

Crock Pot Corned Beef and Cabbage



If you have survived your St. Patty's Day green beer hangover and still haven't had enough Irish fun, then go to the grocery store and get another corned beef and another head of cabbage– this recipe is SO EASY and is a total crowd pleaser. Honestly– you can't mess this up and it tastes so good. Try it with different beer... both IN the pot and IN your belly. The variety of beers will alter the flavor of the meat and the cabbage, so try it

light or dark, bitter or brown, cheap or expensive–beer and beef, what a great combination!

1 corned beef (I don't care what size, as long as it fits in your crock pot)

1 head of cabbage

2 bottles of beer

water

Put the corned beef in the crock pot and throw out the extra packet of seasonings. Pour in the bottles of beer and then add enough water to reach the top of the meat. Cook on high for three hours. Add cabbage and make sure it is immersed in the liquid. Cook on high for one hour more. Remove meat to a cutting board and let it rest for a few minutes. Slice it thin and remove the top inch of fat. Serve with the beer-and-beef-infused cabbage and a cold beer.

Crock Pot Buffalo Chicken

I have a real problem with breasts. Even when they are big and juicy, I just don't like them.

Haha, now that I have your attention, let me explain. I'm not really a fan of boneless, skinless chicken breasts. I know that they are healthy and lean and great protein, but I just don't love the texture or the challenge of cooking them. When we grill them, I always feel like they get too done on the outside to make sure that they are cooked all the way through. In the oven, they just have too much of a tendency to dry out. So of course— I cook mine in the crock pot so that they stay moist and soft.

I thawed out a package of four chicken breasts and after staring at them for three days in the refrigerator, I knew I either had to cook them or throw them out. So here's what I did... I cooked them, I shredded them, I covered them in hot sauce and I served them on a bun with some cheese and ranch dressing. THERE WERE NO LEFTOVERS!!! It worked! I like (chicken) breasts!

I used a bottle of Ken's Steakhouse Buffalo Wing Sauce on my

chicken, but if you'd rather have barbeque sauce or even something sweet like teriyaki, it would work well for this recipe. We really like chicken wings at restaurants, but it makes such a mess to fry them at home— this recipe gives the flavor without the mess or the fat. When you cook the chicken in the apple juice, it gives it a little extra zing and then the sauce just saturates the meat with flavor. Enjoy!!



1.5-2 lbs boneless, skinless chicken breasts

3/4 c. 100% apple juice

1 bottle Ken's Steakhouse Buffalo Wing Sauce

(hot dogs buns, cheddar cheese, ranch dressing... and celery sticks on the side, of course!)

Put chicken breasts in crock pot, then pour apple juice in. Cook on high for three hours. Use a baster to remove the excess liquid, then using two forks or a fork and a knife, shred the meat in the crock pot. Pour sauce in next and stir until all meat is coated. It's hard to say exactly how many ounces of sauce because it depends on how much meat you used. But add a little sauce at a time until you have enough, but the meat isn't swimming. Cook for one more hour on low. Serve meat on a hot dog bun with cheese and ranch (or blue cheese) dressing.

Crock Pot Parsnip and Potato Soup

I'm totally enjoying soups this week and I hope you are getting a chance to enjoy some of these recipes too. I love it when I can make an entire meal in ONE pot and feed the whole family. This soup is a variation on my crock pot potato soup recipe (search for it in the recipe index) and adds in the unique sweetness of parsnips and carrots and sweet onions.

Even though it's almost spring, we still need to survive on the rest of winter's vegetables. If you can already grow things in your garden or windowsill, try adding fresh herbs like flat parsley, dill or chives to your soup when it is done cooking. I think you'll find the promise of spring in the soothing warmth of this chowder. Enjoy!

4 medium potatoes, peeled and diced

3 medium parsnips, peeled and diced

3 medium carrots, peeled and diced

2 stalks celery, diced

2 cloves garlic, minced

1/2 medium sweet onion, chopped

3 c. water

1 t. salt

1/2 t. black pepper

1 t. celery seed

1 c. milk

1 T. corn starch

1 can cream-style corn

Put all vegetables and seasonings in crock pot, cover with water. Cook on high for 4 hours. When vegetables are all soft, dissolve corn starch in milk and then add to crock pot. Add cream-style corn and mix ingredients together. Cook on low one more hour. Use an immersion blender and puree the soup until thick and creamy. Serve with fresh parsley, dill or chives on top.