

Crock Pot Vegetarian Chicken Chili



Did you catch the title?? Does it sound like a contradiction to say “vegetarian” and then “chicken” in the same meal?! It is not. Thanks to modern day culinary creativity, I can make chicken chili for friends that don’t want to eat meat. This is a pretty easy recipe, but I like that it is a crowd pleaser and

still meets certain dietary limitations.

Give this chicken chili a try next time you host a friend that is vegetarian or keeps kosher– they will be so happy that you honored their wishes and still served tasty dishes. (yes, that rhyme was intentional.) And don’t think this meal is for light weights– you can serve this at your next party or sporting event and even the men will be raving about your soup– it’s spicy, it’s filling and everyone will enjoy!

4 c. vegetarian chicken broth

2 cans great northern beans (do not drain)

1 4 oz can diced green chiles (do not drain)

1/2 green pepper, chopped

1/2 medium onion, chopped

2 c. frozen corn

1 T. parsley

1 T. chili powder

1 t. oregano

1/2 t. cumin

1/2 t. paprika

1/2 t. cayenne pepper

1/2 t. black pepper

1 package Morning Star Farms chicken strips**

Put everything in the crock pot except for the chicken strips. Stir together and cook on low for 4-5 hours. Add the frozen chicken strips and cook for one hour more. You can divide the chicken strips up into small pieces once they are cooked through.

****IF YOU'D LIKE THIS TO BE AN ACTUAL MEAT DISH, BUY PRE-COOKED FRESH OR FROZEN CHICKEN STRIPS AND FOLLOW THE DIRECTIONS THE EXACT SAME.**

Crock Pot Cabbage Roll Casserole

One of my favorite dishes that my grandmother made is cabbage rolls, but honestly— who has time for all the steps?! I have made them before in the crock pot (use the search function to see my recipe) but today's version is even easier. It has almost all the same components, but only takes a cutting board, a knife and a spoon to get everything into the crock pot.

I really like that this casserole is thick, there isn't much broth left in the pot. I suggest serving it over some mashed potatoes. It's like a complete meal in one bowl!

1 lb ground turkey, not cooked

1 c. brown rice, not cooked

2 c. spaghetti sauce

1 c. vegetable juice

1/2 head cabbage, chopped fine

1/2 medium onion, chopped

2 T. brown sugar

2 T. apple cider vinegar

2-3 cloves garlic, minced

1 t. celery seed

1 t. salt

1/2 t. black pepper

1 T. parsley

1/2 c. water

Put cabbage and onion in crock pot first, then top with rice, all seasonings and garlic. Pour sauce and juice in next and stir well. Place ground meat on top of mixture. Cook on low for 4 hours. When meat browns, break up with a spoon and/or fork and stir entire contents. Add water and cook one hour more.

Crock Pot Baked Ziti with Mini Meatballs

We love pasta. Sometimes in a ridiculous way. I don't know if that makes me a carb-a-vore or a carb-a-whore, but either way, it's one of my favorite meals to make... and eat. I especially like when the kids eat pasta because I know that the sauce sneaks in lots of great vegetables and nutrients. The problem with an elaborate dish like baked ziti is that it can take a lot more work and I don't have time to do all the steps in time for dinner. So, I've figured out a way to make some of my favorite dishes using my handy dandy crock pot. Time is no longer a nuisance.



All the parts of this recipe can be made separately and ahead of time, so if it helps you to make the meatballs and boil the pasta the night before, then go ahead and save yourself those steps. But I do recommend making homemade meatballs (recipe is listed below). In fact, you can make them and freeze them

without sauce so that when you want to eat them, you can decide later if you want them in marinara, stroganoff, alfredo, or sweet and sour. (PS- IF YOU ARE LOOKING FOR A VEGETARIAN ENTREE, FOLLOW ALL THESE STEPS EXCEPT FOR THE MINI MEATBALLS. YOU CAN ADD FRESH ZUCCHINI, MUSHROOMS OR SPINACH IF YOU'D LIKE ADDITIONAL FLAVORS.)

