

# Crock Pot Peach and Cherry Cobbler



This dessert tastes like summer feels.

Summer produce is like nature's candy. I don't mean that in some hippy dippy way or that candy is in any way a bad food group, I just mean that fruits and veggies right now are so delicious when the sun and the rain and the dirt are all working together to create pure awesomeness. Ok, so I'm a little hippy dippy about it.

I bought a couple pounds of peaches and a bag full of sweet cherries on my last grocery trip. Usually we just eat these things straight out of the refrigerator. My kids love having cherries for dessert so I bought [this cherry pitter](#) and they eat them as fast as I can pop them through! It's a necessary tool for this season; you won't regret buying one for yourself (although you may wonder why no one ever told you about this before! Sorry.)

But, since we were having company over for dinner this

weekend, I decided that I would fancy it up and crock pot us a cobbler to enjoy. And as leverage for the delicious vanilla caramel swirl ice cream I had bought as well.

Most cobbler recipes include oatmeal in the topping. Makes sense– it stands up well in the crock pot, gets soft, but not mushy, and you usually have it in the pantry. Except this time, I didn't. And I didn't want to go on a grocery store run just for oats.

So, I opened the pantry and just started creating. While you could do this in an oval crock pot, I really liked doing it in my [casserole crock pot](#) because it made perfect squares for serving, plus it wasn't too deep or too crispy on the sides. Literally, the [casserole crock pot](#) was the perfect choice.

Turns out– corn flakes make a great cobbler topping, too! I will totally make this recipe again. It's just the start of blueberry season here locally and I'm thinking about going to do some local picking and then making cobbler again. Mmmmm can you picture the dark purple color as those berries begin to burst in the cobbler and the sweet smell of the caramelizing flavor?! Yeah, me too. Go get some local produce and make a batch for yourself today!

## **Crock Pot Peach and Cherry Cobbler**

**Prep Time: 20 minutes**

**Cook Time: 4 hours**

**Serves: 8-10 people**

2 lbs cherries, pitted

6 peaches, about 2 lbs

1/4 c. corn starch

1/2 c. sugar

1/2 c. flour

1/2 t. salt

2 c. corn flakes, crushed

1 stick butter (cold or frozen)



Here's a step by step look at how to make Crock Pot Peach and Cherry Cobbler.

Put cherries and peaches in crock pot, add corn starch and stir until fruit is coated. In a separate bowl, mix the rest of the dry ingredients and then sprinkle it over the fruit. Slice the stick of butter horizontally (long thin slices) as thin as possible. It's easiest to cut the butter when it is cold. Place butter over crumbled topping and cover as much surface area as possible.

Cook on high for two hours and then low for two hours. This helps the fruit— especially the cherries— cook all the way through. Serve with a huge scoop of your favorite ice cream or greek yogurt.

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# Crock Pot Short Ribs



OK fans, THIS should be your new favorite holiday dish. I don't care what you celebrate, we all celebrate deliciousness. There's a little prep work involved, but it is worth every juicy morsel. I am making this dish for the upcoming Jewish New Year... and perhaps Halloween. Thanksgiving. Christmas. And an early happy Valentine's Day to me.

Since the beef is the focal point of the entire meal, I wanted to make sure I had quality beef and plenty of it. I bought six short ribs equally just over three pounds. That sounds like a lot, but you have to take into account the bones. We each ate two ribs at dinner. You can adjust the serving size as needed. I served my meat with green beans tonight and that's eat. I mean, it. I'm still thinking about eating those short ribs!

Marinating the meat is essential to get the flavors going and the apples to break down and tenderize the beef. I soaked mine for 24 hours— you could do as little as 6-8 hours, but I wouldn't go much more than a full day.



I first tried to fit everything into a gallon size bag, but

that was a futile effort. You could use a bowl or storage container. I like to keep these [HUGE bags](#) on hand exactly for this type of need. Whatever you use needs to fit back into the refrigerator, don't forget that detail!



Crock Pot Short Ribs is one of the only recipes where I braise the meat before I put it into the crockpot. The flash of heat helps caramelize the flavors quickly and seal in the juices. It's worth the extra step, trust

me! It's also necessary in my house to open the windows or disarm the smoke detector when braising. Something about that quick heat and sugar causes some excess "fog" in the air—that's what my kids call it, cooking "fog"!



