



Crock Pot Chicken Burrito Bowls

- 1 Lb. boneless skinless chicken breasts
- 1 (14.5 oz.) can diced tomatoes
- 1 cup chicken stock, divided, plus more if needed
- 2 tsp chili powder
- 2 tsp salt
- 1 tsp cumin
- 1 cup brown rice
- 1 (15 oz.) can black beans, drained and rinsed
- 1 cup frozen corn

Optional toppings: shredded cheese, chopped cilantro, sour cream, diced avocado, salsa, hot sauce, diced green onions, shredded lettuce

Combine the chicken breasts, diced tomatoes, ½ cup of chicken stock, chili powder, salt, and cumin in the bowl of a 2 1/2- to 3 1/2-quart slow cooker. Make sure the chicken is covered, and add additional stock if needed. Cover with the lid and cook on low for 3 to 4 hours.

Remove the lid and add the rice, black beans, frozen corn, and the remaining chicken broth. Replace the lid and continue cooking on low for another 3 to 4 hours. Check the rice periodically in the last hour of cooking, stirring once or twice to make sure the rice cooks evenly and adding more chicken broth if the mixture seems dry. Cooking is done when the rice is tender — if the rice is done while there is still liquid left in the slow cooker, remove the lid and cook on high to let the liquid evaporate.

→ Total cooking time from start to finish is 6 to 8 hours.

Crock Pot Chicken Burrito Bowls cont.

Use two forks to shred the chicken into bite-sized pieces.

You can do this either in the slow cooker itself and then mix it into the rice, or you can transfer the chicken to a cutting board if you prefer to keep it separate.

Taste the burrito mix and stir in more salt or other seasonings to taste.

Serve burrito bowls with a selection of toppings. The burrito mixture will keep for 1 week refrigerated or for 3 months in the freezer. This recipe makes about 7 total cups of burrito mix.



Crockpot Brown Sugar Balsamic Glazed Pork Tenderloin

2 pounds Pork tenderloin
1 teaspoon Ground sage
1/2 teaspoon Salt
1/4 teaspoon Pepper
1 clove Garlic; crushed
1/2 cup Water
1/2 cup Brown sugar
1 tablespoon Cornstarch
1/4 cup Balsamic Vinegar
1/2 cup Water
2 tablespoons Soy sauce

Mix together the seasonings: sage, salt, pepper and garlic.

Rub over tenderloin. Place 1/2 cup water in slow cooker; place tenderloin in slow cooker. Cook on low for 6-8 hours.

One hour before the roast is finished, mix together the ingredients for the glaze in a small sauce pan: brown sugar, cornstarch, balsamic vinegar, water, soy sauce. Heat over medium and stir until mixture thickens, about 4 minutes.

Brush roast with glaze 2 or 3 times during the last hour of cooking. (For a more caramelized crust: remove from crockpot and place on aluminum lined sheet pan, glaze, and set under broiler for 1-2 minutes until bubbly and caramelized. Repeat 2 to 3 more times until desired crust is achieved.)

Serve with remaining glaze on the side.



Crock Pot Creamy Garlic Chicken

4 chicken breasts	1 tablespoon cornstarch
1 teaspoon salt	1 tablespoon water
1/2 teaspoon black pepper	1/4 cup grated Parmesan cheese
1 tablespoon olive oil	1/4 cup heavy whipping cream
20 whole cloves garlic, peeled	2 tablespoons chopped fresh parsley leaves
1 1/2 cups chicken broth, divided	
3-4 sprigs fresh thyme	

Spray slow cooker with cooking spray. Season chicken breasts with salt and pepper. Heat oil in a large skillet over medium-high heat. Sear chicken breasts on both sides until golden brown. Arrange the chicken in single layer in bottom of slow cooker.

Add garlic cloves to the same skillet, and cook until just golden. Carefully add 1/2 cup of broth to the skillet and scrape up any browned bits from bottom.

Simmer for 1 minute.

Pour the garlic mixture into the slow cooker. Add the remaining broth and stir gently to combine. Add thyme sprigs. Cover and cook on high for 4 hours.

Twenty minutes before serving, whisk together the cornstarch and water. Remove the chicken from the slow cooker to a plate. Stir the cornstarch mixture, Parmesan cheese and whipping cream into the liquid in slow cooker.

Return the chicken to the slow cooker. Cover and cook 20-30 minutes longer, or until sauce is thickened.

Serve over cooked pasta and garnish with parsley and additional Parmesan cheese.



Crock Pot Smothered Pork Chops

- 4 bone-in pork chops
- 1 (1 oz.) packet onion soup mix
- 1 (14 oz.) can chicken broth
- 1 (10.5 oz.) can cream of chicken soup
- 1 (1 oz.) packet dry pork gravy mix
- 1 tsp garlic powder

To thicken gravy:

- 3 TBS cornstarch
- 3 TBS cold water

In a 5-6 quart oval slow cooker, combine onion soup mix, chicken broth, cream of chicken soup and pork gravy mix. Whisk together until combined.

Season both sides of the chops with a little bit of garlic powder. Place pork chops into the slow cooker.

Do your best to spread them out and cover with the gravy mixture.

Cover and cook on low about 4-6 hours.

Just before the pork chops are done – whisk together the corn starch and cold water in a small bowl. Once it is smooth, pour it in with your pork chops in the slow cooker and stir gently.

Cover and switch the slow cooker to high and cook for another 30 minutes (until gravy has thickened.)



