

**This week we will celebrate
“Crock-tober!”**

Featuring all things we can make in our slow cookers. Enjoy!

Chicken Tortilla Soup

Prep Time: 10 min.

Cook Time: 5 hr.

Total Time: 5 hr. 10 min.

Servings: 12

3 chicken breasts
2 tsp. chili powder
1 tsp. cumin
Salt and pepper, to taste
1 med. onion, chopped
1 red bell pepper, seeded and chopped
1 yellow bell pepper, seeded and chopped
1 (28-oz.) can whole or diced tomatoes, with juice
1 (10-oz.) can diced tomatoes with green chilies
3 C. low-sodium chicken broth
4 oz. tomato paste
1 whole chipotle pepper in adobo
1 (15-oz.) can black beans, drained and rinsed
1 lime, juiced
Fixings: sour cream, avocado, cilantro leaves, crushed tortilla chips, grated cheese

Place the chicken in the slow cooker. Sprinkle on the chili powder, cumin, and salt and pepper. Add the onion, bell peppers, tomatoes, tomatoes with green chilies, chicken broth, tomato paste, chipotle pepper, and black beans. Stir, place the lid on the slow cooker, and cook on high for 5 hours (or 8 hours on low). Stir in the lime juice.

Using 2 forks, break up the chicken into chunks.

Serve it piping hot in a bowl with sour cream, avocado, cilantro leaves, crushed tortilla chips, and grated cheese on top!

Slow-Cooker Bolognese

Prep Time: 55 min.

Total Time: 4 hr. 55 min.

Servings: 7-8

2 T. olive oil, divided
2 celery stalks, chopped
1 carrot, chopped
1 onion, chopped
Salt & black pepper, to taste
3 cloves garlic, finely chopped
1/3 C. tomato paste
1/2 C. dry red wine
2 lb. ground beef
1-1/2 C. whole milk
1 (28-oz.) can of crushed tomatoes
1-1/2 tsp. dried oregano
1-1/2 tsp. dried basil
1 tsp. dried thyme
1/4 tsp. red pepper flakes, plus more to taste
1/4 tsp. ground nutmeg
1 parmesan rind (optional)

To serve:

1 lb. fettuccine
Grated parmesan cheese
Chopped fresh basil
Chopped fresh parsley

In a large skillet, heat 1 T. of the oil over medium heat. Add the celery, carrot, and onion, and season with salt and pepper. Cook until softened, about 10 min.

Stir in the garlic and cook for another minute. Add the tomato paste and cook for 1 min. more. Add the red wine and cook, scraping the bottom of the pan, until it is mostly reduced, about 3 min. Pour the mixture into the base of a slow cooker.

Pour the remaining 1 T. of oil into the skillet. Add the beef and season with salt and pepper. Cook, breaking up the meat, until it is nicely browned, about 15 min. Drain off any excess fat. Stir in the milk and cook until it is mostly absorbed by the meat, about 7 min. Add this to the slow cooker along with the tomatoes, oregano, basil, thyme, red pepper flakes, nutmeg and parmesan rind, if using. Season with salt. Stir it up, cover, and cook on high for 4 hours (or low for 6 hours).

Skim off any fat on top and check the consistency. If it is too thick, add a bit of water. Remove the parmesan rind.

To serve: Bring a large pot of water to a boil. Season with salt. Cook fettuccine according to the package directions. Reserve 2 C. of pasta water and drain the pasta.

Toss the pasta with half of the Bolognese sauce and 1 C. of the reserved pasta water. Reserve the remaining sauce for another day. Serve topped with lots of grated parmesan, chopped basil, and chopped parsley.

German Bratwurst

Prep: 15 min.

Cook: 6 hr.

Servings: 15

4 lbs. uncooked bratwurst links
3 bottles (12 oz. each) German-style beer or 4-1/2 C. reduced-sodium chicken broth
1 jar (32 oz.) sauerkraut, rinsed and well drained
4 med. Granny Smith apples (about 1-1/4lbs.), cut into wedges
1 med. onion, halved and thinly sliced
1-1/2 tsp. caraway seeds
1/4 tsp. pepper

In a large nonstick skillet, brown bratwursts over medium-high heat in batches. Transfer to a 7-qt. slow cooker. Add remaining ingredients. Cook, covered, on low 6-8 hours or until a thermometer inserted in sausage reads at least 160°.

Cranberry Pork Roast

Prep: 5 min.

Cook: 4 hr.

