

Crock Pot Vegetarian Beef Stir Fry



Feed the meat-eaters in your family something new and tasty!

Ever wonder how to feed vegetarians but still make something that your family will eat? My boys are meat-eaters. I praise them for their love of fruits and veggies, too, but without meat, they would not survive. We are not a quinoa-black bean-lentil-tofu-kale-any other alternate to real protein eating crew. We're just not. I don't care how you make it, if it doesn't look like meat, my boys won't touch it.



But, wait! What is this?! Beefless tips?! I was amused, possibly bewildered, and very intrigued. Let's try it in the crock pot! From what I could tell from the package, the end result would be very similar in consistency to meat. Since it didn't actually need to be

cooked through, this product worked great without taking a lot of time (DISCLAIMER: I do not work for Gardein Company, I just liked this product and wanted to share it with you.)

If this coming weekend is bringing guests of all shapes and sizes, and maybe even weird dietary restrictions or preferences, try this vegetarian dish and see if it's a crowd-pleaser for you, too!

Crock Pot Vegetarian Beef Stir Fry

Serves 6 people

4 cups kale, washed, stalks removed

8 oz sliced baby portabello mushrooms

1 bag Gardein Homestyle Beefless Tips

6 oz. can sliced water chestnuts

1/2 c. Soy Vey Veri Veri Teriyaki Sauce



Layer all of the ingredients in the order listed in the recipe. Hit start. It's just that easy!

Put all ingredients in crock pot in order and then pour Teriyaki sauce over everything. Cook on low for 3-4 hours. Serve over brown rice.

Crock Pot Cream of Celery and Leek Soup



Crock Pot Celery and Leek Soup

Most weeks, I have a game plan for all of our meals and a grocery list to organize my trip. I know which nights will be crockpot meals, which nights will be leftovers, and I even anticipate which nights I'll probably be too tired to cook!

But I started this week a day too late. I didn't have my grocery list set and I wasn't quite sure what was for dinner, so I opened the fridge and played a little Food Network-style game show called, "what the hell can I cook with these three ingredients?"

This is part of the amazement of crockpot cooking. With the right balance of seasonings and time, dinner can be a full meal without a lot of struggle.

Tonight's cream of celery and leek soup turned out beautifully. Some of my Facebook followers have been asking for easy soups that are low calorie, too. This dish is very low carb and adding the last step really thickens it up to make it hearty. I even used 1% milk and it still tastes rich and creamy.

As long as you keep basic ingredients in your pantry and an open mind for culinary adventure, you can make delicious dishes without needing unusual ingredients. I'll still be going to the grocery store tomorrow, though!

Crock Pot Cream of Celery and Leek Soup

3 Bunches of celery hearts, sliced (about 8-10 cups)

1 lb frozen sliced leeks (or fresh if you can find them)

32 oz Chicken or vegetable broth

14 oz Can sweet corn, cream style

3 Cloves garlic, whole

1 t. Dried dill

1/4 t. Nutmeg

2 Bay leaves

1 t. Salt

1 t. Black pepper

2 T. Corn starch

2 Cups cold milk

Add everything except the last two ingredients to your crock pot. Cook on high for 3-4 hours or until all vegetables are soft. Remove bay leaves. Use immersion blender and purée soup. Dissolve the cornstarch in the cold milk and then add to crock pot. Continue cooking one more hour on high so soup can thicken.

Crock Pot Beet Borscht

Dre's got nothing on me—my beets are fresh! Ha! Get it? See what I did there.



Beet borscht tastes great with a few boiled potatoes and a scoop of cold sour cream.

There is nothing that makes me think of the my family history more than a steaming hot bowl of neon pink soup. No, this isn't a serving of chemical warfare, it's a fresh and sweet, soothing bowl of beet borscht. My grandma still makes this and at most Jewish Deli's you can usually find it on the menu right next to corned beef, chopped liver and matzah balls. What can I say? My roots are authentic and so is my cuisine. Except grandma never made this dish in the crock pot!

Now if this was truly home cooking, I would use fresh beets, but I've found that the canned version works just as well and the pink juice adds a certain flavor feature as well. Grandma taught me to cut sliced beets into strips instead of buying the canned variety of matchsticks. Somehow the matchstick ones are too mushy. (According to grandma, of course.)

Authentically, I would hand slice some cabbage, but I love the fine style of angel hair cabbage that I can purchase at my

grocery store. It cooks up quicker and doesn't contrast the texture of the beets as much.



Keep a few of these items on hand in your pantry and you can have beet borscht anytime you want!

If you make this dish with fresh beets, just clean, peel and shred them before throwing them in the crock pot. The taste is very similar to this recipe, but the beautiful pink broth cannot be matched! It truly is extraordinary. But that pink color will most likely stain your cutting board. And your fingers. And your countertops, before you even realize the glow has been dripping!

This soup can be made vegetarian or meat-based. In fact, try cooking down beef bones or chicken bones to make your broth instead of using store bought. I know, I know... this meal is so "processed", but hey, it's a weeknight, and sometimes even the Crock Pot Queen needs a a quick meal to fix.

Give this a try and keep an open mind. Put on those Dre headphones and drop the beat. But not the beet. It will probably stain.

Crock Pot Beet Borscht

Serves 8

2 15 oz. cans of sliced beets (do not drain)

1/2 sweet onion, sliced thin

1 package finely sliced cabbage (approx. 6 cups)

2 bay leaves

2 cloves of garlic, chopped

1 32 oz. box vegetarian stock

8 redskin potatoes

8 T. sour cream

Slice the onion and put in the crock pot with the cabbage, bay leaves, and garlic cloves. Drain the cans of beets into the crock pot and then cut the sliced beets into strips. Add stock and cook on high for 3-4 hours. Clean and quarter the potatoes and bowl separately. To each serving of soup, add a few chunks of boiled potatoes and a dollop of sour cream. Borscht is also refreshingly delicious served cold.

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.