

# Crock Pot Broccoli and Rice

This dish is so easy, so tasty and so complete that I started it while I drank my morning coffee and we ate it for lunch. You could use this decorated-vegetable-and-carbohydrate with pretty much any protein and it would be the perfect complement. Even my kids like it! Try this next time you want a simple side. Enjoy!

1 lb frozen broccoli spears

1 c. white rice, uncooked

1 can cream of mushroom soup

1 can-full of water

1/2 t. salt

1/2 t. black pepper

Put all ingredients in crock pot and stir. Make sure the rice is mixed into the water and soup and isn't just sitting on top of the broccoli spears. Cook on low for three hours.

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# Crock Pot Peach Cobbler

The only thing better than a local farmer's market is a neighbor with an amazing garden and fruit trees. I had the pleasure of pillaging the peach trees yesterday and came home with about two dozen little peaches, ripe and ready to be enjoyed. They were sweet and juicy, broke easily off the pit and cooked down perfectly into my peach cobbler. I'm not sure

what makes me happier– the warm cobbler with it's sticky sweetness stuck to my spoon... or the fact that I can walk next door, fill my basket and make another pot full tomorrow.

I like to keep the flavor of my cobbler simple. The peaches are already so sweet, I really just want to be able to cook them down a little. And I like the oatmeal topping, it makes me think of a cookie up on top. This recipe definitely craves a big scoop of vanilla ice cream, but it's also really good with some vanilla yogurt or just a little half and half... or nothing at all. It's really good that way, too. Enjoy!

(You'll see in the recipe directions that I use the crock pot in an unconventional way. I cook the dessert on low, half uncovered, for the last hour. This helps the peach portion thicken up and the crumbly top crisp a little bit.)

4 lbs peaches, peeled, pitted and sliced

1/4 c. brown sugar, not packed

1 t. cinnamon

1 t. vanilla

cobbler topping:

2 c. old-fashioned oatmeal

1/2 c. brown sugar, not packed

1/2 t. cinnamon

1/4 t. salt

1 stick butter, melted

Put the first four ingredients in the crock pot and stir together. In a separate bowl, pour in the oatmeal, brown sugar, cinnamon and salt. Stir, then slowly pour in the melted butter and continue stirring. Then, pour the crumbly mixture

on top of the peach mixture already in the pot. Cook on high for 2 hours. Remove lid and turn it so that steam can easily escape and cook on low (half covered) for one more hour. Serve warm.

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## Crock Pot Cowpea Soup



Most of you probably just read the title of this recipe and giggled. Yes, cowpea sounds a lot like cow pie. In fact, cow pee makes it seem even more funny. So if you haven't heard of a cowpea before, let me tell you a little about it. But seriously, you can stop giggling

now. Cowpeas are meaty little legumes that come in long pods. Once you pull the string off, you'll see the tightly packed peas pop out of the pod. They are sometimes classified as a black-eyed pea, but you can also get purple-eyed ones, they can be green, white or dark in color and they are hearty little nuggets to cook.

When you can get them fresh, you are good to go once they are out of the pod. If you get them dried, then you need to soak them in water overnight for about 8 hours and then rinse them a few times before you throw them in the pot.

Cowpeas are common in a lot of African recipes and provide excellent protein in many soups and rice dishes. These "beans" are also used in a lot of southern recipes in the USA. I even found a great recipe online for chow chow salsa that included

canned black-eyed peas, but would be awesome with fresh cowpeas instead.

I thought that split pea soup sounded great to make this week—fresh cowpeas are readily available at my local farmers market right now and if I make it now and freeze it, it will make a great meal later this fall when the weather cools off a bit. I decided not to go the traditional route and cook the soup with a ham hock, but to keep it vegetarian instead. If you'd like to, you can add diced cooked ham or turkey sausage after you puree the soup and then heat it for an additional hour to warm the meat. Either way, the soup is filling and satisfying and an easy meal when served with a crusty bread.

Kudos to you for trying something new. Cowpeas are a nice variation, especially if your family already likes peas and beans. Plus, if you can get them fresh, it's fun to pull the string and unleash the pea from the cow. Enjoy!