When you are braising the meat, make sure you save the juices and marinate from the bag or container— that goodness goes straight into the crock pot. Do not dump it out! Once the meat is done braising, you just gently place the meat on top of the sauciness and let it

continue its cooking all together.

Yes, there are more steps to this dish, but the end result is soft and juicy and smiles all around. And isn't that the point of holiday meals?!

Happy everything to you. I hope you enjoy this dish and everything you celebrate throughout the year.



## Crock Pot Short Ribs

Serves 3 (Double or triple the recipe as needed!)

3 lbs beef short ribs, bone IN

1 c. shredded sweet onion

2 medium gala apples, shredded (skin on)

1 inch fresh ginger, peeled and then shredded

8 cloves garlic, whole

5 stalks green onion, cut the greens only into 2 inch strips

1/2 c. soy sauce

1/4 c. Mirin or rice wine

3 T. sesame oil

3 T. honey

1/4 c. sugar

Begin by shredding onions, apples and ginger and put into [large bag](#) or bowl. Add garlic cloves and green onions. Add remaining ingredients (except ribs) and combine well. Add beef short ribs and massage marinate onto all sides of meat. Cover bowl tightly or seal bag and refrigerate for up to 24 hours. When you are ready to proceed, remove ribs from marinate

and put everything else into the crock pot. Heat pan on high and then braise all sides of short ribs quickly, but do not



cook through. Add ribs to mixture already in crock pot, cover and cook on high for 3-4 hours or low for 4-6 hours.

The meat will pull away from bones when it is soft and ready. Serve bone-in with extra juice. The whole cloves of garlic will taste amazing- do not throw them out- spread them on bread or eat like candy!

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## Crock Pot Strawberry Jam

I cleaned out my refrigerator yesterday because I was certain there were a couple meals left to cook before I needed to go grocery shopping again. I realized that I had two lbs of strawberries that were ripe and ready... and starting to get a little soft.

I've been dabbling with the idea of learning to do canning, but either didn't have the supplies on hand or just wasn't ready to make the mess, so I haven't done jam yet.

I figured out, it's much easier just to cook it down into jam in the crock pot and then eat it up instead of going through the hassle of canning! My recipe was quick, easy and I bet you even have all the ingredients on hand.

Apples contain a natural pectin which works to thicken up the jam a bit, but this recipe will not give you a solid product. It's a great consistency to spread on toast, dribble on waffles or use to top ice cream or angel food cake.

2 lbs strawberries, cut the tops off first

3 cups white sugar

1 medium apple, cored, peeled and sliced

2 lemons, just the juice

Put all ingredients in the crock pot on high for three hours. Turn off; use a hand blender to puree the jam. Carefully, put into glass mason jars or plastic containers and let cool for one hour. Then, put lids on and store in refrigerator. Enjoy!

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## Purple Sweet Potato Biscuits

Happy New Year, friends and fans!

So to be perfectly honest, I haven't done a lot of cooking since January 1. We've relished in some easy dinner like grilled cheese and tomato soup, grilled chicken with steamed veggies and even ordering in Chinese food. But yesterday I tried a little baking and the result turned out so funny, I thought I would share.

I recently bought some organic veggies, including purple sweet potatoes. These potatoes are the same size and shape as regular sweet potatoes, but the insides are a vibrant purple (think the color of Barney or pansies!!) When I roasted the purple sweet potatoes, they were beautiful, but when I used them in this biscuit recipe, they turned out to be a purplish/blueish/greenish color instead! We were all entertained and they were really funny to see. But the taste and light, fluffy texture was great.



So here's the recipe for you to try. This is NOT my recipe.



It's from [www.foodnetwork.com](http://www.foodnetwork.com) with the original recipe provided by "Mama Dip", whoever that is. You can use regular sweet potatoes if that is what you can find, but I assure you that the purple variety is much more entertaining. Enjoy!

I will work on new crock pot recipes next week, I promise. ☐



2 cups cooked, mashed sweet potatoes (skins removed)

1 stick butter, melted

1 1/4 c. milk

4 cups self-rising flour

3 T. sugar

pinch of baking soda

Mix together the sweet potatoes, butter and milk until well blended. Stir in the flour, baking soda and sugar. Shape the dough into a ball and knead about 10 times on a well-floured board. Roll the dough out 1-inch thick and cut with a biscuit cutter. Bake in a greased baking pan in a 400-degree oven for 15-20 minutes or until brown on top.

