

# Crock Pot Pumpkin Pie Applesauce



Pumpkins are not just for fall, make squash of all varieties part of your diet all year round!

Okay fans, it's April and I'm pretty sure we are all just a bit intimidated by summer swimsuit season being just around the corner. But just in case you're still holding onto those ideals of a perfect bikini body– or at least an ounce of confidence when you are poolside sipping on an adult beverage and reading a trashy magazine– I'm offering up this recipe.

I've had requests for more crockpot desserts and this one is a healthy, low-calorie version of a cross between pumpkin pie and apple pie. It will delight your sweet tooth just like two slices of pie, but to your diet– it's two servings of fruit instead.

I suggest serving this dish warm with a hearty scoop of salted caramel ice cream or with honey vanilla greek yogurt.

## **Crock Pot Pumpkin Pie Applesauce**

**serves 8-12**

8 apples, peeled, cored and cubed

1/2 c. Orange juice

1 t. Cinnamon

1/2 t. Nutmeg

1/2 t. Allspice

1/4 c. Maple syrup

15 oz. can pumpkin purée

Add all ingredients to crock pot, stir and cook on high for 3-4 hours.

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## **Crock Pot Arugula Lentil Salad**



Spring is here! Time for salads and fun.

Spring is here! No really, I mean it. OK, so the northeast might still have snow and the south is already sweating, but hey– it's April– and no one can deny that. We had friends over on Saturday night and all I wanted was an easy dinner of finger foods, fun, and friends. Let's be honest– the first supplies I bought for dinner were the cold liquor and the marshmallows for smores. I started with an antipasto platter of olives, cheese, summer sausage, and stuffed grape leaves, because that pretty much took five minutes to make. But I wanted a light salad that would be filling and knew that I needed to sneak some protein in there.

So I decided to try lentils in the crock pot as a perfect spring salad topping. I've never made them before, so I did a little reading online. I learned that vegetarians love lentils (no surprise) but that I should never-ever-de-ever put salt in the water when I am cooking them (good to know!). I also read that you don't want lentils to get mushy, so I committed to cooking them on high instead of low.



Lentils are easy to cook and can be used in so many ways!

Lentils turned out to be ridiculously easy in the crock pot. First off, follow the directions about sifting through the lentils for stones or dirt or whatever hippies don't actually like to eat in their plant-based superfoods. Then, use a ratio of about one cup lentils to three cups water. You will have lots of excess water in the crockpot when the lentils are done, but you can easily use a slotted spoon to scoop the lentils out when they are done swimming.

I watched the crock pot a little more closely than I normally do because I really didn't want the lentils to be overdone. I had set it for 4 hours on high, but at about 3 hours, they were done. Next time, I'll know to set it for 3 hours and I can go about my business. This is what having a relationship with your crock pot is all about, but sometimes the trust has to be earned.

That's it— perfect protein-packed superfood ready to top my spring salad.

So I started with arugula. Added the strained lentils. Topped it with a little bit of sweet pepper relish (you could use regular fresh red peppers if you prefer. For the dressing, I mixed together some fig balsamic vinegar with some herb-infused olive oil. If you have an olive oil store near you, it is totally worth getting these fun flavors and using them to

make really easy dressings. Enjoy spring, people! Enjoy a fresh salad, a refreshing adult beverage, and some toasted marshmallows for dessert.

### **Crock Pot Arugula Lentil Salad**

**serves 6-8 as sides**

2 c. dried lentils

4 cloves garlic, peeled

6 c. water

5 oz. baby arugula, rinsed and chilled

3 T. sweet

pepper relish or 1/2 red pepper, diced

dressing to taste

Put lentils, garlic and water in the crock pot for 3 hrs on high. Use a slotted spoon to remove all lentils. Top arugula with lentils, red pepper, and toss with dressing. Enjoy!

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## **Crock Pot Cauliflower Curry**



Crock Pot Cauliflower Curry  
is a delicious side dish  
that packs a lot of flavor!

Sometimes I just want a side dish with a little kick and not a lot of calories. I was raiding the pantry the other day and found a can of coconut milk that I didn't remember buying. Funny how that happens, right?! Like, who else would have bought this random item that I don't usually purchase? I must have had an intention for it, but the whim passed and I was still stuck with the can of curious origins.

Then, while trying to decide what to do with it, I debated the cauliflower I bought on a whim as well. I don't know about you, but I find so many recipes online right now reinventing the cauliflower and I go, that sounds good, let's try it! But then I pin 17 other things and forget where I started from. Maybe that's how I wound up with the coconut milk, too!

