

# Crock Pot Split Pea Soup (Vegetarian)



This classic soup is a smoky vegetarian delight on a cold winter's night.

I don't usually put specific tags in the titles of my posts, but I think it's really important on this one. It should really say... Crock Pot Split Pea Soup #noham but still #tastesyumy! Haha. I made those up. So this soup is hearty and delicious and still has a great smoky flavor, but doesn't include the typical ham hock that you throw into the pot to add flavor to the broth.

This soup will also freeze and/or reheat really well. Keep this recipe tagged if you are going to bring a dinner to friends (great meal for someone ill, new baby, new home, etc.). Note to self- you might think, oh I'll just double it so I have some for me and some for someone else or later. But you are better off making two batches. You can't really fit 8 cups of broth in most crock pots and the ratio in this recipe makes it the right thickness without crowding the pot. YES-

this does give you permission to buy a [new crock pot](#) so you can double the batch easier! ☐

## Crock Pot Split Pea Soup

Prep Time: 20 minutes

Cook Time: 5-6 hours on low

Serves: 6

### INGREDIENTS

1 c. dried split green peas

2 carrots, peeled and diced (about 1/2 cup)

4 parsnips, peeled and diced (about 1 cup)

2 leafy stalks celery, diced (about a cup)

1/2 sweet onion, diced

3 cloves garlic, smashed

4 c. vegetable broth

1/2 t. each: dill weed, ground celery seed, smoked paprika

1 t. dried parsley

2 bay leaves

1/4 t. salt

1/8 t. ground white pepper

### DIRECTIONS

1. Put all ingredients in crock pot.
2. Cook on high for 5-6 hours.
3. Remove bay leaves.
4. Use an immersion blender to puree, if desired.

5. Turn off crock pot and remove lid. Let cool and thicken in pot.

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## Crock Pot Baked Apples



These baked apples will make you think very naughty thoughts.

Looking for something easy? This one is fabulous! Hot and sultry and moist. (Why do those three words sounds so naughty together?!?!) It's a baked apple, people. Calm down.

No need for a grand story or explanation. Baked apples are a great choice because the fruit is easy to find and consistent in taste all year round. I made this batch with opal apples—they are sort of the color of a golden delicious with the texture of a gala. But they cooked up really nicely and held their shape. You can try it with green apples for a more tart

finish, macintosh for a sweet crisp taste or any other variety that you want to experiment with for dessert.

## Crock Pot Baked Apples

**Prep Time: 10 minutes Cook Time: 4 hours**

**Serves 6**

### INGREDIENTS

6 apples

3/4 c. [golden raisins](#)

3/4 c. [dried pineapple chunks](#) (this brand is allergen-free, too!!)

1/2 c. steel cut oats

3 T. brown sugar

1 T. white sugar

1 t ground cinnamon

1/2 t. [ground allspice](#)

1/4 t. white pepper grounds

1/2 c. water

### DIRECTIONS

1. Wash and [core the apple](#); core it twice to make a big enough opening for filling
2. Mix all of the dried fruit and dry filling ingredients together in a separate bowl.
3. Stand all of the apples up in the crock pot (oval or casserole sized works best).
4. Carefully fill all of the apples with the filling. Press the filling down into each open core and let the filling

mound on top, too.

5. Pour the water into the crock pot around– not on– the apples.
6. Cook on low for 4 hours. Serve with vanilla greek yogurt or ice cream. [Crock Pot Dulce de Leche](#) is also an excellent topping!

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## Renovation, Week 9: The Finale

I am pleased to present the new Dinner Is A Crock kitchen! It's been months of hard work, intense labor, and intricate planning, but I am thrilled to welcome you to my home and get back to creating new and exciting recipes to share.

**Week NINE**– let's break it down and see how the transition unfolded...

**Tuesday:** [Carolina Custom Surfaces](#) did a beautiful job installing my new countertops on a very cold day. The guys were courteous and skilled. I love it when people show up to work but take a minute to just step back and admire the progress before they begin. This isn't just an office, this is my home, too. I appreciated that the guys asked me my opinion, like on faucet preferences, and even had great recommendations for counter cleaners (they totally recommended [THIS](#) and [THIS](#) to keep my quartz clean and pretty.)



