

# Crock Pot Summer Onion Dip



If you read my post about the cute \$7 crockpot that I saw on sale last week, this recipe would be the perfect fit for it! If you have a “little dipper” sized crock pot, you can make this dip and then use the crock pot to serve it and keep it warm. I thought these flavors fused together well for an easy

afternoon snack.

I'd recommend serving my summer onion dip with crisp pita chips, wavy potato chips, baby carrots and cut up celery. It also would be great on a baked potato! It's a basic enough recipe that it would be great on top of pretty much anything. Enjoy!

1/2 c. chopped basil leaves

juice of 1 lemon

8 oz. cream cheese, warmed

1/2 t. black pepper

1 T. Worcestershire sauce

3 T. minced onion

1 clove garlic, minced

Put all ingredients in small crock pot and stir together. Heat on low for two hours.

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## Crock Pot Gumbo



I opened up my weekly CSA delivery and was so excited to see the ripe, fragrant produce. One thing in particular caught my attention– OKRA. The first thing I thought of was some hot, spicy gumbo. I think half of what I unpacked is going to end up in the gumbo– okra, tomatoes, basil, corn, green pepper... now

if only I stopped at a farm for some chicken and then headed to the coast for some shrimp, but I guess I'll have to buy those at the grocery store.

Gumbo is a perfect recipe for the crock pot because it needs to simmer for a long time to fuse all those flavors together. Cut your veggies into small pieces so you can have a bit of each morsel in your mouth! This soup would also freeze really well, so make the gumbo for dinner this week and then enjoy all these fresh treats again later this fall when they aren't so available.

This soup can also be made vegetarian if you leave out the chicken, sausage and shrimp. I'd amp up the amount of veggies though and maybe get a little more okra, so that this tastes more robust and unique than just vegetarian vegetable soup. You can also use Morningstar Farms chicken strips (fake meat) if you'd like to add some protein. Enjoy!

2 boneless, skinless chicken breast, cut into 1/2 inch cubes

1/2 lb. okra, sliced

1 c. of corn (cut off of fresh ears)  
1/2 sweet onion, chopped  
1 green pepper, seeded and chopped  
3-4 ripe, sweet tomatoes, seeded and chopped  
3 carrots, peeled and sliced thin  
2 stalks celery, sliced  
4-6 leaves fresh basil, chopped  
3 cloves garlic, minced  
1 t. salt  
1 t. black pepper  
1/2 t. cayenne pepper  
1/2 t. paprika  
1/2 t. chili powder  
1 T. parsley  
2 T. Worcestershire sauce  
2 T. Tabasco sauce  
2 c. water  
3 pork sausages, cooked and sliced  
1/2 lb shrimp, peeled and cleaned  
2 c. cooked white rice

Combine all vegetables in crock pot. Add liquid ingredients. Sprinkle with all seasonings. Place chicken pieces on top of mixture next. Cook on low for 4-6 hours. Add shrimp, sausage

and cooked white rice and cook for an additional 1 hour on low.

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## Crock Pot Mozzarella Dip

Summer is a great time for backyard BBQs, gathering with friends and family and enjoying lots of tasty treats. Here is a great recipe that is quick and easy to make, but everyone loves to enjoy! Serve this in the crock pot so that it stays hot and creamy. Accompany this spicy crowd-pleaser with crackers, pull-apart bread or just some cool, crisp veggies. Enjoy!

1 lb. mozzarella cheese, cubed

1 c. mayonnaise

1/2 medium onion, chopped

2 cloves garlic, chopped

1/2 t. paprika

2 t. Worcestershire sauce

1 4-oz. can chopped green chiles (NOT DRAINED)

Coat crock pot in non-stick spray. Combine all ingredients in separate bowl, mix well. Pour into crock pot and cook on low for 2-3 hours. Serve hot.

*Looking for some more flare?? Try adding 1/2 c. crisp bacon bits or a few shakes of Tabasco to add more flavor to this cheesy appetizer.*

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# 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.