

# Crock Pot Chicken Tortilla Soup

The morning is half over and my whole family is still wearing pajamas. Yay for snow days! But since it's dreadful and cold outside, I need something hot and satisfying to fill our bellies. I decided that we should head south of the border tonight and enjoy some Mexican fare, so today I am sharing my recipe for chicken tortilla soup. This recipe is simple and easy (and note— it freezes well, too!) and you can definitely vary the spiciness of the dish, depending how much heat your mouth can withstand.

I am sharing my basic recipe for this soup, but feel free to add any of the following to the pot for additional spice. I would recommend only picking one or two of these things as each one packs a punch:

1/2 t. cayenne pepper OR

1 chopped jalapeno pepper OR

1 t. Tabasco sauce

You can also decorate your chicken tortilla soup in a variety of ways. Try sprinkling some fresh, chopped cilantro on top, or a few slices of avocado. If the spice is more than you anticipated, cut it with some shredded monterey jack cheese or a dollop of sour cream. Most restaurants serve this soup with tortilla strips— you can crumble regular tortilla chips on top for the same effect. Or just like an old scantron test, you can select E. All of the Above (that's the correct answer!!)

We might be skating on the lawn and building a snowman on the porch, but at dinner tonight, we'll all be saying "Ole!"

1 28 oz. can petite diced tomatoes

2 10 oz. cans diced tomatoes with green chiles  
1 15 oz. can sweet corn, no salt added (drained)  
1 lb. frozen chicken breasts or tenders  
1/2 medium onion, chopped  
2-3 cloves garlic, minced  
1 T. chopped fresh cilantro  
1 bay leaf  
1 t. chili powder  
1 t. cumin  
1/2 t. black pepper  
1/2 t. salt

Put all ingredients in crock pot and stir so that the spices mingle with all of the solid foods. Cook on low for 6 hours. Remove chicken, shred it and then put back in crock pot for one hour. Serve with any of the additional spices or toppings outlined above.

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## Crock Pot Spicy Applesauce

Ok fans, let me put it this way.... my dad dubbed this “ass-kickin’ applesauce” and he’s a respectable man. It’s spicy and tangy and might tingle your tongue a little (especially if you use the full 1/2 t. of cayenne pepper); but this dish is also flavorful in ways that normal applesauce or apple butter just

does not compare.

Here are my top three FAVORITE ways to enjoy this spicy applesauce:

Thanksgiving– leftover turkey sandwich on wheat bread– use this applesauce instead of mayonnaise to rock your taste buds to a happy holiday tune.

Chanukah– one potato latke+ one tablespoon cold sour cream + one scoop spicy applesauce= a celebration in your mouth.

Dessert– serve this spicy applesauce warm on top of a scoop of french vanilla ice cream for a hot and sweet treat.

I definitely recommend adding this to your holiday table over the next few weeks. Enjoy and happy holidays!

8 medium apples (any red, crisp variety) peeled, cored and cut into chunks

1/2 c. rum

1 t. cinnamon

1/2 t. black pepper

1/4 t. (OR UP TO 1/2 t.) cayenne pepper

1 can jellied cranberry sauce

Put apples in first, then seasonings, then rum. Stir well. Cook on high 3-4 hours. Add cranberry sauce and then use a hand blender to puree the applesauce. Cook on low one more hour. Enjoy as a side or as a spread or topping.

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# Crock Pot Gumbo



I opened up my weekly CSA delivery and was so excited to see the ripe, fragrant produce. One thing in particular caught my attention– OKRA. The first thing I thought of was some hot, spicy gumbo. I think half of what I unpacked is going to end up in the gumbo– okra, tomatoes, basil, corn, green pepper... now

if only I stopped at a farm for some chicken and then headed to the coast for some shrimp, but I guess I'll have to buy those at the grocery store.

Gumbo is a perfect recipe for the crock pot because it needs to simmer for a long time to fuse all those flavors together. Cut your veggies into small pieces so you can have a bit of each morsel in your mouth! This soup would also freeze really well, so make the gumbo for dinner this week and then enjoy all these fresh treats again later this fall when they aren't so available.

