp. pepper
8 hamburger buns, split

In a large skillet, cook the beef, celery and onion over medium heat until meat is no longer pink; drain. Transfer to a 3qt. slow cooker. Stir in the chili sauce, brown sugar, pickle relish, Worcestershire sauce, salt, and pepper. Cover and cook on LOW for 3 to 4 hours or until flavors are combined. Spoon 1/2 cup beef mixture onto each bun. **Yield:** 8 servings.

Mushroom Meat Loaf

2 eggs, lightly beaten	½ tsp. dried thyme
1½ cups soft bread crumbs	¼ tsp. pepper
8 oz. large Portobello mushrooms, stems removed and finely chopped	1 lb. lean ground turkey
1 small onion, finely chopped	¼ cup chili sauce
2 garlic cloves, minced	2 tsp. stone-ground mustard
¾ tsp. salt	⅛ tsp. cayenne pepper

In a large bowl, combine the eggs, bread crumbs, mushrooms, onion, garlic, salt, thyme, and pepper. Crumble turkey over mixture and mix well. Shape into a 7½x4-inch loaf. Cut three 20x3-inch strips of heavy-duty aluminum foil: crisscross so they resemble spokes of a wheel. Place strips on the bottom and up the sides of a 3-qt. slow cooker coated with cooking spray. Coat strips with cooking spray. Place meat loaf in the center. Cover and cook on low for 3 to 4 hours or until no pink remains and a meat thermometer reads 165°F. In a small bowl, combine the chili sauce, mustard and cayenne; pour over meat. Cover and cook for 15 minutes or until heated through. Using foil strips as handles, remove meat loaf to a platter. **Yield:** 6 servings.

Corned Beef and Cabbage

1 medium onion, cut into wedges	2 Tbsp. sugar
4 large red potatoes, quartered	2 Tbsp. cider vinegar
1 lb. baby carrots	½ tsp. pepper
3 cups water	1 corned beef brisket with spice packet (2½ to 3 pounds), cut in half
3 garlic cloves, minced	1 small head cabbage, cut into wedges
1 bay leaf	

Place the onion, potatoes and carrots in a 5-qt. slow cooker. Combine the water, garlic, bay leaf, sugar, vinegar, pepper and contents of spice packet; pour over vegetables. Top with brisket and cabbage. Cover and cook on LOW for 8 to 9 hours or until meat and vegetables are tender. Discard bay leaf before serving. **Yield:** 6 to 8 servings.

Chocolate Cherry Crock Pot Cake

1 box (18.25 oz.) chocolate cake mix	1 pkg. (3.9 oz.) instant chocolate pudding mix
1 cup sour cream	1 bag (11.5 oz.) milk chocolate chips
½ cup vegetable oil	1 cup Bing cherries, pitted, chopped
1 cup water	
4 eggs	

In a large mixing bowl combine cake mix, sour cream, oil, water, and eggs. Using a hand mixer, mix until just combined. Add pudding mix and chocolate chips. Gently combine the ingredients using a spoon. Pour the mixture into the crock pot. Sprinkle with cherries over the top. Cook on HIGH for 4 hours, scoop out with a large spoon and serve warm with ice cream and Bing cherries.

Gram's Maple Baked Beans

2 lbs. dried soldier beans	1 tsp. dry mustard
1 tsp. baking soda	½ tsp. ginger
1 medium onion, sliced	1 cup dark Vermont maple syrup
2 cups water	1 cup sugar
¼ lb. lean salt pork	

Soak beans overnight. Parboil (in fresh water) in morning until skins start to break, about 40 minutes. Add baking soda and cook for 1 more minute. Drain and rinse in a colander. Put onion in bottom of crock pot, add beans, water to cover, salt pork, dry mustard, ginger, maple syrup, and sugar. Cover. Cook on LOW for approximately 8 hours. Maintain enough water level in pot to keep beans moist. A bit more syrup on beans at serving time is an extra treat. **Yield:** 8 servings. **Note:** Leftovers can be refrigerated and reheated for continued mouthwatering flavor. Delicious with home-made rolls and garden salad.

Carolyn Peake's Recipes

Pizza Fondue

1 lb. ground beef	1 tsp. dried oregano
2 cans pizza sauce with cheese	½ tsp. fennel seed (optional)
8 oz. grated cheddar cheese	1 Tbsp. cornstarch
8 oz. grated mozzarella cheese	Tortilla chips

Brown beef and crumble it fine. Drain. Combine all the ingredients except the tortilla chips in the slow cooker. Cover and heat on LOW for 2 to 3 hours. Serve with the tortilla chips. **Yield:** 8 to 10 servings.