Even the sun wanted to catch a glimpse of my new countertops from Carolina Custom Surfaces!

My counters were installed perfectly, my house was kept clean, and my kitchen is one step closer to complete. They did such a good job that I'm starting to think about using [Carolina Custom Surfaces](#) to update the bathrooms and get a few custom cutting boards! (*TACOS FOR DINNER USING MY LAST BATCH OF FROZEN COOKED TACO MEAT*)

**Wednesday:** My cabinet installer came by this morning to finish up some last little details. Any man that wants to bring me a crown is fine by me... even if it's just the molding to go up against the ceiling. ☐

This afternoon, the tile backsplash was installed under cabinets behind where the hood will go. The subway has never looked this good.

What a difference in the dimensions of the room with the refraction of sunlight from the tile and countertop! I feel shiny and pretty. (*BOLOGNA SANDWICHES AND [CROCK POT TOMATO](#)*)

[SOUP](#) FOR DINNER.)



Such a dreamy sight!

**Thursday:** Today was all about regaining functionality. After nine weeks, I think I am most excited to have running water in the kitchen again! Yes, I realize that I had it in other places in the house, but I am so done with washing dishes in the basement bathroom! (SHOUT OUT TO MY HUBBY SINCE HE DID MOST OF THE DISHWASHING!!) My sink and dishwasher are up and running. And— so are my electrical outlets! I can plug it to a gazillion different places now, so you can anticipate seeing crockpots lining the kitchen at some point in the near future. Haha! (*GRILLED CHICKEN AND KALE BURGERS AND FRESH ZUCCHINI TONIGHT...AND A FEW OTHER THINGS IN PREPARATION FOR THE SNOW TOMORROW!*)

**Friday:** Oh snow, you ruined my perfect finale. But we made it so close! Kudos to Piedmont Natural Gas for braving the roads and still coming to install my range today. I'm super impressed with your commitment to deliver and follow-through for your patient (and slightly crazy) customers. It's in! I'm

good! Just one more thing to go. ([CROCK POT POTATO SOUP](#) FOR DINNER AND A GARDEN SALAD. NOTHING TOO EXCITING.)



Shout out to Primo Water—love that my family drinks and cooks with this clean and refreshing bottled water.

I also want to give a shout out to [Primo Water](#)— I actually designed the cabinets around my refrigerator to house the [bottom-loading water cooler](#). I love it for easy access to clean water! I use it for hot tea at least once a day. My boys go to it all day for cold water (or room temperature, depending what your teeth prefer!). I also feel good cooking with it. With all the crazy stories on the news right now about tainted water, I feel really good about getting big jugs of Primo for my family instead of tap water. (The bottles are easy to exchange at places like Harris Teeter, Kroger, Lowe's Home Improvements, etc.)

**Monday:** (I'm playing *Pomp and Circumstance* music as I type this...) The hood has been installed and it's like fireworks going off in here. Not like electric short-circuiting or



anything like that, but like we've reached the culmination of this project and the applause is going wild. Unicorns are seen jumping in the backyard and leprechauns are scurrying around stocking my fridge. Ok... maybe not quite. But when my LG oven reaches full temperature, it does actually play a cute little ditty, so that will have to do for now. (*DINNER TONIGHT: ROASTED CHICKEN AND ROASTED BRUSSEL SPROUTS! ROASTED, PEOPLE! LIKE, IN AN OVEN!!*)

There are some small details to still finish (like painting the bay window), but overall, I could not be more thrilled with THIS:



Check out this beautiful panoramic of the new kitchen with all of the upgrades.

Thank you for staying with me on this adventure! I hope it's helped provide some guidance and guilty pleasure of commiserating with me through these 10 weeks. I can't wait to share new recipes with you very soon! #nokitchennoproblem... it's time to save time and cook slower. Welcome to the new and improved Dinner Is A Crock!

