

Jasper County

2530 N. McKinley Avenue

Rensselaer, IN 47978

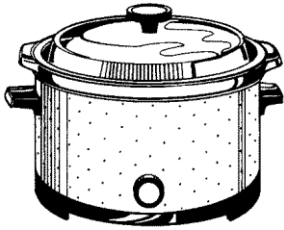
(219)866-5741/(219)956-3606 ext. 4961

Fax: (219)866-4962

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Eating Right! with Your Slow Cooker

Purdue Consumer and Family Sciences impacting lives...



Food prepared in a slow cooker can be **safe to eat**, if prepared as recommended in a slow cooker that is heating properly. The direct heat from the slow cooker, lengthy cooking and steam created within the tightly covered container, combine to destroy bacteria and make the slow cooker a safe process for cooking foods

A slow cooker is **convenient and saves time**. With advanced planning, a meal can be prepared in the morning and be ready-to-eat after a busy day.

A slow cooker can be a **money saver**. Less expensive, less tender cuts of meat become tender when cooked in a slow cooker and shrink less. By preparing homemade soups, stews, casseroles, or desserts in the slow cooker, money can also be saved in comparison to purchasing ready-to eat products. A slow cooker also uses less electricity than a conventional oven. In summer months, a slow cooker introduces less heat into the kitchen than the oven, saving on air conditioning costs.

A slow cooker can **improve the nutritional content** of our meals. The slow cooker cooks foods slowly at a low temperature so vitamins and minerals of foods are retained. Ready-to-eat, convenience foods can be high in sodium, fats, and sugar. By preparing the food at home in a slow cooker, you can:

- ① Use low sodium or sodium free broths to eliminate salt in recipes.
- ② Use lean cuts of meat and skinless poultry.
- ③ Reduce the sugar in desserts by substituting 100% fruit juice for sugar.
- ④ Increase whole grains, vegetables and fruits in your diet.

A meal prepared using the slow cooker can be **delicious**. With slow cooking, flavors have time to fully develop. Vegetables absorb the flavors of the stock and herbs used. Meats are fork-tender due to moist heat cooking.

Care of Slow Cookers

As with any fine ceramic, the stoneware bowl or “crock” of your slow cooker will not withstand the shock of sudden temperature changes. Wash the slow cooker right after cooking, using hot water. Do not pour cold water into the stoneware if it is hot. Removable stoneware liners and glass lids are ovenproof and microwave safe. Removable liners and glass lids can also be washed in the dishwasher. Do not use plastic lids in microwave or conventional oven. **Do not use removable liner on gas or electric burner or under the broiler.**

Types and Sizes of Slow Cookers

According to the Food Safety and Inspection Service, a slow cooker is a “countertop appliance that cooks foods slowly at a low temperature, generally between 170 and 280 degrees F.” The heating coils, located in the outer metal shell, become hot and stay on continuously to heat the crockery liner. The direct heat and steam generated by the slow cooker, combined with the long cooking time, make it a safe for of home food preparation.

Slow cookers now come in a variety of sizes and shapes. The basic cooker has a glazed ceramic container or crock which is housed in an outer heating element casing. Unlike many of the original cookers, newer versions often have removable ceramic containers that make for easier clean up. The lid is usually clear. A tight fitting clear dome lid allows condensation to run down inside forming a water seal that aids in the retention of flavor and heat. Features may be as simple as two or three temperature settings or more advanced features with programmable settings.

These small electrical appliances became popular in the 1970's. Today, the retail market offers a wide range of slow cookers. The small models are popular for singles and couples, the medium models would work well for families, and the large models twelve quart for entertaining or large group meals.

Some recipes will recommend using a small, medium or large slow cooker.

Here are guidelines for capacity of slow cookers:

Small: 1 1/2, 2, and 2 1/2 quart capacity

Medium: 3, 3 1/2, 4, and 4 1/2 quart capacity

Large: 5, 5 1/2, 6, and 7 quart capacity

Selecting a Slow Cooker

Consider our needs and intended use of the small appliance:

- Is the size of the slow cooker large (or small) enough to meet your needs?
- Are the controls easy to reach, read, and clean?
- How easy is it to clean the slow cooker? Is it submersible? Does it have a removable liner?

