

# 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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# Crock Pot Pumpkin Pie Applesauce



Pumpkins are not just for fall, make squash of all varieties part of your diet all year round!

Okay fans, it's April and I'm pretty sure we are all just a bit intimidated by summer swimsuit season being just around the corner. But just in case you're still holding onto those ideals of a perfect bikini body– or at least an ounce of confidence when you are poolside sipping on an adult beverage and reading a trashy magazine– I'm offering up this recipe.

I've had requests for more crockpot desserts and this one is a healthy, low-calorie version of a cross between pumpkin pie and apple pie. It will delight your sweet tooth just like two slices of pie, but to your diet– it's two servings of fruit instead.

I suggest serving this dish warm with a hearty scoop of salted caramel ice cream or with honey vanilla greek yogurt.

## **Crock Pot Pumpkin Pie Applesauce**

**serves 8-12**

8 apples, peeled, cored and cubed

1/2 c. Orange juice

1 t. Cinnamon

1/2 t. Nutmeg

1/2 t. Allspice

1/4 c. Maple syrup

15 oz. can pumpkin purée

Add all ingredients to crock pot, stir and cook on high for 3-4 hours.

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## **Crock Pot Cincinnati Chili**

If you are unfamiliar with Cincinnati chili, let me explain to you how this is different from what you might think. This is more like a spaghetti sauce, than a stew. It usually has some combination of allspice, cinnamon and sometimes cocoa powder in it. There are no beans cooked in this pot and it is not meant to be consumed by itself. It is however, an amazing topper for hot dogs, spaghetti, french fries or even in a tortilla! When you eat this, there are different ways of presenting it— five in fact! Two-way would be spaghetti and

chili, three-way adds finely shredded cheddar cheese, four-way diced onions and five-way would be all of the above plus some dark red kidney beans. Crazy enough– you can also top it with oyster crackers and hot sauce, if you so choose.

Skyline and Gold Star are probably the most common brands of Cincinnati Chili and you can get it at the fast-food restaurants or in cans at the grocery store. But since I don't live in the Great Lakes area anymore, I make my own crock pot Cincinnati chili using my best friend's mom's recipe. Yes, it's three degrees of separation, but it's still so good! So to "K" and "R"– thank you for sharing your recipe with me, it's better than the original!!

1.5 lbs. ground beef

1 29 oz. can tomato sauce

1 14.5 oz can peeled whole tomatoes

1 onion, diced

1/2 t. allspice

1/2 t. cinnamon

1 t. salt

1/2 t. black pepper

1 1/2 t. chili powder

1 t. white vinegar

1 clove garlic, minced

3 bay leaves

Brown meat in a pan, then add to crock pot. Add all ingredients and stir well. Cook on high 4-5 hours. Smash peeled tomatoes while still in the crock pot. Remove bay

leaves before serving. See notes above for different ways of enjoying your Cincinnati chili, including on a hot dog, on french fries, in a tortilla, or most commonly on spaghetti and topped with finely shredded cheddar cheese.

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## Crock Pot Cranberry Pork Loin

Sometimes it's tough to figure out how to cook a large piece of meat— especially if you don't want it to taste, well... tough. I know some of my readers don't eat this "other white meat" so you can also try this recipe with a turkey tenderloin if you'd prefer.

This recipe makes me think of holidays. There is something very festive about using cranberries; these unique fruits are tangy and sweet and really can be complemented with an array of side dishes and other flavors. Try this dish at your next family gathering or for dinner tonight!

1-2 lb. pork loin

1/4 c. cranberry juice

1/2 c. black cherry preserves

1/4 c. dried cranberries

1/4 t. all spice

1/2 c. sugar

Place pork loin in crock pot and if you have it, use the trivet underneath. Mix together preserves, juice, allspice and sugar. Pour mixture over meat and then add cranberry juice to

the pot. When you pour the juice, be careful not to rinse the seasonings and preserves off of the meat. Cook for 6 hours on low. If you want to use the juices as gravy, then remove meat and add 1 T. corn starch dissolved into 1/4 c. water to the remaining juices and cook until gravy thickens.