

Crock Pot Beef Stew

So after the amazing stroganoff last week, somehow I still wanted to make more beef. (I think we had BBQ chicken one too many times over the holiday weekend.) So even though it is summer, I thought some hearty beef stew would satisfy my craving for red meat. The nice part about this meal and the hot weather is that a small serving is enough to satisfy and you can use local produce to really enrich the flavors of the stew. I am adding some extra vegetables to my stew that are in season, ripe and fresh right now. Check out your local farmer's market and see what vegetables look good to you. Enjoy!

1 lb. beef, cut into stew meat

1 c. baby carrots

4 stalks celery, cut into 1-inch sections

3 potatoes, skins left on, cut into small chunks

1 small onion, cut into small chunks

1 medium zucchini, cut into 1-inch sections

1 ear of corn, cut kernels off the cob

4-6 oz. fresh green beans, cut into 1-inch sections

2 c. water

3 cloves garlic, chopped

1/2 t. celery seed

1/2 t. paprika

1 T. parsley

1/2 t. salt

1 t. black pepper

To finish: 1 T. corn starch dissolved in 1/3 c. cold water

Put all ingredients into the crock pot and give it all a stir. Cook on low for 4-6 hours. Add water with dissolved corn starch and heat for 1/2 hour on high. Remove bay leaves before serving.

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!

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 Mexican Chicken

I'm a big fan of celebrating other cultures, especially their holidays, but it's mostly for the foods we get to enjoy. Cinco de Mayo used to mean margaritas, Corona with lime and maybe some array of indigestion-causing spicy salsas. Now I try for a little more flavor and less debauchery. This Mexican Chicken crockpot is a fantastic combination of spice and creaminess and when your teeth burst through a bite you might just start thinking about moving south of the border.

4 chicken breasts (can be frozen)

1 pkg. taco seasoning

1 can yellow corn niblets, drained

1 can black beans, washed and drained

1 jar of picante sauce (mild, medium or hot)

1 pkg. plain cream cheese (8 ounces)

Directions:

Place frozen chicken breasts in the bottom of a crockpot. Layer all ingredients EXCEPT for the cream cheese. Cook on low for 6-8 hours. Ten minutes before you serve, stir in cream cheese. Serve over rice. Or— make it a day ahead and just add the cream cheese when you reheat!

(recipe originally provided by Preferred Childcare, Inc., Greensboro, NC)

Crock Pot Creamy Corn

Not to be too corny, but I'm a big fan of corn. I love fresh local corn on the cob in the summer, corn chowder soup in the winter, corn muffins, popcorn at the movies, canned cream corn, kettle corn at the apple festival, even cooking with corn oil.

I've got some great leftover meat from this weekend, but I really want a yummy side dish to go with it to make it seem like a whole new meal. It's already the middle of the afternoon, so I'm short on time, but this is a perfect time to make a delicious corn side dish as an accompaniment.

The contrast of the sweet corn and creamy cheese to the sting of the jalapenos is a great chemistry. When you make this dish and someone tells you how much they love it, just smile and say, "awww shucks!"

1 32 oz. bag of frozen corn

1 small yellow onion, chopped

4 T. butter, melted

1/2 c. milk

1 T. parsley

1/2 t. salt

1 t. black pepper

3 T. chopped jalapeno slices (from the jar, not fresh)

8 oz. whipped cream cheese

Put corn and onion in crock pot first, then stir in melted butter and milk. Add in all the seasonings and the jalapenos and stir again. Scoop the cream cheese onto mixture, leaving scoops all over. Cook on high for 2 hours, stir cream cheese into mixture and then heat for half an hour more.

Easiest Crock Pot Chili-- EVER

If you can work a can opener, you can make this chili. You still need to brown the meat before you put it in the crock pot, but that's the only work that needs done. Open the cans, dump it in, let it fester. Done.

My brother in law taught me this recipe and I love that it is uncomplicated. I usually make this on football Sundays so that when we have people over to watch the game, everyone can have a hot meal whenever they get hungry. Plus, I love all the fun toppings that go on chili. It isn't football season yet, but it is the start of baseball season. So, for sports fans everywhere, here is your game day strategy. Enjoy!