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## Renovation, Weeks 6-8: Update and Wait

When I walk into the kitchen, I hear crickets. Ok, not real crickets, just the metaphorical ones. Which is good, considering that in [Week Five](#) we had issues with really undesirable creatures in the house. But I hear the crickets like the humor in movies when it's so quiet and nothing is moving that the moon is staring at you so brightly that you have to look away.

Freaking crickets.



The cabinets are in- but  
TOPLESS!

I should back up and cheer before I complain. In Week Six, the cabinets were installed. Can I get a “hell yeah” from the crowd?! (hell. yeah.) Thanks. Finally, real progress. They are beautiful and clean and I am amazed how easy it looks but how many excruciating, intricate details are necessary to make it all look just right. **(LUCAS- IF YOU READ THIS, YOU ARE AMAZING.)**

Cabinetry is like wizardry, but without the cool hat.

Shortly after the cabinets were hung by the sink with care (yes, *St. Nicholas had recently been there*), [Carolina Custom Surfaces](#) came to take the measurements for my countertops. They used some of the coolest technology and gadgets that I've ever seen— again, wizardry! Freaking laser beams to measure the space, the angles, the cuts. I don't mean to overestimate here, but I am anticipating sheer perfection from this process.



We expanded the small pantry space and added drawers and doors. I love the easy access now!

And then the crickets. Oh, the pain in waiting and waiting and waiting and waiting. And waiting. I know that the countertop template process has me believing in perfection, so I should wait patiently. This is not an unusual or even unanticipated wait time (especially considering these three weeks include the New Year holiday), but patience is not a virtue I possess.

What do I possess— a cell phone. And yes, I've called to check on the progress, my scheduled appointment time, called back to see if materials arrived, and reconfirmed the

appointment time. (Thank you, calm, caring staff at [Carolina Custom Surfaces](#), for handling my crazy. Because it's out in rare form right now and you are on the receiving end of the line.)

So I quiet the crickets by playing really loud music in the kitchen and share my cooking adventures with you instead. (Are you following me on [Facebook](#) and [Instagram](#)?! ) I've made two batches of [Crock Pot French Onion Soup](#). I've shared my passion for Korean cooking by making kim bap rolls (very much like sushi but so much better!). We've had sandwiches and cereal and easy-peasy mac and cheesy and all those other go to foods that don't require any prep.

Three weeks of updates, all wrapped into one post. I hope you are enjoying my adventure and my crazy. Be sure to check back next week and see what the final week of install brings!

#nokitchennoproblem Right?!

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## [Renovation, Week Two: THX and Floors](#)



Here's an easy way to free up space in your oven when you are making Thanksgiving dinner.

While most of you are probably brining your turkeys, whipping your cream, or stuffing that bird, we're being a little non-traditional with our family time this holiday season. Yes— we will still eat a full Thanksgiving dinner, but no... the renovation is not complete. No kitchen? No problem!

The goal this holiday weekend is to install about 600 square feet of hardwood floors in the kitchen (and throughout the family room). Last week, in [Week One](#), we stripped everything down to the subfloors. We received great news about our cabinets being ready ahead of schedule, but we need to get the wood down first!

At this point, most people think I'm crazy for doing so much of the work ourselves, but it's been really therapeutic. Haven't you ever wanted to take a crow bar to some part of your own house?! The floors though— this was legit remodeling work. Lucky for me, my husband has a masters degree in pure awesomeness and together, with a little help from friends and family, we were able to get the job done.

But let's focus on what is important— what we are eating! Again— I have NO KITCHEN. I've got a workable sink in the basement, a stack of paper/plastic everything from Costco, and some prepped foods in the freezer.

Here's how Week Two panned out in our bellies. Thanksgiving dinner was the big challenge. I was all set to do [Crock Pot Turkey Legs](#)— it's a family favorite. But after checking three grocery stores for turkey legs with no success, I gave in and just bought cooked turkey meat. I did manage to make [Crock Pot Green Bean Casserole](#) and reheated some mashed potatoes. My boys wouldn't call it Thanksgiving dinner though if I didn't have the "secret" cranberry sauce. You know, the one that has the ridges on the sides from the shape of the can. I did find organic cranberry sauce this year that didn't have high fructose corn syrup in it, so that seemed like a win-win to me.