2 c. fresh cowpeas

1 medium onion, chopped

2-3 carrots, chopped

2 stalks celery, chopped

3 garlic cloves, chopped

2 parsnips, peeled and chopped

3 c. water

1 t. salt

1 t. black pepper

1 T. fresh parsley, chopped

Put all ingredients in the crock pot and cook on high for 4-6 hours. Using a hand blender, puree soup in the crock pot. If

desired, add 1/2 lb. diced cooked ham or turkey sausage to the pot and heat for one additional hour on low.

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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 Chicken Cacciatore



Happy birthday to my husband. He is an amazing man, father, lover and friend. And he loves my cooking. So for tonight, I wanted to make him a nice dinner. But of course, I still have the kids to take care of today, a house to clean before company and a dog that is begging to go out, so my options for fine dining were a little limited. I decided to start a crock pot of food at lunchtime instead of at breakfast—our dinner will be done right as the kids are going to bed... so we can eat a meal as adults and maybe even partake in a glass of wine.

I had totally planned on doing chicken fajitas for dinner tonight or some sort of hearty “man” food, but my hubby went out with his coworkers for lunch at a Mexican restaurant, so I needed to reroute my dinner plans. Since I already had the chicken, I decided to make chicken cacciatore (pronounced catch-ahh-toe-ree) instead. It’s robust and filling, but an easy one pot meal.

Cacciatore is usually served over a thin pasta like angel hair, but it can also be served over rice, if you prefer. I like to top mine with grated Parmesan cheese instead of putting the cheese in when it’s cooking. You can also add other vegetables if you’d like—many cacciatore recipes add mushrooms and/or fresh basil leaves.

You don’t need a celebration to dine on this great chicken dish. Enjoy!

4 frozen boneless, skinless chicken breasts

1 small onion, sliced thin

1 green pepper, sliced thin

1/2 red pepper, sliced thin  
1/2 yellow pepper, sliced thin  
1 medium zucchini, sliced thin  
4 cloves garlic, minced  
1 28 oz. can petite diced tomatoes  
1 c. spaghetti sauce  
1 T. parsley flakes  
1 t. basil flakes  
1 t. oregano flakes  
1/2 t. celery seed  
1/2 t. black pepper  
1/2 t. salt

Combine vegetables in crock pot, top with all seasonings and stir together. Pour in tomatoes and sauce and stir again. Place frozen chicken breasts on top of mixture. Cook on high for 4-6 hours. Serve over thin pasta or rice.

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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 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.

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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 Barbequed Salami

My nana didn't make cookies. She didn't make tea sandwiches. She didn't make cute food like fruit, desserts, hors d'oeuvres, cordials or ganache. But she made amazing, hearty dishes in mass quantity like spaghetti and brisket and homemade potato salad. But anyone in my family could tell you that the one dish that she was known for was her barbequed salami. It is spicy and soft and just the right amount of sauce to smother a plain hamburger bun and make it melt.

Nana always bought the big tubes of kosher salami and hand sliced in and then quartered it. I don't know how she made it so thin. I suggest using the tubes of Hebrew National salami, but here's an easier way to prepare it— cut it in half longways and then in half longways again (it will almost look

like four hot dogs at this point). Then, run it through your food processor to slice it really thin. Or, you can do it by hand, like Nana, if you have a sharp knife and a lot of patience.

Kudos to Nana for always serving this amazing feast to our family, for getting us all together and giving us memories to last forever. This will always be a favorite meal for me and I can't wait to share it with all of you, too. Make it for your next picnic, family gathering or game night. Barbequed salami is best served with a pickle, some wavy potato chips to scoop up anything that falls off the bun and a huge stack of napkins. Enjoy!

2 lbs salami, sliced and quartered

2 12 oz. bottles Heinz chili sauce

1 c. ketchup

1 onion, quartered and sliced

1 green pepper, minced

2 stalks celery, minced

2 T. white vinegar

1/4 c. brown sugar

1 t. dry mustard

1 t. chili powder

1 t. Worcestershire sauce

1/2 t. Tabasco sauce

Prepare meat to be sliced and quartered. Place in crock pot. Cook onion, green pepper and celery in a pan until soft, but not browned. Add to meat. Mix remaining ingredients in a



separate bowl and then pour into crock pot. Mix all ingredients together. Heat on low for 2-3 hours. Serve on soft, plain hamburger buns.