After you make the mini meatballs, these are the other things

you'll need for the baked ziti:

1 lb cooked ziti (al dente)

2 1/2 c. spaghetti sauce

2 c. shredded mozzarella cheese

1/2 c. parmesan cheese

1 T. oregano

Pour hot, drained pasta into crock pot. Top with spaghetti sauce, but save 1/2 c. for later. Stir until pasta is coated then add cheeses, but save 1/2 c. of mozz cheese for later. Stir until cheese is starting to melt. Top with oregano and stir through one more time. When meatballs are done, line them on top of pasta and sauce mixture. Pour remaining sauce on top of meatballs and then sprinkle with remaining cheese. Warm on low for 2 hours. Enjoy!

Mini Meatballs (makes 48 balls)

1 lb. ground turkey

1 c. bread crumbs

1/2 c. parmesan cheese

1 t. oregano

1 T. parsley

2-3 cloves chopped garlic

1/2 t. black pepper

1 beaten egg (if needed)

Mix all ingredients together with your hands. If consistency isn't wet enough to bind, add egg (I prefer mine without it). Roll meat mixture into small, bite-sized balls and place on

foil covered cookie sheet. Cook in oven at 350 degrees for 25 minutes and then broil on high for 3-5 minutes to brown but NOT BURN outside of ball. When cooled, balls can be frozen and saved for later use.

Crock Pot Chicken Cordon Bleu

After three days of amazing holiday weekend barbecues, I am ready for something without sauce, sides of beans or cool whip desserts. I have had the pleasure of attending festivities at friends' homes so I actually haven't had to do much cooking! My crock pot has been sitting pretty for a few days now and I will neglect it no longer– it's time for a new recipe. I've had some requests for more chicken recipes, so today I am presenting you with a classic favorite, plus an alternative way to do it.



Chicken Cordon Bleu is a popular dish, but I think it's more American than French cuisine. Stuffed meat isn't that new of a concept and there is nothing actually blue in this dish. From what I understand, Cordon Bleu actually means "blue ribbon" in French and is an award given to culinary masterpieces. Here in

the states, I advocate for using deli ham and swiss cheese in your chicken, but if you'd like to make it more exotic, feel free to try prosciutto and gruyere cheese for more bite.

You need to start by venting your frustrations on a piece of

meat. Place each boneless/skinless chicken breast in a zipped plastic bag and go to town on it. Use a rolling pin, a mallet, a can of soup... anything that will apply weighted pressure. You want the meat to be tenderized and spread thinner.

If you'd like to make this dairy-free/kosher/healthier, try using different filling in your meat. I suggest trying a combination of fresh spinach, sliced mushrooms and roasted garlic instead of ham and swiss in your chicken rolls. You can use all the same directions, just substitute your inner components. Feel free to experiment and find out what earns the "blue ribbon" in your kitchen. Enjoy!

4 boneless/skinless chicken breasts

1/4 lb. deli ham, sliced thin

1/4 lb. swiss cheese, sliced thin

4 t. dijon mustard

1 t. celery seed

1 T. dried parsley flakes

salt and pepper

1 c. white wine

Beat chicken into flat, thin pieces. Lay flat and smear with mustard. Layer one piece of cheese and one piece of ham, then start at end and begin rolling chicken. Place each roll seam side down in the crock pot. Sprinkle seasonings on chicken rolls, then pour wine into crock pot, but do not rinse the seasonings back off. Cook on low for 4 hours. Remove rolls from pot and let cool for a few minutes so that juices can settle. Serve hot.

Crock Pot Sweet Potatoes-- kid friendly!

I'm always looking for new foods that will be tasty to my palate, but that my kids will still eat. This recipe is a compromise of an easy go-to baby food and a flavorful combination of sweets. The sweet potatoes turn out smooth in the crock pot and you don't have to worry about burned edges or the sugary syrup burning like when you cook sweet potatoes in the oven. I'd suggest serving this with something more bland- grilled chicken or tilapia maybe or even something easy like chicken nuggets or hot dogs. Any meal that can feed the masses and enjoyed by all is a winner in my household!

I like sweet potatoes almost any way they are prepared. At Thanksgiving, I love the marshmallows crisped to a sweet burn up on top; I love the Hawaiian dish made with crushed pineapple and coconut milk and I also love tzimmes (do a search on my site for the recipe!). Today's recipe is similar to tzimmes, but a better take on the old world concoction. This is a little lighter and the little oranges have a sweeter flavor.

Serve this to your whole family and even if your kids want to dip the potatoes in ketchup (like mine sometimes do), remember that they are getting lots of great vitamins and nutrients from this delicious, vegetarian side dish!

