

# Crock Pot Chana Masala



So I recently riddled my fans on [Facebook](#) about whether they would want a crock pot chicken marsala or crock pot chana masala recipe... and of course, you guys asked for both! So as promised, I have created both recipes and I'm sharing them with you this week. First up, is chana masala (even though I made the other recipe first!), but since that is the smell filling

my house, it is the first to write up and share. It's like the amazing fumes are traveling through my body and out my fingertips as I type.

You might recognize this dish from your local Indian buffet. With just a few ingredients, but plenty of seasonings and flavor, it's a great side dish. Served with rice and naan bread, it makes a fantastic dinner. I think it's a great introduction to Indian food too because it's not too potent or unfamiliar in flavor. I would still consider myself a novice with cooking Indian food and I much prefer to go out and eat someone else's delicious recipes than my own, but sometimes it's nice to try something new and customize it yourself.

(I really like the [Simply Organic herbs](#) from Amazon. I think they are affordable and a quality product. I've linked each ingredient so you can buy them if you'd like to use what I use, too. I do not work with them directly, but I do use them consistently.)

So here's my go at crock pot chana masala. I hope you are inspired to try cooking something new, too!

## Crock Pot Chana Masala

**Prep Time: 10 minutes**

**Cook Time: 6 hours**

**Serves: 8-10 people**

1 28 oz. can chick peas, drained

1 28 oz. can diced tomatoes, NOT DRAINED

2 cloves garlic, minced

1/2 yellow onion, diced (= about 1/2 cup)

1/2 t. [ground coriander](#)

1/2 t. [cumin powder](#)

1/2 t. [turmeric powder](#)

1 t. [garam masala powder](#)

1 t. minced fresh ginger

1 T. fresh cilantro leaves, sliced

1 lime, cut into wedges

Put all ingredients in crock pot and mix together. Cook on low for 6 hours. Serve with a lime wedge to squeeze for flavor, a side of basmati rice and naan bread for a complete meal.

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**[Crock Pot Ground Turkey](#)**

# Stuffed Peppers



Make your holiday table a little brighter with these beautiful stuffed bell peppers!

My favorite season is sunshine. I don't really care what month of the year it actually is... if the sun is beaming and I can feel the warmth on my face then it's my favorite season, for sure. Fall brings lots of sunshine— and rain— and over programming of school functions, sports, travels, holidays, and chaos. That's why I desperately need that sunshine to keep me warm and happy! ☐

Since days like today have a full agenda and to do list, I'm taking advantage of leftovers in my fridge and making an easy low-fat crock pot meal that we can all sit down to as soon as we get home from today's events. It's tempting to drive through or order delivery when the day is so full already... but I'd rather have dinner ready in the crock pot and just get home, sit down, and eat. Sure, there are a few dishes to do after the kids go to bed, but it's so much healthier and less

crazy for me to plan ahead and just have it done and ready to go.



We ate stuffed peppers pretty often growing up. I like the simplicity of meat and veggies and it is a great way to use up leftover rice. I can also totally sneak in extra veggies because it's really like a pretty pepper stuffed with a huge meatball! You can either cut the bell peppers in half or just cut the crown off and stuff them

whole and standing up. I make that decision based on the shapes/sizes of the peppers and how they will fit best in my crock pot. If I use the whole pepper, I like to use this [insta pot](#) or one that is more vertical... but if I'm cutting them in half, then [this is definitely the one to use](#).

My kids like the filling, but not the peppers, so when I make this at home I save half of the filling and bake it in a loaf pan instead of stuffing it into peppers for the crock pot. I don't usually like to make two separate meals for dinner... but if I give them the stuffed peppers they just eat the middle out and leave the fleshy and bright veggie to throw out. That makes me sad! So I have compromised and bake it separate for them to eat.