((if you don't have self-rising flour you can substitute with all purpose flour and a few more ingredients and the result will be the same. 1 c. self-rising flour= 1 c. all-purpose flour+ 1 1/2 t. baking powder+ 1/2 t. salt))

Yields: 15 biscuits

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## Crock Pot Noodle Kugel

This is one of my favorite foods from my experience with Jewish holidays. This casserole is sweet and dense with a wonderful warmth of cinnamon and vanilla. The noodles are soft and bound with the creamy egg filling. But my favorite taste is the plump raisins that swell with flavor and are a great contrast to the texture of the noodles.

I've made this dish many times in the oven, so it seemed like an easy transition to do it in the crock pot. Plus, it was so much easier to serve this dish hot as a buffet item when guests could just scoop it up still steaming. Plus— no one had to be embarrassed to have seconds when they could just go back to the crock pot for more!

1 lb. yolk-free broad egg noodles, cooked

5 eggs, beaten

16 oz. sour cream

16 oz. cottage cheese

1/2 c. sugar

1 t. cinnamon

1 T. vanilla

1 c. raisins

1 c. Special K cereal (crushed)

2 T. butter, melted

Mix all ingredients except noodles in crock pot until smooth. Fold noodles into mixture gently. Mix crushed cereal and melted butter in a separate bowl and then flake on top of casserole mixture. Cook on low for 4 hours. For last 15 minutes, position lid sideways so that air can escape during final moments of cooking.

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## Crock Pot Marsala Pears



Lately, I've been more interested in making crock pot desserts. I think it's the farthest thing from what grandma used to make— this amazing kitchen appliance is meant for more than just soup and meat! I have a couple pounds of fresh seckel pears. They are still firm and their skins are

colorful and fragrant with just a few blemishes. Since we'll be cooking these down, I think it's best to use fruit when it's just a day or two ahead of being ripe.

Some of the recipes I've seen for seckel pears require the cook to peel the pear, but that's it. I have issues with this prep. First off— it's ridiculously difficult to stand pears up on the crock pot. Have you ever seen a flat-bottomed pear?! Plus, it might make a nice presentation in its original form, but then you have to worry about cutting around the tough middle and not eating any of the seeded parts. Why not just

half it and use a melon baller to remove the part you don't want to eat?? Or you can be even lazier, like I am, and just slice the halves off just outside of the core so you don't even have to scoop it out. So there you go, that's my suggestion. Either way, it's a couple minutes more prep work, but it's just as good to eat with less hassle at the dinner table.

Marsala wine is great for cooking. It's full flavored and a little sweet. I opened a bottle to make chicken marsala one night and now it's been sitting on my shelf. It's not a wine I would drink from a glass, but it's great for cooking. So I think the combination with fresh fruit really makes mouth water. Plus, it's really sad to let the bottle gather dust between chicken marsala nights. If you don't have marsala, try another red wine and maybe add some raisins or craisins to the recipe to add a little sweetness.

Try these pears for pretty much any meal. They would be amazing next to some cinnamon oatmeal for breakfast, a nice snack with a side of vanilla greek yogurt or serve it for dessert after a steak dinner and top it with some dark chocolate shavings. However you discover it, I hope you like experimenting with this fresh fruit. Enjoy!

12 seckel pears, halved and scooped (see above note)

1/2 c. marsala wine

1 T. sugar

Place pears in the crock pot, pour wine in and sprinkle sugar. Stir it all around and cook on low for 2-3 hours. The pears should be soft enough to cut with the edge of a fork, but not mushy like apple sauce.

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# Crock Pot Cabbage and Onions



My family has requested perogies for dinner tonight and as much as I'd like to try to make them homemade, that just isn't going to happen. So I figured if our main dish at dinner is from a frozen blue box, then our side dishes should be fresh and flavorful.

Perogies are an amazing Polish entree that can have a variety of fillings inside. I remember a booth at the West Side Market in Cleveland, Ohio, that offered dozens of options— meat-filled, cheese, fruit, dessert, the list just kept on going. I'm making a sauteed cabbage and onion recipe in the crock pot today and the taste will really go nicely with my smooth, simple potato and noodle pockets. But someday, I'd love to go back to that booth in Cleveland and stock up on some crazy combinations instead.

This side dish would go great with almost any meat. The salt helps the cabbage break down and the wine and sugar really add to the natural sweetness of the onion. If you'd like a different color for presentation, try swapping julienned carrots for the red cabbage instead. I like the red cabbage because it gives the onions a really nice translucent purple color. Enjoy!