This soup can also be made vegetarian if you leave out the chicken, sausage and shrimp. I'd amp up the amount of veggies though and maybe get a little more okra, so that this tastes more robust and unique than just vegetarian vegetable soup. You can also use Morningstar Farms chicken strips (fake meat) if you'd like to add some protein. Enjoy!

2 boneless, skinless chicken breast, cut into 1/2 inch cubes

1/2 lb. okra, sliced

1 c. of corn (cut off of fresh ears)

1/2 sweet onion, chopped

1 green pepper, seeded and chopped

3-4 ripe, sweet tomatoes, seeded and chopped

3 carrots, peeled and sliced thin

2 stalks celery, sliced

4-6 leaves fresh basil, chopped

3 cloves garlic, minced

1 t. salt

1 t. black pepper

1/2 t. cayenne pepper

1/2 t. paprika

1/2 t. chili powder

1 T. parsley

2 T. Worcestershire sauce

2 T. Tabasco sauce

2 c. water

3 pork sausages, cooked and sliced

1/2 lb shrimp, peeled and cleaned

2 c. cooked white rice

Combine all vegetables in crock pot. Add liquid ingredients. Sprinkle with all seasonings. Place chicken pieces on top of mixture next. Cook on low for 4-6 hours. Add shrimp, sausage and cooked white rice and cook for an additional 1 hour on low.

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# Crock Pot Vegetarian Chicken Chili



Did you catch the title?? Does it sound like a contradiction to say “vegetarian” and then “chicken” in the same meal?! It is not. Thanks to modern day culinary creativity, I can make chicken chili for friends that don’t want to eat meat. This is a pretty easy recipe, but I like that it is a crowd pleaser and

still meets certain dietary limitations.

Give this chicken chili a try next time you host a friend that is vegetarian or keeps kosher– they will be so happy that you honored their wishes and still served tasty dishes. (yes, that rhyme was intentional.) And don’t think this meal is for light weights– you can serve this at your next party or sporting event and even the men will be raving about your soup– it’s spicy, it’s filling and everyone will enjoy!

4 c. vegetarian chicken broth

2 cans great northern beans (do not drain)

1 4 oz can diced green chiles (do not drain)

1/2 green pepper, chopped

1/2 medium onion, chopped

2 c. frozen corn

1 T. parsley

1 T. chili powder

1 t. oregano

1/2 t. cumin

1/2 t. paprika

1/2 t. cayenne pepper

1/2 t. black pepper

1 package Morning Star Farms chicken strips\*\*

Put everything in the crock pot except for the chicken strips. Stir together and cook on low for 4-5 hours. Add the frozen chicken strips and cook for one hour more. You can divide the chicken strips up into small pieces once they are cooked through.

**\*\*IF YOU'D LIKE THIS TO BE AN ACTUAL MEAT DISH, BUY PRE-COOKED FRESH OR FROZEN CHICKEN STRIPS AND FOLLOW THE DIRECTIONS THE EXACT SAME.**

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## Crock Pot Brisket-- easy, medium and hard

I'm pretty sure everyone has a grandmother-aged person in their life that makes the "perfect brisket". It's moist, juicy, flavorful and pulls apart perfectly. We've tried and tried to repeat the old world secrets, but somehow our ovens continue to dry out the meat or make it tough to chew. Look no

further— grandma might not have used a slow cooker, but these recipes are very easy and have amazing results.

Here's a great little nugget for you: my mom always cut off the last inch of the brisket before cooking it. I figured it was because of how she trimmed off the fat, skimming the top of the cut of meat and then cutting off the chunk at the end. I asked her about it and she said that it was how her grandmother did it. So I asked my grandmother why her mom cooked the meat in that particular way and she said, "because her pan was too small, the meat never seemed to fit right so she cut off the end so the brisket would lay flat." It's funny how traditions begin.

If you are looking for a pulled beef sandwich to serve at a spring BBQ, fork apart the meat when it is done, then top it with your favorite BBQ sauce and serve it on a braided roll. Oh— was it mean to say BRAIDED ROLL to those of you celebrating Passover? My bad.

### **EASY difficulty brisket**

1 3 lb. beef brisket

1 bottle italian dressing

Pour half the dressing over the brisket and let it marinate overnight. In the morning, move the meat into the slow cooker and top with the remaining dressing. Cook on low for 8 hours. Now, wasn't that easy?!

