

# Crock Pot Mushroom-Spinach Soup with Middle Eastern Spices



So it's Saturday and I've got a date with this really fungi... haha, get it?! I'm making a mushroom soup!

This version is an adaption of [a recipe from the New York Times](#), it is not my original creation. But I saw the recipe online and thought... this looks delicious, but has WAY TOO MANY steps. Let's make it easy and throw it all in the [crock pot](#) instead. And guess what. Yup. It works just perfectly without the extra hassle and dirty dishes.

There are so many wonderful varieties of mushrooms, you can change up the the recipe a million different times for different texture and flavor results. Play around with it. I have increased the quantity of seasonings after reading reviews saying that it needed a little more umphh. I don't think that's a technical culinary term, but neither is WOW or YUM and those are the things I'm going for here! I've added links for you to my [favorite brand of seasonings](#), just in case you don't already have these items on hand.

Try this soup with a dollop of plain greek yogurt and some

naan or pita bread. Enjoy!

## **Crock Pot Mushroom-Spinach Soup with Middle Eastern Spices**

**Prep Time: 20 minutes**

**Cook Time: 7 hours**

**Serves: 8 people**

~1-1.5 lbs fresh mushrooms- cleaned and diced=about 5-6 cups  
(try button, cremini, portobello, Baby Bella, etc)

1/4 lb shallot (one) finely diced

2 T. tomato paste

3 T. salted butter

2 t. dried [thyme](#)

1 1/2 t. [coriander](#)

2 t. [cinnamon](#)

2 t. [cumin](#)

1 t. salt

1/2 t. freshly cracked black pepper

5 cups water

5 ounces fresh baby spinach

1 lime

plain greek yogurt (optional)

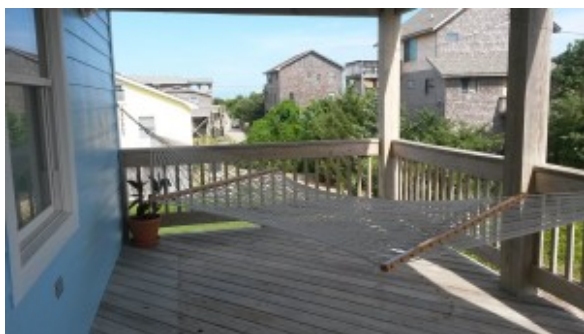
Dice mushrooms and shallots and stir together in [crock pot](#). Add seasonings, tomato paste, and butter. Pour water in, but

do not stir. Cook on low for 6 hours- you may lift the lid and give it a stir after the butter appears to be completely melted.

After 6 hours, add the spinach and squeeze about 2 T. of fresh lime juice into the crock pot, give it all a stir, and heat on low for up to one more hour... or until spinach is wilted. Serve with a dollop of plain greek yogurt.

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## Summer Series, Day Two: Crock Pot Steamed Summer Vegetables



Roll out of bed and out onto the hammock as the sun rises and crests over the ocean and dunes.

The sun was beaming in the window when I finally opened my eyes this morning. I had to look around for a minute and remember there wasn't school or camp or work or anything to rush off to this morning. Today's to do list included the pool and the beach. I was pretty sure I could accomplish those

tasks so I rolled back off to sleep as the sun soared into the sky and the light in the room subdued. Granted, it was only another hour or so before my kids were knocking at the door and ready for breakfast, but I awoke again with a great calm and a readiness for an adventure.

One thing doesn't change no matter where I sleep— my desperate need for coffee in the morning. Lucky for me, [Ooh La La](#)'s kitchen was totally equipped. Every appliance (COFFEE POT AND KEURIG!) needed was readily available and the cabinets were full of the comforts of home— not just dishes and cups, but tupperware, travel mugs, grill tools, fruit baskets. I was completely at home even though I was still uncaffeinated!

After an easy breakfast, I skipped off to the grocery store, categorized list in hand. Oh, you missed that in the last post? HERE YOU GO. But whoa— I must warn you... the grocery store was full of crazy people without a plan. It was like playing Supermarket Sweep but with a Hunger Games approach. Despite my greatest organization, it still took longer than anticipated to get through the store, but the good news is that everything I needed was in stock. Since I brought all of my basics and non-perishables with me, I didn't really need the aisles, just a lap around the perimeter of the store.



