

# Crock Pot Sweet Potato and Corn Chowder

This recipe comes from my friend I.H.K. and she is an amazing cook. This soup is thick and chunky and a whole meal in one bowl. She recommends serving it with tortilla chips or corn bread. Using an immersion blender can really change a soup from drab to fab by altering the consistency to be smooth and creamy instead of watery.

Since this recipe takes 8 hours on low, it's a great one to start before you leave for work in the morning and then come home to a beautiful dinner. Take a chance on this vegetarian chowder and enjoy!

2-3 large sweet potatoes, peeled and cubed (about 1/2 inch)

1 medium onion, chopped

1 can whole-kernel corn (15-16 oz.), drained

1 can creamed corn

1 teaspoon salt

fresh ground black pepper, to taste

2 cups broth (I use the vegetarian "chicken" flavor)

2 cups half-and-half or whole milk (depending on how virtuous you want to be)

4 tablespoons unsalted butter

1 teaspoon smoked sweet or hot paprika (optional)

1 cup of shredded cheddar cheese

Put first set of ingredients in crock pot and cook for about 8 hours on low or for 4 hours on high. Once the sweet potatoes are tender, stir everything together. Use an immersion blender to break up the ingredients as much as you want—I like my chowder chunky, but breaking up some of the sweet potatoes and corn makes the soup thicker and more luxurious. When only 1 hour of cooking time is left (if the slow cooker has been on

high, turn down to low) ADD: half and half or milk, butter, paprika and cheddar cheese.

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## Crock Pot Blueberry Cobbler

Forget dinner– let's skip straight to dessert. What could possibly be better than dumping everything in the crock pot and having your entire house filled with the glorious, sweet, satisfying smell of freshly baked dessert?! Cooking dessert in the crock pot requires a little more attention to detail than the normal dump-and-go meal prep, but I think you'll really like this recipe. In all honesty, it still only took me 6 minutes from start to finish to get everything into the crock pot. Since this is a slow cooking method, you won't dry out or burn the edges of your tasty treat like you might in the regular oven. Plus, it is way better to use the crock pot for a few hours than to heat up the entire house with conventional baking.

This cobbler recipe can also be made using a variety of other fruits. Go for what is in season, grown locally or on sale in the freezer section; I would suggest trying cherries, peaches, apples, mixed berries or maybe some ripe pears. If you want this dish to be even more divine, throw in a 1/2 c. of butterscotch morsels or chocolate chips with the top layer. Enjoy!

1 c. flour

2 t. baking powder

1/2 t. salt

1/2 c. granulated sugar

1/2 c. packed brown sugar

2 eggs

2 t. vanilla

2 t. butter, melted

1/2 c. half and half or milk

16 oz. fresh or frozen blueberries

topping:

1 c. quick oats

1/3 c. flour

2 t. melted butter

1/2 t. cinnamon

2 T. brown sugar

Spray the entire crock pot with a non-stick spray. In a separate bowl, mix together the flour, baking powder, salt, sugars, eggs and vanilla. Add the melted butter and half and half. Dump in blueberries and stir well. Pour into crock pot. Then, in another separate bowl, cut together the topping ingredients. Sprinkle topping on top of mixture already in crock pot and DO NOT MIX. Cook 4 hours on low or 2 hours on high.