

# Crock Pot Butternut Squash Soup

I used to think that fall was my favorite season. No- not because of pumpkin spice lattes. Ewww. I grew up in Ohio, so October was all about football, pumpkins, apple picking, wearing hoodies and wondering if I was going to need snow boots with my Halloween costume. Fast forward to my current location that includes a beach, palm trees, and mid-day highs at almost 90 degrees. So while my childhood season included colorful fleece jackets and changing leaves, my current reality is more like flip flops and sunscreen until December (not that I'm complaining!!!).



Fall flavors are delicious... and I don't mean pumpkin spice everything!

So I'm bringing fall into my home in as many subtle ways as I can. Many of my fans are celebrating the Jewish High Holidays season as well this month and I thought this recipe would be great to include for your festival meals. Cooking it low and slow while you go to services means that there is little prep

to do before your guests arrive.

Let's talk a little more about quick prep— I often like to use whole foods but there are two recommendations I have for you.

1. Buy the pre-cut butternut squash. It is in the produce section and is sooooo much easier than trying to chop up a fresh one. I like to use the whole squash when I'm roasting it, but I don't mind having someone else do the dirty work on this vegetable. You can also use frozen butternut squash if that's more readily available for you.

2. I use BONE BROTH in this recipe instead of just chicken broth. It adds a little more robust flavor and also about 7 grams of protein per serving (so the leftovers make a great, filling lunch!).

You can get creative with toppings for this soup. Try croutons, dried cranberries, crumbled goat cheese, fresh dill, or a dollop of sour cream. I'm showing it to you without accessories because I didn't even wait until dinner to ladle some into a coffee cup and slurp it down. You know, as a taste test. As a skeptic, I needed to sample it for research. But I used a big spoon with a handle on the side.

## **Crock Pot Butternut Squash Soup**

**Serves 8-10 people**

**Prep Time: 10 minutes**

**Cook Time: 6-7 hours**

2 lbs. butternut squash, diced into 1/2 to 1 inch cubes

1 large gala apple, cored and cut into chunks, skins left on

1/2 c. caramelized onions

1 32 oz. carton chicken bone broth

1/2 t. [all-seasons salt](#)

1 t. smoked paprika

1 t. dried dill

-- and then...

1 pt. heavy cream

3 T. honey

Put first list of ingredients in crock pot and stir. Cook on low for 6 hours. Using an [immersion blender](#), puree soup until all butternut squash chunks are gone. Add heavy cream and honey and stir until combined. Cook on low for 30 minutes more and then serve. Try toppings such as croutons, dried cranberries, crumbled goat cheese, fresh dill, or a dollop of sour cream.

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## Crock Pot Chicken and Dumplings



*Homemade comfort food is a great way to enjoy family time on a busy school night!*

It's Back to School time once again and my schedule is totally in chaos. I am never going to get used to that 6 am alarm and the child zombies I have to wake up for school. Coffee has yet to be made or consumed before the school bus comes, so I feel like it's a mini celebrations every morning when we get to the corner on time!

But there is something so indulgent about the 7 am hour now... it's quiet. I can take just a few minutes to get all the food into the crock pot and have dinner started for the day. If your chaos continues until you go to work/gym/meetings/etc. you can prep parts of this meal the night before, to make it even easier. Cut the veggies and refrigerate. I'm a big fan of measuring out all of the seasonings and putting them in [one of these](#) so you can just dump them in the morning with much less effort. (THIS IS ALSO A GREAT TRAVEL TIP- PRE-MEASURE SEASONINGS AND STORE IN [THESE CONTAINERS](#) FOR MEALS YOU ARE MAKING AWAY FROM HOME!) I'm also in the habit of using [crock pot liners](#) so I don't have to even deal with a messy clean-up. After dinner, I just throw the bag away and wipe out the crock pot... this is a huge benefit when I'm using the same crock pot multiple days in a row.

You can vary what veggies you put in this dish; we like carrot and onions, but you can also add cut up celery, frozen peas or green beans if you'd like. It will make the dish more like a pot pie, but there is nothing wrong with that! Having no veggies is totally acceptable too!

I try to cook from scratch, but I did opt to use one cream soup in this dish. It just helps with the flavor and thickening the sauce. If you prefer, you can buy [organic concentrated soup](#) to keep the ingredient list limited to words you can pronounce. You can also substitute chicken stock for the water, but it's not necessary. If you do use boxed stock, I would recommend leaving out the teaspoon of salt.