Crock Pot Steamed Summer Vegetables are a great way to create a healthy and

seasonal side dish.

While I know that I'll be at the local Farmer's Market on Tuesday, I still needed some produce today. We were planning on a BBQ tonight with hamburgers and hot dogs, so I decided that I would steam some veggies in the crock pot as my side. The good news was that the store also had great little packages of fresh herbs and I totally stocked up.

The groceries and prep work for dinner tonight took just over an hour and then it was off to the pool! [The house seriously has it's own swimming pool.](#) I want to live here. Like, not just this week, but from here on out. The pool is just big enough for all the kids and grown ups to get in and play. The youngest played on the stairs mostly and the oldest kept trying to see if his cannonball could splash over the fence. Oh wait- you thought I meant my oldest kid? Nope, that was my husband trying to tsunami the pool!



Sand dunes in the Outer Banks help protect these narrow islands from harsh weather.

After the pool and a light lunch we crossed over the sand

dunes to the beach. There is something about the waves that is so cathartic. I feel such peace at the waves, listening to them crash and then pull everything negative away. There is something that reaches my soul when I stand at the waves and realize I have to relinquish all control. I can't make them stop. I can't make them crash. I can't protect my sand castle or demand that the water fill the mote. I can just breathe and trust that none of it is my handiwork and that the water will continue to rise and fall and I don't have to do anything. Much like dinner tonight— there is nothing left to do but breathe and enjoy.

## Crock Pot Steamed Summer Vegetables

Serves 6-8

4 zucchini, quartered lengthwise

1 lb asparagus, rinsed and woody ends removed

1 package button mushrooms (doesn't matter what size package, they are mushrooms, they'll fit!)

6-8 twigs of fresh thyme

3-4 twigs of fresh rosemary

1 c. water



Layer vegetables and fresh herbs in the crock pot so the flavors are infused throughout the dish.

Layer vegetables and herbs in the crockpot– I put in zucchini first, then 2-3 sprigs thyme; add asparagus and a couple sprigs of rosemary; then the mushrooms and the remaining seasonings. Pour in the cup of water around the edges so that the water covers the bottom of the crock pot. The vegetables will release enough additional liquid to continue the cooking process. Cook on low for 4 hours, then serve. You can remove the herbs or use them as garnish.

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## [Crock Pot Meatloaf](#)



This family favorite is now even easier to make!

This recipe requires no lead up. You know it, you like it, you probably have had it a million times with just as many little variations. Let's go simple and make a flavorful loaf for dinner that will please the whole family. Meatloaf also reheats and freezes well, so if you happen to have leftovers (yeah right!) go ahead and have a meatloaf sandwich for lunch tomorrow.

*One note: You can make this with a mix of meats, if you prefer. Try half beef, half turkey or a mix of beef and bison. The directions stay the same, but the flavor and texture will change slightly.*

Crock Pot Meatloaf

(serves 4-6)

1 pound 90/10 ground beef



1 egg

2 T. minced sweet onion

1/2 c. panko bread crumbs

1 T. brown sugar

1 T. ketchup (one good squirt!)

1/2 t. dried dill

1 t. fresh thyme leaves



Mix all ingredients together and form into a loaf shape. Put in crock pot or on trivet insert if you have one available. Cook on low for 4 hours.

(If you need a trivet for your crock pot, try this one: <http://amzn.to/1Iopz4m>)

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## Crock Pot Apple Butter Pork



Fork-tender meat and an amazing balance of flavor will leave everyone in your family asking for seconds!

I won't lie, tonight's dinner was fantastic. The perfect mix

of textures and flavors. It was easy to make and quick to serve and might become a top 10 favorite very soon. I wasn't even offended when my kids put ketchup on the meat, because hey- they were on their second servings and not complaining!

I'm a big fan of pork country ribs but I feel like it's a complete misnomer. When I think about ribs, I think about meat falling off of a bone. But there isn't a bone in country ribs, it's just sections of meat cut into the shape of ribs and contains a wonderful balance of meat and fat (it tends to cook off, so stop worrying). These are great for pulled pork sandwiches too, for future reference.

When you put all of these ingredients in the crock pot, you might worry about not seeing enough liquid- do not add any! The meat and the apples will ooze with flavor and moisture and it will all work out just fine. My apologies for using "ooze" to describe cooking, but when I think about cooking low and slow, it's totally an ooze, not a rush of flavor. Ooooooze.