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## Crock Pot Ground Turkey Stuffed Peppers

**Prep Time: 20 minutes**

**Cook Time: 5-6 hours**

**Serves: 6**

6 medium bell peppers (red, yellow, orange, or green)

1 lb. ground turkey

2 c. cooked white rice

1 c. diced sweet onion

1/2 c. shredded carrot

1/2 c. canned corn kernels, drained

2 T. tomato paste

8 oz. can of tomato sauce

2 T. brown sugar

Cut the tops off of the peppers and pull out seeds and pithy parts. In a separate bowl, mix the meat and veggies. Form into balls and fill the peppers; the meat can be pressed in firmly. In another bowl, mix the tomato paste and sauce with the brown sugar, then pour the mixture over the tops of the peppers. Cook on low for 4-6 hours.

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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 #tastesyummy! 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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## Renovation, Weeks 6-8: Update and Wait

When I walk into the kitchen, I hear crickets. Ok, not real crickets, just the metaphorical ones. Which is good, considering that in [Week Five](#) we had issues with really undesirable creatures in the house. But I hear the crickets like the humor in movies when it's so quiet and nothing is moving that the moon is staring at you so brightly that you have to look away.

Freaking crickets.



The cabinets are in- but  
TOPLESS!

I should back up and cheer before I complain. In Week Six, the cabinets were installed. Can I get a “hell yeah” from the crowd?! (hell. yeah.) Thanks. Finally, real progress. They are beautiful and clean and I am amazed how easy it looks but how many excruciating, intricate details are necessary to make it all look just right. **(LUCAS- IF YOU READ THIS, YOU ARE AMAZING.)**



Cabinetry is like wizardry, but without the cool hat.

Shortly after the cabinets were hung by the sink with care (yes, *St. Nicholas had recently been there*), [Carolina Custom Surfaces](#) came to take the measurements for my countertops. They used some of the coolest technology and gadgets that I've ever seen— again, wizardry! Freaking laser beams to measure the space, the angles, the cuts. I don't mean to overestimate here, but I am anticipating sheer perfection from this process.



We expanded the small pantry space and added drawers and doors. I love the easy access now!

And then the crickets. Oh, the pain in waiting and waiting and waiting and waiting. And waiting. I know that the countertop template process has me believing in perfection, so I should wait patiently. This is not an unusual or even unanticipated wait time (especially considering these three weeks include the New Year holiday), but patience is not a virtue I possess.

What do I possess— a cell phone. And yes, I've called to check on the progress, my scheduled appointment time, called back to see if materials arrived, and reconfirmed the

appointment time. (Thank you, calm, caring staff at [Carolina Custom Surfaces](#), for handling my crazy. Because it's out in rare form right now and you are on the receiving end of the line.)

So I quiet the crickets by playing really loud music in the kitchen and share my cooking adventures with you instead. (Are you following me on [Facebook](#) and [Instagram](#)?!) I've made two batches of [Crock Pot French Onion Soup](#). I've shared my passion for Korean cooking by making kim bap rolls (very much like sushi but so much better!). We've had sandwiches and cereal and easy-peasy mac and cheesy and all those other go to foods that don't require any prep.

Three weeks of updates, all wrapped into one post. I hope you are enjoying my adventure and my crazy. Be sure to check back next week and see what the final week of install brings!

#nokitchennoproblem Right?!

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## [Crock Pot Pulled Pork Tenderloin](#)

Fall is almost here... Starbucks is already is serving up pumpkin spice lattes and football seasons have officially started, that means the weather should start to cool off, even here in the South, and the leaves should start to change.



I love making pulled pork, but everyone likes their BBQ sauce a little different, usually depending where you live. [THIS ONE IS MY FAVORITE.](#) Some like it sweet and smoky, some like it vinegar-based, and others (like my kids) just want to top every kind of meat with ketchup. Yes, that actually happens in my house, but at least they are eating protein, right?!