Special Seafood Chowder

½ cup chopped onion	1 can (15 oz.) creamed corn
2 Tbsp. butter	Salt and pepper to taste
1 lb. fresh or frozen cod or haddock	2 cups water
4 cups diced potatoes	1 pint half & half

Sauté onions in butter until transparent but not brown. Cut the fish into ¾-inch cubes, then combine them with the onions, potatoes, corn, seasonings, and water in slow cooker. Cover and cook on LOW for 6 hours or until potatoes are tender. Add the half & half during last hour. **Yield:** 8 to 10 servings. **Variation:** To cut milk fat, use one cup half & half and one cup of skim milk.

You can subscribe to *Across The Fence Recipes* by sending as many self-addressed and stamped business sized envelopes (up to 12) and a check made out to cash for as many recipes you are ordering (\$2 each) and we will mail them to you as soon as they become available each month!

Chocolate Pudding Cake

1 pkg. (18½ oz.) chocolate cake mix	1 cup water
1 pkg. (3.9 oz.) instant chocolate pudding mix	¾ cup oil
2 cups (16 oz.) sour cream	1 cup (6 oz.) semisweet chocolate chips
4 eggs	Whipped cream or ice cream, optional

Combine cake mix, pudding mix, sour cream, eggs, water, and oil in electric mixer bowl. Beat on medium speed for 2 minutes. Stir in chocolate chips. Pour into greased slow cooker. Cover and cook on LOW for 6 to 7 hours, or on HIGH 3 to 4 hours, or until toothpick inserted near center comes out with moist crumbs. Serve with whipped cream or ice cream, if desired. **Yield:** 10 to 12 servings.

Healthy Whole Wheat Bread

2 cups warm reconstituted powdered milk	¾ tsp. salt
2 Tbsp. vegetable oil	1 pkg. yeast
¼ cup honey or brown sugar	2½ cups whole wheat flour
	1¼ cups white flour

Mix together milk, oil, honey or brown sugar, salt, yeast, and half the flour in electric mixer bowl. Beat with mixer for 2 minutes. Add remaining flour. Mix well. Place dough in well-greased bread or cake pan that will fit into your cooker. Cover with greased tin foil. Let stand for 5 minutes. Place in slow cooker. Cover cooker and bake on HIGH for 2½ to 3 hours. Remove pan and uncover. Let stand for 5 minutes. Serve warm. **Yield:** 8 servings.

Deb Plumley's Recipes

Pork and Black Bean Chili

1 lb. lean pork loin roast
1 jar (16 oz.) thick and chunky salsa
1 can (15 oz.) black beans, drained and rinsed
1 cup chopped yellow pepper
¾ cup chopped onion
1 tsp. ground cumin
1 tsp. oregano

Place pork in crock pot. Add chopped onions and peppers. Stir spices into salsa in small bowl then pour over meat and vegetables in crock pot. Cook on LOW for 8 hours. Shred meat before serving.

You can subscribe to *Across The Fence Recipes* by sending as many self-addressed and stamped business sized envelopes (up to 12) and a check made out to cash for as many recipes you are ordering (\$2 each) and we will mail them to you as soon as they become available each month!

Viewer's Recipes

Chicken & Rice Dish

Mary Steadman, South Hero, Vt.

4 boneless, skinless chicken thighs,
quartered
1 cup instant rice
1 can (10¾ oz.) cream of chicken soup

½ pkg. dry onion soup
1 medium onion, halved and thinly
sliced
1 soup can milk

Put last 4 ingredients in slow cooker and mix thoroughly. Nestle chicken pieces down in sauce. Cook on HIGH 4 hours or on LOW 6 to 7 hours. At last hour add rice and mix thoroughly. Serve with green salad. Enjoy!

Slow Cooker Chicken

Karin Gottlieb, Stowe, Vt.

