

7. **Crockpot**

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Italian Beef (crockpot)

1 (3-4 pound) beef roast	1 clove garlic, minced
1 medium onion, chopped	1/8 teaspoon crushed red peppers
1/4 teaspoon oregano	1/2 cup water
1/8 teaspoon basil	Salt and pepper to taste

Place all ingredients in slow cooker. Cover and cook for 8-10 hours. One hour before serving, shred meat. Serve on crusty hard roll. (16-20 sandwiches)

Chili with Beans (crockpot)

1 pound ground beef	1 teaspoon to 1 tablespoon chili powder
1 cup diced onion	2 tablespoons cold water
1/2 green pepper, diced	1 1/2 teaspoon salt
1 small clove garlic, chopped	2 teaspoons sugar
1 teaspoon Worcestershire sauce	2 cups cooked or canned kidney beans, drained
2 cups canned tomatoes	
1 cup diced celery	

Combine all ingredients. Stir to blend seasonings. Cover and cook 8-9 hours.

Stuffed Cabbage (crockpot)

1 medium head cabbage

Prepare cabbage for stuffing; discard outer leaves, remove core, place in boiling water, simmer until leaves separate, remove from water and cool.

Meat Stuffing:

2 pounds ground beef	1 teaspoon garlic salt
1 large onion, chopped	1 large green pepper, chopped
1 teaspoon salt	2 cans tomato sauce (15 ounces each)
1/2 teaspoon pepper	1 cup cooked rice
1/2 teaspoon thyme	

Brown ground beef in frypan with onion and green pepper. Drain grease. Add salt, pepper, thyme, garlic salt, 1/2 can tomato sauce and rice. Mix thoroughly. Spoon mixture onto each cabbage leaf (about 2 tablespoons). Roll leaf, tucking sides and ends to enclose filling. Secure with toothpicks. Place rolled leaves in layers in slow cooker. Pour approximately 1/4 cup tomato sauce over each layer. Pour any remaining tomato sauce over top. Cover and cook for 4-6 hours. Using two wooden spoons, remove from slow cooker carefully.

Spicy Maca-Burger Casserole (crockpot)

2 pounds ground beef	½ teaspoon oregano
1 medium onion, chopped	2 1-pound cans tomatoes
1 clove garlic, crushed	1 8-ounce can tomato sauce
2 teaspoons salt	1½ cups water
1½ teaspoons pepper	2 cups elbow macaroni, uncooked
1 tablespoon chili powder	

Brown ground beef in frypan. Drain grease. Place all ingredients except macaroni in slow cooker. Cover and cook for 6-9 hours. One hour before serving, prepare macaroni as per package directions, drain, and add to sauce in slow cooker. Stir to combine and keep warm in slow cooker until ready to serve.

Chicken 'n Rice (crockpot)

Chicken Pieces:	3 cans condensed cream of chicken soup
2 breasts (split)	2 cans condensed cream of celery soup
4 legs and thighs	1 package dry onion soup mix

Place chicken in slow cooker. Pour soup over chicken. Sprinkle onion soup mix on top. Cover and cook 4-6 hours. One half hour before serving, prepare 1 cup uncooked regular long grain rice. Serve chicken over rice.

Pot Roast Stroganoff (crockpot)

1 3-pound arm or chuck roast	1 teaspoon caraway seed
1 tablespoon shortening	¼ teaspoon pepper
4 ounces mushrooms, sliced	1 cup beef stock
1 small onion, chopped	2 tablespoons butter or margarine
½ cup ketchup	2 tablespoons flour
1 tablespoon Worcestershire sauce	1 cup sour cream
2 teaspoons salt	

Heat shortening in skillet and brown meat on all sides. Combine other ingredients except last three in cooker and add browned meat. Cook on low for 8 hours. Remove meat from cooker and keep warm.

Melt butter in cooker, add flour and blend. Add sour cream and stir well. Pour sauce over meat. 6 to 8 servings. Serve with a side dish of noodles.

Crockpot Beef Stew

3 pounds beef cubes	1 teaspoon paprika
1 large onion	6 or 8 pearl onions
flour	potatoes
garlic	carrots
salt & pepper	2 stalks celery with leaves
2 packages instant beef bouillon	3 cups water
2 bay leaves	

Dredge beef cubes in flour, salt and pepper and brown with large onion and about 1 clove garlic in oil. Add to crockpot with all other ingredients and cook on high about 5 hours or low 8 to 10 hours.