

Crock Pot Meatloaf



This family favorite is now even easier to make!

This recipe requires no lead up. You know it, you like it, you probably have had it a million times with just as many little variations. Let's go simple and make a flavorful loaf for dinner that will please the whole family. Meatloaf also reheats and freezes well, so if you happen to have leftovers (yeah right!) go ahead and have a meatloaf sandwich for lunch tomorrow.

One note: You can make this with a mix of meats, if you prefer. Try half beef, half turkey or a mix of beef and bison. The directions stay the same, but the flavor and texture will change slightly.

Crock Pot Meatloaf

(serves 4-6)

1 pound 90/10 ground beef

1 egg

2 T. minced sweet onion

1/2 c. panko bread crumbs

1 T. brown sugar

1 T. ketchup (one good squirt!)

1/2 t. dried dill

1 t. fresh thyme leaves



Mix all ingredients together and form into a loaf shape. Put in crock pot or on trivet insert if you have one available. Cook on low for 4 hours.

(If you need a trivet for your crock pot, try this one: <http://amzn.to/1Iopz4m>)

Crock Pot Barbequed Salami

My nana didn't make cookies. She didn't make tea sandwiches. She didn't make cute food like fruit, desserts, hors d'oeuvres, cordials or ganache. But she made amazing, hearty dishes in mass quantity like spaghetti and brisket and homemade potato salad. But anyone in my family could tell you that the one dish that she was known for was her barbequed salami. It is spicy and soft and just the right amount of sauce to smother a plain hamburger bun and make it melt.

Nana always bought the big tubes of kosher salami and hand sliced in and then quartered it. I don't know how she made it so thin. I suggest using the tubes of Hebrew National salami, but here's an easier way to prepare it- cut it in half

longways and then in half longways again (it will almost look like four hot dogs at this point). Then, run it through your food processor to slice it really thin. Or, you can do it by hand, like Nana, if you have a sharp knife and a lot of patience.

Kudos to Nana for always serving this amazing feast to our family, for getting us all together and giving us memories to last forever. This will always be a favorite meal for me and I can't wait to share it with all of you, too. Make it for your next picnic, family gathering or game night. Barbequed salami is best served with a pickle, some wavy potato chips to scoop up anything that falls off the bun and a huge stack of napkins. Enjoy!

2 lbs salami, sliced and quartered

2 12 oz. bottles Heinz chili sauce

1 c. ketchup

1 onion, quartered and sliced

1 green pepper, minced

2 stalks celery, minced

2 T. white vinegar

1/4 c. brown sugar

1 t. dry mustard

1 t. chili powder

1 t. Worcestershire sauce

1/2 t. Tabasco sauce

Prepare meat to be sliced and quartered. Place in crock pot. Cook onion, green pepper and celery in a pan until soft, but

not browned. Add to meat. Mix remaining ingredients in a separate bowl and then pour into crock pot. Mix all ingredients together. Heat on low for 2-3 hours. Serve on soft, plain hamburger buns.

Crock Pot Country Ribs

Let's make a play list for today's recipe to put you in the mood! By the time you sing along to *Sweet Home Alabama* (Lynyrd Skynyrd), *Little Bitty* (Alan Jackson) and the beginning of *Sweet Caroline* (Neil Diamond), you'll have a pot full of home cookin' set for a down-home country feast. Whether you live in the north, south, east or west, you'll enjoy this soothingly savory dish that goes great with any variety of side dishes. I'll be serving mine with steamed broccoli and maybe some scalloped potatoes. If I can figure out how to do the potatoes in the crock pot, you'll see it posted later this week!

Once your meal is made, add some more songs to your play list so you can dance around and sing when you are doing the dinner dishes later tonight. Enjoy!

1.5-2 lbs pork country ribs

1 cup ketchup

1/4 c. brown sugar

1/2 c. apple juice

2 T. apple cider vinegar

2-3 cloves garlic, chopped

1 t. celery seed

1/2 t. ground mustard

2 T. parsley flakes

Spray pot with non-stick spray. Place country ribs side by side in one layer (best if using an oval shaped crock pot). Mix remaining ingredients in a separate bowl and then pour on top of meat. Cook on low for 6-8 hours.

Crock Pot London Broil

My head had been swirling with a mix of the traditional children's song about a certain London Bridge and the contemporary naughty version of the song by a certain Mrs. Black-Eyed Pea. While I might not have the cute sequin British flag on a pair of boy shorts, I think my London Broil is a fine salute. The funny thing about the name "London Broil" is that there actually isn't any connection to London or English foods and you don't actually have to broil this cut of meat, even though that direction is clearly stated in the name.

This beef steak is a good balance of muscle and fat and is moist and juicy. It can also be labeled as top round steak or flank steak and it's still the same part of the cow. It is helpful to marinate this cut of meat overnight before cooking in the oven, but you can get that same effect by cooking it on low with the marinade on the meat in the crock pot. If the meat doesn't fall apart when it's done cooking, you can remove it from the crock pot and make thin slices across the grain of the meat. Leftover slices also make really good cold roast beef sandwiches.

A simple meat and potatoes dish is a great way to have a filling dinner without having a lot of fuss. So be American and crock pot your London Broil today!

2-3 lb. London Broil (also called flank steak or top round steak)

4 potatoes, cut into chunks

6 carrots, peeled and cut

1 medium onion, quartered

1/4 c. Worcestershire sauce

2 T. red wine vinegar

2 T. olive oil

3 T. ketchup

2 cloves of garlic, chopped

1 t. black pepper

1 t. rosemary

Place veggies in crock pot first, then lay meat flat. Mix together all remaining ingredient, except rosemary, in a separate bowl. Slowly pour marinade over meat then sprinkle rosemary on top of it. Cook on low for 5-6 hours.

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?!

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.

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.

Crock Pot Bean Medley

We're going to a BBQ at my brother's house this weekend and since the assumption is that I'll bring something from the crockpot, I know I need to come up with something tasty and creative. The catch is that I don't really want to go grocery shopping today. So, I'm diving into the pantry in the hopes that I will surface with a plan and an amazing side dish. I also want to make this dish over night so that it is ready to go in the morning.

Baked beans are a very typical BBQ side dish, but I would like to make a bean dish that isn't brown and smokey or looks like it's was dumped into a bowl and served. Beans are an easily accessible food— even if they look like they were prepared a little different, everyone still usually takes a scoop to eat. This combination is a nice variation because it is more colorful and the light colors are a nice balance for spring. Enjoy!

NOTE: Assume that each can is about 15 ounces. This recipe works best in a 6-quart pot. Feel free to divide all ingredients in half if you are not cooking for a large gathering of people, a sports team or a small army.

2 cans black beans, drained and rinsed

2 cans dark red kidney beans, drained and rinsed

2 cans great northern or cannellini beans, drained and rinsed

2 cans sweet corn kernels, drained

8 oz. frozen cut green beans

1/2 medium onion, chopped

1/2 red bell pepper

1/4 c. apple cider vinegar

1/4 c. brown sugar

1/2 t. celery seed

1/2 t. oregano

1/2 t. black pepper

3 T. ketchup

3 T. tomato paste

1 T. brown or dijon mustard

Drain and rinse all the beans before putting them in the crockpot. Add the rest of the veggies. Mix together the brown sugar, apple cider vinegar, tomato paste, mustard, ketchup and seasonings and dump in on everything in the crock pot. Give it one good stir and then set it on high for 3 hours or low for 5-6.