This dish is great for a weeknight meal that also doubles as delicious leftovers for lunch. It also freezes well, so go ahead and make a full batch and save the excess for another time. Hope your Back to School chaos is manageable and those early alarm clocks someday get a little easier. At least dinner is set to be low and slow!

## **Crock Pot Chicken and Dumplings**

**Prep Time: 20 minutes**

**Cook Time: 4-5 hours**

**Serves: 6-8**

1 medium sweet onion, chopped

1/2 lb baby carrots, cut into thirds

1 t. [prepped minced garlic](#) or 1 clove, minced

1 t. dried basil

1 t. dried thyme

1 t. dried dill

1 t. salt

1/2 t. black pepper

2 bay leaves

1 can cream of mushroom soup

3 c. water

1 lb. boneless, skinless chicken thighs (approx 4 pieces)

For dumplings:

2 c. flour

1 T. baking powder

1 t. salt

1 T. softened butter

3/4 cold milk mixed with 1/4 cup cold water

1 t. dried parsley flakes

1 t. dried dill

Put veggies, seasonings, condensed soup and water into the crock pot and give it a stir to combine. Place chicken pieces in next and push down to submerge as much as possible. Cook on high for 4 hours. Remove chicken and shred in a bowl, then add back to crock pot and stir. Set to high for another hour and bring back to a simmer while you make the dumpling dough. Combine all dumpling ingredients in a separate bowl and then slowly drop by tablespoon into the crock pot. Do this step quickly so the crock pot retains as much heat as possible. After all dumplings are dropped, put lid on a cook for 20-30 minutes. Dumplings should plump up and be soft and moist. Serve 1-2 dumplings with each bowl of dish.

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## Crock Pot Chicken Marsala



I feel like I should just start this post the same way as my last... “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.”

I thought it was fascinating to hear how many of you liked chicken marsala, but that it took too much work to make. That sounded like a great challenge! Nothing delicious needs to be over-complicated. But crock pot chicken can have varying results– consider that my warning– especially with breast meat. I know my crock pots well enough that we have a relationship, I know how much time it takes to get up to temperature, and when they are just too hot to mess with.

I opted to use thin-sliced boneless, skinless chicken breasts for this dish and to cook for a shorter amount of time in order to retain the moisture in the meat. Chicken must be cooked through, so if you are not already aware of how moody your crock can be, you might want to be home when you cook this dish for the first time to ensure that it doesn’t dry out. Like any relationship, it takes a while to figure out. But it’s worth it.

Also, I recommend using a slicer [LIKE THIS](#) to save time with the prep work. Yes, a simple knife could take care of slicing the mushrooms, but I really like how this device makes everything a consistent size. You can also use it for eggs (duh!), strawberries, kiwis, and soft cheese.



## **Crock Pot Chicken Marsala**

**Prep Time: 10 minutes**

**Cook Time: 4-6 hours**

1.5 lbs thin-sliced boneless, skinless chicken breast

4 T. salted butter, cubed

8 oz. baby portabella mushrooms, cleaned and sliced

2 cloves garlic, minced

8 oz. marsala cooking wine

1/2 c. cold water

3 T. corn starch

Place chicken breasts in the crock pot and dot with chunks of the cold butter. Put mushrooms in next and spread across the chicken. Sprinkle with the garlic. Slowly pour in the cooking wine on top of everything, but not so fast as to wash all the mushrooms and garlic off of the chicken. Cook on low for 4-6 hours then remove the chicken from the pot using a slotted spoon. In a separate bowl, dissolve the corn starch in the water and then add it to the liquid in the pot and stir. Add the chicken back to the pot and cook an additional hour.

Serve over wide egg noodles.



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## Crock Pot Chana Masala



So I recently riddled my fans on [Facebook](#) about whether they would want a crock pot chicken masala 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 Stuffed Green Peppers



This recipe is all about using up LEFTOVERS. I don't mean the extra serving from the [Crock Pot Celery and Leek Soup](#) you made over this cold weekend so you can have a delicious hot lunch to start the week, or the corner pieces of [Crock Pot Vegetarian Lasagna](#) that you purposefully didn't scoop out so you could nibble on the cheesy goodness again after the kids are in bed, I mean the small containers of random single ingredients that you can't bring yourself to throw out.

Stuffed peppers are the perfect solution to this ongoing drama of being single. Ingredient, that is.

