

# Crock Pot Cream of Mushroom Soup (#2)



Get ready for fall flavors with this easy to make, robust mushroom soup!

On the cusp of summer turning into fall, I'm already getting excited about the next season of recipes. I'm not a pumpkin spice anything, but I love pulling in the flavors of butternut squash, roasted root vegetables, and hearty seasonings.

Last night, I made a cream of mushroom soup just as a way of using up leftover vegetables that were starting to age in the refrigerator. I figured I would freeze some or share with friends, but it was certainly better than throwing things out. Turns out— this soup was a nice variety to my normal [Crock Pot Cream of Mushroom Soup](#)! With just a little change up of flavors and ratios, this soup was a little more hearty and robust.

As I wrote in the first mushroom soup recipe, this doesn't need to be an exact recipe with precise measurements. Also-

using a [hand blender](#) does give this soup a lovely smooth consistency. Try it and enjoy this soup as a transition to fall!

## **Crock Pot Cream of Mushroom Soup**

**Prep Time: 10 minutes**

**Cook Time: 6 hours**

**Serves: 8-10 people**

1 lb fresh mushrooms (button, portobello or shiitake or a combination!)

4 stalks celery, cleaned and diced

1 large parsnip, peeled and diced

1/2 c. [caramelized onions](#)

3 cloves garlic

4 c. broth (chicken or vegetable)

1/2 teaspoon EACH: celery seed, salt, dried dill weed, black pepper

1 t. dried parsley

2 c. cold milk

2 T. corn starch

Put all ingredients EXCEPT milk and corn starch into crock pot and stir. Cook on high for 5 hours. Puree with hand blender. Dissolve corn starch into cold milk and add to crock pot and stir. Heat 1 additional hour on high and then serve.

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# Crock Pot Split Pea Soup (Vegetarian)



This classic soup is a smoky vegetarian delight on a cold winter's night.

I don't usually put specific tags in the titles of my posts, but I think it's really important on this one. It should really say... Crock Pot Split Pea Soup #noham but still #tastesyumy! Haha. I made those up. So this soup is hearty and delicious and still has a great smoky flavor, but doesn't include the typical ham hock that you throw into the pot to add flavor to the broth.

This soup will also freeze and/or reheat really well. Keep this recipe tagged if you are going to bring a dinner to friends (great meal for someone ill, new baby, new home, etc.). Note to self- you might think, oh I'll just double it so I have some for me and some for someone else or later. But

you are better off making two batches. You can't really fit 8 cups of broth in most crock pots and the ratio in this recipe makes it the right thickness without crowding the pot. YES- this does give you permission to buy a [new crock pot](#) so you can double the batch easier! ☐

## Crock Pot Split Pea Soup

Prep Time: 20 minutes

Cook Time: 5-6 hours on low

Serves: 6

### INGREDIENTS

1 c. dried split green peas

2 carrots, peeled and diced (about 1/2 cup)

4 parsnips, peeled and diced (about 1 cup)

2 leafy stalks celery, diced (about a cup)

1/2 sweet onion, diced

3 cloves garlic, smashed

4 c. vegetable broth

1/2 t. each: dill weed, ground celery seed, smoked paprika

1 t. dried parsley

2 bay leaves

1/4 t. salt

1/8 t. ground white pepper

### DIRECTIONS

1. Put all ingredients in crock pot.

2. Cook on high for 5-6 hours.
3. Remove bay leaves.
4. Use an immersion blender to puree, if desired.
5. Turn off crock pot and remove lid. Let cool and thicken in pot.

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## Crock Pot Creamy Potato Soup



Today was the first day that actually felt like fall. I don't mean like a specialty coffee... I mean hooded sweatshirts, warm blankets, steamy bowls of soup and the sound of rustling leaves. And if you are lucky, you can enjoy all of those things at the same time.

Tonight's Crock Pot Creamy Potato Soup made me think of Friday night football games in high school. And cold walks on first dates. And craving ice cream on a cold winter's night. It's like everything that it supposed to feel cold on the outside, but makes you feel warm on the inside. That's how satisfying this soup tastes.