1 small head cabbage, sliced thin

1 medium sweet onion, sliced thin

1 c. shredded red cabbage

1/2 c. white wine

1 t. salt

1 t. celery seed

1 T. sugar

Put everything in the crock pot and stir together. Cook on low for 4 hours.

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## Crock Pot Apple Brown Betty

Your crock pot isn't just for cooking main dishes, I'm on a kick cooking desserts too! If you are a fan of baked apples or even just apple sauce, you'll love this take on what I call "apple brown betty". If you look up the meaning, it's still unclear who this "betty" is and why her apples were so brown. Most sources date the dish back to colonial times and confirm that the dessert is truly as American as... well, apple pie.

The flavor and composition of my apple brown betty is similar to a cobbler, so if you'd like to try this with peaches, berries or any combination of fresh fruit, give it a try and please post a comment and let us all know how it turns out. Enjoy!

6-8 medium apples, peeled, cored and sliced

1/3 cup brown sugar, packed

1 T. vanilla



1 t. cinnamon

1/4 t. nutmeg

For the crumbles–

2 cups of granola

1/2 c. sugar

1 t. cinnamon

2 t. melted butter

Put apples in crock pot first and then rest of filling ingredients. Toss together so that the apples get coated. Then, in a separate bowl, mix together crumbles ingredients and then pour on top of apples, but do not mix. Cook on low for 3 hours. Serve a scoop of dessert with a scoop of ice cream– the warm sweetness and the cold creaminess are a delightful combination.

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## Crock Pot Carrot Cake



I would like to begin this post with an argument. The title of carrot cake is really a misnomer. This shouldn't be considered a dessert. It is based foremost on a VEGETABLE for goodness sake! It is a carbohydrate next and then a treat after that. It is vegetarian, kosher, can be low

fat and I'd almost put the gold sticker of "healthy" on it!

Based on these clear and evident facts, I would like to share with you my recipe for crock pot carrot cake. Serve it for breakfast, after lunch, for an afternoon or evening snack or just about any point of the day. Chalk it up as doing a good deed for yourself. And trust me, this tastes soooo much better than drinking v8!

1 c. flour

1 c. oatmeal

1/2 c. sugar

1/2 c. applesauce

2 t. potato starch

1/4 c. apple juice

1/4 c. vegetable oil

1 t. baking powder

1 t. baking soda

1 t. cinnamon

1 c. grated carrots

1 t. vanilla

1/2 c. raisins

1/2 c. chopped walnuts (optional)

Mix all ingredients in a separate mixing bowl by hand. Coat a loaf pan with non-stick spray and then pour batter in. Place entire loaf pan in crock pot (use oval shaped crock pot to make it fit). Cook on high until center of cake is no longer jiggly- about 2-2.5 hours. Let cool and then smear with

whipped cream cheese or cream cheese frosting.

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## Crock Pot Rhubarb Sauce

This weekend, I visited an amazing little organic grocery store, that seriously had two aisles, a delicious bakery and an old man with four teeth. I was tickled to browse the spices and produce, all of local variety. My search for local honey was finally complete and I bought “summer glory” that was harvested just last week. This time of year also produces one of my seasonal favorites, rhubarb, which was readily available and very affordable at this little corner store.

It doesn't surprise me anymore how many of my friends can only list about five different kinds of vegetables that they will eat, usually: lettuce, carrots, celery, corn and some sort of a bean. Come on, people, there is a rainbow of colorful delights growing in and on our earth! It's time to broaden your horizons and try something new... maybe grill a zucchini or steam an artichoke with dinner. Indulge in fresh mushrooms for a stir-fry or bake some beets to a sweet crisp. But today, I am going to introduce you to rhubarb, an unfamiliar stalk that cooks down into a mouth-twisting tartness that is best complemented by spring fruits or pastry sugariness.

There are very few ingredients in this dish and it takes almost no prep time. Serve it warm with angel food cake and vanilla ice cream or freeze the sauce and scoop it up as sorbet. It's non-dairy, can be sugar free, full of vitamins and a real treat. Enjoy!

5 stalks of rhubarb, cut into 3 inch sections (leaves and end removed, washed well)

1 lb. strawberries (tops removed)

3 ripe bananas

1/4 c. sugar (OPTIONAL)

Put all ingredients in crock pot, cook on high for 2-3 hours. Puree with immersion hand blender until consistency is smooth. Serve warm, cold or frozen.