4 sweet potatoes, peeled and chunked

1 can (11 oz.) mandarin oranges in juice (not syrup) DO NOT DRAIN

3 T. honey

Coat crock pot in non-stick spray. Dump in sweet potatoes. Pour oranges and juice on top of potatoes. Drizzle honey over everything. Cover and cook on high for 3 hours.

Crock Pot Turkey A La King

Hear ye, hear ye.... thy dinner is potting! Thy royal family shall enjoy a delicious banquet of wild bird prepared in a lavish sauce that is truly fit for a king. Only, I don't have a royal chef, a housekeeping staff, a castle moat or a dragon. I think the term "a la king" actually refers to the "richness" of the sauce on the meat. But instead of doing shredded or cubed chicken, I've decided to continue the royal renaissance theme to the meal and use whole turkey legs instead.

You don't need to be savage in eating the turkey legs, simply serve them over pasta or rice or even biscuits and use a fork and knife instead of your hands. Enjoy this tender meat and please realize that you don't need to be royalty to enjoy a divine meal.

3-4 turkey legs (2-3 lbs)

1 can condensed cream of mushroom soup

1 can condensed cream of celery soup

1/2 c. milk

3 T. flour

1 t. black pepper

1 t. paprika

1 t. celery seed

1 medium onion, diced

1 stalks celery, diced

1 roasted red pepper, sliced

Place turkey legs in crock pot laying flat (it's best to use an oval shaped crock pot). Add onion and celery. Mix flour, seasonings, milk and soups in a separate bowl and then pour on top of meat and vegetables. Cook on low 6 hours. Add sliced roasted red pepper as garnish when serving.

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.

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.

Crock Pot Inside Out Stuffed Peppers

Stuffed peppers are a delicious union of textures and are meant for slow cooking. But sometimes, the prep work of cutting and chopping and mixing and stuffing is just too much. Consider this my recipe for “inside out stuffed peppers”. I’ve figured out a way to get that same great result with even less time. It might not have the same presentation as beautifully stuffed bells, but if you are looking for ease and a great meal, this is a good sloppy way to serve a favorite dish. Enjoy!

1 lb. ground turkey or chicken

2 T. dried parsley

1/2 c. uncooked rice

1 t. salt

1/2 t. ground pepper

1/2 t. red pepper flakes

1 t. worchestershire sauce

1 16 oz. bag frozen chopped peppers

1 medium onion, sliced

2 c. spaghetti sauce

Mix together first seven ingredients. Put frozen peppers and onions in bottom of crock pot. Form 12-14 meatballs from the mixture and arrange in a single layer in the crock pot. Pour spaghetti sauce on top evenly. Cook on high for 3-4 hours.

Vinaigrette Salad

***“To make a good salad is to be a brilliant diplomatist –
the problem is entirely the same in both cases.***

To know exactly how much oil one must put with one's vinegar.”

Oscar Wilde 1856-1900, British Author

Dinner was not a crock last night. We grilled out brats and had cold side dishes, drank chilled wine and enjoyed time with friends. Sometimes I really enjoy the contrast of a hot main



dish and the refreshment of cold accompaniments. I made a vinaigrette salad last night that everyone seemed to really enjoy, so I thought I'd share the recipe with you too. Tomorrow I'll use the crock pot, but this was a nice change.

Making a vinaigrette salad takes only a few ingredients, but just the right balance (as Oscar Wilde said in the quote listed above). You want chemistry and harmony and simplicity in the perfect mix. Depending on the potency of your ingredients, you may want to divide the dressing measurements in half and add a bit at a time until you get a good balance. Remember that when the vegetables marinate, they will absorb some oil and vinegar and release some water, so you might want to drain the salad a little bit before serving. Enjoy!

1 English cucumber, peeled and cut into chunks

2 c. cherry or grape tomatoes, cut in half

1/2 medium sweet onion, cut into chunks

1 15 oz. can garbanzo beans, drained and rinsed

1 15 oz. can green beans, drained and rinsed

3 T. fresh parsley, chopped

1/4 c. extra light olive oil

3 T. red wine vinegar

1/2 t. salt

1 t. coarsely ground pepper

Mix all vegetable together, then drizzle with oil, vinegar and seasonings. Toss salad together and then add parsley and mix one more time. Refrigerate at least an hour and then drain, if needed, before serving.