Slow Cooker Food Safety

There has been some question whether the slow cookers cook at temperatures high enough to prevent bacteria growth. According to the U.S. Department of Agriculture, bacteria in foods are killed at a temperature of 165° degrees F maintained for 2 hours or more. Microbiologists have tested slow cookers and found that foods cook at 185° to 200°F, well above the safety limit. (Unlike regular ovens, slow cookers cook safely at these low temperatures, because of the moisture. Water is a better conductor of heat than air.) It is important to read and use your manufacturer's product guide when operating your slow cooker to be food safe.

Slow Cookers and Food Safety: Is A Slow Cooker Safe?

Safe Beginnings

Begin with a clean cooker, clean utensils and a clean work area. Wash hands before and during food preparation. Keep perishable foods refrigerated until preparation time. If you cut up meat and vegetables in advance, store them separately in the refrigerator. The slow cooker may take several hours to reach a safe, bacteria-killing temperature. Constant refrigeration assures that bacteria, which multiply rapidly at room temperature, won't get a "head start" during the first few hours of cooking.

Thaw and Cut Up Ingredients

Always defrost meat or poultry before putting it into a slow cooker. Choose to make foods with high moisture content such as chili, soup, stew or spaghetti sauce. Cut food into chunks or small pieces to ensure thorough cooking. Do not use the slow cooker for large pieces like a roast or whole chicken because the food will cook so slowly it could remain in the bacterial danger zone too long. If using a commercially frozen slow cooker meal, prepare according to manufacturer's instructions.

Use the Right Amount of Food

Fill cooker no less than half full and no more than two-thirds full. If using vegetables, put them in first on the bottom and around the sides of the utensil because they take longer to cook. Next add meat and cover the food with liquid such as broth, water or barbecue sauce. Keep the lid in place, removing only to stir the food or check for doneness. Every time you peek you must add 20 to 30 minutes to the cooking time.

Keeping Foods Warm

If you use your slow cooker to keep foods warm, heat the food to steaming before placing it into the preheated slow cooker.

Settings

Most cookers have two or more settings. Foods take different times to cook, depending upon the setting used. Certainly, foods will cook faster on high than on low. However, for all-day cooking or for less-tender cuts, you may want to use the low setting. If possible, turn the cooker on the highest setting for the first hour of cooking time and then to low or the setting called for in your recipe. However, it's safe to cook foods on low the entire time when you're leaving for work, for example, and preparation time is limited. While food is cooking and once it's done, food will stay safe as long as the cooker is operating.

Power Out

If you are not at home during the entire slow-cooking process and the power goes out, throw away the food. If you are at home, finish cooking the ingredients immediately by some other means such as on a gas stove or on the outdoor grill. When you are at home, and if the food was completely cooked before the power went out, the food should remain safe up to two hours in the cooker.

Handling Leftovers

Store leftovers in shallow covered containers and refrigerate within two hours after cooking is finished. Reheating leftovers in a slow cooker is not recommended. Cooked food should be reheated on the stove, in a microwave, or in a conventional oven until it reaches 165°F or comes quickly to a rolling boil. The hot food can then be placed in a preheated slow cooker to keep it hot for serving --at least 140°F as measured with a food thermometer.

Hints and Tips for Slow Cooking Success

- ☑ Spray the inside of the slow cooker with cooking spray for easy cleaning.
- ☑ Processed cheese tends to work better than Cheddar cheese.
- ☑ Root vegetables take longer to cook than other vegetables. Cut these vegetables into small pieces and place in the bottom of the slow cooker.
- ☑ When time permits, brown pieces of meat before placing in the slow cooker. This adds extra flavor and allows excess fat to be removed.
- ☑ Cook and drain ground meats before adding to the slow cooker.
- ☑ When placing pieces of meat in the slow cooker, be sure there is space between the meat so the heat can circulate around the pieces.
- ☑ Add crushed or ground seasonings near the end of cooking because they may become too mild during a long cooking period. Whole seasonings may withstand long cooking times and may have an intensified flavor so use only about half the amount.
- ☑ Begin with a clean slow cooker, utensils and work area. Wash hands well before and during cooking.
- ☑ To simplify clean up, before adding ingredients spray the inside of the crock with a non-stick cooking spray or line the crock with a heat resistant nylon liner available for 3 – 6.5 quart round or oval crocks.
- ☑ Keep perishable foods refrigerated until preparation time. Refrigeration assures that bacteria, which multiply rapidly at room temperature, will not get a "head start" in the first few hours of slow cooking.
- ☑ If you cut up meat and vegetables in advance, store them separately in the refrigerator.
- ☑ Thaw frozen meat, poultry, and other ingredients in the refrigerator before adding to the slow cooker.
- ☑ Do not use the slow cooker to cook large pieces of food like a whole chicken or roast because the food will remain in the bacterial "danger zone" too long. Cut meat, poultry and vegetables into medium to small uniform pieces to ensure rapid heat transfer.
- ☑ Preheat the crock before adding ingredients or cook on the highest setting for the first hour.
- ☑ When cooking meat or poultry, the water or stock level should almost cover the ingredients to ensure effective heat transfer throughout the crock.
- ☑ Since vegetables cook the slowest, place them near the heat, at the bottom and sides of the slow cooker.
- ☑ Do not overload the crock. Fill to a minimum of 1/2 full and a maximum of 2/3 full.
- ☑ Do not lift the lid or cover during the cooking cycle. Each time the lid is raised, the internal temperature drops 10 - 15 degrees and the cooking process is slowed by 20 - 30 minutes.
- ☑ Use an accurate food thermometer to test food doneness: Poultry 165°F, Pork 160°F and Beef 145°F. USDA Meat & Poultry Hotline: 1-888-674-6854.
- ☑ Do not leave cooked food to cool down in the crock. Either consume it immediately or place leftovers in shallow containers and refrigerate immediately. Never reheat leftovers in the slow cooker.