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### **MEDIUM difficulty brisket**

1 3 lb. brisket

1 medium-sized onion, sliced thin

1 12 oz. can of Coke (not diet)



1/2 c. ketchup

1 t. black pepper

1/2 t. cayenne pepper

pinch of salt

Place brisket into crock pot, use trivet if you have one. Surround meat with sliced onion. Mix together Coke and ketchup and pour on top of meat and onions. Sprinkle seasonings on everything. Cook for 8 hours on low or 4-5 hours on high.

If you want to vary the flavor, try using 12 oz. apple juice or 12 oz. of beer **INSTEAD** of the Coke.

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### **HARD difficulty brisket**

1 3 lb. brisket

1 t. of each seasonings: cracked black pepper, rosemary, paprika, parsley, celery seed

2-3 cloves garlic, chopped fine

1 t. olive oil

water

Rinse meat and pat dry. Using your fingers or a pastry brush, lightly coat meat with olive oil. Then mix together all seasonings and coat meat in dry rub. Let marinate overnight in the refrigerator. In the morning, take meat out and sprinkle with garlic. Heat up a pan and brown meat on all sides, then put meat in crock pot. Add enough water to the crock pot to cover the bottom of the pot. Also, if you have a trivet that fits in your crock pot, use that under the meat. Cook on low for 6 hours.

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# Crock Pot Vegetarian Lentil Soup

There used to be this great Greek restaurant that I frequented that served lentil soup in a styrofoam cup. It was always hot and fresh and the lentils were soft without being mushy. I would frame my entire meal around saving room and money for the soup. This recipe mirrors the flavors and warmth of the soup but without a disposable cup. Unlike my vegetarian vegetable soup which is savory and chunky, this lentil soup is hearty and robust with even more amazing health benefits. Lentils are high in protein, iron, amino acids and when you add in the lycopene in the tomatoes and then all the vitamins, folic acid and antioxidants in the spinach... this soup is like a power boost for your whole system. Oh yeah, and it tastes amazing too.

Feel free to serve it in a real bowl and maybe with some crusty bread instead of saltines.

2 cups lentils

8 cups vegetable broth

1 onion, diced

3 stalks celery, diced

2 carrots, chopped

6 oz. fresh spinach, chopped

2 cloves garlic, minced

1 t. salt

1/2 t. pepper

1 t. oregano

1 t. cumin

2 bay leaves

1/4 t. cayenne pepper

1 14 oz. can diced tomatoes

1 T. red wine vinegar

Put everything in the crockpot and cook on low for 8 hours, but add the vegetable broth LAST. Most likely, you won't have room to pour all the liquid in yet. Once the vegetables have all cooked down, then add the rest of the liquid. My 5-qt crock pot is filled to the rim by the time everything is included.

This soup also freezes really well, so save half the pot for a meal another time.

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## Crock Pot Vegetarian Vegetable Soup

I love these days that are halfway between winter and spring.

I'm pretty sure by mid-afternoon I'm going to be suffocating in whatever I decided to wear because I was in fear of getting cold when I got dressed in the morning. Yeah, I think it's one of those days. Any day that starts with a gray sky is perfect

for a crockpot soup. It means dinner will be fresh and filling, but you didn't have to turn the oven on in the late afternoon and warm up the whole house to 350 degrees.

You can definitely add variety to this soup depending on what vegetables you like. The cabbage adds some sweetness to the soup and depth to the flavor, so if you aren't a huge fan, then cut it down to 1/4 head of cabbage, but I wouldn't remove it completely. If you are a fan of gumbo, try adding some fresh or frozen okra halfway through cooking so it doesn't get too gooey by the end of the day.

If you prefer things with a little intensity, use spicy v8 instead and 1/2 t. of cayenne pepper for the whole pot or top your individual bowl off with a few shakes of Tabasco.

1/2 small head of cabbage, chopped  
1/2 sweet onion  
2-3 red potatoes, peeled and diced  
1 bag frozen mixed vegetables  
2 stalks celery, chopped  
2 cans petite diced tomatoes, no salt added  
1 c. V8 juice  
1 c. water  
salt, pepper  
2-3 bay leaves

Put everything in the crockpot on low for 8-10 hours or on high for 5-6 hours.

Remove bay leaves before serving.