It's easy to keep all of these ingredients on hand for a delicious dinner anytime!

On Friday and Saturday, we worked on THX dinner leftovers. I also made [Crock Pot Chili](#)— it's the easiest recipe ever. You



might have also seen my [Crock Pot Tortellini Soup](#) on social media, that was a huge hit. I used [this recipe](#), but also added a can of white beans to add more protein. It's so easy and there was no prep work and no clean up. The ingredients for both of these meals are easy to keep on hand in the pantry and freezer and I recommend adding them to your next shopping trip.

You might not be remodeling this holiday season, but I'm guessing you too will have crazy days, impromptu gatherings and festive celebrations. You don't need a demolition to save yourself time and energy in the kitchen. Save time, cook slower. Savor the flavors and the moments.

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## [Crock Pot Creamy Potato Soup](#)



Today was the first day that actually felt like fall. I don't mean like a specialty coffee... I mean hooded sweatshirts, warm blankets, steamy bowls of soup and the sound of rustling leaves. And if you are lucky, you can enjoy all of those things at the same time.

Tonight's Crock Pot Creamy Potato Soup made me think of Friday night football games in high school. And cold walks on first

dates. And craving ice cream on a cold winter's night. It's like everything that it supposed to feel cold on the outside, but makes you feel warm on the inside. That's how satisfying this soup tastes.

So I've already posted another version of [Crock Pot Potato Soup](#) already, but I like this one because it includes more vegetables. I've also posted [Crock Pot Parsnip and Potato Soup](#) because parsnip is my second favorite root vegetable. (*Bonus points if you know what my favorite is!*) I also have [Crock Pot Sweet Potato and Corn Chowder](#), if you prefer the orange to the white. I'm sensing a theme here! I do love potato soup and each recipe is tweaked a little different. I feel like tonight's Crock Pot Creamy Potato Soup is actually a culmination of my favorite things from each of these recipes... but I encourage you to mess around and figure out what your palate prefers with your potatoes.

## **Crock Pot Creamy Potato Soup**

### **Serves 6-8**

6 redskin potatoes, cubed but not peeled

3 parsnips, peeled and cubed

1 c. shredded carrots

4 stalks celery, sliced

1/2 sweet onion, diced

1 12 oz. can cream corn

4 cups vegetable broth

1 t. garlic powder

1/2 t. dried dill weed



1 t. dried basil leaves

up to 1 t. salt (can be added at the end, a little at a time, for flavor)

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1 c. cold milk

2 rounded T. corn starch

Clean and prep all vegetables and add to the pot. Add broth and seasonings and give it all a good stir. Do not add milk or corn starch yet. Cook on low for 6 hours. Add corn starch to milk and dissolve, then add to the pot. Cook on high for one additional hour. Remove lid and let soup thicken a little bit before serving.

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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.

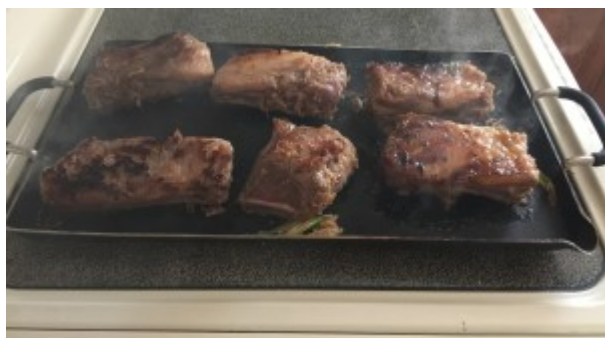
Since the beef is the focal point of the entire meal, I wanted

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 Cherry Pie Oatmeal](#)



This dish is a perfect weekend breakfast!

