

Crock Pot Beet Salad



In the midst of summer heat, I love to use my crock pot to cook the season's ripe vegetables. My kitchen stays cool and my taste buds get to dance. This week, I had friends bring me fresh beets from their community CSA. I love roasting beets in a little bit

of olive oil, salt and pepper, so I thought this would be a fun challenge for the crock pot.

When you roast beets in the oven, there is the chance of overcooking, resulting in a dried, wrinkled sad result for this moist and vibrant treat. With the locked-in moisture of the crock pot, I really think that beets get the chance to both marinate and cook to perfection.

Please note— this recipe calls for FRESH produce. This recipe is not intended for canned beets. When you are preparing fresh beets, be cautious that the juice doesn't dye your hands, your counter or your cutting board. But you will benefit greatly by doing the preparation, because the taste and texture of using fresh produce for this recipe is so much better than you could ever replicate with a canned product.

6 large fresh beets, greens removed and skins peeled, sliced

3-4 fresh white radishes, greens removed and skins peeled, then sliced

1/4 c. water

3 T. olive oil

1/2 t. salt

1 t. ground black pepper

1 t. celery seed

1/2 t. ground mustard

1/4 onion, sliced thin

2 T. red wine vinegar

topping: 1/2 c. crumbled feta cheese

Put all ingredients in crock pot and stir together. Cook on low for 4 hours. After beet salad cools, transfer and refrigerate until salad is cold. When serving, top it with 1/2 c. crumbled feta cheese.

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.

Crock Pot Chimichurri Steak

The word “chimichurri” might make you think of that silly little ditty from Mary Poppin’s chimney sweep friend, but I assure you, there is nothing dirty or British about this recipe (not that the two are synonymous!). I think of chimichurri sauce as an Argentinian version of pesto, but with parsley instead of basil. I love it as a marinade, but it can also be used as a garnish or a dipping sauce for pretty much any meat. I challenge you to try this on as many grilled meats as possible this summer and to find any single one that it doesn’t complement.

But since I don’t feel like firing up the grill and cinging my eyebrows, I’m going to cook my beef in the crock pot. Chimichurri is often served with steak, so I am using a flank steak and I sliced it into half inch sections before cooking it. I think this will help really get all the flavors into the steak. I marinated the meat overnight in the refrigerator, but that isn’t necessary. I would recommend marinating it for at least four hours, just to give it enough time to fester.

I don’t have enough fresh produce on hand to make this with the real ingredients, but if you do– use 1 c. fresh flat-leaf parsley and some fresh oregano, too. I assure you this will taste good with the dried stuff, but even more amazing with fresh herbs.

I’m serving my chimichurri steak with some steamed veggies (at least I know my kids will eat those things!), but you can also try roasting some potatoes with the meat or serving it on a nice bed of salad. Enjoy!

Meat: 2 lbs. beef (flank steak, skirt steak, London Broil,

flat iron steak... if you don't love beef, use chicken)

Chimichurri sauce:

1/2 c. white wine

1/3. c. vegetable oil

1/4 c. red wine vinegar

2 lemons

3-4 cloves garlic, minced

4 T. parsley flakes

2 T. oregano flakes

1 T. red pepper flakes

1/2 t. salt

1/2 t. black pepper

Combine all seasonings, liquids and the juice of two lemons in a bowl and mix well. Put meat in a sealable bag and pour marinade on top of meat. Mash around and then let it sit for 4-24 hours in the refrigerator. When ready to start cooking, dump meat and marinade into crock pot and cook on low for 6-8 hours.

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.

Crock Pot Stuffing Balls



Stuffing is an under-appreciated side dish. It completely defines a Thanksgiving dinner and can sometimes be found at kitschy homecooking restaurants, but there is no reason to leave it alone for the rest of the year. Plus, it's a great way to use leftover or stale bread. The more variety you use in your bread selection will equal a total change in the taste of the end result.

In my fridge right now, I have half a loaf of wheat bread (very dense and yeast-smelling) and half a loaf of what was labeled a "tomato bread" (tastes like Italian bread with a swirl of seasoned tomato paste in it). Here is how to prep your bread for stuffing: cut into slices and then into bite-sized cubes. For example, I would cut a normal piece of wheat bread four times each way = 16 smaller pieces. Then, lay cubes out in one layer on a cookie sheet and cook for about 10-15 minutes at 350 degrees, just until the bread toasts.

Instead of just pouring the stuffing into a pan, I love the idea of hand rolling the stuffing into balls. It cooks into nice individual servings and leaves lots of surface area to crisp. These balls also freeze really well, so make a full recipe and then save what you don't consume. Enjoy!

6 cups homemade stuffing cubes

1/2 medium onion, chopped

1/2 green pepper, chopped

2 eggs, beaten



1/4 c. water

1 16 oz. can cream-style corn

1 T. parsley

1 t. salt

1 t. black pepper

1 t. celery seed

1/2 t. paprika

2-3 cloves garlic, minced

10 little pads of butter or margarine

In a bowl, mix together all ingredients, except butter or margarine. After combined, mixture should be moist, but not dripping wet. Form 10 balls, using your hands and mush it together so that it can stand on it's own. Coat oval-shaped crock pot with non-stick spray. Place stuffing balls side by side in crock pot. Place one little pad of butter or margarine on top of each stuffing ball. Cook on low for 3 hours.