So I've already posted another version of [Crock Pot Potato Soup](#) already, but I like this one because it includes more vegetables. I've also posted [Crock Pot Parsnip and Potato Soup](#)

because parsnip is my second favorite root vegetable. (*Bonus points if you know what my favorite is!*) I also have [Crock Pot Sweet Potato and Corn Chowder](#), if you prefer the orange to the white. I'm sensing a theme here! I do love potato soup and each recipe is tweaked a little different. I feel like tonight's Crock Pot Creamy Potato Soup is actually a culmination of my favorite things from each of these recipes... but I encourage you to mess around and figure out what your palate prefers with your potatoes.

## **Crock Pot Creamy Potato Soup**

### **Serves 6-8**

6 redskin potatoes, cubed but not peeled

3 parsnips, peeled and cubed

1 c. shredded carrots

4 stalks celery, sliced

1/2 sweet onion, diced

1 12 oz. can cream corn

4 cups vegetable broth

1 t. garlic powder

1/2 t. dried dill weed

1 t. dried basil leaves

up to 1 t. salt (can be added at the end, a little at a time, for flavor)

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1 c. cold milk

2 rounded T. corn starch

Clean and prep all vegetables and add to the pot. Add broth and seasonings and give it all a good stir. Do not add milk or corn starch yet. Cook on low for 6 hours. Add corn starch to milk and dissolve, then add to the pot. Cook on high for one additional hour. Remove lid and let soup thicken a little bit before serving.

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## Summer Series, Day Six: Seafood Paella



This one pot dish is literally named for being made in a pot. It's the original one-dish cuisine.

This, my friends. This is the quintessential dinner that melds

together land and sea and balances the forces of nature to create an amazing meal that would make even mermaids and pirates cheer. With more protein than a Brazilian meat festival, this one pot recipe will make you lift your anchors and set full speed ahead toward the coast. And you'll thank me for it. I thanked me for it— I've never made this dish before, but with so much fresh seafood available here in the Outer Banks, it was a challenge I was eager to attempt and declare victory for all.

There are a few more steps than normal because of the complexity of textures in paella (pronounced PIE-Ay-uhhhh) so bear with me and I'll try to break it down step by step so you can recreate this on your next seaside adventure.

First, gather all of your ingredients. It's helpful to know what goes in at what point so you can simplify your timing.



1. Brown your boneless, skinless chicken thighs over medium-high heat to get a quick sear on the outside. The chicken will have plenty of time to finish cooking the whole way through when it's in the crock pot, but you want to seal in the



flavor. After removing from heat, chop chicken into bite-size pieces.



2. Using the same skillet, brown the sliced andouille sausage quickly on both sides and remove from heat.



3. Put brown rice, seasonings, and fresh vegetables in the crock pot. Add broth and give it all a good stir. The turmeric and smoked paprika will flavor the entire dish but begins with this first step. Add bite-size pieces of chicken and cooked andouille sausage. Cook on low for six hours or until all liquid is absorbed.



4. After time is up, it's ok to remove the crock pot lid at this point and give everything a really good stir. Try to keep rice from sticking to the bottom of the crock pot.



5. Add seafoods– shrimp, sea scallops and clams. Be sure to properly clean your seafood before adding to the pot. A sandy clam does not add flavor! If you are peeling and deveining your own shrimp, you need [THIS TOOL](#). Seriously, just get one for yourself at the start of this trip. (You'll use it for the Crock Pot Low Country Boil as well.)

Cook on high for up to one hour– shrimp should be pink and clams should have all opened. You do not want to overcook seafood so try to be nearby for this last step.

And that's it! You have just mastered the Old World, cultivated classic of a seafood paella (technically a mixed paella because of the chicken, but let's focus on the gifts from the sea and the amazing local seafood markets located in the Outer Banks.)

Thank you to the owners of the [Ooh La La beach house](#) here in

Avon. This dish used many of the tools and cooking accessories and your stocked kitchen did not disappoint. I had everything I needed to prep, clean and cook all of my ingredients for this meal. This kitchen set-up made everything easy, including a spacious dishwasher to handle my mess!