This dish is QUICK to put together— like five minutes— and is a great way to try a new ingredient or two. Warning- red pepper flakes can be spicier than you anticipate, especially after they fester with the other flavors in the crockpot! Add them timidly the first time you make this dish. It's a side, not a fire!

Crock Pot Cauliflower Curry

Makes 6-8 side dish servings, depending on the size of your cauliflower

1 cauliflower, washed, core removed, chopped into bite-size pieces

1 red pepper, sliced or 6-8 multi-color small peppers, sliced

1 inch of ginger root, peeled and diced

1 yellow onion, sliced thing

3 cloves garlic, diced

1 can coconut milk

1 T. ground curry

1-2 t. red pepper flakes



With just a few ingredients you probably have on hand anyway, you can make this kickin' crock pot side dish!

Add all ingredients to crock pot and cook on low for 4 hours. Cautious of the spice level until you try this for the first time!



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# 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.

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## 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.

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## Crock Pot Garlic Mushrooms



It's quite possible that these little fungi will become your new favorite side dish. Consider yourself warned.

Snow Day #7. I've been using my crock pot for [breakfast](#), for [lunch](#), and for [dinner](#). Somehow the invasion of snow has worked up some serious appetites after playing outside. To feed my little monsters, I planned on making pasta last night (no, not in a crock pot... just the normal boil water and add pasta) but I wanted a nice side dish to go with it. I bought a huge container of mushrooms last week, but then forgot what I was going to make, so I decided that they would make the perfect side dish for our pasta dinner.

Mushrooms are one of my favorite vegetables. They are all fine and good raw, dipped in ranch, or marinated. And they come in so many different varieties! Don't believe me? Take a trip to your favorite international grocer and see if you can even identify all of those little fungi. I like enoki in miso soup or baby portabellos in [beef stroganoff](#), but I used regular, white mushrooms in today's recipe. They are a pretty standard item for me to buy, since they are sturdy, take a long time to spoil, and can be added in so many different ways.

This dish is really easy to make, but be warned— you can fill the crock pot with mushrooms and six hours later, you will have about a quarter of a pot of food left! So plan for more

than you think you want. They also work well added to spaghetti sauce or used as a layer in vegetable lasagna. Enjoy!

### Crock Pot Garlic Mushrooms (serves 8 as sides)

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

1/4 butter (one stick)

2 T. minced garlic

1 T. dried dill

1 t. onion powder

1/2 t. paprika

1/2 t. salt

1/2 t. black pepper

2 sprigs fresh thyme, just the leaves

parmesan cheese

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 parmesan cheese yet. Just don't. Cook on low for 5-6 hours. Remove the mushrooms using a slotted spoon and then decorate with grated or shredded parmesan cheese just before serving. If you wish, you can save the liquid in the crock pot for mushroom gravy.

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# Crock Pot Cream of Celery and Leek Soup



Crock Pot Celery and Leek Soup

Most weeks, I have a game plan for all of our meals and a grocery list to organize my trip. I know which nights will be crockpot meals, which nights will be leftovers, and I even anticipate which nights I'll probably be too tired to cook!

But I started this week a day too late. I didn't have my grocery list set and I wasn't quite sure what was for dinner, so I opened the fridge and played a little Food Network-style game show called, "what the hell can I cook with these three ingredients?"

This is part of the amazement of crockpot cooking. With the right balance of seasonings and time, dinner can be a full meal without a lot of struggle.

Tonight's cream of celery and leek soup turned out beautifully. Some of my Facebook followers have been asking



for easy soups that are low calorie, too. This dish is very low carb and adding the last step really thickens it up to make it hearty. I even used 1% milk and it still tastes rich and creamy.

As long as you keep basic ingredients in your pantry and an open mind for culinary adventure, you can make delicious dishes without needing unusual ingredients. I'll still be going to the grocery store tomorrow, though!

### Crock Pot Cream of Celery and Leek Soup

3 Bunches of celery hearts, sliced (about 8-10 cups)

1 lb frozen sliced leeks (or fresh if you can find them)

32 oz Chicken or vegetable broth

14 oz Can sweet corn, cream style

3 Cloves garlic, whole

1 t. Dried dill

1/4 t. Nutmeg

2 Bay leaves

1 t. Salt

1 t. Black pepper

2 T. Corn starch

2 Cups cold milk

Add everything except the last two ingredients to your crock pot. Cook on high for 3-4 hours or until all vegetables are soft. Remove bay leaves. Use immersion blender and purée soup. Dissolve the cornstarch in the cold milk and then add to crock

pot. Continue cooking one more hour on high so soup can thicken.

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## Crock Pot Beet Borscht

Dre's got nothing on me—my beets are fresh! Ha! Get it? See what I did there.



Beet borscht tastes great with a few boiled potatoes and a scoop of cold sour cream.