So this recipe is a great SIMPLE way to make pulled pork in the crock pot and then you can decorate it however the hell you want! It's a great meal for football parties, tailgates, birthday parties, and all other fall festivities. Throw it in before you go pick that perfectly round pumpkin. Decorate your table with pretty leaves and then serve a bowl of this deliciousness for the table of fall fans to devour. I don't care how you eat it, it's easy to make and easy to eat. Isn't that the point?!

You won't believe that this is only three ingredients. Here's the catch— not all crockpots cook at the same temperature, so watch the meat the first time you make this and don't let it dry out. Your meat will release enough juices to let it cook low and slow without any excess. But if your cooker is too hot, it will scorch the meat and dry it out. Don't do that. ONLY COOK THIS RECIPE ON LOW. LOW, I SAY!

*Happy Fall. Yay Football! Pass that caffeinated cup of fake gourd goodness.*

## **Crock Pot Pulled Pork Tenderloin**

**Serves 4-6**

1.5 lb pork tenderloin (a little more or less is ok too)

1 large gala apple, sliced into 1/3 inch strips, skins left on  
1/2 sweet onion, sliced the same thickness as the apples



After cooking for 6 hours on LOW, use two forks to easily shred the meat.

Put all ingredients in crock pot. Cook on low for 6 hours. ONLY ON LOW. Then, using two forks, shred the meat in the crockpot and stir the apples and onions throughout. Top with your favorite BBQ sauce and serve on squishy white bread buns accompanied by bread and butter pickles or coleslaw.

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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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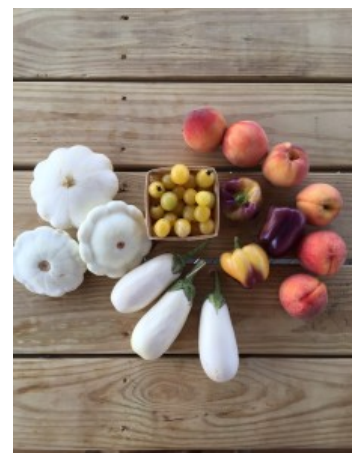
## Summer Series, Day Five: Crock Pot White Ratatouille



I'm seriously considering moving to the beach. Sunshine, seafood, salty air... it's all good for my soul. As long as I have a good internet connection, I might just be willing to carry my crock pots up and down the east coast and showcase local flavor and attractions. **Ok, I'm putting it out there– where should I go next and who can hook a girl and her crock pots up?! I'll feed you!**

I used the rest of my finds from this week's farmer's market to make ratatouille for dinner tonight. I love the fact that I used the same kinds of ingredients, but in a new way to make a totally different presentation!

I have never seen pure white patapan squash or white eggplant before in this region, but I was delighted to experiment with these adaptations to the standard variety. I also used yellow cherry tomatoes instead of canned diced red ones. Such a delightful dish to cook low and slow while we played all day.



While we normally do adventures as a family, today we decided to go in two directions— literally. My husband took our oldest to the beach to tiptoe in the shark-infested waters and fly a kite in the salty breeze. I took our youngest on a bike ride down the main road of the island. I'm so glad I bought [a bike rack for my car](#) so we could all bring our bikes to the beach. It's so much easier than trying to rent them upon arrival! The sidewalks in Avon are flat and easy and the breeze felt fantastic even though it was a scorching day. We all enjoyed the sunshine and a bit of solitude. There is something about experiencing the wind on your face and the sun on your back, just taking a deep breath and exhaling gratitude. I'm not kidding when I tell you that staying [here](#) in the Outer Banks has really been cathartic for all of us.

But back to the food, of course! By the time we hit the beach, the bikes, came back to swim in the pool [at the house](#), and got cleaned up... dinner was ready and no work was needed. Another amazing day is complete and it's time to chill on the porch with a few cold drinks and listen to the birds and cicadas chirping in harmony.

