



SlowCook Sept

COOKBOOK

Diagonal Community
Development Corporation

Pasta e Fagioli Soup

Ingredients

1 tablespoon extra virgin olive oil

1 pound lean ground beef

2 whole carrots diced

4 celery stalks diced

1 medium onion diced

1 (28 ounce can) crushed tomatoes

2 (14.5 ounce can) beef broth

1 Tablespoon Italian seasoning

salt and pepper to taste I added 1 tsp salt and 1/4 teaspoon pepper

1 (15 ounce can) Great Northern Beans, drained and rinsed

1 cup ditalini pasta uncooked (I used Rotelle)

Optional: 1 (15 ounce can) Light Red Kidney Beans

Directions

1. Add olive oil to a large skillet and add in ground beef. Cook until browned and no longer pink.
2. Place the beef in a slow cooker along with the rest of the ingredients except for the beans and pasta.
3. Cook on low for 7-8 hours or high for 3-4 hours. 30 minutes before serving stir in beans and pasta.
4. Season with salt and pepper to taste.
5. Serve immediately while hot.

Notes: Can prep all of this together in a zip lock baggie for the freezer except the pasta. If you are cooking to freeze, omit the pasta and add in after thawed.

Creamy Chicken and Rice Soup

Ingredients

1-1.5 lb chicken	1 cup brown rice
1/2 bag shredded carrots	4 garlic cloves, minced
2 celery stalks, diced	2T Cavenders Greek Seasoning
1 onion, diced	1 can (14.5 oz) cream of chicken soup
1 container mushrooms	1 can (14.5 oz) cream of mushroom soup
8-10 cups low sodium chicken broth	Salt and pepper to taste

Directions

1. Bake chicken until cooked through, let cool slightly and shred
2. While chicken is baking, saute mushrooms, celery and onions until slightly cooked, add garlic at the end so it doesn't burn.
3. Whisk 3 cups of broth with the cream of soups and seasonings.
4. Add chicken, veggies, aromatics, rice and all broth/soup/seasonings to the crock pot and cook on low for 4-6 hours, high for 2-4 hours.

Notes: For a faster meal, cook rice separately and prepare on the stove top.

Lasagna Soup



Ingredients

1 pound ground beef	4 cups <u>beef broth</u> (1 carton)
1/2 <u>onion</u> (diced)	12 oz <u>lasagna noodles</u>
1 <u>red bell pepper</u> (diced)	1/2 cup <u>ricotta cheese</u>
1 can <u>petite diced tomatoes</u> (14.5 oz can)	1 cup <u>mozzarella cheese</u> (shredded)
1/2 Jar marinara sauce	1 cup <u>parmesan cheese</u> (shredded)
1 teaspoon <u>minced garlic</u>	
1 tablespoon <u>Italian Seasoning</u>	

Directions

1. Brown the ground beef, red peppers and onion, drain off the excess grease add to a 6 qt slow cooker.
2. Pour in the crushed tomatoes and the diced tomatoes.
3. Add in seasonings.
4. Pour in the beef broth.
5. Cover and cook on low for 6-8 hours or on high for 3-4 hours.
6. Remove the lid. Break the lasagna noodles into bite size pieces, break them in over the crock pot so all the small pieces will fall directly into the crock pot.
7. Cover and cook on high for 30-45 minutes until the noodles are cooked through.
8. Spoon into bowls. Top with a tablespoon of ricotta cheese, and a handful of mozzarella and the shredded parmesan cheese.

Notes: You can meal prep everything but the noodles in a zip lock bag and freeze.

Ham & Potatoes



Ingredients

- 1 pkg of O'Brien hash brown potatoes
- 1 can of cream of potato soup
- 1 16 oz sour cream
- 1 soup can of milk
- 1/3 brick of large Velveta, cut into cubes
- 1 pkg of diced or cubed ham

Directions

Put all ingredients into the crockpot. Turn on high for 4 hours. Stir after 2 hours.
Let cool and serve with crackers of choice and enjoy!