Servings: 8

1 boneless rolled pork loin roast (2-1/2 to 3 lbs.)
1/2 tsp. salt
1/4 tsp. pepper
1 can (14 oz.) whole-berry cranberry sauce
1/4 C. honey
1 tsp. grated orange zest
1/8 tsp. ground cloves
1/8 tsp. ground nutmeg

Cut roast in half and place in a 3-qt. slow cooker; sprinkle with salt and pepper. Combine the remaining ingredients; pour over roast. Cover and cook on low for 4-5 hours or until a thermometer reads 160°. Let stand 10 min. before slicing.

Ratatouille

Prep: 20 min.

Cook: 3 hr.

Servings: 10

1 lg. eggplant, peeled and cut into 1-inch cubes
2 tsp. salt, divided
3 med. tomatoes, chopped
3 med. zucchini, halved lengthwise and sliced
2 med. onions, chopped
1 lg. green pepper, chopped
1 lg. sweet yellow pepper, chopped
1 can (6 oz.) pitted ripe olives, drained and chopped
1 can (6 oz.) tomato paste
1/2 C. minced fresh basil
2 garlic cloves, minced
1/2 tsp. pepper
2 T. olive oil

Place eggplant in a colander over a plate; sprinkle with 1 tsp. salt and toss. Let stand 30 min. Rinse and drain well. Transfer to a 5-qt. slow cooker coated with cooking spray.

Stir in tomatoes, zucchini, onions, green and yellow peppers, olives, tomato paste, basil, garlic, pepper and the remaining salt. Drizzle with oil. Cover and cook on high until vegetables are tender, 3-4 hours.

Mexican Bubble Pizza

*Prep: 15 min.
Cook: 3 hr. 5 min.
Servings: 6*

1-1/2 lbs. ground beef
1 can (10-3/4 oz.) condensed tomato soup, undiluted
3/4 C. water
1 envelope taco seasoning
1 tube (16.3 oz.) large, refrigerated buttermilk biscuits
2 C. shredded cheddar cheese

Optional toppings: Shredded lettuce, chopped tomatoes, salsa, sliced ripe olives, sour cream and thinly sliced green onions

Line a 6-qt. slow cooker with a double thickness of heavy-duty foil. Coat with cooking spray.

In a large skillet, cook beef over medium heat until no longer pink, 6-8 min., breaking into crumbles; drain. Stir in soup, water and taco seasoning. Bring to a boil. Reduce heat; simmer, uncovered, until slightly thickened, 3-5 min.

Cut each biscuit into 4 pieces; gently stir into beef mixture. Transfer to slow cooker. Cook, covered, on low until dough is cooked through, 3-4 hours. Sprinkle with cheese. Cook, covered, until cheese is melted, about 5 min. longer. Serve with toppings of your choice.

Apple Butterscotch Crisp

*Prep: 10 min.
Cook: 2 hr. 30 min.
Servings: 3*

3 C. thinly sliced peeled tart apples (about 3 med.)
1/3 C. packed brown sugar
1/4 C. all-purpose flour
1/4 C. quick-cooking oats
1/3 C. cook-and-serve butterscotch pudding mix
1/2 tsp. ground cinnamon
1/4 C. cold butter, cubed
Vanilla ice cream, optional

Place apples in a 1-1/2-qt. slow cooker. In a small bowl, combine the brown sugar, flour, oats, pudding mix and cinnamon. Cut in butter until mixture resembles coarse crumbs. Sprinkle over apples.

Cover and cook on low for 2-1/2 to 3-1/2 hours or until apples are tender. Serve with ice cream if desired.

Slow Cooker Chocolate Cake

*Prep Time: 15 min.
Cook Time: 3 hr.
Additional Time: 30 min.
Total Time: 3 hr. 45 min.
Servings: 12*

2 C. white sugar
1-3/4 C. all-purpose flour
3/4 C. unsweetened cocoa powder
1-1/2 tsp. baking soda
1-1/2 tsp. baking powder
1 tsp. salt
1 C. milk
1/2 C. vegetable oil
2 lg. eggs
2 tsp. vanilla extract
1 C. boiling water

Spray the crock of a large slow cooker with cooking spray.

Whisk sugar, flour, cocoa powder, baking soda, baking powder, and salt together in a large bowl.

Whisk milk, oil, eggs, and vanilla together in a medium bowl until well combined. Slowly whisk in boiling water. Add wet ingredients to dry ingredients and mix until well combined; pour batter into the prepared slow cooker.

Cover and cook on Low until cake has no wet spots on top and is pulling away from the sides of the crock, about 3 hours. Turn off slow cooker and let rest for 30 min. before serving.

Quote of the Week:

"To win in the marketplace you must first win in the workplace."

~ Doug Conant,

former President and CEO of the Campbell Soup Company until July 31, 2011 (National Boss Day, 16th)