Crock Pot Spaghetti & Meatballs

1 (16 oz.) box spaghetti
1 (24 oz.) jar spaghetti sauce
4 cups water or beef broth
1 (26 oz.) bag frozen meatballs
olive oil

Spray the inside of your crock pot with nonstick cooking spray. Or coat it with a bit of olive oil. Then add in the spaghetti noodles.

Drizzle a couple of TBS of olive oil over the noodles and ensure they are all coated (as best as possible.) Pour in the jarred sauce, then, add 4 cups of water.

Give the spaghetti and sauce a gentle stir to coat the spaghetti noodles and to keep them from sticking together.

Top with frozen meatballs. No need to stir these in. Just put them right on top.

Cover and cook on low for about 5 hours.

Recipe Notes

If you need to "revive" it a bit, just sprinkle a bit of water or broth to the mix and stir before serving.

If you are going to be letting this stay warm after it is cooked, add about 1/2 cup more liquid to the sauce to keep it moist.



Crock Pot Shredded Beef Enchiladas

1 (2 lb.) chuck roast
salt and pepper
2 cups beef broth
2 tablespoons apple cider vinegar
1 cup of your favorite salsa
1 tsp ground cumin
1 tsp chili powder
1 tsp onion powder
1 tsp garlic powder
2 TBS cornstarch mixed with 2 tablespoons water
10- 12 large flour tortillas
1 cup shredded cheddar cheese
1 cup shredded Monterey Jack cheese

Season the roast on all sides with salt and pepper and place it in the bottom of your slow cooker.

Whisk together beef broth, vinegar, salsa, cumin, chili powder, onion powder, and garlic powder. Pour over roast. Cover and cook on LOW for 8 hours or until beef is tender and shreds easily.

Remove roast to a large plate and shred. Pour remaining broth from the slow cooker into a saucepan over medium heat. Slowly whisk in cornstarch slurry. Cook for a few minutes until sauce begins to thicken. Taste and add additional salt and pepper, or other seasonings, as needed.

Crock Pot Shredded Beef Enchiladas cont.

Preheat oven to 350 degrees F.

Pour 1/2 cup of sauce over the beef and toss. Fill each tortilla with a spoonful of shredded beef and a spoonful of shredded cheese. Roll up and place in the pan, seam-side down. Pour desired amount of sauce over the enchiladas. Top with remaining cheese. Bake for 30 minutes, until bubbly.



Creamy Crock Sweet Chili Drumsticks

2/3 cup low-sodium soy sauce
2/3 cup Thai sweet chili sauce
2 teaspoons fish sauce
2-inch fresh ginger root, peeled & minced
4 lbs. chicken drumsticks
Fresh chopped cilantro
Sesame seeds, for garnish (optional)

In a large re-sealable container, combine the soy sauce, sweet chili sauce, fish sauce, and ginger. Place the chicken on top and toss to coat well. Place it in the fridge and allow the chicken to marinate for at least 3 hours or overnight. When ready to cook, dump the chicken and marinade into the bottom of a 6-quart slow cooker. Cook on low for 5 to 6 hours or on high for 3 to 4 hours.

Carefully transfer the drumsticks to a foil-lined baking sheet. Brush with extra sauce and broil on high for 3 minutes on each side, flipping once and coating with more sauce. Remove from the oven and garnish with cilantro and sesame seeds, if desired.

Notes:

Broiling helps to add crispiness to the drumsticks and seal in the flavors but if you're in a hurry, feel free to skip this step.

If you'd like a thicker sauce to serve alongside the drumsticks, mix a slurry of 1 1/2 TBS cornstarch plus 1 1/2 TBS cool water until smooth. After the drumsticks are finished cooking and have been removed to the baking sheet, stir the cornstarch slurry into the liquids in the slow cooker, cover with the lid, and increase the heat to high. Allow to thicken while the drumsticks are broiling.



Crock Pot Maple Country Ribs

3lbs country-style pork ribs

1cup maple syrup

1/2cup applesauce

1/4cup ketchup

3 TBS lemon juice

1/4 tsp salt

1/4 tsp pepper

1/4 tsp paprika

1/4 tsp garlic powder

1/4 tsp ground cinnamon

Mix everything in your crock pot and cook on low 6-8 hours!



Crock Pot Spaghetti Bolognese

2 TBS olive oil	2 tsp Worcestershire Sauce
4 garlic cloves, crushed	3 tsp dried oregano
2 onions, diced	2 tsp dried thyme leaves
2lb ground beef	3 dried bay leaves
1 cup red wine beef broth	2 tsp red pepper flakes
2 x 28oz canned crushed tomato	1 tsp salt
4 TBS tomato paste	1/2 tsp pepper
3 beef bouillon cubes, crushed	1/2 lb. spaghetti, dried

Heat 1 TBS olive oil in a large skillet over medium high heat. Add garlic and onion, and cook until translucent and sweet - around 7 minutes. Transfer to slow cooker.

Heat 1 TBS oil in the same skillet and increase heat to high. Add beef and cook, breaking it up as you go, until browned. Transfer to slow cooker.

Return skillet to the stove, turn the stove down to medium and add red wine. Bring to simmer and scrape all the brown bits off the bottom of the skillet into the wine, then pour the mixture into the slow cooker. Add remaining ingredients into the slow cooker. Cook on Low for 6 hours.

Spaghetti

Bring a large pot of water to boil and cook the spaghetti until just before al dente (still slightly firm). Remove 1 mug of the water from the pot, then drain the pasta.

Return the pasta to the pot and add 2 1/2 - 3 cups of Bolognese Sauce, plus 1/2 cup of reserved pasta water. Toss gently over medium high heat for 2 minutes, or until the sauce has thickened and coats the spaghetti.

Serve immediately with freshly grated parmesan cheese if desired.