

# 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.

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## 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.

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## 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.

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## Crock Pot Country Ribs

Let's make a play list for today's recipe to put you in the mood! By the time you sing along to *Sweet Home Alabama* (Lynyrd Skynyrd), *Little Bitty* (Alan Jackson) and the beginning of *Sweet Caroline* (Neil Diamond), you'll have a pot full of home cookin' set for a down-home country feast. Whether you live in the north, south, east or west, you'll enjoy this soothingly savory dish that goes great with any variety of side dishes. I'll be serving mine with steamed broccoli and maybe some scalloped potatoes. If I can figure out how to do the potatoes in the crock pot, you'll see it posted later this week!

Once your meal is made, add some more songs to your play list so you can dance around and sing when you are doing the dinner

dishes later tonight. Enjoy!

1.5-2 lbs pork country ribs

1 cup ketchup

1/4 c. brown sugar

1/2 c. apple juice

2 T. apple cider vinegar

2-3 cloves garlic, chopped

1 t. celery seed

1/2 t. ground mustard

2 T. parsley flakes

Spray pot with non-stick spray. Place country ribs side by side in one layer (best if using an oval shaped crock pot). Mix remaining ingredients in a separate bowl and then pour on top of meat. Cook on low for 6-8 hours.

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## Crock Pot Creamy Tomato Soup

I understand that the red label of canned tomato soup is probably very patriotic and that eating grilled cheese and tomato soup is one of our commandments or laws or requirements as Americans. I support that, I do. But— I don't think my grilled cheese sandwich deserves to bathe in a mixture of weird canned goop and water. It needs more than that. So today I made homemade creamy tomato soup.

I think the key difference here is the spices and the heavy cream, you just can't get those flavors in a can. Another detail that is critical to this recipe is the use of an immersion hand blender. Thirty seconds of power will take this soup from delicious to heavenly. If you don't have an immersion hand blender, then you can cool your soup off and then put it into a blender to puree, then return it to the crock pot, add the heavy cream and heat it back up. That way is more work but will deliver the same smooth result.

Your soup should have an equal counterpart– a perfect grilled cheese sandwich. But you have to define that for yourself. For me, it's swirled pumpernickel/rye bread with swiss and havarti cheeses. For my kids, it's American cheese on whole wheat. For my husband, it's italian bread with sharp cheddar and colby jack. I am willing to entertain everyone's favorites, since the soup is so easy to make. Another trick for your sandwich is to change up from using butter or margarine on the outside of your bread– try using a light smear of mayonnaise instead and get a sweeter, crisper result. Or you can quickly dip the sandwich in a couple beaten eggs and turn your grilled cheese into a monte cristo instead. Discover whatever combination tickles your taste buds and then let it swell with the sweetness of the soup. Enjoy!

2 14 oz. cans of diced tomatoes

1 small onion, diced

2-3 cloves of garlic, chopped

1 bay leaf

1 t. of each seasoning: salt, black pepper, rosemary, oregano and celery seed

1 T. sugar

8 oz. heavy cream



Combine all ingredients except heavy cream in the crock pot. Cook on low for 4 hours. Remove bay leaf. Use immersion hand blender and puree until smooth. Add heavy cream, stir and heat for one more hour. Serve with your favorite grilled cheese sandwich, of course!

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## Crock Pot London Broil

My head had been swirling with a mix of the traditional children's song about a certain London Bridge and the contemporary naughty version of the song by a certain Mrs. Black-Eyed Pea. While I might not have the cute sequin British flag on a pair of boy shorts, I think my London Broil is a fine salute. The funny thing about the name "London Broil" is that there actually isn't any connection to London or English foods and you don't actually have to broil this cut of meat, even though that direction is clearly stated in the name.

This beef steak is a good balance of muscle and fat and is moist and juicy. It can also be labeled as top round steak or flank steak and it's still the same part of the cow. It is helpful to marinate this cut of meat overnight before cooking in the oven, but you can get that same effect by cooking it on low with the marinade on the meat in the crock pot. If the meat doesn't fall apart when it's done cooking, you can remove it from the crock pot and make thin slices across the grain of the meat. Leftover slices also make really good cold roast beef sandwiches.

A simple meat and potatoes dish is a great way to have a filling dinner without having a lot of fuss. So be American and crock pot your London Broil today!