I did make lasagna last week and didn't have a chance to make homemade sauce, so I bough (gasp!) a big jar of chunky spaghetti sauce. I also rolled sushi and had one sad bowl of white rice left. So I stopped by the store and picked up a few fresh peppers— because even though it was a separate trip, I rationalized that I was actually doing a service by cleaning out the fridge.

DISCLAIMER: this next statement is not political, religious,

or meant to have any greater meaning in life. I don't really believe in gender... of bell peppers. That's right, there's a myth that you can judge the gender of a pepper based on the number of bumps on the bottom of the bell. Male peppers are a tripod with three bumps and females are more voluptuous and display four proud bumps instead. Farmers and cooks have tried to determine if there is a taste variety, increase or decrease in the number of seeds, or what causality actually exists to determine the gender, but I have yet to see scientific proof on this topic. Lack of proof does not discourage me from believing that once again, we can say that size does matter and so do the number of bumps. I think they are called male and female just as an easy way to differentiate, but that there isn't actually a gender connection to the bells, since they grow the same seeds and reproduce in the same way.

I prefer to use the female, four bump variety, when I make stuffed peppers for no greater meaning than I think they stand up easier in the crock pot. If you are going to cut them in half before stuffing, then it doesn't really make a difference, but I like to stuff my peppers whole. When they start to get soft, the three bump chumps tend to tip over and the contents and liquids spill out. So if you can, try to find full, robust "females" to stuff with your meaty goodness. (I HAVE A FEELING THAT I SHOULD REPEAT THAT DISCLAIMER AGAIN HERE, YOU NAUGHTY LITTLE READERS.)

A normal serving would be one full pepper, but I like to make three peppers and then a few extra meatballs. That's right... I turn my leftovers into leftovers. Sometimes, the kids just prefer the meatballs to the peppers and that's fine with me, too. My oldest son tells me he doesn't like peppers or onions, but doesn't realize they are already chopped up and cooked in the meatball. He tells me that dinner was "so good" in the same voice that my nana used to say those words. And then she would suck in air, like it was grabbing up the last morsel of goodness from that bite.

## Crock Pot Stuffed Green Peppers

**Prep Time: 10 minutes**

**Cook Time: 5 hours**

**Serves: 3-4 people**

3 green bell peppers, with four bumps on the bottom

1 lb. 80/20 ground beef

1/4 sweet onion, finely chopped = about 1/2 cup total

2 c. cooked [white medium-grain rice](#)

1 t. dried basil leaves

1/2 t. ground celery seed

2 T. tomato paste

2 c. marinara or spaghetti sauce, chunky preferably

Cut top inch off each bell pepper and scoop out the seeds and pithy parts. Cut the green parts off the top part and finely chop. Mix beef, chopped pepper and onion, seasonings, rice, and tomato paste. Stand peppers up in the crock pot and using your hand, gently fill each pepper pot with meat. Push mixture into the sides so that air is removed and maximum capacity is reached. Use any remaining mixture to make meatballs; place them in the crock pot surrounding the peppers. Pour marinara sauce over the stuffed peppers and meatballs. Cook on low for 5 hours. Serve immediately (overcooked peppers will fall apart and lose all remaining texture).

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# Crock Pot Whole Freaking Chicken

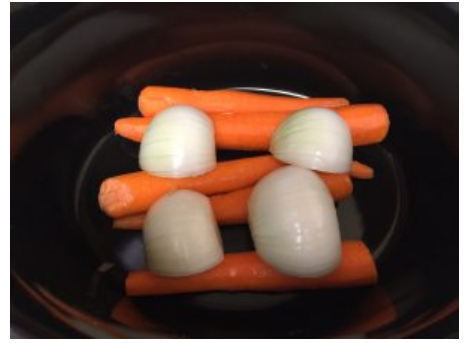


Just FOUR ingredients to make this delicious dinner!

Hello from South Carolina! This is my first post since relocating to Hilton Head Island and I'm so glad to have my crock pot unpacked and start getting settled in. I don't know about you, but after eating out for days on end, we start to miss our favorites dishes.

Nothing warms my heart more than hearing my kids ask me to make specific meals. Our first meals when my kitchen "re-opened"? My youngest asked for pasta carbonara (because it's a good belief in life that bacon makes everything better!). My oldest asked for [taco night](#); hard and soft tortillas are a requirement– it needs to be both or none at all.