## Crock Pot Seafood Paella

Serves 6

1.5 cups brown rice

3 chicken thighs

7-8 oz andouille sausage

1 red bell pepper, sliced

2 stalks celery, sliced

1/2 onion, sliced

2 cloves garlic, minced

1 t. turmeric

1 t. smoked paprika

2 cups white wine

2 cups chicken broth

1 lb jumbo shrimp, peeled and deveined

1/2 lb bay scallops

1 dozen clams, in shells

Brown your boneless, skinless chicken thighs over medium-high heat to get a quick sear on the outside. The chicken will have plenty of time to finish cooking the whole way through when it's in the crock pot, but you want to seal in the flavor. After removing from heat, chop chicken into bite-size pieces. Using the same skillet, brown the sliced andouille sausage quickly on both sides and remove from heat. Put brown rice, seasonings, and fresh vegetables in the crock pot. Add broth and give it all a good stir. The turmeric and smoked paprika will flavor the entire dish but begins with this first step. Add bite-size pieces of chicken and cooked andouille sausage. Cook on low for six hours or until all liquid is absorbed. After time is up, it's ok to remove the crock pot lid at this point and give everything a really good stir. Try to keep rice from sticking to the bottom of the crock pot. Add seafoods— shrimp, sea scallops and clams. Be sure to properly

clean your seafood before adding to the pot. Cook on high for up to one hour– shrimp should be pink and clams should have all opened.

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## Summer Series, Day Three: Crock Pot Low Country Boil



This meal requires no silverware– or plates!

Dinner tonight was epic. Seriously. I've been dreaming about a low country boil for weeks now, but not just the flavors fusing together, but enjoying it with the salty ocean air, the sound of the waves, and the openness of a housetop porch. And indeed–my prophecy has come true!

After another fabulous day at [Ooh La La, our amazing beach house for the week](#), we enjoyed this one pot wonder just as the sun was setting. We started today at the [Avon Pier](#), watching skilled fisherman catch buckets of fish and even some shark! Yes, the North Carolina coast has been ridden with shark incidents in recent weeks, but this was intentional baiting and catching of these dangerous creatures. No joke– it was

thrilling and terrifying to see even little ones brought to the surface and hauled up to within feet of us.

We attempted to go out for lunch today since dinner was already going and the pier really made us work up an appetite. Lunch was ok– but not the local fare I was hoping for; I’m not convinced that the “Catch of the Day” didn’t arrive frozen in a box the week before. The kids didn’t want to eat their fish sticks... because they didn’t taste like the ones at home (well, duh!). So while we all enjoyed the air conditioning and endless fountain beverages, I’m not convinced it was worth it to go out to eat.

If the local restaurants aren’t appealing, make sure you stop by the local seafood markets instead– you can get fresh (never frozen) fish and creatures that came directly from the ocean. The Outer Banks is a prime location for tuna, soft-shelled crabs, shrimp, and many other options... including the sharks I mentioned before.



It is totally worth the extra buck at the seafood market to have them peel and devein your shrimp instead! But if you

do it yourself, click  
and buy the tool in  
the link provided!

We then returned “home” for another afternoon of swimming. I peeled and [deveined](#) the pound of shrimp I picked up at the seafood market to add as the last step of the low country boil. Mental note to self– it is totally worth the up-charge to have someone else [do this process](#). After removing the tubes of excrement from my crustaceans, I was no longer as excited to devour these treats of the sea. I mean, come on... I can't unsee or unfeel that. But fresh is always the best option and local is a total perk. You'll want your own [shrimp tool](#) to peel and devein in one swipe if you are getting fresh raw shrimp.

The Crock Pot Low Country Boil requires a few extra steps than you normally see in Dinner Is A Crock recipes, but since we were in and out of the house all day, it was not challenging at all. Again– the point of taking my [crock pot](#) to the beach was so that we could eat well without interrupting our adventures. Dinner tonight was a total success and everyone ate well after our beautiful day in the Outer Banks. If you haven't checked out the house yet, be sure to [CLICK HERE](#) and see about planning your trip to Ooh La La.

