

# 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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# Crock Pot Pork Roast

Ok fans, this one is really easy. It might surprise you to think about doing a roast in your crock pot, but again—anything that can be cooked in the oven, can be cooked in the crock pot. I started this roast while I drank my breakfast coffee and it was done by lunchtime. Dinner tonight is going to be a breeze. (I should note that my crockpot cooks quickly, even on low. You will want to use a meat thermometer to determine when your roast is cooked through. Pork is done when the internal temperature of the meat reached 160 degrees).



I like that the dry rub on this roast is simple and you can vary up the flavor and switch out other seasonings, if you prefer. I think that the brown sugar really complements the flavor of the pork, but if you'd rather cut down on the sweetness or calories, you can use other seasonings and leave out some of the brown sugar.

Enjoy this roast from your crockpot and savor the flavors. Add a couple side dishes and you'll have a complete meal for dinner tonight or even entertaining. Enjoy!

2 lb. pork loin rib end roast

1 t. thyme

1 t. parsley

1 t. garlic powder

1 t. cumin

1/2 t. black pepper

1/2 t. salt

3 T. brown sugar

1/2 c. water

Rinse roast and pat dry, then place in crock pot on metal trivet (this lets the juices run without letting the meat sit in the juice). Mix all seasonings and brown sugar in a separate bowl and place mix on the meat, patting down with your fingers until mixture is evenly distributed. Add 1/2 c. water to crock pot, but do not pour it on top of meat. Cook on low for 4-6 hours.

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## Crock Pot Sloppy Joes

Here's your mission if you choose to accept it: *make dinner for four adults and two kids when you are staying at a friends house, you found one pound of ground turkey in the freezer and there is a pantry of assorted cans. And... GO!*

While visiting friends this week, I figured it was only appropriate to help with meals since they are at work all day. I know there is a crock pot on staff in the kitchen, so I accepted this mission without hesitation. Crock pot cooking is just the easiest way to make a crowd-pleasing dish without making a huge mess.

With our mix of adults and kids, I figured crock pot sloppy joes would be great. But with only one pound of meat, I knew

that I needed to pump up the dish with some added ingredients. This recipe worked out great because it kept the true flavor of sloppy joes, but included some extra protein. Try this out next time you have to feed friends or family members or are looking for a no-fuss take on an old-time favorite. Enjoy!

1 lb. ground turkey

1/2 medium onion, diced (or 3 T. dried minced onion)

1 green pepper, seeded and diced

1 14 oz. can of black beans, drained and rinsed

1 6 oz. can of tomato paste

1/2 cup brown sugar

1 t. cumin

1 t. black pepper

1 t. chili powder

1 t. garlic powder

1/2 t. salt

1 t. worchestershire sauce

2 t. apple cider vinegar

1 t. yellow mustard

1 c. tomato juice or vegetable juice

1/4 c. water

Brown ground meat thoroughly in 1-2 t. of vegetable oil. Then add green peppers and (fresh) onions, cook until they are soft, and add to crock pot. In a separate bowl, mix together the rest of the ingredients and the pour on top of cooked

items in crock pot, stir together. Add in the black beans and stir once more. Cook on low for 4-6 hours. Serve on hamburger buns for traditional presentation or use King's Hawaiian Original Rolls to make cute little sloppy joe sliders.