

Across the Fence

Slow Cooker Recipes – April 2012

Carolyn Peake's Recipes

Barbecued Meatballs

Meatballs:

¾ lb. ground beef	3 drops Tabasco [®] sauce
¾ cup bread crumbs	2 eggs, beaten
1½ Tbsp. minced onion	½ tsp. pepper
½ tsp. horseradish	Butter

Sauce:

¾ cup ketchup	2 tsp. horseradish
½ cup water	1 tsp. dry mustard
¼ cup cider vinegar	3 drops Tabasco [®] sauce
2 Tbsp. brown sugar	Dash pepper
1 Tbsp. minced onion	

Combine all meatball ingredients except butter. Shape into ¾-inch balls (about 60). Melt butter in frying pan and brown the meatballs in it. Place in slow cooker. Combine all the sauce ingredients and pour over the meatballs. Cover and cook on low for 5 hours. Yield: about 60 small meatballs. **Note:** Store bought meatballs can be used.

Cherry Delight

1 can (21 oz.) cherry pie filling	½ cup butter, melted
1 pkg. yellow cake mix	⅓ cup chopped nuts (optional)

Pour pie filling into greased slow cooker. Mix together dry cake mix and butter until crumbly. Sprinkle over the pie filling, then sprinkle with the nuts. Cover and cook on low for 4 hours or High for 2 hours. Allow to cool then serve with favorite topping; ice cream, whipped cream, etc. Yield: 10 to 12 servings.

Broccoli Cheese Casserole

1 pkg. (10 oz.) frozen chopped broccoli, thawed	1 jar (4 oz.) cheese sauce
1 cup cooked rice	1 can (4 oz.) mushrooms (optional)
¼ cup chopped celery	⅛ tsp. garlic powder
1 can (10¾ oz.) cream of chicken soup	⅛ tsp. pepper

Combine all ingredients in slow cooker and cook on low for 1½ hours until heated through. Yield: 8 to 10 servings.

Healthy Whole Wheat Bread

2 cups warm milk (can use reconstituted powdered milk)	¾ tsp. salt
2 Tbsp. vegetable oil	1 pkg. dry yeast
¼ cup honey or brown sugar	2 ½ cups whole wheat flour
	1 ¼ cups white flour

Mix together milk, oil, honey, salt, yeast, and half the flour in a large bowl. Beat with mixer for 2 minutes. Add remaining flour and mix well, batter will be thin. Place in a well-greased bread or cake pan that will fit in your slow cooker. Cover with greased tin foil and let stand for 5 minutes. Place in slow cooker. Cover cooker and bake on high 2½ to 3 hours. Remove pan and uncover, then let stand for 5 minutes. Serve warm. Yield: 1 loaf, 8 servings.

Beef and Lentils

1 medium onion	½ cup ketchup
3 whole cloves	¼ cup molasses
5 cups water or beef broth	2 Tbsp. brown sugar
1 lb. lentils	1 tsp. dry mustard
1 bay leaf	¼ tsp. Worcestershire sauce
1 lb. ground beef, browned and drained	1 onion, finely chopped

Stick the cloves into the whole onion and set aside. In large saucepan, combine water, lentils, bay leaf and whole onion with cloves and simmer for 30 minutes. While this is cooking, combine remaining ingredients in slow cooker. Stir in simmered ingredients from saucepan, adding more liquid if mixture seems dry. Cover and cook on low for 6 to 8 hours (checking to see if the lentils are tender). Yield: 12 servings. **Note:** This freezes well.

Lyn Jarvis' Recipes

Hash Brown Egg Bake

1 pkg. (32 oz.) frozen shredded hash brown potatoes	1 ½ cups (6 oz.) shredded cheddar cheese
1 lb. bacon strips, cooked and crumbled	12 eggs
1 medium onion, chopped	1 cup milk
1 medium green pepper, chopped	½ tsp. salt
	½ tsp. pepper

Layer a third of the potatoes, bacon, onion, green pepper, and cheese in a 5-qt. slow cooker coated with cooking spray. Repeat layers twice. In a large bowl, whisk the eggs, milk, salt, and pepper; pour over top. Cover and cook on high for 30 minutes. Reduce heat to low; cook for 3½ to 4 hours or until a thermometer reads 160°F. Yield: 10 servings. **Note:** Recipe can be halved.

Corn Spoon Bread

1 pkg. (8 oz.) cream cheese, softened	¼ tsp. ground nutmeg
⅓ cup sugar	Dash pepper
1 cup milk	2⅓ cups frozen corn, thawed
½ cup egg substitute	1 can (14¾ oz.) cream-style corn
2 Tbsp. butter, melted	1 pkg. (8½ oz.) corn bread/muffin mix
1 tsp. salt	

In a large mixing bowl, beat cream cheese and sugar until smooth. Gradually beat in milk. Beat in the egg substitute, butter, salt, nutmeg and pepper until blended. Stir in corn and cream-style corn. Stir in corn bread mix just until moistened. Pour into a greased 3-qt. slow cooker. Cover and cook on high for 3 to 4 hours or until center is almost set. Yield: 8 servings.

