

# Sarah's Vegetable Chili

*I love when my friends and fans share their recipes... everyone loves a good crock pot dish that is worthy of sharing! So from one crock pot fanatic to another, here is Sarah's recipe for vegetable chili. It sounds like a great way to use fresh produce and also make a vegetarian dish that will fill everyones' bellies with happiness. I especially like her tools of measurement. Enjoy!*

Chop one metric crap-ton (that's 1 HUGE zucchini, 3 small bell peppers, 2 big handfuls of green and wax beans and 2 ears of corn, hulled) to bite-sized pieces and drop into crock pot. Add 3 (15 oz) cans of beans (I used pinto, kidney and dark kidney). Stir to combine.

Separately, combine 1 (8oz) can tomato sauce, 1 (6 oz) can tomato paste, 4 cloves minced garlic, 4 T chili powder, 1 T dried mustard powder, 1 t oregano and 1 t ground cumin. Plop over veggies.

Add 1 box (4 C) vegetable stock. (I like wetter chilis, but you can use less if you prefer a chunkier chili). Stir to combine and coat all the veggies with the chili goodness.

Pop on low for ... I think mine was on for about 10 hours, so I'll go with the 8-10 hours on low. At this point, you can add cooked elbow noodles, sour cream, cheese, fresh onion...whatever you like.

I'm thinking carrots would sweeten it up a bit if that's what you like. OOH! I bet barley would be good too...Lookie at me, cooking without a complete recipe. My sister would be so proud! ☐ Next recipe will be filled with "a pinch of" and "a dash of" and "half an eggshell of"..."

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# Crock Pot Summer Vegetable Puree



As much as winter is the time for soups and stews, I really like summer soups too. This one isn't too hearty since it's a puree and I think it tastes really light when it is served warm, not hot. I've had to become really creative with vegetables this summer— with so much amazing local produce, I

tend to over buy!

I like to base this recipe on carrots, because the orange color of the puree is so inviting, but feel free to experiment with whatever is in your basket. Just remember to include a starch (potato, sweet potato, kohlrabi, etc.) to help thicken the dish and something sweet (apple, beet, melon, peach) to make this unique for summer. Herbs are totally up to your discretion, too. I like fresh basil, but if you have rosemary or thyme or some oregano, those would be great as well.

Whatever you do, you are making a crock pot of wonderful by using fresh vegetables and your imagination. This should be served in a bowl, but it's perfect when it's thicker than soup, but thinner than mashed potatoes. PS— it's also a GREAT puree for baby food, but you can make it for your whole family to eat. Enjoy!

4 c. fresh carrots

2 stalks celery, chopped

2 yellow squash, cut into chunks

1 medium sweet onion, chopped

2 medium potatoes, cut into chunks

1 medium apple, cut off of core

2-3 cloves garlic, chopped

1 t. salt

1/2 t. black pepper

6-8 leaves fresh basil

2-3 c. vegetable broth

Put all vegetables and herbs into the crock pot, pour broth on top. Cook on high for 6 hours. Using immersion blender, puree in pot. (If you don't have one, then let dish cool and puree in batches in a standard blender.) Serve with a dollop of sour cream or greek yogurt on top and a sprinkle of fresh herbs.

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## **Crock Pot Cabbage and Onions**



My family has requested perogies for dinner tonight and as much as I'd like to try to make them homemade, that just isn't going to happen. So I figured if our main dish at dinner is from a frozen blue box, then our side dishes should be fresh and flavorful.

Perogies are an amazing Polish entree that can have a variety of fillings inside. I remember a booth at the West Side Market in Cleveland, Ohio, that offered dozens of options— meat-filled, cheese, fruit, dessert, the list just kept on going. I'm making a sauteed cabbage and onion recipe in the crock pot today and the taste will really go nicely with my smooth, simple potato and noodle pockets. But someday, I'd love to go back to that booth in Cleveland and stock up on some crazy combinations instead.

This side dish would go great with almost any meat. The salt helps the cabbage break down and the wine and sugar really add to the natural sweetness of the onion. If you'd like a different color for presentation, try swapping julienned carrots for the red cabbage instead. I like the red cabbage because it gives the onions a really nice translucent purple color. Enjoy!

1 small head cabbage, sliced thin

1 medium sweet onion, sliced thin

1 c. shredded red cabbage

1/2 c. white wine

1 t. salt

1 t. celery seed

1 T. sugar

Put everything in the crock pot and stir together. Cook on low for 4 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 Southern Style Greens



Living in the South, I have learned that I can no longer assume that my vegetables are vegetarian. It seems like every restaurant I go to uses delicious savory meats like bacon, sausage or ham to season our side dishes. I always

like bacon on a side salad without any complaints, so I'm definitely open to experimenting. Plus— what a great way to get my boys to eat new vegetables! Adding a little bit of a familiar flavor to a foreign one definitely eases the introduction.

