



Week Six Participant Manual:

What a Crock!

A Slow Cooker is a Good Cooker



Week 6 Contents

- Web-link Resources:
 - Oven to Crockpot Conversions
 - Crock Pot Hints and Tips
- Recipes
 - Crockpot Chicken Cacciatore
 - Crockpot Chili
 - Crockpot Roaster Chicken
 - Crockpot Shrimp in Tomato and Feta Sauce
 - Crockpot Turkey

JOURNALING

- What are your thoughts on being too busy to cook? Do you catch yourself saying this? Does it lead to poor eating choices?
 - Reflect upon your current eating patterns. What are strategies you can incorporate into your cooking routine to assure you are eating home-cooked meals more often?



http://www.



Crock Pot Cooking

Helpful Resources

Oven to Crockpot Conversions

<http://homecooking.about.com/library/weekly/blcrocktips.htm>

Crockpot Hints and Tips

<http://www.crock-pot.com/hints.aspx>



Recipes

Crockpot Chicken Cacciatore

You'll Need

- 2 medium onions, peeled, sliced
- 3 pounds chicken, cut up
- 2 cloves garlic, minced
- 1 can tomatoes, 16 ounces
- 1 can tomato sauce, 8 ounces
- 1 teaspoon salt
- ¼ teaspoon pepper
- 1 ½ teaspoons dried oregano, crushed
- ½ teaspoon dried basil, crushed
- 1 bay leaf
- ¼ cup dry white wine
- Spaghetti, cooked

Directions

- Place onions in the slow cooker.
- On top of onions place chicken pieces, garlic, tomatoes, tomato sauce, salt, pepper, herbs and wine.
- Cook on low heat for 7 to 9 hours or high heat for 3 to 4 hours.

Play with your Food!

- Play with the basil and oregano to meet your liking.
- For some of the onion use a red onion
- Serve over different types of pasta noodles
- Serve this dish over rice to make it a gluten-free meal



Crockpot Chili

You'll Need

- 1 ½ pounds ground beef
- ½ cup chopped celery
- ½ cup chopped mushrooms
- ¾ cup chopped onion
- 1 bay leaf
- 2 Tablespoons chili powder
- 1 teaspoon garlic powder
- 1 teaspoon salt
- 1 teaspoon paprika
- ½ cup BBQ sauce
- 16 ounces tomato sauce
- 28 ounces stewed tomatoes
- 15 ½ ounces canned kidney beans
- 1 teaspoon red cayenne pepper

Directions

- Brown beef in a skillet, drain fat and then place in crockpot.
- Add rest of ingredients, except kidney beans.
- Cook on low 8-10 hours or on high for 5-6 hours.
- Stir occasionally.
- Add beans about 1 1/2 hours before you serve.

Play with your Food!

- Add more chili powder or cayenne to bump up the spice
- Make the dish with 1/2 ground beef, 1/2 ground pork
- Add a splash of chipotle sauce to each bowl
- Serve over rice

Crockpot Roaster Chicken

You'll Need

- 1 Roaster Chicken
- 1 Lemon
- ¼ cup honey
- ½ cup orange juice

Directions

- Rinse chicken well inside and out.
- Roll the lemon on a flat top to soften, and pierce well with a fork.
- Place the lemon in the cavity of the chicken and place the chicken in the crockpot.
- Mix the honey and the orange juice together well and pour over the chicken.
- Cook on low until done.
- When you take the chicken out of the pot, remove the lemon very carefully, it will be hot and squeeze the juice over the chicken.

Play With Your Food

- The sweetness of this recipe goes well with a nice spicy side dish. If you are up for something spicy try complementing this meal with a spiced up rice or couscous.
- You might even want to throw in some spice such as cayenne or jalapenos three fourths of the way through the cooking process.
- Another thing can add a twist the flavor of this meal is a cinnamon stick halfway through cooking process.



Crockpot Shrimp in Tomato and Feta Sauce

You'll Need

- 2 tablespoons olive oil
- 1 medium onion chopped
- 2 garlic cloves minced
- 28 ounce canned tomatoes including the liquid
- 6 ounces tomato paste
- 1/4 cup dry white wine
- 2 tablespoons chopped fresh parsley
- 1 teaspoon dried oregano
- 1/4 teaspoon freshly-ground black pepper
- 1 1/2 pounds medium shrimp; peeled, deveined
- 2 ounces feta cheese, crumbled
- Salt

Directions

- Heat oil in a sauté pan and add the onion and garlic. Cook, stirring often, until the onion is softened, about 4 minutes. Transfer to a 3 1/2-quart slow cooker. Add the tomatoes with their puree and the tomato paste, wine, parsley, oregano and pepper.
- Cover and cook for 6 to 8 hours on LOW. Then increase the heat to HIGH and add the shrimp.
- Cook just until the shrimp are firm and have turned pink, about 15 minutes.
- Stir in the feta cheese, taste and adjust seasonings and add salt if necessary.
- Serve immediately over pasta or with some fresh bread.

Play with your Food

Vary the type of white wine and feta cheese you use.



Crockpot Turkey

You'll Need

- 4 pounds turkey breast
- 1 Tablespoon salt
- 2 large onions
- Garlic powder
- Paprika

Directions

- Two days before you want to cook the turkey, thaw the frozen turkey in refrigerator till almost thawed.
- The next day put the breast of turkey in a large bowl of salt water. Refrigerate overnight.
- Slice the onions and put in the bottom of the pot.
- Pat the turkey dry with paper towels.
- Sprinkle with garlic powder and paprika, liberally.
- Cook 4 1/2 hours on high.

Play with your Food!

- Try some rosemary, or poultry seasoning.
- Rub the outside of the turkey with butter.