There is nothing that makes me think of the my family history more than a steaming hot bowl of neon pink soup. No, this isn't a serving of chemical warfare, it's a fresh and sweet, soothing bowl of beet borscht. My grandma still makes this and at most Jewish Deli's you can usually find it on the menu right next to corned beef, chopped liver and matzah balls. What can I say? My roots are authentic and so is my cuisine. Except grandma never made this dish in the crock pot!

Now if this was truly home cooking, I would use fresh beets, but I've found that the canned version works just as well and the pink juice adds a certain flavor feature as well. Grandma taught me to cut sliced beets into strips instead of buying the canned variety of matchsticks. Somehow the matchstick ones are too mushy. (According to grandma, of course.)

Authentically, I would hand slice some cabbage, but I love the fine style of angel hair cabbage that I can purchase at my grocery store. It cooks up quicker and doesn't contrast the texture of the beets as much.



Keep a few of these items on hand in your pantry and you can have beet borscht anytime you want!

If you make this dish with fresh beets, just clean, peel and shred them before throwing them in the crock pot. The taste is very similar to this recipe, but the beautiful pink broth cannot be matched! It truly is extraordinary. But that pink color will most likely stain your cutting board. And your fingers. And your countertops, before you even realize the glow has been dripping!

This soup can be made vegetarian or meat-based. In fact, try cooking down beef bones or chicken bones to make your broth instead of using store bought. I know, I know... this meal is so “processed”, but hey, it’s a weeknight, and sometimes even the Crock Pot Queen needs a a quick meal to fix.

Give this a try and keep an open mind. Put on those Dre headphones and drop the beat. But not the beet. It will probably stain.

## Crock Pot Beet Borscht

Serves 8

2 15 oz. cans of sliced beets (do not drain)

1/2 sweet onion, sliced thin

1 package finely sliced cabbage (approx. 6 cups)

2 bay leaves

2 cloves of garlic, chopped

1 32 oz. box vegetarian stock

8 redskin potatoes

8 T. sour cream

Slice the onion and put in the crock pot with the cabbage, bay leaves, and garlic cloves. Drain the cans of beets into the crock pot and then cut the sliced beets into strips. Add stock and cook on high for 3-4 hours. Clean and quarter the potatoes and bowl separately. To each serving of soup, add a few chunks of boiled potatoes and a dollop of sour cream. Borscht is also refreshingly delicious served cold.

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## Crock Pot Spiked Pear Sauce

For years, I've been making my [crock pot spicy applesauce](#) to serve with my Chanukah latkes, but this year I wanted to try something new. But I like a little festiveness in my fruit sauce. Today's recipe is so easy and simple, but creates a smooth mouth feel and just enough twist to raise an eyebrow or two.

Try this on your latkes, but also serve it warm over vanilla ice cream or on a berry cobbler. It has cooked long enough to be tamed down for kids, too, but still keeps true to the spiked flavor. I'm quite certain my family will approve of this dish!

### Crock Pot Spiked Pear Sauce

4 ripe bartlett pears, peeled, cored, and chopped into large chunks

1/3 c. Honey Jack Daniels (plus one shot to consume while cooking!)

Put ingredients in crock pot, on low, for 4 hours. After cooking, use immersion blender to puree into a sauce. Enjoy!

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## Thanksgiving Survival Guide

Happy Thanksgiving, fans! I thought about a long post about

family and friends and how food brings us all together.... but who has time for that?! Let's keep it simple. I'm all in for a good meal, but I need a good drink to start. Let's begin there...

### **ADULTS-ONLY Caramel Apple Cider**

1/2 gallon apple cider

2 cups caramel flavored vodka

Heat on low and serve to every family member.

**Then, here are some quick sides to add to your festivities:**

Green bean  
casserole: <http://dinnerisacrock.wpenginepowered.com/2010/02/24/green-bean-casserole/>

Creamy corn:  
<http://dinnerisacrock.wpenginepowered.com/2010/04/26/crock-pot-creamy-corn/>

Spicy applesauce:  
<http://dinnerisacrock.wpenginepowered.com/2010/11/22/crock-pot-spicy-applesauce/>

Stuffing  
balls: <http://dinnerisacrock.wpenginepowered.com/2010/06/11/crock-pot-stuffing-balls/>

I've never made a turkey in a crock pot. But I have roasted a chicken, so if you only need to serve 2-4 people, pick a different bird and try this instead: <http://dinnerisacrock.wpenginepowered.com/2010/03/12/crock-pot-roasted-chicken/> This link also includes my curried chicken salad which is an excellent idea for your turkey

leftovers, too!

**Wishing you and yours a happy and festive celebration. Now  
pass me some of that apple cider!**