This was a crazy weekend! School is back in session, the weather is still warm, and my calendar is booked. I love it. It's this type of crazy that makes me smile— and sleep well! But when I wake up, it feels like I'm set on low for hours. So I decided on Friday night that I would whip up a batch of overnight oatmeal to help brighten up my weekend morning.

When people talk about having a stocked pantry, oatmeal is pretty much a staple. Steel cut, instant, quick oats... there are lots of kinds and they are all pretty basic. I happen to have steel cut oats right now, so that's what I used, but in other recipes, like my [Crock Pot Purple Oatmeal](#), I use regular oats, too. Another staple that I keep on hand, are frozen fruits. They work great in smoothies, but also are the perfect addition to overnight crock pot oatmeal.

There are very few ingredients in this recipe, but the combination is well worth waking up for in the morning. You can handle sunrise, too, if you start it with something that tastes like pie.

Crock Pot Cherry Pie Oatmeal

Serves 6



1 1/3 c. steel cut oats

2 1/2 c. water

1 14 oz. can [sweetened condensed milk](#)

2 c. frozen cherries

Put all ingredients in the crock pot and cook on “KEEP WARM” setting for 8 hours. Serve with greek yogurt and a sprinkle of [cinnamon sugar](#).

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## Summer Series, COMPLETE!



With the ocean and the inlet both easily accessible, there are many water sports to explore in the Outer Banks.

It felt like a hangover to wake up today. I rolled over and closed my eyes, groaning. It was barely 8 am and to do lists were already swirling in my head. This wasn't an alcohol-induced situation, it was the effect of knowing today was the last day of vacation.

So I took a deep breath and hopped out of bed. The optimistic

side of me kicked in (probably because I could already smell coffee!) and I wasn't going to have a pity party for myself when there was a full day ahead. BAM. Back at it. Maybe it's just that I stayed up a little too late reading [Stir, by Jessica Fechter](#), sitting on the top balcony porch last night.

Since it's the last day, I did not have a plan to crock pot anything, but instead it was a feast of leftovers. I had planned well on quantities for meals and snack foods, but there was still enough to cover today's meals. Let's take a moment to reflect on the deliciousness of this week (CLICK ON EACH LINK FOR FULL POSTS):

[Day One: Menu and Shopping List](#)

[Day Two: Crock Pot Steamed Summer Vegetables](#)

[Day Three: Crock Pot Low Country Boil](#)

[Day Four: Crock Pot Peach Crumble](#) and [Crock Pot Grits](#)

[Day Five: Crock Pot White Ratatouille](#)

[Day Six: Crock Pot Seafood Paella](#)



Thank you for joining Dinner  
Is A Crock on this Summer

Series adventure!

If this week of meals hasn't inspired you to [travel with your crock pot](#), or at least [buy a crock pot](#), then I'm disappointed. Maybe you don't want to cook every night when you are on vacation, but there is a reason you stay at a beach house and not a hotel—because you want the comforts of home, just in a different location. Next time you go on vacation, try cooking a few dinners all together, then sample the local fare at the restaurants the other days. If you want a maid and room service, you won't find it here. But the blessings and freedom of beach house vacations promises adventure and whim instead of turned down sheets and sample-sized soaps. It's a worthy trade off!

This has been an amazing journey with you, fans. While I certainly got more of tan than you did, and probably a little more rest and relaxation, I hope you have enjoyed the adventure. The [beach house we stayed at in the Outer Banks, known as Ooh La La](#), is available for rental— with spaces still available this year and already booking for next! I cannot stress enough the ease of staying at this location. We've vacationed at other places on the coast and this is by far my favorite so far. I would like to publicly say thank you to the owners for letting Dinner Is a Crock share [Ooh La La](#) with the world!

(SHAMELESS PLUG: IF YOU HAVE A RENTAL PROPERTY AND WOULD LIKE ME TO STAY THERE FOR A VACATION SERIES, I AM OPEN TO OPPORTUNITY! PLEASE EMAIL ME AT [DINNERISACROCK@GMAIL.COM](mailto:DINNERISACROCK@GMAIL.COM)!)