2-3 lb. London Broil (also called flank steak or top round steak)

4 potatoes, cut into chunks

6 carrots, peeled and cut

1 medium onion, quartered

1/4 c. Worcestershire sauce

2 T. red wine vinegar

2 T. olive oil

3 T. ketchup

2 cloves of garlic, chopped

1 t. black pepper

1 t. rosemary

Place veggies in crock pot first, then lay meat flat. Mix together all remaining ingredient, except rosemary, in a separate bowl. Slowly pour marinade over meat then sprinkle rosemary on top of it. Cook on low for 5-6 hours.

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## Crock Pot Orange Tofu



I think it's a wonderful community celebration when a baby is born. Friends and family gather to welcome the sweet little child and help the new parents with meals and errands and extra hands for diaper changes. Tonight, it's my turn

to bring dinner to some friends and I'm pretty sure that they already assume it's going to be something from the crock pot. The debate begins about what to make— it doesn't have to be for an occasion, let's admit that this debate happens practically every day, right?!

Let's see— vegetarian or dairy is requested and the meal needs to feed two adults and a 2-year-old, too. I'm guessing that pasta dishes and soups have already been dropped off or stocked in the freezer, so I decided to do an Asian tofu dish and serve it with rice. Tofu is a unique protein, but it cooks up nicely and can suck up a whole bunch of flavor from whatever it accompanies. There are different consistencies of tofu sold, but I suggest using an extra firm one, it's easiest to work with as a substitute for meat.

If you are scared of squishy food, you could make this dish with chicken instead. But give it a try— you might actually like tofu! The toughest thing about cooking it, is that sometimes it can really stick to the pan. Let it cook on each side without moving it around in the pan and then flip it quickly with a thin spatula. Enjoy!

1 brick of tofu, drained

3 T. olive oil

1/2 c. orange juice

1/4 c. honey

1/4 c. soy sauce

2 cloves of garlic, minced

1/2 medium onion, sliced thin

2 t. rice vinegar

1/2 t. paprika

12 oz. of any green vegetable (broccoli florets, snow peas, shredded cabbage, green beans or peas)

First you need to prep your tofu, it usually has an excessive amount of water in it that you want to drain off before cooking. Put a paper towel on a plate and then center the tofu on it. Add another paper towel up on top of the tofu and then put another plate on top. It looks like you've made a plate sandwich with the tofu in the middle. Add something heavy on top (can of food, metal pan, small child) and let sit for at least an hour. The paper towels will fill with water and the tofu will still have it's shape. Then cut tofu into 2-bite sized cubes.

Heat oil in a pan on medium heat. Brown tofu for 5-6 minutes on each side. Add the green vegetable, garlic and onion to the crock pot in that order, then put tofu on top. Mix the remaining ingredients in a separate bowl and then pour on top of everything in the crock pot. Cook on high for 3-4 hours and then serve with white rice.

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## [Crock Pot Fish Chowder](#)

This recipe has evolved from an amazing chowder that I once

had at the Columbus International Festival in Ohio. I think it was the Scandanavian table that was honoring their long-standing countrymen's careers of treacherous trips on the ocean. I think it was really to honor the countrywomen's careers of having boatloads of fish to cook and trying to come up with new recipes that didn't resemble a fish face.

Now this recipe can easily be done in a pot on the stove and done in an hour, but then the flavors wouldn't have a chance to fester all together. I prefer it in the crock pot, usually made from leftover salmon or tilapia. You could probably use halibut, red snapper or maybe even some trout if you wanted to, depending on what you like. If you don't have leftovers to use, then just throw the (deboned, please) fish filets into a pan with a little butter, salt and pepper and then bake it, let it cool and flake it. Realistically, a budget-minded mama could also use a couple cans of pink salmon and still have a similar result.

Well, if we wanted to, we could start by sauteeing up some diced bacon with the mirepoix (fancy word for chopped carrots, celery and onions) and then including it all in the pot for a smoky and salty addition. Or, we could throw in half a pound of shrimp at the end of the day and make the chowder heartier. But I keep it simple and it's still a crowd-pleaser and probably a little healthier too.

4 carrots, peeled and diced

3 celery stalks, diced

1 medium onion, diced

1 chopped zucchini, unpeeled

3 cups vegetable broth

2 bay leaves

1 clove garlic, minced

salt and pepper

1/2 - 1 lb fish- no skin, no bones; cooked, cooled and flaked  
(1 T. corn starch dissolved into 2 cups cold milk)

Put all ingredients (except corn starch and milk) in the crockpot, with the fish being last. Cook 4-6 hours on high. Remove bay leaves. Dissolve corn starch incold milk and then add to the pot 1 hour before serving.