But then I got to pick! I wanted something easy to make and easy to clean up. So of course I used [my crock pot](#)!



Use root vegetables to make an “edible trivet” in the crock pot.

This recipe seriously only has four ingredients. And after a day of low and slow cooking, you can serve a whole freaking chicken. If you’d like to play with the flavors, try using different root vegetables as the “edible trivet” or rubbing the bird with different seasonings. By perching the bird on top of the veggies, the meat won’t be soaking in liquid while it is cooking and the drippings with flavor the meat with all the delicious goodness.

Other recipes recommend rubbing the skin with oil or butter, like you would if you baked the chicken in the oven, but I disagree. The skin is not going to really crisp in the crock pot, so the added calories of the lube are really not necessary.

When you try this recipe at home, please post it to the [Dinner Is A Crock Facebook page](#) and let us know how you tweaked the recipe to make it your own!

## **Crock Pot Whole Freaking Chicken**

**Time: 6-8 hours**

**Prep Time: 15 minutes**

**Serves: 6**

3-4 lb whole chicken, skin on, giblets removed

6 whole carrots, peeled

1 sweet onion, quartered

1 T [Mrs. Dash salt-free seasoning mix](#)

Rinse the chicken inside and out with cold water and then pat dry with paper towels. Shake the Mrs. Dash seasonings on the outside of the chicken and also on the inside. Wash your hands. Arrange the carrots on the bottom of the crock pot like you are making an edible trivet. Then add the onions as additional perches. Place the bird on top of the vegetables and make sure the lid sits comfortably on top of the crock pot. If the lid doesn't sit flat, adjust the veggies under the bird until it fits better. Be cautious as you reconfigure the lid and the contents so that you are not contaminating the handles with raw chicken juices. Cook on low for 6-8 hours. Remove bird carefully and carve. The vegetables also make a delicious side dish!

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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 Mississippi Pot Roast

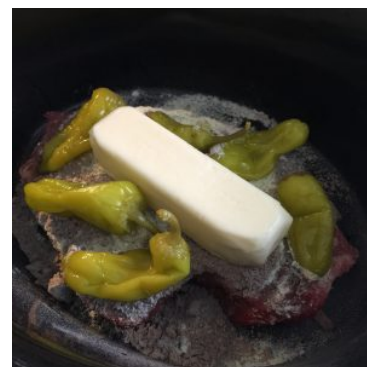


Soft, tender, and full of flavor– this Mississippi pot roast may become your family's new favorite dinner!

Let me begin with a disclaimer: this is not my recipe. I don't even know who created this recipe. I found about a gazillion posts about Mississippi Pot Roast and they all call for the same stuff in the same way.

So why am I posting it here? Because I like you. And I think you like me. And if you trust my opinion on all things crock-pottery, then I wanted to try this internet sensation for myself and share it with you.

The prep work for this dinner is non-existent. Not kidding. It took longer to pose my cute little pepperoncinis for this picture, than it took to get everything in the post. (Did anyone else just think dirty thoughts when I said "cute little pepperoncinis"? No? Oh, ok. Yeah, me neither.)



So after two minutes of work, dinner is ready for tonight. The raving reviews are ALL true, this dish might just be the newest family favorite– to cook and eat.

Not only is it easy, but for those of you that work ALL DAY, this is a great tender meat dish that goes low and slow for 8 hours. If your crock pot switches to warm, then that's even better for you commuters. You got this. A real dinner that won't be overcooked or dry when you get home. I know... promises, promises. But it's true!



Just a few simple ingredients will turn this meat from bland to WOW!

My family ate well, enjoyed the soft, tender pot roast, and didn't even ask for ketchup. Come on, people! You know that means it had crazy delicious flavor if my seven year old didn't cover it in red goo! Enjoy. ☐

(Note: You can opt to only use half of the packet of au jus gravy mix if you want to cut down on salt. It will still taste great!)

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## Crock Pot Mississippi Pot Roast

Serves 6-8

Prep Time: 5 minutes

Cook Time: 8 hours

2-3 lb pot roast

1 packet Ranch Dip (1 oz dried mix)

1 packet Au Jus Gravy Mix (0.6 oz dried mix)

1 stick butter

6 whole pepperoncini peppers, no added juice

Put the pot roast in the bottom of the crock pot. Shake dried mixes out on top of meat. Place stick of butter in middle of roast, then surround with pepperoncini. DO NOT ADD WATER. Cook on low for 8 hours. Shred or slice to serve, as sandwiches or with pasta, rice, or potatoes.

