

# Crock Pot Beef Stroganoff

Ok fans, this is the recipe you chose for today! Beef stroganoff is a great one-pot meal. You've got meat, dairy and carb (when served on noodles or rice) and if you count mushrooms as a veggie, then don't bother serving this with side dish. There is something great about the creaminess of this recipe that really makes the flavors melt together.

While skillet beef stroganoff really focuses on browning everything in a pan, the crock pot version really fuses the flavors together in a better way. The skillet version tastes to me like butter and burning, so I like that in the crock pot everything turns out soft and sweet.

While you might like trying everything light or fat-free, I'd rather see recipes that use moderation, but keep to the true versions. If you want to save calories, eat less stroganoff and serve it with a salad or steamed vegetable. And drink it with a Diet Coke, of course. Enjoy!

1 lb. beef tenderloin, cut into thin strips

1 medium sweet onion, sliced thin

8 oz. baby portobello mushrooms, cleaned and sliced

1 c. beef bouillon

2 cloves garlic, minced

1/2 t. black pepper

1/8 t. ground nutmeg

1 T. parsley flakes

1 T. flour

1 c. sour cream

1 lb cooked pasta (egg noodles, farfalle or fettuccine) or 4 c. cooked white rice

Place beef, onion, garlic, mushrooms in the crock pot. Pour in bouillon and then sprinkle with seasonings. Cook on low for 4 hours. In a separate bowl, mix together flour and sour cream and add to crock pot, then cook for another 1 hour on low. Serve on a bed of hot noodles or rice.

*VARIATIONS: If you don't have beef tenderloin, try one pound of browned ground beef or chicken. If you don't like mushrooms, then use green beans, corn or just go without.*

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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 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 Scalloped Potatoes



After some trial and error with cooking potatoes in the crock pot, I've finally got some advice for you. First off...don't try to make mashed potatoes. The long amount of time and lack of high heat sort of ruin the effect. But, if you want to make them on the stove and then keep them heated in a crock pot, that

works out fine.

I really wanted to make a side dish of potatoes that was easy to cook and didn't take an excessive amount of prep work (or extra dishes or pots). These scalloped potatoes turned out bubbly and flavorful without having to add a canned creamy soup. Give this a try, especially if you have two crock pots, so you can do a meat main dish in one and this delicious

accompaniment in the other. Enjoy!

4-5 medium-sized potatoes, skin on

1 medium onion

1/4 c. flour

2 T. parsley flakes

1 T. salt

1 t. black pepper

1 1/2 c. milk

paprika

1 c. shredded cheese (try cheddar or mozzarella)

Use a food processor to slice potatoes and onions thin (this is much thinner than what you can do with a knife!). Put in pot and then mix in flour and seasonings. Smooth out mixture so that is it flat, then pour milk over entire surface area. Potatoes should not be completely covered by milk. Shake paprika on top as garnish. Cook on high for 2-3 hours or low for 3-4 hours. Stir in shredded cheese before serving.

(This is a really good recipe to use a [crock pot liner](#), the edges crisp first and get stuck to the sides. If you use a liner, it is much easier to clean out the pot! You can buy some by clicking [here](#).)

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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.