Webby's Crockpot Creation



Ingredients

Steaks of your choice
2 Cans of cream and mushroom soup
2 Packages of brown gravy
2 Packages of AuJus
1 - 8 oz. cream cheese
12 oz. cooked noodles
32 oz of Beef Broth
Pepper

Directions

Place steaks in a crock pot, season with pepper, add 2 cans cream of mushroom soup, gravy, AuJus, and beef broth to cover steaks. Cook on low for 6 - 8 hours or until steaks are tender. 40 minutes before steaks are done add sliced cream cheese and 1 can cream mushroom soup; stir well. Cream cheese will melt & thicken. Once mixture is thickened add cooked noodles, stir well.

Justin Kuonen



Beef Stew with Beer

Ingredients

3 Tablespoons Olive Oil	2 cups Water (additional, if needed)
1 Tablespoon Butter	1 Tablespoon Worcestershire Sauce
2 pounds Stew Meat	½ teaspoon Kosher Salt
1 whole Medium Onion, Diced	Freshly Ground Black Pepper
3 cloves Garlic, Minced	1-1/2 teaspoon Sugar
1 can Beer, 12 Ounce Can	4 whole carrots, Washed, Unpeeled, and Roughly Sliced
4 cups Beef Stock (or 4 cups Water + 4 Beef Bouillon Cubes)	4 whole Potatoes, Cubed

Directions

Heat oil and butter in a large pot over medium-high heat. Brown meat in two batches, setting aside on a plate when brown. Cut pieces in half. Set aside.

Add diced onions to the pot. Stir and cook for two or three minutes until softened, then add garlic for another minute. Pour in beer and beef stock, then add Worcestershire, salt, pepper, and sugar. Add beef back into the pot. Stir to combine. Cover and simmer for 1 ½ to 2 hours.

*Update: The liquid should cook down to a thicker state. If it gets too thick/reduces too much, add additional water as needed.

Add Carrots and potatoes, then cover and cook for an additional 30 minutes. (If stew gets dry, just add a cup of hot water at a time to replenish the liquid.) Taste and adjust seasonings as needed.

*Adapted from Pioneer Woman: Beef Stew with Beer and Paprika

Spicy Asian Peanut Stew w/Rice



Ingredients

For Stew

- 3T Butter
- 2 LBS Chicken, cubed
- 1 Red Bell Pepper, small dice
- 2 Jalapenos, small dice (optinal)
- 2 Large Garlic Cloves, minced
- 1 Nugget Ginger, minced

For Sauce

- 1 Cup Peanut Butter
- 1 Cup Chicken Broth
- ½ Cup Soy Sauce
- 2 Tablespoons Sugar
- 1 Tablespoon Sriracha
- 1 Teaspoon White Pepper
- 2 Tablespoons dried onion
- 2 Tablespoons Rice Wine vinegar
- ½ Tablespoon Fish Sauce
- Cilantro, for garnish
- Peanuts, for garnish

Directions

- Place items for stew in crockpot on high heat until butter is melted and ginger is fragrant
- Mix sauce items and add to stew items
- Cooks until chicken is tender and falling apart
- Serve over rice and garnish with cilantro and peanuts

Philly Cheesesteak Sloppy Joes



Ingredients

1 pound ground beef, cooked and drained
1 small yellow onion, peeled and diced
1 small green bell pepper, seeded and diced
1½ cups fresh mushrooms, diced
½ cup beef broth
1 Tablespoon Worcestershire sauce
1 Tablespoon cornstarch

½ teaspoon salt
½ teaspoon black pepper
½ teaspoon garlic powder
6 slices provolone cheese
4 hamburger buns

Directions

- Prep the Slow Cooker
- Add the cooked ground beef, onion, bell pepper, and mushrooms to the slow cooker.
- Make the Sauce
- In a bowl, whisk together beef broth, Worcestershire sauce, cornstarch, salt, pepper, and garlic powder.
- Pour the sauce over the beef mixture and stir to combine.
- Cover and cook on low for 4-6 hours.
- 15 minutes before serving, add provolone cheese slices on top and cover until melted.
- Stir, then spoon the mixture onto hamburger buns.