(I SUGGEST USING A 6 QT. CROCK POT TO MAKE THIS. IF YOU HAVE A SMALLER ONE, THEN REMOVE ONE OF THE CANS OF BEANS. ALSO, ALL CANS ARE TYPICALLY ABOUT 14-15 OUNCES.)

2 cans diced tomatoes

1/2 medium onion, chopped

1 can dark red kidney beans

1 can light red kidney beans

1 can great northern beans

1 packet of chili seasoning (FYI– it's a combination of things like onion powder, chili powder, a bit of cumin, salt and pepper, etc. but it's just easier to buy the packet instead of measuring it all out separately)

1 lb. ground beef or turkey

Brown meat completely and then put in crock pot. Dump everything else in. Give it a stir and then cook on high for 4 hours. Serve with shredded cheddar, chopped onion and sour cream. For added flavor, you can add 1 can of sweet corn kernels when you add in all the beans.

Crock Pot Potato Soup

My 93-year-old grandmother-in-law was visiting last week and the woman is amazing. She is clear minded and sound of body. She might not win the race, but she will definitely reach the finish line. She loves her grandchildren and great-grandchildren and hates to be idle. So when she was here

visiting and offered to help in the kitchen, I was pleased to have her assistance.

My least favorite food prep is cutting onions. Let's be honest— I'm a big baby about it. My eyes first burn and tingle, then water profusely and run all down my face. I look like I'm in a bad soap opera by the time that innocent white bulb is finally all chopped up. So, I politely asked my "sous-chef" to complete this task and she diced enough onions to fill half of a gallon-sized freezer bag full!

Now I needed to figure out what to do with all these onions. I thought about a side dish of creamed onions or maybe crisping them up with some garlic to start a nice curry dish, but decided instead that it would only be appropriate to make my mother-in-law's recipe for potato soup and to use the onions that her own mama chopped up. My M-I-L didn't make this dish in the crock pot, but all the ingredients are just about the same. Enjoy!

5-6 medium potatoes, peeled and diced

1 medium onion, diced

3 stalks celery, cleaned and diced

3 cups water

1 t. salt

1/2 t. black pepper

1 bay leaf

2 t. dried parsley

1 c. milk

1 T. corn starch

1 can cream-style corn

Put potatoes, onion, celery and seasonings in crock pot. Cover with water (about 3 cups). Cook on high for 3 hours until all veggies are soft. Dissolve corn starch in cold milk and then add to crock pot, dump in can of cream-style corn and cook for 1 more hour.

Crock Pot Bean Medley

We're going to a BBQ at my brother's house this weekend and since the assumption is that I'll bring something from the crockpot, I know I need to come up with something tasty and creative. The catch is that I don't really want to go grocery shopping today. So, I'm diving into the pantry in the hopes that I will surface with a plan and an amazing side dish. I also want to make this dish over night so that it is ready to go in the morning.

Baked beans are a very typical BBQ side dish, but I would like to make a bean dish that isn't brown and smokey or looks like it's was dumped into a bowl and served. Beans are an easily accessible food— even if they look like they were prepared a little different, everyone still usually takes a scoop to eat. This combination is a nice variation because it is more colorful and the light colors are a nice balance for spring. Enjoy!

NOTE: Assume that each can is about 15 ounces. This recipe works best in a 6-quart pot. Feel free to divide all ingredients in half if you are not cooking for a large gathering of people, a sports team or a small army.

2 cans black beans, drained and rinsed

2 cans dark red kidney beans, drained and rinsed

2 cans great northern or cannellini beans, drained and rinsed

2 cans sweet corn kernels, drained

8 oz. frozen cut green beans

1/2 medium onion, chopped

1/2 red bell pepper

1/4 c. apple cider vinegar

1/4 c. brown sugar

1/2 t. celery seed

1/2 t. oregano

1/2 t. black pepper

3 T. ketchup

3 T. tomato paste

1 T. brown or dijon mustard

Drain and rinse all the beans before putting them in the crockpot. Add the rest of the veggies. Mix together the brown sugar, apple cider vinegar, tomato paste, mustard, ketchup and seasonings and dump in on everything in the crock pot. Give it one good stir and then set it on high for 3 hours or low for 5-6.