If you'd like to add some variety, offer cheddar cheese, chopped scallions and puffy oyster crackers to top your fish

chowder. Or a toy boat, if you can find one that hasn't been in the bath.

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## Crock Pot Vegetable Curry

One of my favorite things about Indian food is that you can have such a variety of purely vegetarian dishes. With the right balance of ingredients, you can have a healthy, protein- and vitamin-rich meal with an array of flavors and nothing in it will have ever had a face.

There is also a misconception about crock pots that I'd like to ruin. Many people think the crock pot is just for cooking the hell out of a piece of meat or else making soup, but indeed there are so many other great dishes that we can make in a matter of minutes! So for the skeptics out there, I invite you to try this vegetable curry. It's hot and spicy, almost sexy, and definitely enjoyable. Experiment today with this cultural culinary specialty.

1 can garbanzo beans, drained and rinsed

1 14 oz. can diced tomatoes

1 16 oz. bag of frozen cauliflower

2 c. baby carrots

1 small onion, diced

3-4 cloves of garlic, chopped

2 potatoes, diced

1 T. curry

1 t. red pepper flakes

1/4 t. cinnamon

1/2 c. vegetable juice

1 14 oz. can of lite coconut milk

Put everything in the crock pot except the coconut milk. Stir once through and then pour coconut milk on top of everything. Cook on low for 6 hours. Serve over white rice or with naan bread.

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## Crock Pot Brisket-- easy, medium and hard

I'm pretty sure everyone has a grandmother-aged person in their life that makes the "perfect brisket". It's moist, juicy, flavorful and pulls apart perfectly. We've tried and tried to repeat the old world secrets, but somehow our ovens continue to dry out the meat or make it tough to chew. Look no further— grandma might not have used a slow cooker, but these recipes are very easy and have amazing results.

Here's a great little nugget for you: my mom always cut off the last inch of the brisket before cooking it. I figured it was because of how she trimmed off the fat, skimming the top of the cut of meat and then cutting off the chunk at the end. I asked her about it and she said that it was how her grandmother did it. So I asked my grandmother why her mom cooked the meat in that particular way and she said, "because her pan was too small, the meat never seemed to fit right so she cut off the end so the brisket would lay flat." It's

funny how traditions begin.

If you are looking for a pulled beef sandwich to serve at a spring BBQ, fork apart the meat when it is done, then top it with your favorite BBQ sauce and serve it on a braided roll. Oh— was it mean to say BRAIDED ROLL to those of you celebrating Passover? My bad.

### **EASY difficulty brisket**

1 3 lb. beef brisket

1 bottle italian dressing

Pour half the dressing over the brisket and let it marinate overnight. In the morning, move the meat into the slow cooker and top with the remaining dressing. Cook on low for 8 hours. Now, wasn't that easy?!

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### **MEDIUM difficulty brisket**

1 3 lb. brisket

1 medium-sized onion, sliced thin

1 12 oz. can of Coke (not diet)

1/2 c. ketchup

1 t. black pepper

1/2 t. cayenne pepper

pinch of salt

Place brisket into crock pot, use trivet if you have one. Surround meat with sliced onion. Mix together Coke and ketchup and pour on top of meat and onions. Sprinkle seasonings on everything. Cook for 8 hours on low or 4-5 hours on high.



If you want to vary the flavor, try using 12 oz. apple juice or 12 oz. of beer INSTEAD of the Coke.

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### **HARD difficulty brisket**

1 3 lb. brisket

1 t. of each seasonings: cracked black pepper, rosemary, paprika, parsley, celery seed

2-3 cloves garlic, chopped fine

1 t. olive oil

water

Rinse meat and pat dry. Using your fingers or a pastry brush, lightly coat meat with olive oil. Then mix together all seasonings and coat meat in dry rub. Let marinate overnight in the refrigerator. In the morning, take meat out and sprinkle with garlic. Heat up a pan and brown meat on all sides, then put meat in crock pot. Add enough water to the crock pot to cover the bottom of the pot. Also, if you have a trivet that fits in your crock pot, use that under the meat. Cook on low for 6 hours.