Apple Kielbasa Bites



Ingredients

1 pound kielbasa sausage, cut into 1/2-inch slices
2 apples, cored and chopped into small pieces
1/2 cup brown sugar
1/2 cup apple cider (or apple juice)
2 tablespoons Dijon mustard
1 teaspoon garlic powder
Salt and pepper to taste

Directions

- Lightly grease the slow cooker or use a liner for easy cleanup.
- Add Kielbasa
- Place sliced kielbasa evenly in the slow cooker.
- In a bowl, mix chopped apples, brown sugar, apple cider, Dijon mustard, garlic powder, salt, and pepper.
- Combine & Cook
- Pour the apple mixture over the kielbasa.
- Cover and cook on low for 3-4 hours or high for 1-2 hours.
- Stir gently before serving to coat the kielbasa in sauce.
- Garnish with chopped parsley, if desired.

Heaven & Earth



Ingredients

- 1 box of fudge brownie mix
- 1 bag/box of chocolate chip cookie mix
- 1 stick of butter
- 4 eggs

Directions

- In a mixing bowl, mix a $\frac{1}{4}$ cup of melted butter, 2 eggs and fudge brownie mix together until thoroughly mixed. Pour into one end of the crockpot.
- In a mixing bowl, mix a $\frac{1}{4}$ cup of melted butter, 2 eggs and chocolate chip cookie mix together until thoroughly mixed. Pour into one end of the crockpot.
- Instructions:
- Turn crockpot high for 3-4 hours. Let cool and add ice cream and toppings of your choice

Tailgate Meatballs



Ingredients

- 1 package frozen meatballs - I use all beef
- 1 container BBQ/Sauce - I use Sweet Baby Ray's Honey Teriyaki

Directions

1. Spray slow cooker with cooking spray.
2. Add frozen meatballs to slow cooker.
3. Add entire bottle of BBQ sauce, stir to combine.
4. Cook on low for 3-4 hours or high for 1-2 hours.

Corned Beef & Cabbage



Ingredients

Corned beef

Cabbage

2 cans of Rotel tomatoes

Chopped onion optional

Directions

Cook in crockpot for 6 hours

Butternut Squash Soup

Ingredients

For the soup:

- 1 medium yellow onion, chopped (about 1 cup)
- 1 celery rib, chopped (about 3/4 cup)
- 1 carrot, chopped (about 3/4 cup)
- 2 tablespoons unsalted butter
- 1 butternut squash, seeded, peeled, and chopped (6 to 8 cups), see How to Peel and Cut a Butternut Squash
- 1 large tart green apple, peeled, cored, chopped (squash to apple ratio should be 3:1)

- 3 cups chicken stock or vegetable stock
- 1 cup water
- Pinch nutmeg
- Pinch cinnamon
- Pinch cayenne
- Salt and pepper to taste

For the garnish (optional):

- Fresh parsley, chopped
- Chives, chopped
- Dash smoked paprika
- Sour cream

Directions

1. Sauté the onion, carrot, and celery in butter:
2. Heat a large thick-bottomed pot on medium-high heat. Melt the butter in the pot and let it foam up and recede. Add the onion, carrot, and celery and sauté for 5 minutes. Lower the heat if the vegetables begin to brown.
3. Cook the soup:
4. Add the butternut squash, apple, stock, and water. Bring to boil. Reduce to a simmer, cover, and simmer for 30 minutes or so, until the squash and carrots have softened.
5. Purée the soup:
6. Use an immersion blender to purée the soup, or work in batches and purée the soup in a stand
7. Add your spices and garnish in the bowl