

Crock Pot Vegetarian Beef Stir Fry



Feed the meat-eaters in your family something new and tasty!

Ever wonder how to feed vegetarians but still make something that your family will eat? My boys are meat-eaters. I praise them for their love of fruits and veggies, too, but without meat, they would not survive. We are not a quinoa-black bean-lentil-tofu-kale-any other alternate to real protein eating crew. We're just not. I don't care how you make it, if it doesn't look like meat, my boys won't touch it.



But, wait! What is this?! Beefless tips?! I was amused, possibly bewildered, and very intrigued. Let's try it in the crock pot! From what I could tell from the package, the end result would be very similar in consistency to meat. Since it didn't actually need to be

cooked through, this product worked great without taking a lot of time (DISCLAIMER: I do not work for Gardein Company, I just liked this product and wanted to share it with you.)

If this coming weekend is bringing guests of all shapes and sizes, and maybe even weird dietary restrictions or preferences, try this vegetarian dish and see if it's a crowd-pleaser for you, too!

Crock Pot Vegetarian Beef Stir Fry

Serves 6 people

4 cups kale, washed, stalks removed

8 oz sliced baby portabello mushrooms

1 bag Gardein Homestyle Beefless Tips

6 oz. can sliced water chestnuts

1/2 c. Soy Vey Veri Veri Teriyaki Sauce



Layer all of the ingredients in the order listed in the recipe. Hit start. It's just that easy!

Put all ingredients in crock pot in order and then pour Teriyaki sauce over everything. Cook on low for 3-4 hours. Serve over brown rice.

Crock Pot Asian Mushrooms



With a change of sauce and topping, these mushrooms went from the ground to being great!

Well fans, I told you I made variations to two of my recipes and I finally have a minute to share. The first variation was for [crock pot asian meatballs](#) and this was the side dish I made to go with it! I've been trying to do some Asian-inspired dinners that don't involve me picking up the phone and ordering fried, fried, sauced and steamed. I also wanted this dish to still be kid-friendly for picky eaters. So I took my favorite [crock pot sassy meatballs](#) and changed it's regional origin and then took my [crock pot garlic mushrooms](#) and added a different sauce and topping!

I learned from a Korean friend of mine that I can make a very basic sauce out of three ingredients, put it on almost anything, and it will taste awesome. And indeed, she was right! I'm also convinced that mushrooms can taste good covered in just about anything.

So I pretty much made these mushrooms according to the original recipe but without all of the seasonings. Add the sauce and sprinkles and be good to go!

Crock Pot Asian Mushrooms

serves 8 as sides

2 lbs white mushrooms, cleaned, stems removed, and quartered

1/4 lb. butter (one stick)

2 T. minced garlic

1 t. onion powder

1/2 t. salt

1/2 t. black pepper

Sauce:

1 T. sesame oil

1 T. soy sauce

1 clove minced garlic

Topping:

1 T. roasted sesame seeds

Put mushrooms in crock pot first, then all of the seasonings and garlic. Put the stick of butter on top as the last step and then put the lid on. No mixing is necessary. Do not add sauce yet. Cook on low for 5-6 hours. Combine the three sauce ingredients in a separate bowl. Remove the mushrooms using a slotted spoon and then toss in the sauce just before serving. If you wish, you can decorate the mushrooms with the roasted sesame seeds just before serving.

Crock Pot Asian Meatballs



Take your favorite foods to a new region with just a little variation!

Well fans, I told you I made variations to two of my recipes and I finally have a minute to share. I've been trying to do some Asian-inspired dinners that don't involve me picking up the phone and ordering fried, fried, sauced and steamed. I also wanted this dish to still be kid-friendly for picky eaters. So I took my favorite [crock pot sassy meatballs](#) and changed it's regional origin!

You can add many different vegetables to this dish, like the pea pods and shredded carrot that I chose, but also try water chestnuts, bamboo shoots, baby corn, or bean sprouts for even more interesting textures and authentic cuisine.

Start by making your own meatballs using 1 lb beef, 1 lb turkey, 2 eggs, 2 cloves minced garlic and 1/2 c. panko breadcrumbs. Do not bake them like you would with the sassy meatballs, you can actually cook the meatballs directly in the sauce for a softer finish to the meat.

Crock Pot Asian Meatballs

serves 6-8

2 lb. meatballs (see above recipe or buy frozen ones)

8 oz. grape jelly

1 jar Heinz chili sauce

1/2 lb. snow peas or sugar snap peas

1 c. shredded carrot (bagged or hand-grated)

1 T. soy sauce

1 T. roasted sesame seeds

Put all solids into the crockpot. Mix jelly, soy sauce and chili sauce together and then pour into crockpot. Cook 4-6 hours on low. Serve over noodles or rice and top with sesame seeds.

Crock Pot Apple Butter Pork



Fork-tender meat and an amazing balance of flavor will leave everyone in your family asking for seconds!

I won't lie, tonight's dinner was fantastic. The perfect mix of textures and flavors. It was easy to make and quick to serve and might become a top 10 favorite very soon. I wasn't even offended when my kids put ketchup on the meat, because hey- they were on their second servings and not complaining!

I'm a big fan of pork country ribs but I feel like it's a complete misnomer. When I think about ribs, I think about meat falling off of a bone. But there isn't a bone in country ribs, it's just sections of meat cut into the shape of ribs and contains a wonderful balance of meat and fat (it tends to cook off, so stop worrying). These are great for pulled pork sandwiches too, for future reference.

When you put all of these ingredients in the crock pot, you might worry about not seeing enough liquid- do not add any! The meat and the apples will ooze with flavor and moisture and it will all work out just fine. My apologies for using "ooze" to describe cooking, but when I think about cooking low and slow, it's totally an ooze, not a rush of flavor. Ooooooze.

This is a great recipe for any time of year, but especially great in the fall if you can get fresh, local apples and make your own apple butter. But there is no shame in buying it pre-made and ready to go... the outcome will be very similar!

Crock Pot Apple Butter Pork

Serves 8

2 lbs country ribs

2 gala apples, cut off the core and then into thick slices

1 sweet onion, cut into half and then into slices

1/2 cup chunky apple butter (chunky apple sauce will work too but the seasonings won't be as intense)

4 sprigs of fresh thyme

Put meat in the bottom of crock pot, then layer the rest of the flavors. Cook on high 3-4 hours. Meat will be fork-tender and apples and onions should be soft, maybe a little mushy, but not disintegrating. It's good if the leaves fall off the thyme- please do not ingest the twigs. Enjoy!