Slow-Cooked Meat Loaf for Two

1 can (10 ³ / ₄ oz.) condensed cream of celery soup, undiluted	½ tsp. garlic powder
1¼ cups water	¼ tsp. onion powder
1 egg	⅛ tsp. salt, optional
¼ cup dry bread crumbs	⅛ tsp. pepper
2 Tbsp. grated Parmesan cheese	½ lb. lean ground beef
1½ tsp. dried parsley flakes	Hot mashed or scalloped potatoes, optional

In a small bowl, combine soup and water until blended. Pour half into a 1½-qt. slow cooker. Cover and refrigerate remaining soup mixture. In a bowl, combine the egg, bread crumbs, Parmesan cheese, parsley, garlic powder, onion powder, salt if desired, and pepper. Crumble beef over mixture and mix well. Shape into a loaf; place in slow cooker. Cover and cook on low for 5 hours or until a meat thermometer reads 160°F. For gravy, place reserved soup mixture in a small saucepan; cook over low heat until heated through. Serve with meat loaf and mashed or scalloped potatoes if desired. Yield: 2 servings.

Crock Pot Tuna Casserole

2 cans (12 oz.) canned tuna, drained and flaked	1 can (10 ¾ oz.) condensed cream of celery soup, undiluted
3 cups diced celery	1 cup mayonnaise
3 cups crushed potato chips, divided	½ tsp. onion powder
6 hard-boiled eggs, chopped	½ tsp. garlic powder
1 can (10 ¾ oz.) condensed cream of mushroom soup, undiluted	1 tsp. pepper

Combine all ingredients, except 1½ cup potato chips, in slow cooker and stir well. Top mixture with remaining 1½ cup potato chips. Cover and cook on low 5 to 8 hours. Yield: 6 servings.

Note: Recipe can be halved.

Slow-Cooker Scalloped Potatoes

1 cup sour cream	1½ cups shredded cheddar cheese
1 can (10¾ oz.) condensed cream of potato soup	½ tsp. paprika
1 Tbsp. Worcestershire sauce	3 Tbsp. chopped fresh chives
2 lb. small red potatoes (about 6), very thinly sliced	

Mix first 3 ingredients in large bowl. Add potatoes; toss to coat. Spoon ⅓ into slow cooker sprayed with cooking spray; top with ¾ cup cheese. Repeat layers; cover with remaining potato mixture. Cover with lid. Cook on high for 3½ to 4½ hours (or on low for 7 to 8 hours). Stir well; sprinkle with paprika and chives.

Creamy Ham Chowder

4 cups cubed peeled potatoes	4 cups chicken broth
2 Tbsp. chopped onion	4 cups half-and-half cream
½ cup butter	2 cups (16 oz.) shredded cheddar cheese
¾ cup all-purpose flour	3 cups cubed fully cooked ham
¼ tsp. salt	1 pkg. (16 oz.) frozen broccoli cuts, thawed and drained
¼ tsp. pepper	
pinch ground nutmeg	

Place potatoes in a large saucepan and cover with water. Bring to a boil. Reduce heat; cover and cook for 10 to 15 minutes or until tender. Meanwhile, in a large saucepan, cook onion in butter over medium heat for 2 minutes. Stir in the flour, salt, pepper and nutmeg; gradually add broth. Bring to a boil; cook and stir for 2 minutes or until thickened. Stir in cream and cheese; transfer to a 5-qt. slow cooker. Drain potatoes; add to slow cooker. Stir in ham. Cover and cook on low for 3 hours. Stir in broccoli. Cover and cook 30 minutes longer or until heated through and vegetables are tender. Yield: 12 servings (about 3½-quarts). **Note:** Recipe can be halved.

Fudgy Peanut Butter Cake

¾ cup sugar, divided	1 Tbsp. vegetable oil
½ cup all-purpose flour	½ tsp. vanilla
¾ tsp. baking powder	2 Tbsp. baking cocoa
⅓ cup milk	1 cup boiling water
¼ cup peanut butter	Vanilla ice cream

In a bowl, combine ¼ cup sugar, flour and baking powder. In another bowl, combine the milk, peanut butter, oil, and vanilla; stir into dry ingredients just until combined. Spread evenly into a 1½ qt. slow cooker coated with cooking spray. In a bowl, combine the cocoa and remaining sugar; stir in boiling water. Pour into slow cooker (do not stir). Cover and cook on high for 2½ to 3½ hours or until a toothpick inserted near the center of cake comes out clean. Serve warm with ice cream. Yield: 4 servings.

