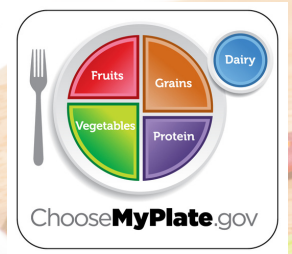




Get Cooking: Slow Cookers RECIPES



<https://www.myplate.gov/eat-healthy/what-is-myplate>

Savory Pepper Steak

Serves 6

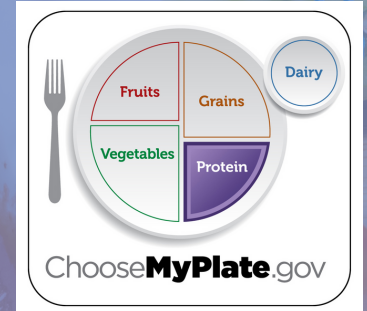
Ingredients

- 1½ pounds beef round steak, about ½-inch thick
- ¼ cup flour
- 1/8-teaspoon pepper
- 1 medium onion, chopped
- 1 small clove garlic, minced
- 2 large green or red peppers, seeded and cut into ½-inch strips
- 1 can (16 oz) whole tomatoes
- 1-tablespoon beef flavor granules
- 1-tablespoon light soy sauce
- 2 teaspoons Worcestershire sauce
- 6 cups cooked rice

Directions

1. Cut steak into strips. Combine ¼ cup flour, and pepper; toss with steak strips to coat thoroughly. Add to slow cooker with onion, garlic and half of pepper strips; stir.
2. Combine tomatoes with beef granules, light soy sauce and Worcestershire sauce. Pour into slow cooker moistening meat. Cover and cook on Low for 8 to 10 hours.
3. One hour before serving, turn to High and stir in remaining green pepper strips. If thickened gravy is desired, make a smooth paste of 3 tablespoons flour and 3 tablespoons water; stir into slow cooker. Cover and cook until thickened. Serve gravy with Pepper Steak over hot fluffy rice.

Nutrition information: 474 calories; 8g total fat; 3g saturated fat; 72mg cholesterol; 64g total carbohydrate; 3g dietary fiber; 33g protein; 454mg sodium; 724mg potassium; 60mg calcium; 4mg iron; 50mg vitamin C; 71RE vitamin A; 138mcg folacin





Get Cooking: Slow Cookers RECIPES

Crock Pot Pizza

Serves 12

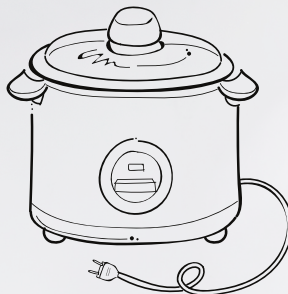
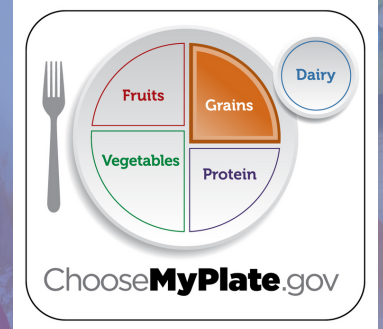
Ingredients

- ¾ lb. lean ground beef
- ½ lb. pork sausage
- 3 oz. pepperoni slices
- 1 green pepper, chopped
- 1 teaspoon oregano
- 1 cup mushrooms, sliced
- 2 teaspoons Italian seasoning
- 8 oz. shredded mozzarella cheese
- 8 oz. shredded cheddar cheese
- 1 jar (32 oz.) spaghetti sauce
- 1 large onion, chopped
- 6-8 oz. whole grain Pasta
- Parmesan cheese, optional

Directions

1. Brown meats in a large skillet and drain. Add oregano and seasonings. Cook pasta, according to package directions and drain. In slow cooker, layer one half of meat, pasta, sauce, onion, green pepper, and mushrooms. Top with one half of each cheese. Repeat layers. Cook 2 hours in slow cooker on LOW heat.

Recipe from: *Eating Right! With you Slow Cooker.* (2012). Purdue Extension





Get Cooking: Slow Cookers RECIPES

Mac N Cheese

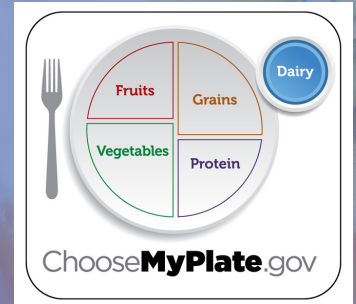
Ingredients

- 1 1/2 cups skim or low-fat milk
- 15 oz can evaporated milk
- 1 large egg, beaten
- 1/4 teaspoon salt
- Pinch of black pepper
- 1 1/2 cups shredded cheddar cheese
- 8 oz elbow macaroni, uncooked
- 2 Tablespoons Parmesan Cheese

Directions

1. Spray slow cooker with nonstick cooking spray. Combine the milk, evaporated milk, egg, salt and pepper in the slow cooker. Add cheese and uncooked macaroni. Stir with rubber spatula to coat the pasta with the milk and cheese mixture. Cover and cook on LOW until custard is set in middle and pasta is tender, 3 1/2 –4 hours. Do not cook longer than 4 hours.

Recipe from: Eating Right! With you Slow Cooker. (2012). Purdue Extension



Beda Brown Betty

Serves 4

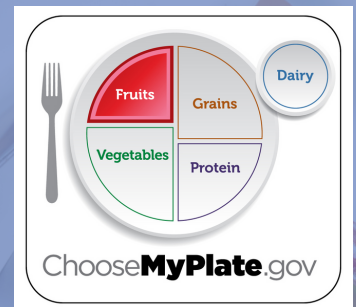
Ingredients

- 4 cups whole grain bread cubes (1/2 inch square)
- 6 Tablespoons margarine, melted
- 3/4 cup brown sugar
- 1/2 teaspoon cinnamon
- 1/4 teaspoon nutmeg
- 1/8 teaspoon salt
- 4 cups chopped, peeled cooking apples

Directions

1. Mix the bread cubes, margarine, brown sugar, and spices in a bowl. Alternate layers of bread mixture and apples in a greased slow cooker. Cook, covered on High for 1 1/2 to 2 1/2 hours or until the apples are tender. Serve alone or with a scoop of vanilla ice cream.

Recipe from: Eating Right! With you Slow Cooker. (2012). Purdue Extension





Get Cooking: Slow Cookers RECIPES

Golden Cauliflower

Serves 6

Ingredients

- 2 (10 oz.) pkgs. frozen cauliflower, thawed
- 6 oz. prepared cheese sauce
- 3 Tablespoons bacon bits

Directions

1. Place cauliflower in greased slow cooker. Pour cheese sauce on top. Add bacon bits. Cover. Cook on High for 1 ½ hours and reduce to low for an additional 2 hours. OR Cook on Low only for 4-5 hours.

Nutrients per serving: 80 calories; 4 g. total fat; 2 g. sat fat; 332 mg. sodium

Recipe from: Eating Right! With you Slow Cooker. (2012). Purdue Extension