Adapting Favorite Recipes for the Slow Cooker

According to Slow Cookers for Dummies, written by Tom LaCalamita and Glenna Vance, the first step to adapting recipes is to find a slow cooker recipe that is similar to the traditional recipe and then use it as a guide. It is best to select recipes that take 45 minutes to an hour to cook. That is because these recipes often include ingredients that hold up well to long cooking times. Unless preparing soups, sauces, chowders, or chili, use about half of the liquid that is listed in the traditional recipe. Also, remember that the liquid doesn't boil away as fast as it does in the oven or on the stove top. Use the following chart as a guide when adapting traditional recipes to the slow cooker. If meat or other potentially hazardous foods are in the recipe, use a food thermometer to check for doneness.

Oven or Stovetop	Low Cooking Time	High Cooking Time
15 to 30 minutes	4 to 6 hours	1½ to 2 hours
35 to 45 minutes	6 to 10 hours	3 to 4 hours
50 minutes to 3 hours	8 to 18 hours	4 to 6 hours

Food Ingredients for Slow Cooking

Beans

Dried beans, especially red kidney beans, should be boiled before adding to a recipe. Cover the beans with 3 times their volume of unsalted water and bring to a boil. Boil 10 minutes. Discard water after boiling.

Beans must be softened completely before combining with sugar and/or acidic foods.

Herbs and Spices

Leaf or whole herbs and spices are preferred, but their flavor power may increase -- use half of recommended amount. If you use ground herbs and spices, add during the last hour of cooking.

Vegetables

Make sure vegetables are cut into pieces that are similar in size and shape.

Vegetables that cook quickly (such as peas) should be added during the last 20 or 30 minutes of the cooking process.

Dairy products

Sour cream, milk or cream tends to break down during long cooking processes. Add them during the last 30 minutes of cooking. In some cases, you can add condensed soup in place of milk when using the slow cooker for several hours.

Rice and Pasta

When rice and pasta are cooked for long periods of time they become starchy and pasty. To prevent this from happening, cook rice or pasta on the stove and add them to the slow cooker a few minutes before serving.

Seafood

Fish and shellfish cook very fast and tend to overcook and fall apart during a long cooking process. If your recipe includes fish or shellfish, add them to the slow cooker during the final 30 to 60 minutes of cooking.

Soups

Some soup recipes call for 2 to 3 quarts of water. Add soup ingredients to crock pot then add water only to cover ingredients.



Eating Right! Slow Cookers

Grains: aim for whole grains, making at least ½ of your grains be whole grains

Vegetables: eat a variety of fresh, frozen, or canned vegetables – aim for the non-starchy variety for a nutritional bargain

Fruits: consider fruits as dessert, as they are naturally sweet.

Oils: limit additional oils and fats. Look for low-fat varieties of some of your favorite foods

Dairy: choose low-fat or skim varieties, especially in cooking, as most people will not be able to tell a difference, except on their waistline!

Meat and Beans: smaller portions of meat – aim for 5.5oz daily! This is less than a typical restaurant serving (8oz).

GRAINS

Make half your grains whole.