1 whole chicken (3 - 4 lbs.)
1 tsp. lemon pepper
1 medium onion, cut into wedges
2 cups carrots, cut into 1-inch pieces
3 medium potatoes, cut into
1½-inch cubes

3 cloves of garlic, smashed
1 cup low-sodium chicken broth
2 Tbsp. cornstarch

Rinse chicken, pat dry. Sprinkle inside and outside with lemon pepper. Place chicken in large slow cooker. Place vegetables around chicken and add broth. Cover and cook on HIGH for 6 to 7 hours. Suction juice out of pot and transfer to a small saucepan. Skim off any fat. In small bowl whisk cornstarch into ¼ cup cold water. Add the cornstarch mixture into the juices, bring to a boil for 1 minute. Serve gravy over chicken and vegetables.

Navy Bean Bacon Chowder

Carolyn Bourgeois, Vergennes, Vt.

1½ cups dried beans, rinsed and sorted
2 cups cold water
6 slices thick-cut bacon
1 medium carrot, cut length wise into
halves, then cut into 1-inch pieces
1 celery stock, chopped
1 small turnip chopped in 1-inch pieces

1 medium onion chopped
1 tsp. Italian seasoning
1 can (46 oz.) reduced sodium
chicken broth
⅛ tsp. pepper
1 cup milk

Soak beans overnight in cold water, drain. Cook bacon in medium skillet over medium heat. Drain fat and crumble bacon. Combine beans, bacon, carrot, celery, turnip, onion, Italian seasoning and pepper in crock pot/slow cooker. Add broth, cover and cook on LOW for 8 to 9 hours until the beans are tender. Ladle 2 cups of soup mixture into blender and process until smooth. Return to crock pot. Add milk, cover and cook on HIGH for 15 minutes or until heated through.

Nutty Apple Streusel Dessert
Carol Morse, Essex Junction, Vt.

6 cups sliced peeled tart apples
1¼ tsp. cinnamon
¼ tsp. allspice
¼ tsp. nutmeg
¾ cup milk
2 Tbsp. butter, softened
¾ cup sugar
2 eggs
1 tsp. vanilla
½ cup biscuit/baking mix

Topping:
1 cup biscuit/baking mix
⅓ cup brown sugar
3 Tbsp. cold butter
½ cup sliced almonds
Ice cream or whipped cream, optional

In a large bowl, toss apples with cinnamon, allspice, and nutmeg. Place in a greased 3 quart slow cooker. In a mixing bowl combine milk, butter, sugar, eggs, vanilla, and baking mix. Spoon over apples. For topping, combine biscuit mix and brown sugar in a bowl; cut in butter until crumbly. Add almonds; sprinkle over apples. Cover and cook on LOW for 6 to 7 hours or until the apples are tender. Serve with ice cream or whipped cream, if desired. **Yield:** 6 to 8 servings.

Slow Cooker Cherry Cobbler
Donna Waldron, Burlington, Vt.

1 can (21 oz.) cherry pie filling
1 cup all-purpose flour
¼ cup white sugar
1½ tsp. baking powder

¼ tsp. salt
¼ cup butter, melted
½ cup milk
½ tsp. vanilla extract

Coat the inside of slow cooker with cooking spray. Pour in the cherry pie filling. In a medium bowl, stir together the flour, sugar, baking powder, and salt. Make a well in the center, and pour in the melted butter, milk, and vanilla. Mix until well blended. Spread evenly over the cherry pie filling. Cover, and cook on HIGH for 1½ to 2 hours, or until a toothpick inserted into the topping comes out clean. **Yield:** 6 servings.

Slow Cooker and Crock Pot tips:

- For best results, ground meats must be cooked in a skillet before cooking in the crock pot.
- Large pieces of meat can be browned before cooking in the crock pot, but this step isn't necessary. Browning adds color and helps in flavor development.
- Don't lift the lid to stir, especially if you are cooking on the low setting. Each time you lift the lid, enough heat will escape that the cooking time should be extended by 20 minutes to half an hour. To check progress without lifting the lid, spin the cover until the condensation falls off. Then it's easy to see inside.

Any reference to commercial products, trade names, or brand names is for information only, and no endorsement or approval is intended.

Contact us at: atfence@uvm.edu, phone: (802) 656-5059, toll free at: 1-888-283-3430
or visit us online at: www.uvm.edu/extension/atf

University of Vermont Extension, and U.S. Department of Agriculture, cooperating, offer education and employment to everyone without regard to race, color, national origin, gender, religion, age, disability, political beliefs, sexual orientation, and marital or familial status. Issued in furtherance of Cooperative Extension work, Acts of May 8 and June 30, 1914, in cooperation with the United States Department of Agriculture. University of Vermont Extension, Burlington, Vermont.