Lemonade Chicken

6 boneless skinless chicken breast halves (4 oz. each)	2 Tbsp. brown sugar
¾ cup lemonade concentrate	1 Tbsp. cider vinegar
3 Tbsp. ketchup	2 Tbsp. cornstarch
	2 Tbsp. cold water

Place chicken in a 5-qt. slow cooker. Combine the lemonade, ketchup, brown sugar and vinegar; pour over chicken. Cover and cook on low for 2½ hours or until chicken juices run clear. Remove chicken and keep warm. For gravy, combine cornstarch and water until smooth; stir into cooking juices. Cover and cook on high for 30 minutes or until thickened. Return chicken to the slow cooker; heat through. Yield: 6 servings.

Viewer's Recipes

No Peek Beef Burgundy

Karin Gottlieb, Stowe, Vt.

2 lb. beef stew meat
½ pkg. onion soup mix
1 cup burgundy cooking wine
1 can (10¾ oz.) mushroom soup
1 can (4 oz.) mushrooms, drained

Oven: Combine, but don't stir. Cover tightly and bake 3 hours at 300°F. **Crock pot:** Put ingredients in pot; don't stir up. Put lid on and cook on low for 6 to 8 hours or high for 4 to 5 hours. **Note:** Fresh sliced mushrooms can be used instead of canned mushrooms.

Sweet & Sour Hot Dogs & Kielbasa

Liz Pecor, Monkton, Vt.

1 can (8 oz.) tomato sauce	1 tsp. garlic powder
½ cup barbecue sauce	½ tsp. dry mustard
1 Tbsp. ketchup	½ tsp. Worcestershire Sauce
1 Tbsp. cider vinegar	2 lbs. hot dogs, sliced ½-inch thick
½ to ¾ cup brown sugar	1 pkg. kielbasa
1 small onion, diced or 1 tsp. onion powder	

Brown kielbasa in frying pan (I cut it in 4 pieces, then slice each in half before cooking the 8 pieces). Combine all ingredients, except meat in slow cooker. Add kielbasa and hot dogs to sauce. Start on high until sauce is hot, stirring occasionally. Turn down to low. Let simmer until the hot dogs have puffed a little, about 20 to 30 minutes. Serve with favorite green salad.

Shredded Pork Burritos

Donna Barcomb, Colchester, Vt

1 bone-in pork shoulder roast (5 lbs.)	1 tsp. kosher salt
2 Tbsp. plus ½ cup packed brown sugar	1 can (12 oz.) cola
4 tsp. paprika, divided	1 cup chicken broth
2 tsp. crushed red pepper flakes	1 large sweet onion, thinly sliced
2 tsp. ground cumin	2 garlic cloves, minced

Tomatillo Dressing:

1 cup mayonnaise	1 envelope ranch salad dressing mix
½ cup milk	1 Tbsp. lime juice
2 tomatillos, husks removed and rinsed	1 garlic clove, minced
¾ cup fresh cilantro	⅛ tsp. cayenne pepper
1 jalapeno pepper, seeded and cut into coarse chunks (optional)	16 flour tortillas (8 inches)

Cut the roast in half. Combine 2 tablespoons brown sugar, 2 teaspoons paprika, red pepper flakes, cumin, and salt; rub over meat. Place in a 4-qt. slow cooker. Add the cola, broth, onion and garlic. Cover and cook on low for 8 to 10 hours or until meat is tender. When cool enough to handle remove meat from bones; discard bones. Shred meat with two forks. Skim fat from cooking juices and return meat to slow cooker. Stir in the remaining brown sugar and paprika. Cover and cook on low for 1 hour or until heated through. Meanwhile, in a blender, combine the mayonnaise, milk, tomatillos, cilantro, jalapeno, salad dressing, lime juice, garlic and cayenne. Cover and process until blended. Pour into a small bowl. Chill until serving. Using a slotted spoon, spoon ½ cup filling off center on each tortilla. Drizzle with the tomatillo dressing. Fold the sides and ends over filling and roll. Yield: 16 servings. **Note:** Recipe can be halved

Easy Spaghetti Sauce

Mary Steadman, South Hero, Vt.

1 lb. lean ground beef (90% lean)	2 tsp. chili powder
1 medium onion, finely chopped	1 tsp. salt
¼ cup finely chopped celery	1 tsp. garlic powder
1 can (29 oz.) tomato sauce	1 tsp. dried basil
2½ cups tomato juice	1 tsp. dried oregano
1 can (14½ oz.) diced tomatoes, undrained	½ tsp. pepper
1 can (12 oz.) tomato paste	4 bay leaves
2 tsp. sugar	Hot cooked spaghetti
	Grated Parmesan cheese (optional)

In a large skillet, cook the beef, onion and celery over medium heat until meat is no longer pink; drain. In a 4 or 5-qt. slow cooker, combine the tomato sauce, tomato juice, tomatoes, tomato paste, sugar, seasonings, and beef mixture. Cover and cook on low for 5 to 6 hours or until heated through. Discard bay leaves. Serve with spaghetti; sprinkle with cheese, if desired. Yield: 2½ quarts.

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