Barley Soup with Beef

- 1 ½ pounds sirloin steak, trimmed
- 1 cup carrots, thinly sliced
- 1 cup celery, thinly sliced
- 1 medium onion, chopped
- 1 green pepper, seeded and chopped
- 2 cans (14.5 oz each) beef broth, low sodium
- 14.5 oz can stewed tomatoes
- 1 cup spaghetti sauce
- ½ cup quick cooking or pearl barley
- 1 ½ teaspoon dried basil
- 1 teaspoon dried parsley
- Pepper to taste

Cut meat into 1 inch cubes and place in slow cooker. Prepare vegetables and add to slow cooker. Add other ingredients as listed to slow cooker. Cover and cook on HIGH 4 – 5 hours or on LOW 10-12 hours. Just before serving: skim any fat from surface.

Serves: 8

Nutrients per serving: 265 calories, 7g.fat, 640 mg. sodium, 20 g carbohydrate, 4.5 g fiber.

Source: Adapted from [Lickety Split Meals](#), Zonya Foco, RD, CHFI, CSP

Crock Pot Pizza

- 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

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.

Serves 12.

VEGETABLES

Vary your veggies.

Pumpkin Pie Pudding

- 1 can (15 ounces) solid-pack pumpkin
- 1 can (12 ounces) evaporated milk
- ¾ cup sugar
- ½ cup biscuit/baking mix
- 2 eggs, beaten
- 2 tablespoons butter, melted
- 2-1/2 teaspoons pumpkin pie spice
- 2 teaspoons vanilla extract
- Whipped topping, optional

In a large bowl, combine the first eight ingredients. Transfer to a 3-qt. slow cooker coated with cooking spray. Cover and cook on low for 6-7 hours or until a thermometer reads 160°. Serve in bowls with whipped topping if desired.

Serves: 6.

Nutrients per serving: 229 calories, 9g total fat; 5g saturated fat; 76mg cholesterol; 187mg sodium; 33g carbohydrate; 2g fiber; 6g protein.

**Always Be Food Safe: Clean,
Separate, Cook, Chill**

Veggie Peppers

10 oz. pkg. frozen corn kernels
15 oz. can red kidney beans, drained and rinsed
14.5 oz. can diced tomatoes
¼ cup salsa
¼ cup chopped onions
1½ cups cooked rice
1 tsp. Worcestershire sauce
¼ tsp. salt
½ tsp. pepper
2 cups shredded reduced fat Cheddar cheese, divided
6 green peppers, tops removed and seeded

Combine all ingredients, except ¼ cup cheese and green peppers. Stuff peppers. Arrange peppers in crock pot. Cover, cook on LOW 6 - 8 hours (HIGH 3 - 4 hours). Sprinkle with ¼ cup cheese during the last 30 minutes.

Serves 6 .

Source: Rival Oval Crock-Pot Recipes Booklet

Golden Cauliflower

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

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

Winter's Soup

Serves 6.

3 ½ cups beef broth
28 oz crushed tomatoes
2 medium carrots, thinly sliced
½ cup chopped onion
½ cup chopped celery
1-2 garlic cloves, minced
16 oz red kidney beans, drained
2 Tablespoons parsley flakes
2-3 teaspoons dried basil
1-2 teaspoons dried oregano
1 bay leaf
1 cup cabbage slaw mix, ready to use mix

Combine all ingredients in the slow cooker. Cover and cook on LOW for 10-12 hours or on HIGH for 4-6 hours. Remove bay leaf before serving.

Baked Sweet Potatoes

5 medium sweet potatoes or yams

Wash and scrub sweet potatoes. Place potatoes in slow cooker. Cook, covered on low for 4 to 6 hours depending upon size of potatoes.

Serves: 5

Nutrients per serving: 111 calories, 0.1 g.fat, 71 mg. sodium, 26 g carbohydrate, 3.9 g fiber.

Baked Potatoes

Wash and scrub 4-10 medium sized baking potatoes. Prick potatoes with fork several times. Place potatoes in slow cooker. Cover and Cook on LOW 6 -9 hours or on HIGH 3-5 hours. Time will depend on number of potatoes in slow cooker.

FRUITS

Focus on fruits.

Hot Fruit Dessert

1 (25 oz.) jar chunky unsweetened applesauce
1 (21 oz.) can lite cherry pie filling
1 (20 oz.) can pineapple chunks
1 (15 ¼ oz.) can sliced peaches
1 (15 1/3 oz.) can apricot halves
1 (15 oz.) can mandarin oranges
½ cup brown sugar
1 teaspoon ground cinnamon

Drain fruit, reserving liquid. Place the fruit in a slow cooker and stir gently. Combine the brown sugar and cinnamon; sprinkle over fruit. Add juices as needed. Cover and cook on low for 1-2 hours. Serve over angel food cake or pound cake.