## Crock Pot Ratatouille

Serves 4-6

3-4 large white patapan squash, softball sized (about 1-1.5 lbs)

3 small white eggplant, 5-6 inches in length (about 1 lb or less)

1 sweet onion, diced

1 yellow pepper, diced

1 pint yellow cherry tomatoes

2 cloves garlic, minced

4 leaves fresh basil, chopped

1 c. broth (chicken or vegetable)

Mix all ingredients in crock pot and cook on low for 6-8 hours. Serve with rice, noodles or fresh bread and butter. If you can't find patapan squash, you can substitute yellow squash.

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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 Loaded Potato Casserole



Who doesn't love a baked potato with all the toppings?! The problem is, I rarely ever keep baking-sized potatoes in the pantry. ([Although has anyone ever used one of these?!](#)) So this recipe is a great way to fulfill that salty and savory craving with items that you can keep on hand. I used refrigerated shredded potatoes, but you can totally make this

dish using the frozen kind instead. The quantity and directions stay the same.

My mother-in-law used to make a potato casserole like this and my recipe is totally inspired by her dish. I remember lots of festive gatherings, summer BBQs, and family dinners with second and third helpings of potato casserole. Some nights, I'd rather just have this as my main dish with a side salad... and save room for dessert! Family recipes are the best—because they satisfy your soul and not just your appetite.

Crock Pot Potato Casserole

Serves 8-12



You can keep these ingredients on hand for an easy side dish anytime.

2 lb. shredded potatoes (just wanted to share... [I use THESE](#))

8 oz. sour cream

2 cups shredded cheddar cheese

1/2 onion, chopped

1 10.5 oz can Cream of Celery Soup

1 cup bacon crumbles

Put all ingredients in crock pot and give it a stir until everything is combined. Cook on low for 4 hours.

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# Crock Pot Cream of Mushroom Soup



Try different varieties of mushrooms in your soup to enhance the flavor!

Did you have a great weekend? Yeah, I met a real fungi.

Haha, fungi humor still cracks me up. Get it? Get it? Funguy?! Bwahhh ha ha ha. This recipe calls for at least three different kinds of mushrooms because I love the variety of texture. If you don't like mushrooms, don't make this recipe, make a different soup like [Crock Pot Creamy Tomato Soup](#) or [Crock Pot Cream of Celery and Leek Soup](#). This mushroom soup is earthy and pungent in all the right ways.

You can get mushrooms all year round, but I suggest you try different varieties each time you make this. For example.. your standard button mushroom is a great basic, but play around with oysters, enochi, portabello, or bunapi. No, those are not made up words, they are varieties of mushrooms!

This recipe requires very little measuring, which might make some of you uncomfortable. But, rest assured, that you would have to work so very hard to mess this up. Don't over season the soup— it's better to add a little salt and pepper at the end instead of at the beginning.

I like my mushroom soup to be smooth and creamy so I use [a hand blender](#). If you like a more chunky soup, then try pulling 2 cups of the soup out and pureeing that, then add it back in. The soup will still feel smooth, but will retain the majority of chunks for bigger texture.

Try adding in other veggies for a more full flavor, if the mushroom intensity is too much for you. You can add chopped celery, green onions, chopped carrots, a can of green chiles or even some corn to adapt the flavor. I am making a simple version of this soup, but feel free to add more fun to your fungi as you experiment.

## Crock Pot Cream of Mushroom Soup

Serves 6-8

4 cups mushrooms, cleaned, stems discarded, and caps cut into bite-sized pieces

32 oz. vegetable broth

2 cloves garlic, minced

4 sprigs fresh thyme (just the leaves)

1/4 sweet onion

2 cups milk

2 T. corn starch

Add all of the ingredients into the crock pot EXCEPT the milk and corn starch. Cook on low for 3-4 hours. With one hour left to cook, dissolve corn starch in the milk and then stir into

the soup. Puree the soup using [a hand blender](#) until texture is smooth. The soup should thicken in the last hour and then a bit more once served. Add salt and pepper as needed once cooking is complete.