This is a great recipe for any time of year, but especially great in the fall if you can get fresh, local apples and make your own apple butter. But there is no shame in buying it pre-made and ready to go... the outcome will be very similar!

## Crock Pot Apple Butter Pork

Serves 8

2 lbs country ribs

2 gala apples, cut off the core and then into thick slices

1 sweet onion, cut into half and then into slices

1/2 cup chunky apple butter (chunky apple sauce will work too but the seasonings won't be as intense)

4 sprigs of fresh thyme

Put meat in the bottom of crock pot, then layer the rest of the flavors. Cook on high 3-4 hours. Meat will be fork-tender and apples and onions should be soft, maybe a little mushy, but not disintegrating. It's good if the leaves fall off the thyme- please do not ingest the twigs. Enjoy!

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## Crock Pot Garlic Mushrooms



It's quite possible that these little fungi will become your new favorite side dish. Consider yourself warned.

Snow Day #7. I've been using my crock pot for [breakfast](#), for [lunch](#), and for [dinner](#). Somehow the invasion of snow has worked up some serious appetites after playing outside. To feed my little monsters, I planned on making pasta last night (no, not in a crock pot... just the normal boil water and add pasta) but I wanted a nice side dish to go with it. I bought a huge container of mushrooms last week, but then forgot what I was going to make, so I decided that they would make the

perfect side dish for our pasta dinner.

Mushrooms are one of my favorite vegetables. They are all fine and good raw, dipped in ranch, or marinated. And they come in so many different varieties! Don't believe me? Take a trip to your favorite international grocer and see if you can even identify all of those little fungi. I like enoki in miso soup or baby portabellos in [beef stroganoff](#), but I used regular, white mushrooms in today's recipe. They are a pretty standard item for me to buy, since they are sturdy, take a long time to spoil, and can be added in so many different ways.

This dish is really easy to make, but be warned— you can fill the crock pot with mushrooms and six hours later, you will have about a quarter of a pot of food left! So plan for more than you think you want. They also work well added to spaghetti sauce or used as a layer in vegetable lasagna. Enjoy!

Crock Pot Garlic Mushrooms (serves 8 as sides)

2 lbs white mushrooms, cleaned, stems removed, and quartered

1/4 butter (one stick)

2 T. minced garlic

1 T. dried dill

1 t. onion powder

1/2 t. paprika

1/2 t. salt

1/2 t. black pepper

2 sprigs fresh thyme, just the leaves

parmesan cheese

Put mushrooms in crock pot first, then all of the seasonings and garlic. Put the stick of butter on top as the last step and then put the lid on. No mixing is necessary. Do not add parmesan cheese yet. Just don't. Cook on low for 5-6 hours. Remove the mushrooms using a slotted spoon and then decorate with grated or shredded parmesan cheese just before serving. If you wish, you can save the liquid in the crock pot for mushroom gravy.

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## Crock Pot Pot Pie



Did anyone else just do a double take to the title of this recipe? It's funny to read Pot Pot and not giggle... but this pot pie is indeed made in your CROCK pot. I guess I could just call it crock pot pie, but then it makes me think of ooey gooey

apple filling and flaky, buttery crusts and sorry fans... that is not this recipe. I will, however, promise that this recipe is for a new favorite for your whole family. It has meat, dairy, vegetable and carb and if you serve it with a side of fruit (maybe cranberry sauce??), you've fulfilled every food group. Except dessert... and I'm ok with that still being it's own food group.

I will probably repost this recipe around Thanksgiving, because it's the PERFECT thing to do with leftover turkey. I

actually roasted a whole turkey this past weekend and have enjoyed easy meals all week from all the leftover meat. You can also do this dish just as easily with a rotisserie chicken that you pick up at the grocery store though.

Here's another worthwhile note: I use a pancake mix that is entirely egg-free because my son has allergies... so I just made pancake mix according to the directions on the box for 12-14 pancakes (2 cups mix, 1.5 cups water). I would recommend that you follow the directions on YOUR box, so if it asks for eggs, you should probably include it.