(The original inspiration from this dish came from crock pot maven Mable Hoffman's Crockery Cookery Cookbook. No offense, but her recipe was bland and suggested using packaged stuffing mix; my adaptation takes it up a notch and makes it flavorful and heartier.)

Crock Pot Tuna Casserole

OK, so this one might seem a little like “school lunch”, but I like the combination of creamy noodles and easy protein. Anytime I make this in the oven, I always wind up burning the edges. When I make it in the crock pot, it keeps the meal warm and creamy and doesn’t get crispy crusts. (Although, if the crispy crusts are your favorite part, feel free to use this recipe and just shove it in the oven for an hour instead.)



One of the things that is really unique about my tuna casserole is that I used diced water chestnuts. I like the surprise burst of these moist, crunchy morsels. They keep to the neutral color of the dish and add a little bit of jazz that is pleasing to the palate. I also suggest using tuna from a foil

packet, not from a can. The canned fish is great for tuna salad, but I like that the foiled fish has better texture and bigger chunks. If you are not a fan of peas, you can try any frozen vegetable— corn, green beans and mixed veggies are good ones to try, too.

One last big difference in my version is that most tuna casseroles call for cheddar cheese and mine adds something extra. While I think melted cheddar cheese adds to the creaminess, I think including something like feta actually gives the whole dish more flavor and an overall better success. With these modifications, we are taking “school lunch” into the adult world. You could serve this to family or

friends on real plates.

The only thing that could be better than this tuna casserole would be if the school lunch ladies could be here to serve and clean everything up. Enjoy!

1 lb. broad egg noodles, cooked and drained

1 6 oz. foil packet of albacore tuna

1 can cream of mushroom soup

1 c. milk

8 oz. frozen peas

1 8 oz. can of diced water chestnuts, drained

1 c. crumbled feta cheese

1 c. shredded cheddar cheese

1/2 t. salt

1.2 t. black pepper

1 T. parsley

1/2 t. celery seed

1/4 t. ground mustard

Cook noodles according to directions on package. Combine all ingredients in crock pot and stir until well mixed. Warm on low for 2-3 hours.

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.

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.

Crock Pot Inside Out Stuffed Peppers

Stuffed peppers are a delicious union of textures and are meant for slow cooking. But sometimes, the prep work of cutting and chopping and mixing and stuffing is just too much. Consider this my recipe for “inside out stuffed peppers”. I’ve figured out a way to get that same great result with even less time. It might not have the same presentation as beautifully stuffed bells, but if you are looking for ease and a great meal, this is a good sloppy way to serve a favorite dish. Enjoy!

1 lb. ground turkey or chicken

2 T. dried parsley

1/2 c. uncooked rice

1 t. salt

1/2 t. ground pepper

1/2 t. red pepper flakes

1 t. worchestershire sauce

1 16 oz. bag frozen chopped peppers

1 medium onion, sliced

2 c. spaghetti sauce

Mix together first seven ingredients. Put frozen peppers and onions in bottom of crock pot. Form 12-14 meatballs from the mixture and arrange in a single layer in the crock pot. Pour spaghetti sauce on top evenly. Cook on high for 3-4 hours.

Vinaigrette Salad

*“To make a good salad is to be a brilliant diplomatist –
the problem is entirely the same in both cases.*

To know exactly how much oil one must put with one’s vinegar.”

Oscar Wilde 1856-1900, British Author

Dinner was not a crock last night. We grilled out brats and had cold side dishes, drank chilled wine and enjoyed time with friends. Sometimes I really enjoy the contrast of a hot main dish and the refreshment of cold accompaniments. I made a



vinaigrette salad last night that everyone seemed to really enjoy, so I thought I’d share the recipe with you too. Tomorrow I’ll use the crock pot, but this was a nice change.

Making a vinaigrette salad takes only a few ingredients, but just the right balance (as Oscar Wilde said in the quote

listed above). You want chemistry and harmony and simplicity in the perfect mix. Depending on the potency of your ingredients, you may want to divide the dressing measurements in half and add a bit at a time until you get a good balance. Remember that when the vegetables marinate, they will absorb some oil and vinegar and release some water, so you might want to drain the salad a little bit before serving. Enjoy!

1 English cucumber, peeled and cut into chunks

2 c. cherry or grape tomatoes, cut in half

1/2 medium sweet onion, cut into chunks

1 15 oz. can garbanzo beans, drained and rinsed

1 15 oz. can green beans, drained and rinsed

3 T. fresh parsley, chopped

1/4 c. extra light olive oil

3 T. red wine vinegar

1/2 t. salt

1 t. coarsely ground pepper

Mix all vegetable together, then drizzle with oil, vinegar and seasonings. Toss salad together and then add parsley and mix one more time. Refrigerate at least an hour and then drain, if needed, before serving.