Serves 10-12.

Nutrients per serving: 124 calories; trace fat; 12 mg. sodium.

Beda Brown Betty

4 cups whole grain bread cubes (½ inch square)
6 Tablespoons margarine, melted
¾ cup brown sugar
½ teaspoon cinnamon
¼ teaspoon nutmeg
1/8 teaspoon salt
4 cups chopped, peeled cooking apples

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 ½ to 2 ½

hours or until the apples are tender. Serve alone or with a scoop of vanilla ice cream.

Serves 4.

Nutrients per serving: 474 calories; 19 g. total fat; 477 mg. sodium

Source: Pride of Kentucky Cookbook, featuring more slow cooker and Kentucky commodity recipes.

Baked Apples/Pears

6 to 8 medium cooking apples or pears

2 to 3 tablespoons raisins

1/4 cup sugar

1 teaspoon cinnamon, divided

2 tablespoons butter

Remove a little of the peel around the top of the apples/pears and core. Mix raisins, sugar, and 1/2 teaspoon cinnamon; fill center of apples/pears. Sprinkle with remaining cinnamon and dot with butter. Place in slow cooker; pour 1/2 cup warm water around apples. Cover and cook on LOW for 6 to 8 hours, until apples are tender.

MILK

Get your calcium rich foods.

Mac N Cheese

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

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.

Skinny Enchiladas

1-pound extra lean ground beef

1 cup chopped onion

1/2 cup chopped green pepper

1 (16 oz) can pinto or kidney beans, rinsed & drained

1 (15 oz) can black beans, rinsed & drained

1 (10 oz) can diced tomatoes & green chilies, undrained

1/3 cup water

1 teaspoon chili powder

1/2 teaspoon ground cumin

1/4 teaspoon pepper

1 cup reduced fat shredded sharp cheddar cheese

6 corn tortillas (6 or 7 inches)

In a skillet, cook beef, onion, and green pepper until beef is browned and vegetables are tender; drain. Add the next eight ingredients; bring to a boil. Reduce heat; cover and simmer for 10 minutes. Combine cheeses. In a 5-qt slow cooker, layer about 3/4 cup beef mixture, one tortilla and about 1/3-cup cheese. Repeat layers. Cover and cook on low for 5-7 hours or until heated through.

Serves: 6

Nutrition information: 398 calories; 10 g total fat; 5 g saturated fat; 72 mg cholesterol; 34 g total carbohydrate; 9 g dietary fiber; 23 g protein; 846 mg sodium

Rhonda's Lasagna

10 – 12 lasagna noodles, broken

1 large jar spaghetti sauce

1 1/2 lb. ground beef

1 onion, chopped

16 oz. carton cottage cheese

1 egg, beaten

1 Tbsp. Italian Seasoning

1/3 cup grated Parmesan cheese

4 oz. shredded Mozzarella cheese

Cook lasagna noodles according to package directions, drain. Brown ground beef and onion in skillet and drain. Add spaghetti sauce. Combine cottage cheese, egg, Italian seasoning and Parmesan cheese.

Spray crock with vegetable spray. Make 2 or 3 layers in crock pot, starting with sauce, noodles and cheese mixture. Top with mozzarella cheese. Cover and cook on LOW for 3 hours.

Cook's Tip!

Milk, sour cream and cream may curdle during long cooking times.
Add the ingredients the last 30 minutes of cooking.

MEAT & BEANS

Go lean with protein.

Lentil Soup

4 cups vegetable broth
3 cups cubed peeled butternut squash
1 cup dried lentils, rinsed
1 cup chopped carrot
1 cup chopped onion
2 teaspoons minced garlic
1 teaspoon dried oregano
1 teaspoon dried basil
14-1/2 ounces Italian diced tomatoes, undrained
1 package (9 ounces) frozen cut green beans

In a 5-qt. slow cooker, combine the first eight ingredients. Cover and cook on low for 4 hours or until lentils are tender. Stir in the tomatoes and beans. Cover and cook on high for 30 minutes or until beans are heated through.