Also- please be cautious when you put the crock pot (removed from the heating unit) into the oven and then taking it out. I scalded my arm nicely on this one because I wasn't paying attention. Ahhh, the things I'm willing to do for great cooking and blogging... yeah, you're welcome. ☐ Enjoy!

1-1.5 lbs cooked turkey or chicken, skin and bones removed, then meat cut into bite-sized pieces

2 cans cream of chicken soup

1 lb bag of frozen mixed vegetables, thawed

1 c. frozen corn, thawed

1/2 t. black pepper

1/2 t. salt

1/2 t. thyme

1/2 t. rosemary

2/3 c. milk

(separately combine pancake mix and water mixed to the equivalent to 12-14 pancakes... so for me 2 c. mix and 1.5 c. water, beaten together until fluffy)

Put all ingredients in crock pot and mix together until everything is well coated. Cook on low for 4 hours, then remove carefully from crock pot's heating unit. Pour pancake mixture on top of hot mixture and bake at 350 degrees for 30-40 minutes until top is slightly browned and crisping on the edges. Remove crock pot from oven carefully and cool for 10 minutes before serving.

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## Crock Pot Pork Roast

Ok fans, this one is really easy. It might surprise you to think about doing a roast in your crock pot, but again—anything that can be cooked in the oven, can be cooked in the crock pot. I started this roast while I drank my breakfast



coffee and it was done by lunchtime. Dinner tonight is going to be a breeze. (I should note that my crockpot cooks quickly, even on low. You will want to use a meat thermometer to determine when your roast is cooked through. Pork is done when the internal temperature of the meat reached 160 degrees).

I like that the dry rub on this roast is simple and you can vary up the flavor and switch out other seasonings, if you prefer. I think that the brown sugar really complements the flavor of the pork, but if you'd rather cut down on the sweetness or calories, you can use other seasonings and leave out some of the brown sugar.

Enjoy this roast from your crockpot and savor the flavors. Add



a couple side dishes and you'll have a complete meal for dinner tonight or even entertaining. Enjoy!

2 lb. pork loin rib end roast

1 t. thyme

1 t. parsley

1 t. garlic powder

1 t. cumin

1/2 t. black pepper

1/2 t. salt

3 T. brown sugar

1/2 c. water

Rinse roast and pat dry, then place in crock pot on metal trivet (this lets the juices run without letting the meat sit in the juice). Mix all seasonings and brown sugar in a separate bowl and place mix on the meat, patting down with your fingers until mixture is evenly distributed. Add 1/2 c. water to crock pot, but do not pour it on top of meat. Cook on low for 4-6 hours.

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## [Crock Pot French Dip](#)

At this time of year, everyone is trying to hang on to at least a shred of the New Year's resolution that they made only a couple weeks ago. This recipe is a great one to help— you can eat healthier and save money by making French dip. You

don't need a lot of meat on your sandwiches and you get to savor so much of the flavor by using the cooking liquid as the au jus. Plus, you don't need to add extra condiments, cheese, oil or any other typical sandwich toppings that just add fat and calories anyway. (You can also make a great salad and top it with the leftover meat as a second meal!)

This meal was inspired by my friend T.D.H. who made these sandwiches for her family last week. I altered her recipe a little, but I appreciated her recommendation. Thank you! I hope you enjoy these crock pot French dip sandwiches so much that you share it with your friends, too. ☐

1.5-2 lb. London Broil, trimmed  
32 oz. beef stock (I use low-sodium)  
1/4 c. soy sauce (again, low-sodium)  
1/2 medium yellow onion, quartered  
3 cloves garlic, smashed  
1 t. celery seed  
1/2 t. thyme  
1/2 t. rosemary  
2 bay leaves, whole  
1 t. whole black peppercorns

Serve on 4-6 crusty french rolls

Heat a flat skillet with 1 T. olive oil in it. Sear your London Broil on both sides, but do not cook meat through. Put all other ingredients in the crock pot and then delicately place the meat in. Cook on high for 3 hours. Remove meat, slice across the grain, then put the meat back in the crock pot for an additional hour. Serve meat on warmed, crusty

french rolls. Remove bay leaves from the crock pot and discard. Either drain the remaining liquid through a cheese cloth– or be lazy like me... I used a ladle and removed 1/2 c. of the liquid for each sandwich and served it in a ramekin. So what if some rosemary or thyme comes along for the ride, it just adds more flavor!

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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.