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## Crock Pot Tom Kha Soup

A few years ago, I published [this watered down version](#) of my favorite Thai soup. I was just learning to experiment with Thai cooking and didn't have access to the necessary ingredients for this recipe, so I made it with the closest things I could find.

That recipe was FINE. It satisfied my craving for this delicious chicken and coconut milk soup, but I recently decided that I wanted to up the ante and do it correctly, with the legit ingredients. I accepted my own challenge and I'm thrilled with the results. The old version tasted good, no doubt. But this recipe tastes AUTHENTIC.





Thai basil is not the same as regular basil- make sure you grab the correct ingredient!

I can't really explain what makes this soup so good, other than it's ingredients I don't usually cook with at home. Please use fresh herbs, it makes all the difference. You can find fresh lemongrass and Thai basil at some grocery stores and at many international grocery markets. Thai basil is not the same as regular basil- make sure you grab the correct ingredient!

I am blessed to have an amazing neighbor that is gifted with a green thumb; she shares fresh herbs with me and I, in turn, share the foods with her. It's a great exchange and I am grateful for her friendship. I am envious of her ability and patience to garden and someday, I'll be motivated to do more than just putting fresh herbs into mason jars on my bay window!

Try this recipe and see how it compares to your favorite local Thai restaurant. You might figure out that eating at home is just as good, if not fresher and better!

## **Crock Pot Tom Kha Soup**

**Prep Time: 15 minutes**

**Cook Time: 5 hours**

**Serves: 4**

2 c. vegetable or chicken broth

1 13.5 oz can [coconut milk](#)

1 12" stalk fresh lemongrass, greens removed; bruise the stalk and then cut into 3" sections

1 2" fresh ginger root, peeled and slice into 6 quarter-sized slices

1/2 lb fresh oyster mushrooms, cleaned and quartered

1 lb. boneless, skinless chicken thighs, cut into bite-sized chunks

1 T. [fish sauce](#)

1 t. sugar

1 T. fresh lime juice

1 t. [Thai chili paste](#)

1/4 c. fresh kaffir lime leaves

1/4 c. fresh Thai basil leaves

1/4 chopped fresh cilantro leaves

1 lime, cut into wedges

Put all ingredients except cilantro and lime wedges into crock pot and stir. Cook on low for 5 hours. Before serving, remove all kaffir lime leaves, Thai basil leaves, and lemongrass stalks (optional to remove ginger slices, too). When serving, add chopped fresh cilantro leaves and lime wedge on top. Serve with bowl of white rice.



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## Crock Pot Cream of Mushroom Soup (#2)



Get ready for fall flavors with this easy to make, robust mushroom soup!

On the cusp of summer turning into fall, I'm already getting excited about the next season of recipes. I'm not a pumpkin spice anything, but I love pulling in the flavors of butternut squash, roasted root vegetables, and hearty seasonings.

Last night, I made a cream of mushroom soup just as a way of using up leftover vegetables that were starting to age in the refrigerator. I figured I would freeze some or share with friends, but it was certainly better than throwing things out. Turns out– this soup was a nice variety to my normal [Crock Pot Cream of Mushroom Soup](#)! With just a little change up of flavors and ratios, this soup was a little more hearty and robust.

As I wrote in the first mushroom soup recipe, this doesn't need to be an exact recipe with precise measurements. Also-using a [hand blender](#) does give this soup a lovely smooth consistency. Try it and enjoy this soup as a transition to fall!

## **Crock Pot Cream of Mushroom Soup**

**Prep Time: 10 minutes**

**Cook Time: 6 hours**

**Serves: 8-10 people**

1 lb fresh mushrooms (button, portobello or shiitake or a combination!)

4 stalks celery, cleaned and diced

1 large parsnip, peeled and diced

1/2 c. [caramelized onions](#)

3 cloves garlic

4 c. broth (chicken or vegetable)

1/2 teaspoon EACH: celery seed, salt, dried dill weed, black pepper

1 t. dried parsley

2 c. cold milk

2 T. corn starch

Put all ingredients EXCEPT milk and corn starch into crock pot and stir. Cook on high for 5 hours. Puree with hand blender. Dissolve corn starch into cold milk and add to crock pot and stir. Heat 1 additional hour on high and then serve.