This week, I decided to try kale. I've always heard the redeeming qualities of this blueish-greenish rough leafy vegetable, but had never tried to cook it. The simplest instruction I could find included removing the hard center vein and then slicing, sauteing and serving with garlic and olive oil. That seemed easy enough, but I really wanted to see how I could prepare kale in the crock pot instead.

I've heard about soups containing kale, usually with a white bean and some sort of sausage or just a vegetable medley that included kale instead of something like cabbage. But in this beautiful summer heat, I didn't really want to sit down to a hot bowl of broth.

So, I decided to prepare a soft, tasty side dish with my kale, using the Southern inspiration of including meat in my vegetables. I found out that the steam of the crock pot really breaks down the toughness of the kale without removing any of its natural sweetness. While I intended for this dish to be an accompaniment, I actually think it would be great served like a stir fry over rice or noodles without the need for any additional sauce. Enjoy!

1 large bunch of kale. hard center vein removed, leaves sliced into strips

6 strips of bacon, cooked and crumbled

1/4 c. water

1/2 medium onion, sliced thin

3-4 cloves of garlic, minced

1/2 t. salt

1/2 t. black pepper

1/2 t. red pepper flakes

Put all ingredients in crock pot and mix together. Cook on low for 3-4 hours.

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# Crock Pot Chicken Divan



This recipe gives me crazy flashbacks! My mom use to make this when I was a kid. She made it in the oven, but it was almost the same recipe—broccoli, chicken, rice and some sauce that had a little bit of an orange color but didn't taste

at all like oranges. It took me a few more years of life to find out that the color was from the curry powder. I think Crayola should add the crayon color "curry".

It's hard sometimes for my taste buds to explain the flavors to my head, but I think I've figured out most of my mom's recipe. I've added the crock pot. Maybe the celery seed, too, but I think it adds a nice flavor. I start with frozen chicken breasts because I never think ahead to thaw it out and I don't like when I defrost it in the microwave and then the edges get a little cooked and weird. Using frozen chicken breasts works just fine, it will defrost and cook and fall apart into the creamy goodness of the sauce and the starch of the rice and absorb all of the spices by the time it's done.

This home cooking will serve a table full of happy tummies and happy hearts. Enjoy!

1 lb. frozen broccoli cuts

1 c. uncooked white rice

3-4 boneless, skinless chicken breasts

1 can cream of chicken soup

1 t. Worcestershire sauce

1 t. fresh lemon juice

2 t. curry powder

1/2 t. celery seed

1/2 t. ground black pepper

2 T. melted butter

1 c. shredded cheddar cheese

1/2 c. Parmesan cheese sprinkles

1/2 c. milk

1/2 c. mayonnaise

Put frozen broccoli in crock pot first. Sprinkle with rice. Lay chicken breasts on top. Mix remaining ingredients in a separate bowl and then pour on top of chicken. Cook on high for 4 hours. Prior to serving, shred chicken and mix everything together.

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## Crock Pot Beet Salad



In the midst of summer heat, I love to use my crock pot to cook the season's ripe vegetables. My kitchen stays cool and my taste buds get to dance. This week, I had friends bring me fresh beets from their community CSA. I love roasting beets in a little bit of olive oil, salt and pepper, so I thought this would be a

fun challenge for the crock pot.

When you roast beets in the oven, there is the chance of overcooking, resulting in a dried, wrinkled sad result for this moist and vibrant treat. With the locked-in moisture of the crock pot, I really think that beets get the chance to both marinate and cook to perfection.

Please note— this recipe calls for FRESH produce. This recipe is not intended for canned beets. When you are preparing fresh beets, be cautious that the juice doesn't dye your hands, your counter or your cutting board. But you will benefit greatly by doing the preparation, because the taste and texture of using fresh produce for this recipe is so much better than you could ever replicate with a canned product.

6 large fresh beets, greens removed and skins peeled, sliced

3-4 fresh white radishes, greens removed and skins peeled, then sliced

1/4 c. water

3 T. olive oil

1/2 t. salt

1 t. ground black pepper

1 t. celery seed

1/2 t. ground mustard

1/4 onion, sliced thin

2 T. red wine vinegar

topping: 1/2 c. crumbled feta cheese

Put all ingredients in crock pot and stir together. Cook on low for 4 hours. After beet salad cools, transfer and

refrigerate until salad is cold. When serving, top it with 1/2 c. crumbled feta cheese.