## **Crock Pot Low Country Bowl**

Serves 4

3 ears of yellow corn; peeled, cleaned and broken in half  
8 baby red potatoes (golf-ball sized or smaller)  
1/2 sweet onion, cut into chunks  
4 stalks celery, cut into 3-inch sections  
1/4 c. Old Bay Seasonings  
3 springs fresh dill  
1 12 oz. can of beer (I used Yeungling)



2 c. water

1 14 oz. package Hillshire Farms Lit'l Smokies or other cocktail links

1 lb. large fresh raw shrimp, peeled and deveined



Put all of the vegetables in the [crock pot](#) with the water, seasonings and fresh dill. Add the beer. Cook on low for four hours or until the potatoes are fork tender. Add smokies or cocktail links and add another hour on low. Let the crock pot turn to the “keep warm” setting until you are close to dinner time. When ready, add the shrimp to the pot and set on high for 30 minutes– or just until the shrimp have turned pink. Drain crock pot into a strainer and shake out as much liquid as possible.

Pour the steaming awesomeness directly onto a table (covered in a plastic bag and layers of newspaper) and enjoy with your fingers. No silverware or condiments necessary.

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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 Dirty Rice

Do you ever stock up on meat when it's on sale and freeze it, only to then have to come up with a meal that specifically uses that "great deal" before it gets freezer burnt?! Yeah, that's what I'm going through today. I thawed out a package of sweet italian ground sausage. I'm sure I bought it with some sort of intention... but then it got buried in the freezer under half a dozen packages of frozen vegetables. After making winter vegetable soup, I found my meat stash and now had to face the task of figuring out what to make with the ground sausage.

Normally, you can substitute ground sausage in most ground beef or ground turkey recipes. It makes great chili, an incredible lasagna and even is creative in meatloaf. But I wanted to work on a recipe that truly highlighted the spices of the sweet italian sausage. You can use any variety of sausage, just understand that the flavors will ultimately completely change up the overall dish— so if you want hot sausage or you want to un-case a beer bratwurst, that's totally fine. You can play with the flavors by changing up your meat selection— or using up something you find in the bottom of your freezer!

So tonight, we're having crock pot dirty rice. I love that this dish uses the word "dirty", but it's so true. This is the antithesis of steamed, white rice. It muddles together all the flavors from the spicy meat and the sweet vegetables and somehow the tomato paste marries it all together. Yes, that's

what this is— a “dirty” “marriage” of flavors. Ha! I hope you enjoy this classic spicy one-pot meal and that it warms up your winter night.

1 lb sausage, crumbled and browned

3 cups water

1 cup uncooked long grain rice

1/2 large onion, finely chopped

1/2 large red bell pepper, finely chopped

1/2 large yellow bell pepper, finely chopped

3 stalks finely chopped celery

1 15 oz. can kidney beans, not drained

1 6 oz. can tomato paste

1 beef bouillion cube

1 tsp salt

1/2 tsp red pepper flakes

1 T. chopped fresh parsley

Brown meat and put in crock pot first. Then using same pan, brown onions and peppers until soft, then add to crock pot. Add remaining ingredients, except for parsley. Stir. Cook on low for 4 hours. Serve into bowls and sprinkle with fresh parsley.

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# Crock Pot Turkey Pot Roast

This afternoon, I went with my family to an apple orchard to pick fresh, local produce to enjoy. It felt organic. Not in the “lacking chemicals and pesticides” way, but in the “feeling connected to the earth and supporting something good”. My kids loved picking the fruit and sampling all the different kinds of apples. I am eager to make my [escaloped apples](#) recipe as soon as possible.

But the best part of the day was coming home to dinner already made and a very hungry family to feed!

One of my favorite meals to cook and eat is pot roast— meat, potatoes, carrots, celery, onions... all the basics. It's so filling and full of great nutrients. One crock pot is a whole meal. But sometimes I like to vary it up a little. I made a very similar recipe today, but instead of beef, I used three turkey legs as our protein.



The meat becomes so tender it falls off the bone. I used whole carrots because they make such a nice presentation and they don't get soggy when they cook. The key to keeping the meat tender is to use the meat rack for the crock pot and keep it elevated. It still absorbs all the flavors

as it cooks, but it doesn't deteriorate as it cooks.

I highly recommend making this dish for a family dinner or even for the holidays! Trust me— I'm sure you can think of 100 other ways to spend a weekend afternoon than staying in the kitchen cooking. Get out there and enjoy life a little, then come home for a great meal. Enjoy!