Serves: 6

Baked Beans

1 cup raisins
2 small onions
2 tart apples, peeled and diced
3/4 cup chili sauce or ketchup
1 cup chopped ham or 1 (2 oz.) can bacon bits
2 (31 oz.) cans baked beans
3 tsp. dry mustard
1/2 cup sweet pickle relish

Mixed together all ingredients and pour into greased slow cooker. Cover and cook on low for 6-8 hours, high for 4 hours.

Serves 15.

Nutrients per serving: 201 calories, 1 g. fat, less than 1 g. sat fat, 574 mg. sodium.

Easy Italian Chicken Cacciatore

8 chicken thighs, skin removed
4 small zucchini, sliced into 1 inch pieces
2 peppers cut into strips, red or green
1 onion, cut into wedges
24 oz prepared spaghetti sauce
Whole grain pasta, Brown rice or Barely, cooked

Place vegetables into slow cooker. Add chicken thighs on top. Pour spaghetti sauce over top. Cover and cook on HIGH for 4 -5 hours or on LOW for 8-10 hours.

Before serving Easy Italian Chicken: prepare pasta, rice or barley per package directions. Serve chicken and vegetables over pasta, rice or barley.

Serves 4 - 6.

Source: Adapted from Chicken Cacciatore recipe Lickety Split Meals, Zonya Foco, RD, CHFI, CSP

Cranberry Chicken

3-4 lb chicken pieces
1/2 teaspoon salt
1/4 teaspoon pepper
1/2 cup celery, diced
1/2 cup onions, diced
16 oz whole berry cranberry sauce
1 cup barbecue sauce

Combine all ingredients in the slow cooker. Cover and cook on HIGH for 4 hours or on LOW for 6-8 hours.

Source: Fix It and Forget It Cookbook: Feasting With Your Slow Cooker, Ranck and Good, 2000.

Just Plain Barbecue

4 lbs. pork roast or Beef Roast
12 oz cola (no diet varieties)
1 bottle favorite BBQ sauce

Spray crock pot with vegetable spray. Trim visible fat from roast. Place roast in crock pot. If larger than 4 pounds cut in half and put cut edges down on bottom of crock. Pour cola over roast and cover and cook on LOW 8 to 10 hours. Once cooked, take 2 forks and shred meat. Add your favorite BBQ sauce and warm thoroughly.

Serves 6 – 8.

Simple Slow Cooker Pork Chops & Apple Slices

4 pork loin chops (1-inch thick) well trimmed
2 medium apples peeled, cored and sliced
1 teaspoon butter (optional)
Salt and pepper
Ground cinnamon or nutmeg (optional)

Optional: In skillet, brown pork chops quickly; drain well. Arrange a layer of sliced apples in a slow cooker; follow with a layer of pork chops. Repeat. Dot with butter; sprinkle with salt and pepper, and cinnamon or nutmeg, if desired.

Cover and cook on low setting 6 to 8 hours.

Makes 4 servings (about 2 1/2 quarts).

Substitute 1/2- to 2/4-inch ham slices and pineapple rings in place of the pork chops and apples, if desired.

References

The following references were referred to in preparation of these materials.

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Crockery Cookery, by Mabel Hoffman, HP Books, New York, NY. 1995 ISBN number 1557882177.

Fix It and Forget It Cookbook: Feasting With Your Slow Cooker, Dawn J. Ranck and Phyllis P. Good. Intercourse, PA: Good Books, 2000.

Lickety Split Meals, Zonya Foco, RD, CHFI, CSP

Not Your Mother's Slow Cooker Cookbook, Beth Hensperger and Julie Kaufmann.

Web sites for slow cooker recipes

Note: The web sites are not endorsed by Extension nor is discrimination against other sites implied. Sites were accessible 09/24/2009. Many food manufactures also have recipes for slow cookers posted on we sites.

<http://www.50plusfriends.com/cookbook/index.html>

Recipes with 6 items of less: <http://southernfood.about.com/library/crock/bl6orless.htm>

<http://crockpot.cdkitchen.com/>

http://www.crockpot.com/support_files/recipes/

Shopping for a slow cooker? Check out:

<http://www.consumersearch.com/slow-cookers>

<http://www.epinions.com/>

[Crock_Pots_and_Slow_Cookers/show_top_sellers](http://www.epinions.com/Crock_Pots_and_Slow_Cookers/show_top_sellers)

FOR MORE INFORMATION CONTACT

Alice Smith

Extension Educator
Health & Human Sciences
Purdue Extension

Phone: (219)866-5741

Or (219)956-3606 ext. 4961

smit1357@purdue.edu

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