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# Summer Series, Day Six: Seafood Paella



This one pot dish is literally named for being made in a pot. It's the original one-dish cuisine.

This, my friends. This is the quintessential dinner that melds together land and sea and balances the forces of nature to create an amazing meal that would make even mermaids and pirates cheer. With more protein than a Brazilian meat festival, this one pot recipe will make you lift your anchors and set full speed ahead toward the coast. And you'll thank me for it. I thanked me for it- I've never made this dish before, but with so much fresh seafood available here in the Outer Banks, it was a challenge I was eager to attempt and declare victory for all.

There are a few more steps than normal because of the complexity of textures in paella (pronounced PIE-Ay-uhhhh) so bear with me and I'll try to break it down step by step so you

can recreate this on your next seaside adventure.

First, gather all of your ingredients. It's helpful to know what goes in at what point so you can simplify your timing.



1. Brown your boneless, skinless chicken thighs over medium-high heat to get a quick sear on the outside. The chicken will have plenty of time to finish cooking the whole way through when it's in the crock pot, but you want to seal in the flavor. After removing from heat, chop chicken into bite-size pieces.



2. Using the same skillet, brown the sliced andouille sausage quickly on both sides and remove from heat.



3. Put brown rice, seasonings, and fresh vegetables in the crock pot. Add broth and give it all a good stir. The turmeric and smoked paprika will flavor the entire dish but begins with this first step. Add bite-size pieces of chicken and cooked andouille sausage. Cook on low for six hours or until all liquid is absorbed.



4. After time is up, it's ok to remove the crock pot lid at this point and give everything a really good stir. Try to keep rice from sticking to the bottom of the crock pot.



5. Add seafoods– shrimp, sea scallops and clams. Be sure to properly clean your seafood before adding to the pot. A sandy clam does not add flavor! If you are peeling and deveining your own shrimp, you need [THIS TOOL](#). Seriously, just get one for yourself at the start of this trip. (You'll use it for the Crock Pot Low Country Boil as well.)

Cook on high for up to one hour– shrimp should be pink and clams should have all opened. You do not want to overcook seafood so try to be nearby for this last step.

And that's it! You have just mastered the Old World, cultivated classic of a seafood paella (technically a mixed paella because of the chicken, but let's focus on the gifts from the sea and the amazing local seafood markets located in the Outer Banks.)

Thank you to the owners of the [Ooh La La beach house](#) here in

Avon. This dish used many of the tools and cooking accessories and your stocked kitchen did not disappoint. I had everything I needed to prep, clean and cook all of my ingredients for this meal. This kitchen set-up made everything easy, including a spacious dishwasher to handle my mess!

## Crock Pot Seafood Paella

Serves 6

1.5 cups brown rice

3 chicken thighs

7-8 oz andouille sausage

1 red bell pepper, sliced

2 stalks celery, sliced

1/2 onion, sliced

2 cloves garlic, minced

1 t. turmeric

1 t. smoked paprika

2 cups white wine

2 cups chicken broth

1 lb jumbo shrimp, peeled and deveined

1/2 lb bay scallops

1 dozen clams, in shells

Brown your boneless, skinless chicken thighs over medium-high heat to get a quick sear on the outside. The chicken will have plenty of time to finish cooking the whole way through when it's in the crock pot, but you want to seal in the flavor. After removing from heat, chop chicken into bite-size pieces. Using the same skillet, brown the sliced andouille sausage quickly on both sides and remove from heat. Put brown rice, seasonings, and fresh vegetables in the crock pot. Add broth and give it all a good stir. The turmeric and smoked paprika will flavor the entire dish but begins with this first step. Add bite-size pieces of chicken and cooked andouille sausage. Cook on low for six hours or until all liquid is absorbed. After time is up, it's ok to remove the crock pot lid at this point and give everything a really good stir. Try to keep rice from sticking to the bottom of the crock pot. Add seafoods— shrimp, sea scallops and clams. Be sure to properly

clean your seafood before adding to the pot. Cook on high for up to one hour– shrimp should be pink and clams should have all opened.