3-4 turkey legs (2-3 lbs)

6 whole carrots, peeled

1/2 sweet onion, cut into chunks

4 stalks celery, cut into 2-3 inch sections

1 t. minced garlic

1 white potato, cut into chunks

2 c. chicken broth

1 T. olive oil

1/2 t. salt

1/2 t. black pepper

2 t. Mrs. Dash seasoning

Put all produce (carrots, onions, celery, potato) in crock pot and arrange in bottom. Using an oval shaped crock pot is best. Put crock pot meat rack in so that the meat will sit just above the produce. Pour chicken broth in, but do not let the volume of it reach the meat rack. Place turkey legs on meat rack. Brush meat with olive oil and then sprinkle with seasonings. Cook on low for 6 hours.

*(If you like gravy, put the remaining liquid in a pot on the stove and bring it to a boil. Add 1 T. corn starch that has been dissolved into 1/4 c. warm water. When gravy thickens, serve with turkey pot roast.)*

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# Crock Pot Buffalo Chicken

I have a real problem with breasts. Even when they are big and juicy, I just don't like them.

Haha, now that I have your attention, let me explain. I'm not really a fan of boneless, skinless chicken breasts. I know that they are healthy and lean and great protein, but I just don't love the texture or the challenge of cooking them. When we grill them, I always feel like they get too done on the outside to make sure that they are cooked all the way through. In the oven, they just have too much of a tendency to dry out. So of course– I cook mine in the crock pot so that they stay moist and soft.

I thawed out a package of four chicken breasts and after staring at them for three days in the refrigerator, I knew I either had to cook them or throw them out. So here's what I did... I cooked them, I shredded them, I covered them in hot sauce and I served them on a bun with some cheese and ranch dressing. THERE WERE NO LEFTOVERS!!! It worked! I like (chicken) breasts!

I used a bottle of Ken's Steakhouse Buffalo Wing Sauce on my chicken, but if you'd rather have barbeque sauce or even something sweet like teriyaki, it would work well for this recipe. We really like chicken wings at restaurants, but it makes such a mess to fry them at home– this recipe gives the flavor without the mess or the fat. When you cook the chicken in the apple juice, it gives it a little extra zing and then the sauce just saturates the meat with flavor. Enjoy!!



1.5-2 lbs boneless, skinless chicken breasts

3/4 c. 100% apple juice

1 bottle Ken's Steakhouse Buffalo Wing Sauce

(hot dogs buns, cheddar cheese, ranch dressing... and celery sticks on the side, of course!)

Put chicken breasts in crock pot, then pour apple juice in. Cook on high for three hours. Use a baster to remove the excess liquid, then using two forks or a fork and a knife, shred the meat in the crock pot. Pour sauce in next and stir until all meat is coated. It's hard to say exactly how many ounces of sauce because it depends on how much meat you used. But add a little sauce at a time until you have enough, but the meat isn't swimming. Cook for one more hour on low. Serve meat on a hot dog bun with cheese and ranch (or blue cheese) dressing.

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## Crock Pot Parsnip and Potato Soup

I'm totally enjoying soups this week and I hope you are getting a chance to enjoy some of these recipes too. I love it when I can make an entire meal in ONE pot and feed the whole family. This soup is a variation on my crock pot potato soup recipe (search for it in the recipe index) and adds in the unique sweetness of parsnips and carrots and sweet onions.

Even though it's almost spring, we still need to survive on the rest of winter's vegetables. If you can already grow things in your garden or windowsill, try adding fresh herbs



like flat parsley, dill or chives to your soup when it is done cooking. I think you'll find the promise of spring in the soothing warmth of this chowder. Enjoy!

4 medium potatoes, peeled and diced

3 medium parsnips, peeled and diced

3 medium carrots, peeled and diced

2 stalks celery, diced

2 cloves garlic, minced

1/2 medium sweet onion, chopped

3 c. water

1 t. salt

1/2 t. black pepper

1 t. celery seed

1 c. milk

1 T. corn starch

1 can cream-style corn

Put all vegetables and seasonings in crock pot, cover with water. Cook on high for 4 hours. When vegetables are all soft, dissolve corn starch in milk and then add to crock pot. Add cream-style corn and mix ingredients together. Cook on low one more hour. Use an immersion blender and puree the soup until thick and creamy. Serve with fresh parsley, dill or chives on top.