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## Crock Pot Nacho Fries

I remember as a kid going to diners and cute little restaurants with good homecooking and a little grease on everything. It was always a treat to get something smothered or covered or dipped or drizzled. I don't usually eat a lot of fried and greasy, especially not in the crock pot, but today it just sounded good. I'm serving my crock pot dish with a side salad and low-cal dressing. Maybe if I wash it down with a Diet Coke it will just cancel out the bad stuff.

One of my favorite appetizers from my youth was "not-so-fries"— it was cheese and bacon and sour cream on top of silver dollar shaped french fries. The fried coins were coated in toppings and best when shared with friends! I also really like bar food like nachos— again with the cheese covered goodness! My other favorite food isn't as unhealthy, but I really like pita and tzatziki sauce. There is something about the cold, creamy cucumber that becomes highly addictive. As you can probably conclude, I am completely food-oriented, so most of my memories include visual and culinary associations.

So, it is now my intention to combine three of my favorite snack foods in one amazing crock pot side dish. Enjoy!

1 lb. bag frozen french fries

1 c. shredded cheddar cheese

1/2 c. frozen corn kernels

2 oz. jarred jalapeno slices

4 oz. salsa

toppings:

sour cream

1/2 English cucumber, peeled, sliced and quartered

Coat crock pot with non-stick spray. Spread frozen french fries in bottom of pot, layer with ingredients. Cook on high for 2 hours. Serve with a dollop of sour cream and some cucumber. Feel free to use a fork or your fingers to consume!

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## Crock Pot Chicken and Quinoa

This is great sick food. Not food that will make you sick, but a food that falls into the same category as matzah ball soup, egg drop soup and homemade mashed potatoes– these foods all make you feel better! I'll warn you that this dish is very bland, so if you'd like to eat it when you are aren't queasy or feverish, you might want to add some more veggies and seasonings. When you read this recipe, save it to your favorites so that next time you are sick, you have a go-to recipe for an easy dish to make everyone feel better. Enjoy! (and stay healthy!)

1 c. quinoa, rinsed and drained

2 c. chicken broth

1/2 medium onion, chopped

3 carrots, sliced

6 skinless chicken thighs (about 1.5 lbs)

2 bay leaves

1 t. salt

1 t. black pepper

1 T. parsley flakes

1 t. celery seed

Put quinoa and broth in crock pot and stir. Add onions and carrots, stir again and then place chicken thighs in. Sprinkle seasonings all over everything. Cook on high for 2.5-3 hours. How to tell it's done: each quinoa grain has a white string that appears on it when it's cooked, chicken thighs need to be cooked through and carrots need to be soft.

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## Crock Pot Stuffing Balls



Stuffing is an under-appreciated side dish. It completely defines a Thanksgiving dinner and can sometimes be found at kitschy homecooking restaurants, but there is no reason to leave it alone for the rest of the year. Plus, it's a

great way to use leftover or stale bread. The more variety you use in your bread selection will equal a total change in the taste of the end result.

In my fridge right now, I have half a loaf of wheat bread (very dense and yeast-smelling) and half a loaf of what was labeled a "tomato bread" (tastes like Italian bread with a swirl of seasoned tomato paste in it). Here is how to prep your bread for stuffing: cut into slices and then into bite-sized cubes. For example, I would cut a normal piece of wheat bread four times each way = 16 smaller pieces. Then, lay cubes out in one layer on a cookie sheet and cook for about 10-15 minutes at 350 degrees, just until the bread toasts.

Instead of just pouring the stuffing into a pan, I love the idea of hand rolling the stuffing into balls. It cooks into nice individual servings and leaves lots of surface area to crisp. These balls also freeze really well, so make a full recipe and then save what you don't consume. Enjoy!

6 cups homemade stuffing cubes

1/2 medium onion, chopped

1/2 green pepper, chopped

2 eggs, beaten



1/4 c. water

1 16 oz. can cream-style corn

1 T. parsley

1 t. salt

1 t. black pepper

1 t. celery seed

1/2 t. paprika

2-3 cloves garlic, minced

10 little pads of butter or margarine

In a bowl, mix together all ingredients, except butter or margarine. After combined, mixture should be moist, but not dripping wet. Form 10 balls, using your hands and mush it together so that it can stand on it's own. Coat oval-shaped crock pot with non-stick spray. Place stuffing balls side by side in crock pot. Place one little pad of butter or margarine on top of each stuffing ball. Cook on low for 3 hours.

*(The original inspiration from this dish came from crock pot maven Mable Hoffman's Crockery Cookery Cookbook. No offense, but her recipe was bland and suggested using packaged stuffing mix; my adaptation takes it up a notch and makes it flavorful and heartier.)*